

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

What the Fashionables are Wearing Illustrated Dressmaking Lesson Furnished With Every Pattern

By Annabelle Worthington



this black rough crepe silk. It will carry you through an entire day. You can wear it for shopping in the morning and then for luncheon or bridge.

Note the smart white accents in rough crepe in cross-over vest and in the front facing that forms a rever when not buttoned to the shoulder.

Style No. 875 is designed for sizes 16, 18, 20 years, 36, 38, 40 and 42 inches bust.

Size 36 requires 4 yards 38-inch with 1/2 yard 38-inch contrasting.

It's very simple to make it.

Other equally smart suitable fabrics are crinkled crepe satin, wool crepe and novelty wool and silk crepe mixtures.

Price of Pattern 15 cents in stamps or coin (coin preferred). Wrap coin carefully.

No. 875. Size

Name

Street Address

City

State

City

State

City

State

City

State

City

State

City

State

City

State

City

State

City

State

City

State

City

State

City

State

City

State

City

State

City

State

City

State

City

State

City

State

City

State

City

State

City

State

City

State

City

State

City

State

City

State

City

State



Zam-Buk Heals From Below

It is so highly refined that its rare herbal essences soak naturally through the tiny pores deep into the underlying tissues.

Fatty ointments clog the pores and never penetrate beyond the surface skin.

It's So Different with Zam-Buk. It kills pain, allays inflammation and swelling; removes germ infection and poisonous matter.

Salads, puddings and relishes are delicious and colorful when made with the bright red berries.

Cranberry sauce and cranberry jelly are traditional with turkey, but you will find the taste of cranberries quite as delicious with roast pork and veal.

Canton Gingerbread This is a most delicious variation of gingerbread.

MARY MOORE'S QUESTION BOX Conducted by Mrs. (Dr.) Mary Moore

NOTE: Mrs. Moore is daily receiving requests from readers who have individual cookery problems.

QUESTION: Our butcher often has good looking flank steak but I never buy it because I do not know how to cook it.

ANSWER: There are plenty of ways of using flank steak; beef steak and kidney pie.

Flank Steak En Casserole One flank steak (to serve five or six it should weigh from one and one-half to two pounds.)

Cranberries Are Rich In Iron

Cranberries, like Indian corn, are native to this country and have long held a high place among the fruits.

Although there are many reasons why cranberries should be used more freely than they are, one precaution should be kept in mind regarding them.

Cranberries keep excellently and unless frostbitten will remain crisp and full flavored for a long time.

Salads, puddings and relishes are delicious and colorful when made with the bright red berries.

Cranberry sauce and cranberry jelly are traditional with turkey, but you will find the taste of cranberries quite as delicious with roast pork and veal.

Canton Gingerbread This is a most delicious variation of gingerbread.

MARY MOORE'S QUESTION BOX Conducted by Mrs. (Dr.) Mary Moore

NOTE: Mrs. Moore is daily receiving requests from readers who have individual cookery problems.

QUESTION: Our butcher often has good looking flank steak but I never buy it because I do not know how to cook it.

ANSWER: There are plenty of ways of using flank steak; beef steak and kidney pie.

Flank Steak En Casserole One flank steak (to serve five or six it should weigh from one and one-half to two pounds.)

What to Do to Keep Your Husband Happy Dorothy Dix Suggests Wisest Course for Brides

If You Want to Keep Your Husband in Love With You, Doll Yourself up to Meet Competition Be Romantic, But Don't Neglect Your Housekeeping; Hold Your Tongue, Show Your Appreciation, and Every Day Tell Your Husband How Much You Love Him

"My dear," said a wise woman to a bride, "it is a good thing to avoid making mistakes in marriage, but it is not the things we refrain from doing that get us anywhere."

"Keep up your salesmanship. Don't imagine that because you fascinated your husband once, the job is done and you can sit down and have to be done over every day."

"Doll yourself up. A man who picked out a girl for a wife because she was easy on the eyes doesn't get asstigmatism at the altar and grow so blind that he can't see that she has gone 90 per cent off her looks because she doesn't think it worth while to prettify herself for her husband."

"Meet competition. Remember that your husband is going from you every morning to an office full of pretty, snappy young girls, who are well dressed and well groomed and whose business it is to meet him with a glad sweet smile and yes-yes-him."

"Assume the attitude of a Lady Love. Most husbands take wives at their own valuation and treat them as they show they expect to be treated."

"But if you will keep a death clutch on your romance and never let it get away from you and if you will flirt a bit with your husband and make him still see himself as your Fairy Prince, you can keep him for a lover to your golden wedding day."

"Be a good housekeeper. That is your end of the matrimonial partnership and it is just as much your business to make a comfortable home of your husband's little faults and peculiarities and the minor trials of

you could reduce it a little?" "What is your business?" asked the judge.

"A draper, your honor," said the man. "Very well, then," wound up the judge, "I'll make the amount \$1 19s."

YARDLEY LAVENDER THE LOVABLE FRAGRANCE



Famous as "The Luxury Soap of the World" there is no finer quality toilet soap made. Its mellow lather, so delightfully soft and soothing, will preserve the clear beauty of the most sensitive skin. It is lavishly perfumed.

YARDLEY - LONDON - TORONTO - NEW YORK - PARIS

Canadian Cookery For Canadian Women

By Mari Moore. Specially contributed to the Guardian for Guardian Readers.

AFTERTHOUGHTS (By Mary Moore) A few more little facts have accumulated since our little "Personal Tips" item went to press last week.

1-Before using bitter chocolate melt it over hot water. Do not try to grate it directly into a mixture as it will not blend evenly.

2-A cork and metal cap with a piece of spring steel fitted over the top is on the market now to be used as a cap for ginger ale bottles which have not been fully used.

3-If you are going away on a visit for a week or ten days and you have some potted plants, you can keep them well watered and in good condition if you place bricks in the bottom of a tub, and then pour in enough water to cover the bricks and they will draw up the moisture as they need it.

"GREAT" said her husband -- "How Your Cooking Has Improved"

HE won't work late at the office—not he. He does not remind his bride of mother's cooking any more. What has made the amazing change?

She read about a little book called "The Good Provider" and a marvelous way of making delicious things with St. Charles Evaporated Milk. Now her cakes are a joy to see—and taste.

—and so that you may enjoy proving it too, just write for your copy of "The Good Provider." It has 80 pages illustrated in full color and will prove a treasure-house of cooking wisdom.



BORDEN PLANTS at Toronto, N.S., Inverell, Ont., Norwich, Ont., and Sumas, B.C.

THE GREAT HEALER

All ailments and sores will Zam-Buk at 50c the box. Zam-Buk Soap 50c the cake.

namon. Dot whole surface with 3 tablespoons butter, and top all with pecan or walnut meats. Bake in a moderate oven of 375 deg. Fahr. for 30 minutes.

Canton Gingerbread This is a most delicious variation of gingerbread.

MARY MOORE'S QUESTION BOX Conducted by Mrs. (Dr.) Mary Moore

NOTE: Mrs. Moore is daily receiving requests from readers who have individual cookery problems.

QUESTION: Our butcher often has good looking flank steak but I never buy it because I do not know how to cook it.

ANSWER: There are plenty of ways of using flank steak; beef steak and kidney pie.

Flank Steak En Casserole One flank steak (to serve five or six it should weigh from one and one-half to two pounds.)

WINDSOR SALT will keep your gums healthy-your teeth clean



And your Breath Sweet

Medical and Dental authorities endorse the use of salt for oral health. Use Windsor brands - purest and best.

Windsor Salt comes in three packages—the new blue and white square carton—Windsor Iodized Salt for goitre prevention and Royal Table Salt (free running).

WINDSOR SALT CANADIAN INDUSTRIES LIMITED WINDSOR SALT DIVISION, WINDSOR, ONTARIO

For The Cook

ORANGE GELATINE PIE

2 tablespoons granulated gelatine. 1/2 cup cold water. 2 cups orange juice. 1/4 teaspoon salt. 1 tablespoon lemon juice.

DATE DELIGHT

2 eggs. 1/2 cup sweetened condensed milk. 1/4 cup bread crumbs. 1 teaspoon baking powder. 1/2 pound pitted dates (1 cup.) 1/4 cup nut meats.

Blend together well beaten eggs, sweetened condensed milk, bread crumbs, baking powder, finely cut dates and chopped nut meats.

A Morning Smile

Two Scotchmen had planned a hike into the country, and had agreed to meet at a certain place at five in the morning.

"I was just a girl at the time" . . .

this charming lady told us. "My father wasn't very prosperous. Mother watched every item of expense. Appearances had to be maintained. No extravagance, however small, was allowed to pass."

I well remember Mother checking up on the comparative value of laundry soap. She liked Surprise. But such was her rigid code that she didn't intend to cater to her whim if Surprise were less economical than other soaps.

But trial after trial showed that a cake of it washed more tubfuls than most soap. And Mother was satisfied that the things were cleaner. She always used it after that. I still use it to this day. I find it most economical and by all odds the most satisfactory soap I have ever bought."



Surprise Soap THE ST. CHARLES SOAP MANUFACTURING CO. ST. STEPHEN, N.S.