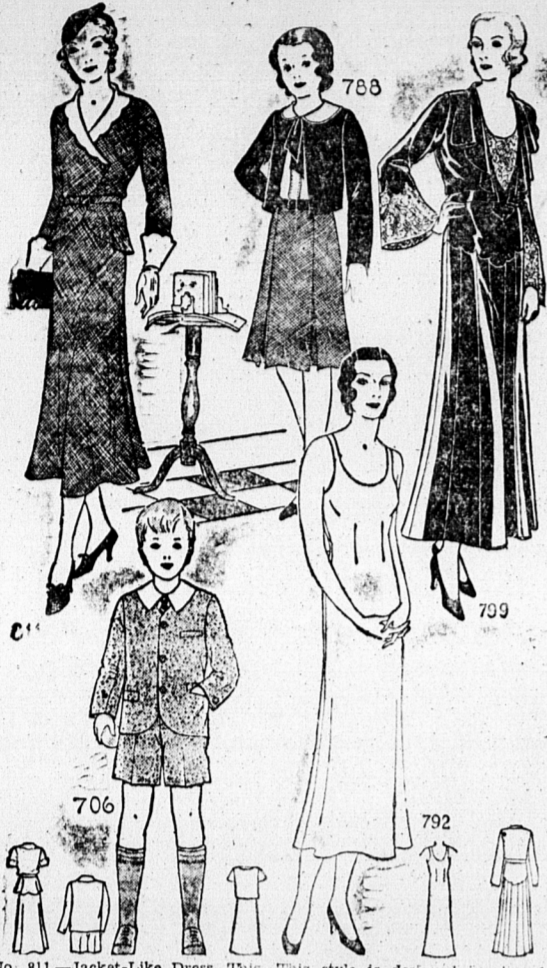


Woman's Realm :- Social and Personal :- Fashions :- Literature

What the Fashionables are Wearing Fair At Forty? Eat Fruit

Illustrated Dressmaking Lesson Furnished With Every Pattern

By Annabelle Worthington



No. 811—Jacket-Like Dress. This style is designed in sizes 14, 16, 18, 20 years, 36 and 38 inches bust measure. Size 16 requires 3 1/2 yards of 39-inch material with 1 yard of 35-inch contrasting and 2 1/2 yards of binding.

No. 788—Bolero Jacket Dress. This style is designed in sizes 6, 8, 10 and 12 years. Size 8 requires 1 1/2 yards of 35-inch material for skirt with 1 1/4 yards of 35-inch material for jacket and 1 1/4 yards of 35-inch material for blouse.

No. 799—Smart Individuality. This style is designed in sizes 16, 18, 20 years, 36, 38, 40, 42 and 44 inches bust measure. Size 36 requires 4 1/2 yards of 39-inch material with 1/2 yard of 35-inch all-over lace.

No. 792—Practical Slip. This style is designed in sizes 16, 18, 20 years, 36, 38, 40 and 42 inches bust measure. Size 36 requires 2 1/2 yards of 35-inch material.

No. 706—Per Wee Lads. This style is designed in sizes 4, 6, 8 and 10 years. Size 8 requires 2 1/2 yards of 35-inch material with 1/2 yard of 36-inch lining.

Be sure to fill in the size of the

We wrote not long ago about the necessity of keeping plenty of fruit in our winter diet. We need it just as much as we do in the hot weather—only from just a fractionally different angle.

So many of our readers have expressed their entire agreement, and have spoken of their eagerness to improve their families' consumption of fruit and vegetables that we are going to give a good deal of space to those topics—we trust they will be welcome to readers generally.

Here, for instance, are sweet dishes—we know that in most of your homes you like to keep the idea of a treat to the end of a meal, and that means a rather exacting standard of goodness and variety to be maintained all the time. It is my aim to kill two birds with the one proverbial rock—to manage that varied deliciousness along with the health project that it is sometimes wisest to say little about. You often notice we know how people seem to shy off the too-much-or-a-duty foods. The line of least resistance, in that case, is undoubtedly to make the appeal to the palate instead of to the conscience.

We think that the majority of these simple and not-too-expensive fruit dishes will do just that!

Fruit Whip.

1 egg white
4 tablespoons fruit pulp
2 tablespoons sugar
Lemon juice to taste

Beat the egg white stiff and beat in the fine sugar and the fruit pulp (that has been pressed through the potato ricer or through a coarse sieve). Add lemon juice to taste—it brings out and sharpens the flavors of other fruits, the exact amount depending upon the fruit used—which may at this season be banana, canned or stewed dried apricots or peaches, pears (try a dash of cinnamon with them too), stewed dates or figs—both delicious—or the faithful apple's pulp, baked or stewed and well drained. Beat very stiff, chill well before serving and serve a cold boiled custard or cream with it. This is obviously a small amount—multiply the quantities to meet your needs.

Jellied Apples.

Pare and core small, firm apples. Make a syrup of 2 cups sugar and 2 cups water, discoloring it red with a little pure food coloring paste. (Or if you want a cinnamon flavor, you can use some little red cinnamon candies, the hard kind, to color and flavor the syrup—just a few). Drop in the apples and simmer gently until they are transparent, then remove carefully, place apples in individual dishes and pour the syrup around them—it will "jell" when cold. These apples make a pretty dessert, served with pour cream or whipped cream—or they are excellent as a garnish for roast pork, duck or goose.

Baked Bananas.

There are several ways of cooking bananas—this one is very easy. Loosen one section of the skin, then drop it back in place. Put the bananas in a shallow pan, cover them and bake until skins are dark and pulp soft. Remove carefully from skins, dust with powdered sugar and serve with hot lemon sauce.

Prunes.

Wash, soak overnight. Heat gradually in water in which they are soaked, and cook slowly (on back of range or over asbestos mat) closely covered, till skins are tender, letting water cook away till syrup is thick. They are best cooked in earthen jar, slowly, for 8 hours. Most prunes contain so much sugar that lemon juice improves the flavor. Seldom do they need sugar.

Pineapple Betty.

1-2 of one medium pineapple
1 cup stale cake crumbs
2 tablespoons butter
1-4 cup sugar
3-4 cup boiling water

Cut the pineapple in 1-4 inch slice and peel. Boil sugar and water for five minutes. Add pineapple and cook until tender. Butt a baking pan, cover with cake crumbs, then a layer of pineapple drained from the juice. Dot with butter and add another layer of crumbs and pineapple. Have crumbs for top layer. Pour pineapple juice over and bake about 45 minutes in a modern oven. Serve with hard sauce.

For The Cook

ALMOND WAFERS
1/2 cupful of butter.
1 cupful of sugar.
1 cupful of flour.
1 egg yoke.
White of egg for the top.
Icing sugar.
1/4 cup of almonds.

Method—Cream butter and sugar gradually, add the egg yolk, stir in the flour. Spread on waxed paper in a cake tin.

A Morning Smile

A lady's voice was heard from the steps of a crowded Westmount car, saying, "Oh, get in, dear, some one will give us a seat!" The next moment two ladies entered. The men in the car were on their mettle. They read papers sternly. Those who had no papers closed their eyes and pretended to slumber. The ladies glared down the car in vain. For half a mile the car went on. Then a man alighted. "There's a seat for one," said the conductor. "Don't take it dear!" said one of the ladies. "Some man will want

When Is a Girl "Modern"? Dorothy Dix Defines Independence vs. License

The Girls Who Have a Right to Boast That They Are Modern Are Not Those Who Make Their "Up-to-Dateness" an Excuse to Break All the Laws of God and Man, But the Intelligent, Chaste, Independent Girls Who Are Building Sane, Happy Futures

The catch word by which the younger generation lives is "modern." The sum and summit of their ambitions is to be modern, and there is no crime under the sun of which they would not rather be accused than to be suspected of being old-fashioned.

Now to march in the foremost ranks of progress is, of course, a highly laudable thing to do, but the trouble with these young people is that they seem to have such a queer conception of what the word "modern" means. Especially do girls give its definition a strange new twist.

They seem to think that to be modern requires them to scrap the Ten Commandments and snap their fingers in Mrs. Grundy's face besides. Also, that being modern offers an alibi for loose living. I get hundreds upon hundreds of letters from girls who write:

"My mother says I am breaking her heart by the way I am doing, but I am a modern girl and, of course, I do not pay any attention to her old-fashioned ideas." Or: "I am a modern girl and I smoke and get drunk." Or: "I am a modern girl and we go out to road houses where we gamble and booze all night and don't get home until morning, and my old-fashioned parents object to this." Or: "I am a modern girl and the boy friend and I are living together without any of this old-fashioned marriage bunk." Or: "I am a modern girl and, of course, I have had my experiences with men, but now I have really fallen in love with a man who has the old-fashioned ideas that a woman should be pure."

And so on and so on. Thousands of letters in the course of a year in which girls justify themselves for having broken the laws of God and man by calling themselves "modern" and apparently consider that there is something new, something audacious, something pioneering in their conduct that makes it admirable. Their attitude is that of one who has just discovered an unknown country and who is conferring a benefit upon humanity by exploring its flowery pathways and mapping out pleasant downward paths for others to follow.

It doesn't do any good, probably, but I can never resist reminding these youngsters that there is nothing modern in wrongdoing. It is as old as original sin itself. There hasn't even been a new temptation invented for women since the Garden of Eden episode.

There is nothing startling enough to make us sit up and take notice in a girl defying her parents. Every generation since the beginning has been full of disobedient daughters. There is nothing modern in a girl getting drunk.

There have been millions of women who have descended to the gutter. There is nothing modern about the immoral woman. Harlotry has been called the oldest feminine profession. There is nothing modern about the girl philanthropist. She has been a common figure all along the way humanity has trodden from animalism up to civilization.

A reversion to the primitive in manners and morals is a step back-

Dr. Wood's Tickling In The Throat And Coughing Spells

Mrs. James McGann, Kinmount, Ont., writes: "Some time ago I had a very bad cold, and the tickling in my throat would cause long spells of coughing. I was advised by a friend to use Dr. Wood's Norway Pine Syrup, and after taking the first bottle my cough had all gone. I can recommend 'Dr. Wood's' to everyone with a cold or cough." Price 35c.; a bottle; large family size 65c.; at all drug and general stores; put up only by The T. Millburn Co., Ltd., Toronto, Ont.

ward, not a step forward. Virtue and an observance of the conventions are not old-fashioned. They are the final achievement of progress. So the girl who is so anxious to be up-to-the-minute should find some better way of expressing her modernity than by copycatting her cave ancestresses.

My idea of the girl who has a right to boast that she is modern is a young woman who possesses all the charms and graces and good qualities of the women of the past and has added unto them the latest improvements. She is just as chaste as her grandmother, for instance, but she isn't prudish and she doesn't have to be chaperoned and guarded at every step. She isn't shocked at everything and she doesn't put pants on the limbs of the piano. What she reads and what she sees doesn't have to be carefully censored and she doesn't blush and hang her head every time a man speaks to her.

On the contrary, she is like Lady Kew's daughter, who was 40 years old and had heard all there was to tell, so to speak. She knows her world and looks it in the face with clear, discerning eyes, and she is perfectly aware of the temptations among which she must walk, and that's why she knows how to mind her step.

She has associated freely with men and knows their tricks and manners. She knows what love can do to a girl and is on her guard against it. And she lives cleanly because she respects her own soul and reverences her body and feels that they are too precious to be frittered away in a drunken orgy. And, above all, she walks the straight and narrow path because she knows that that is the only way to peace and happiness.

Also, the modern girl is the girl who is free. Independent. Who can stand on her own feet. Who can make her own living. Who is educated and intelligent. Who can marry or leave it alone and be happy either way. Who holds down a good job and does not have to marry for a meal ticket. That is the girl who has the right to claim to be modern.

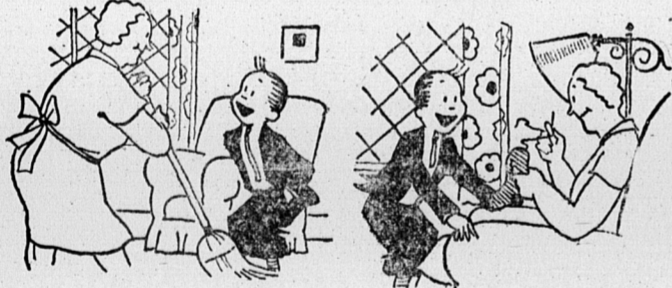
Femininity and sweetness, plus brains and energy in a girl, that's modern. But petting and drinking and loose living, that's old stuff. DOROTHY DIX.

JELLIED CRANBERRY SALAD.

This is just the thing to serve with the cold turkey or chicken. Wash fine sound cranberries, a quart should make sufficient for 6 or 8 portions. Put on in white enamel saucepan, with a cup of cold water, and cook for 10 minutes, counting from the time boiling begins. Mash when soft, strain and for the juice from a quart of berries allow 2 cups sugar. Put back in saucepan and cook for 10 minutes, or until a little jellies when cold. If in doubt as to its jellifying, add teaspoon gelatine which has been softened in a little cold water and stir until perfectly dissolved.

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"Oh, Mom, if I did an awfully good turn for you, would you promise to give me some Clark's Pork and Beans?"

"Why, certainly, I would, son, but what is the awful good turn you are going to do for Mother?"



"Well, I'd run as fast as lightning to the store and buy them for you; that would be a good turn, eh, Mom?"

"I guess I'll do a good turn for you every day, Mom. Can I have another helping? I just love Clark's Pork and Beans!"

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