

Woman's Realm :- Social and Personal :- Fashions :- Literature

Have You A Happiness Reserve? **Dorothy Dix** Warns Of Need For Diversions In Age

It's All Right to Have a Bank Account, But What About Laying up a Few Ideas and Diversions for Those Lean Years After Fifty? — And You Can't Begin too Early!

All of us are warned to be thrifty in our youth and lay up something for a rainy day, so that when the storms of age come upon us we may not find ourselves without an umbrella to shelter us. But no one



urges us to provide any mental protection for the lean years that are even more surely bound to come to us than is poverty. Indeed, we may escape poverty altogether. We may never lose our money, but if we live there is no escape from the tragedy of age, which robs us of those we love, that scatters our families, that takes from us our friends, that shuts us out from our old avocations, and that leaves us lonely and forlorn and miserable unless we have some resources within ourselves which enable us to pass the time agreeably.

Most people never even think of providing any amusements or diversions for their

old age. The very men and women who would consider it criminal not to safeguard themselves from being financially dependent when they are old never make an effort to save themselves from being spiritual paupers in their age, forced to feed on crumbs of interest that drop from the tables of the more fortunate.

All of us know so many rich men and women who are so poor when they are old in everything that makes life worth living. Men who have been so busy making money that they have never taken time to learn how to play; who have never read anything but the stock market and the headlines and the comic strip in the newspapers; who do not like to travel because it breaks up their routine; who are not even amused by the theatres or the cinema, and who, when age or ill health forces them to retire from business, die in a year or two from sheer boredom.

Women who have been so absorbed in their houses or their children that they have lost all touch with the outside world; women who have never belonged to clubs, nor gone into society, nor even thought of anything since the first baby was born but Johnny's teething and Sammy's getting on the football team and Mary's beaux, and who, when their children marry, become that pestiferous thing—the parasite mother-in-law who has to go and live with her children because she has no life of her own.

So just as we should lay up money to support us in the days in which our earning capacity will be gone, we should lay up interest for those days in which we will be too old and feeble to step out and go places and see things. And we have to do this when we are young. We cannot suddenly acquire new tastes and habits when we are middle-aged. We cannot become joyous and full of pep and get excited over things that we do because we are conscientiously trying to amuse ourselves. There is no more pathetic spectacle than old people trying to learn how to divert themselves. You could weep over them because one of the things that no ingenuity can manufacture is a synthetic interest in things.

When we are children is not too soon to begin providing for age, and parents who desire to insure the welfare of their offspring would do better to teach their sons and daughters the love of reading than they would to entail property upon them. For no one can ever be bored who has a passion for reading, because it makes him free of every form of wild adventure and gives him every form of thrill. No one who likes to read can ever be lonely, for he can summon to his side whatever companions he desires; wits for his amusements, philosophers to teach him wisdom, poetry and romance to fill his heart with sentiment. Age is a time of delight to those who like to read. A curse to those who have no fellowship with books. But you have to form the reading habit when you are young. It is a trick that no old dog learns.

Long ago Talleyrand advised every one to learn how to play a good game of whist when he was young so that he might not spend a miserable old age. It is good advice as applied not only to cards, which fill in excitingly what would otherwise be dreary hours for many an old man and woman, but to all games. Golf is the salvation of the retired business man who can walk around the links half of the day and hold post-mortems over his game the other half. So are fishing and hunting and boating and every other sport that gives a man an outside interest. They are just so much capital laid up for the time when he will have to call upon his reserve of resources in order to live at all with any pleasure and comfort.

Best of all the resources that one can make for one's age is friends. Binding people to you with hoops of steel. Keeping close to people by sharing their joys and sorrows. Keeping your heart warm with sympathy and good fellowship and your hand open in generosity and helpfulness, and thereby laying up for age that which will make it beautiful and soft and warm, instead of bleak and cold as it is for the friendless. No complaint of age is more frequent or more bitter than that it is neglected and unloved, that nobody has time to bother with an old man or woman or take an interest in him or her. It is their own fault. They never laid up any friendship for themselves.

If, then, we would be happy when we are old, we must begin by preparing for it in youth, by making friends, by cultivating tastes, and interests in as many different directions as possible, and in storing up resources within ourselves that will enable us to enjoy a diversity of subjects and to be good company for ourselves. DOROTHY DIX.

Wife of Central Bank Governor



A beautifully posed portrait of Mrs. Graham Ford Towers, wife of the Governor of Canada.



SOUTHAMPTON GREETED COUNTESS BESSBOROUGH ON HER RETURN TO ENGLAND

This photograph was taken on board the "Empress of Britain" when the Mayor of Southampton accorded a civic welcome to Countess Bessborough, wife of the Governor-General of Canada, and her two children, Viscountess Duncannon on the extreme right and Lady Ponsonby, on their return to England for a holiday. Lady Ponsonby is on the extreme left of the picture and Viscountess Duncannon on the extreme right.

A Morning Smile

LINCOLN'S CROP
A farmer once made to Abraham Lincoln an obviously exaggerated statement as to the height of his hay crops. "I've been cutting hay, too," said Lincoln smiling. "Good crop?" asked the farmer. "How many tons?" "Well, I don't exactly know how many tons," said Lincoln carelessly, "but my men stacked all they could out of doors and then stored the rest in the barn!"

THE EFFECT
Minister—Look here, James: see that carpet you put on the floor of the pulpit?
James—Yes, your reverence.
Minister—Well, what do you think if I step on one of these tacks in the middle of my sermon?
James—Well, your reverence, I reckon there would be one point you wouldn't linger on.

Built His Walls Without Sticks

NEW YORK, Oct. 13.—Percy Rockefeller, a cousin of "the" Rockefeller, was wealthy in his own right and owing to his own exertions. His country house in Greenwich was of great interest to architects, builders and real estate men when built in 1907. He died recently.

Overlooking the Sound near the estate of his father, the design for the house called for some 60 rooms and 10 baths, a tremendous number of baths in 1907. There was not a stick of wood in the walls, and between the inner and outer walls was a confined air space, forming a non-conductor of heat, cold and moisture.

Study Nursing Canada's Way

(Canadian Press)
MONTREAL, Oct. 13.—A study of the whole field of nursing in Canada has been undertaken by two English nurses, Miss Florence Taylor and Miss Dorothy Holland, instructors in the training school of Guy's Hospital, London. They will spend their sabbatical three months of special leave, granted by the governors of Guy's Hospital after seven years of service, visiting and inspecting leading hospitals and training schools in Canada. After four weeks in Montreal they will proceed to Toronto, and later to Ottawa and other cities.

THE AUTOGRAPH TEA-CLOTH

Slowly but surely the Edwardian tea-table and all its accompanying attractions are returning to favour, and one of fashion's latest fads is the revival of the autograph tea-cloth. This has a great attraction for those whose circle of friends is large, and therefore many signatures can be obtained.

A very charming idea is to have a linen cloth, and either white or any colour you prefer, with each signature or autograph worked in a contrasting shade; in time the effect will be very attractive, if the colours are judiciously blended.

BEMA

GENUINE BARBADOS EXTRA FANCY MOLASSES

No. 646—Lovely Fall Wear. This style is designed in sizes 36, 38, 40, 42, 44, 46 and 48 inches bust measure. Size 36 requires 3 3/4 yards of 39-inch material with 1/4 yard of 35-inch contrasting.

No. 650—Jaunty Two-Piece Model. This style is designed in sizes 14, 16, 18 years, 36, 38 and 40 inches bust measure. Size 16 requires 4 yards of 39-inch material with 1/4 yard of 39-inch contrasting.

No. 756—For School Girls. This style is designed in sizes 4, 6, 8 and 10 years. Size 8 requires 2 yards of

TO KEEP "FRESH AS A DAISY"

Most women are envious when they see another alighting at the end of a journey looking as fresh as a daisy while they have all the appearance of travel-tried victims. Yet it is not so very difficult to reach your destination in these days, even after a long journey, still looking fresh and well groomed. It is really a matter of thought which ensures success in this direction. The majority of toilet requisites can be obtained in such small quantities, and are packed so conveniently for handbags, that you can take everything you need and yet not be overburdened.

A small bottle of eau de Cologne should be carried, and a tiny pad of cotton wool will enable you to dab a little all over your face. This gives a delightfully fresh feeling; then with one or two cleansing tissues you can remove all surplus marks of travel and proceed with your make-up. Tiny travellers' hold-alls are obtainable at most chemists these days, and they hold a face flannel and tooth-brush; this folds up into such small space that it can be easily slipped into your suitcase where it will be easily get-at-able.

NO OVER-TIME

"Are you being?"
"No constable. I have already balanced accounts for to-day."
—Hummell, Hamburg

"Why don't you he make it up?"
"I'd love to, but I forget what we had to fight over."
—Table Talk, Melbourne

THE COOK'S CORNER

HAM CREAM LOAF

1/2 lb. ground lean boiled ham
1 lb. cottage cheese
2 tablespoons mayonnaise.
Mix thoroughly. Pack tight in a square glass dish. Chill. Cut in sandwich slices and serve on shredded lettuce leaves. Garnish with tiny inch-long red and green peppers. Will make 8 substantial slices.

SPANISH BEEF LOAF

Free one green pepper from seeds and put it through a meat chopper with two pounds of round steak, 1/2-pound fresh lean pork and 2 peeled onions.
Add 1 cupful bread crumbs, 2 tablespoons chopped parsley, 1 tablespoon tomato ketchup, seasoning and milk to moisten. Shape into loaf, on buttered tin and strain over the mixture 1 quart of stewed tomatoes. Arrange four slices of bacon on top and bake for one hour, basting with sauce.

BRANDON, Man.—A packing plant is being constructed here by the Brandon Creamery and Supply Company.

SMART FROCKS FOR FASHIONABLE PEOPLE

Illustrated Dressmaking Lessons Furnished With Each Pattern



No. 646—Lovely Fall Wear. This style is designed in sizes 36, 38, 40, 42, 44, 46 and 48 inches bust measure. Size 36 requires 3 3/4 yards of 39-inch material with 1/4 yard of 35-inch contrasting.

No. 650—Jaunty Two-Piece Model. This style is designed in sizes 14, 16, 18 years, 36, 38 and 40 inches bust measure. Size 16 requires 4 yards of 39-inch material with 1/4 yard of 39-inch contrasting.

No. 756—For School Girls. This style is designed in sizes 4, 6, 8 and 10 years. Size 8 requires 2 yards of

35-inch material with 1/4 yard of 35-inch contrasting.
Price of PATTERN 15 cents in stamps or coin, (coin is preferred). Wrap coin carefully.

No. Size

Name

Street Address

City

State

The HOUSEWIFE and HER ACTIVITIES

"Serene will be our days and bright, And happy will our nature be. When love is an unerring light And joy its own security."
—William Wordsworth.

COLOURS FOR THE FACE

Beauty specialists have now forecast the make-up colours which will be popular this season. Brown is expected to be one of the most popular colours for dresses, and in order to match that capucine and coral rouge and lipstick will be used with a peach powder. For those who have become bespattered with freckles through excessive sun-bathing, a new treatment for their removal has been invented. This should be cheering news for many!

"ROLLED OILCLOTH" HATS

Millinery fashions hold many surprises this autumn. Scarcely has the cartwheel beret been launched on a wondrous world than along comes the "rolled oilcloth" hat. This is a shallow crowned sailor shape in a cloth resembling oil-cloth. The resemblance is further enhanced by the sharply rolled brim at either side. By the way, show amazing diversity this season. Many are out away sharply at the sides, or at the back, giving a wide peaked effect in front. Schiaparelli's "Trit" is a good example of this type of hat.

DINING BY CANDLELIGHT

Dining by candlelight promises to be very popular this autumn, the "candles" being electric ones. Several interesting new designs in silver candlesticks are consequently being launched by jewellers. In general design the sticks chiefly follow two patterns, the simple, straight or fluted stick, and the branched style. The former is usually erected with a decorative base, while the latter is left severely plain.

SUBSTITUTE FOR NINON

It would appear that a new material has been brought out. Now one can buy for Ninon and dresses a really beautiful material that resembles Ninon in every imaginable shade.

MOVING PLANTS IN THE FALL

Fall very often is the most comfortable and convenient time for remaking the garden, refurbishing the perennial planting, and getting ready for next spring. It is altogether practical to divide and replant perennials in late fall and to set out new plants from the nurseries if one precaution is taken—sufficient mulching to be applied after the ground freezes hard for the first time. The object of the mulch is to keep the ground frozen. With this much to equalize temperature and prevent too easy and to rapid thawing and freezing it is safe enough to go ahead with the transplanting of a number of the perennials, benefited by frequent division, and fall is a good time to do it. The Shasta daisies often die if not divided every third year at least. Freeriums should always be divided every third year to be kept at their best. A few plants cannot be divided in the fall among them the galliardias and Japanese anemones. It is best to leave the late bloomers until spring. Although the plants are divided in the fall, the seedlings can be transplanted to their quarters if they are plants of substantial size, but the greatest care must be used in seeing that they are properly mulched and that the mulch is close about the stems. Biennials, such as Canterbury bells and fox-gloves, should be given a covering of dry leaves and over them an old sack or frame covered with tar paper, as they must be both mulched and protected from wet if they are to survive, as they are very subject to crown rot if they have to stand unprotected.

GLAUCOMA A DANGEROUS EYE SYMPTOM

A man of considerable intellectual attainments told me casually one day, writes a doctor, that after a long committee meeting the pain in his left eye was sometimes so severe that he felt it might burst. This was obviously a sick man who was overstrained mentally and physically. His eye symptom was a very dangerous one indeed, as glaucoma may be terrible in its effects. He was sent to an eye specialist forthwith. In addition to the preventive treatment for the eye, he was to avoid any further mental strain. Bodily over-fatigue was also a source of danger as was any form of excitement.

ROYAL WEDDING BADGES

Factories in Osaka, Japan are turning out hundreds of thousands of Prince George and Princess Marina badges for export in anticipation of a big demand when the Royal wedding takes place.

MOTHER! don't experiment with your Child's Cold



Rub on VICKS VAPORUB

The minute you apply Vicks VapoRub over throat and chest it goes right to work to fight a cold—two ways at once—by Stimulation and Inhalation. Through the skin, it acts like a poultice, "drawing out" tightness and soreness. At the same time, its medicated vapors are inhaled direct to irritated air-passages. All night long, it works to help Nature "throw off" the cold.

Ideal for Children's Colds
Being externally applied, VapoRub avoids the risks of those digestive upsets that so often come from constant dosing. It can be used freely, and as often as needed, even on the youngest child. And it's just as good for adults.

OSHAWA, Ont.—Glass Art Co. China Company is arranging to open a plant probably in the building formerly occupied by Feldspar Glass Company.

PLEASEING WHOLE

Now it is not absolutely essential to have one's home carried out in the period style because a far more pleasing whole is achieved through the happy combining of ancient and modern pieces. Long mirrors with carved gilded frames and an old fashioned marble top rosewood table bearing a choice piece of crystal which makes the scene festive when filled with bright colored blooms. The use of mirrors helps very considerably to enhance the beauty of a room. An with the use of some intense color touch such as a gorgeous piece of ebony or black lead used in artistic creations, helps beyond words to express pleasantly a modern scheme for interior furnishings. Very often the use of ecoré, ivory and eggshell lustre helps to give interest, antique oak combined with cream leather and deep ivory finished to resemble old lacquer are some of the tricks that spell wizardry in the color scheme.

ROSE-PINK FINGER NAILS INDICATE GOOD HEALTH

Just below the hard surface of your nails, the blood flows through tiny capillaries in the soft flesh. This is what gives colour to the transparent nails.

Now, the redness of the blood is due to the presence of millions of microscopic cells called red corpuscles. So when the finger nails are tinted a nice rose pink it just means that the blood has plenty of red corpuscles. And when the blood has plenty of red corpuscles the person is generally in excellent health.

Quite often the nails are pale. This is a warning that all is not well, for the blood then lacks redness and this will bring on undesirable complaints which can become serious.

Not very long ago, there was formed a clinic or study class of forty persons whose blood was pale. They were, of course, more or less run down in health. So for thirty days all were given treatment with a blood-building remedy. Results were splendid. The patients looked better and felt better. They had more vigour, were brighter and stronger. Blood tests made by a competent authority before and after taking the remedy showed that the redness of the blood had been well increased by the thirty days' treatment.

Fortunately this remedy can be obtained at any drug store. It is quite well known for it was originated by a Canadian authority and called Dr. Williams' Pink Pills. All who suspect that their health is pale... all who feel run-down or lacking in vitality, should follow the example set by the clinic. Get on to the high road of health by taking Dr. Williams' Pink Pills. Full size box 50c.

Royal Couple at Bled



Princess Marina of Greece and recently, photographed at the home of Prince George of Greece, whom she married at Bled engagement was announced, Jugoslavia.