

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

FOR THE WOMAN READER

BLESSINGS
One day thou wilt be best.
So still obey the guiding hand that tends...

HINTS FOR FALL COSTUMES
You can build a whole winter wardrobe around your fall suit. Get a couple of dressy blouses in addition to your tailored ones and the suit can go to luncheon and tea as well as to the office.

BODY TISSUES LOSE TONE AFTER LONG ILLNESS
After a prolonged period of rest in bed on account of illness, the body tissues lose tone.

TOO MANY "DON'TS"
That ad of telling your child to stop what he is doing, suggest something else which he would like to do instead.

STORIES OF HENPECKED HUSBANDS FROM CHINESE
Chinese women are more emancipated today than any other section of womanhood on the Asiatic continent.

Diet Dispensary Opened Over Fifty Years Ago
Bustles and leg-o-mutton sleeves flannel petticoats and "bangs" were worn by the first promoters of the Montreal Diet Dispensary when in the spring of 1879 it first opened its doors to dispense sick room dainties to those who could not afford and provide them for themselves.

DOORWAY "GYM"
A doorway "gym" helps one apartment house child to get his exercise. A stout wooden curtain pole set at a convenient height in wooden receptacles screwed into the sides of the door frame forms a horizontal bar.

Actual Blood Tests Prove It Revitalizes
The efficiency of Dr. Williams' Pink Pills in the treatment of run-down conditions is now a matter of absolute, scientific proof.

Proved best for CHILDREN'S COLDS



Two generations of mothers have proved Vicks VapoRub the safe, dependable way to relieve colds. It is best for children and for grown-ups, too.

VICKS VAPORUB

A Morning Smile

Where is it?
"Dad," said the small boy, looking up from his book, "where is atoms?"

FOR THE WEDDING BREAKFAST - SERVE CHICKEN EUGENIE

What to serve for a wedding breakfast has stumped many a good hostess.

Everything is served from scrambled eggs and sausage to chicken patties. But most women would like something unusual to put before the merry party.

Remove and set the mushrooms and chicken aside with the ham and add the flour to the juice remaining in the saucepan.

PUTTING IT MILDLY

An old lady who lived in a London suburb was shocked at the language used by the men repairing the telephone wires near her house.

What Does "American Girl" Mean? Dorothy Dix Defines Salient Characteristics of Genus

The Typical American Girl is a Law unto Herself, With a Hard-Boiled Exterior and a Tender Heart - Alert and Snappy, Capable and Efficient, She is Our Best Domestic Product

A correspondent asks me to define for her the meaning of the phrase "the typical American girl."



She isn't demure like a French jeune fille nor bread and butter as most English maidens are.

All of which is perfectly logical, for she is the result of the mingling of many races that have been fused together in the melting pot of this country and that have produced her as their finest product.

Yet, in spite of all of her infinite variety, the American girl does run true to a certain form, and there is that something different about her that sets her apart from all other girls in the world and makes you able to recognize her at sight.

As I have said, all of us get a different slant on the typical American girl. As I see her, she is a young woman of medium height, thin almost to emaciation, because she is determined to have a boyish figure if she has to starve herself to death to accomplish it.

Her hair is bobbed and her neck is shaved and she uses over-makeup and rouge, which she seldom knows how to put on artistically.

Much of this is due to the fact that she is always smartly dressed even when she has little money to spend on her clothes.

She has an instinct for style and she wears her clothes with an air that not even the most chic Parisienne can surpass.

The typical American girl has what old-fashioned New England folks call "faculty." She can set her hand to anything.

Her father has money she can dictate fashions to Parisian couturiers and queen it along the Riviera and is an elegant of the elegantes.

If she happens to belong to the working-girl class and catches the eye of a millionaire who marries her, she can step out from behind the counter at a moment's notice and take her place at the head of a big establishment.

No other woman ever created can do the chameleon act as quickly as can the typical American girl. In the twinkling of an eye she can change from a grub into a butterfly.

Apparently she is hard-boiled, but this is more or less of a bluff. For you will find her working to support the parents she defies.

There are diminutive bride and groom dolls, the bride's to go at the gentlemen's places, the bridegroom's at the women's.

And there are innumerable little candies, nut dishes, ribboned favors, all made in designs and shapes especially fitting for weddings, that dress up your table.

Live stock shipped from Western to Eastern Canada for the first 42 weeks of 1933 included 64,687 cattle, 2,081 calves, 237,169 hogs and 35,909 sheep.

Mice and rats sometimes destroy bee colonies in the winter, if care is not taken to exclude them from the bee-cellar or wintering place.

The credit of taking the first census of modern times belongs to Canada. Although earlier records exist (Port Royal 1605 and Quebec 1608) the census of 1666 was the first systematic nominal enumeration of the people.

Remove and set the mushrooms and chicken aside with the ham and add the flour to the juice remaining in the saucepan.

Now arrange the ham in the bottom of the dish from which it will be served. Place the chicken on top of the ham and then put the mushroom on top of the chicken.

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THE COOK'S CORNER

BRAZILIAN SALAD

One tablespoon gelatine, 1/4 cup cold water, 1 cup boiling water, 1/2 cup sugar, 1-3 cup lemon juice, 1/2 teaspoon salt, 1/2 cup celery, 2-3 cup strawberries or red cherries, 1 orange, 4 Brazil nuts, 3 ripe olives.

PINEAPPLE AND CARROT

One and one-half tablespoons granulated gelatine, 4 tablespoons cold water, 1/2 cup boiling water, 1 cup orange juice, 1/2 cup strawberries, 1 cup grated carrot, 1 cup diced fresh pineapple or 1 cup crushed canned pineapple.

Soften gelatine in cold water for five minutes. Add boiling water and stir until dissolved. When cool add fruit juices and salt.

TOMATO JELLY

Three cups stewed tomatoes, 1 onion, sliced, 1 stalk celery, 1 bay leaf, 1 clove, 1 teaspoon sugar, salt, envelope gelatine, 1/2 cup cold water, lettuce, mayonnaise.

ON HANGING PICTURES

The modern tendency is to have no pictures at all or if there are any, they are good and well placed. However, there are many people who do not follow modern fashions so slavishly as to banish all their pictures to the lumber room at the mere dictate of fashion.

Choose your pictures according to the room, oils and engravings for the diningroom, dainty water colors for the drawingroom and bedrooms.

Always remember that a plain wall gives your pictures a much better chance of showing to advantage. Also it is essential that pictures should have plenty of space around them.

Eastern pictures look very well with white mounts, and narrow black frames, the severe contrast of the black and white with the warm colors of the subject of the picture itself, prove most effective.

Don't forget that some pictures require certain lights to bring out their beauties, so choose their resting places carefully with this in view.

There are several new types of hangers for pictures now which take the place of the older wires and cords, which did not enhance their looks.

Always study height when arranging your pictures to see that they are well placed. One often sees pictures hung just a little too high or a little too low curiously enough, this can be very irritating to some people, besides spoiling the effect of the picture itself.

You can make a great improvement in the house if the picture frames are a bit war-worn by regilding and re-namelling them yourself, but be sure to choose a good gilt paint which will not discolor in a short time.



I WISH I NEVER HAD TO FACE ANOTHER WASHDAY. NO WONDER—YOU STILL USE OLD-FASHIONED SOAP. TRY RINSO FOR SNOWY WASHES WITHOUT HARD WORK. IT'S SO EASY ON THE HANDS, TOO.

Rinso Soaks our dirt No scrubbing—saves hands

Daintiness With Chic Styles. DRESSMAKING LESSON FOR BEGINNERS WITH EVERY PATTERN BY ANNABELLE WORTHINGTON



Physical discomfort is one of a chic's greatest enemies. If you are cold you cannot hope to look smart—even in the most expensive French creation.

SOCIETY GIRL WHO WAS PRESENTED AT COURT IS NOW A PAGE

PITTSBURGH, Nov. 4.—A society girl who made her debut in Washington, tried drama and even bowed before royalty, has forsaken so glamorous a whirl to become a page in a mellow citadel of finance.

FRUIT, GREEN VEGETABLES ID RHEUMATISM DIET

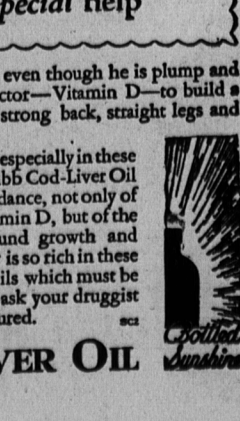
Doctors are constantly being asked what is the best diet for those who suffer from rheumatism. In the first place no one knows exactly what effect diet has on rheumatic affections.

She is Kathleen Knox, slim granddaughter of the late Philander C. Knox, attorney general under United States Presidents McKinley and Theodore Roosevelt.

Even though your baby is breast-fed, even though he is plump and rosy, still he needs the help of one factor—Vitamin D—to build a well-shaped head, a fine, full chest, a strong back, straight legs and sound teeth.

The roundest, rosiest babies fail to develop sound bones and teeth when denied this special help.

And the dependable source of Vitamin D, especially in these "shut-in" days, is Bottled Sunshine—Squibb Cod-Liver Oil—which is guaranteed to supply an abundance, not only of the bone-and-tooth-building factor, Vitamin D, but of the equally important Vitamin A, for sound growth and increased resistance.



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