

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

ALL THE BRAN YOU NEED ALL THE FOOD YOU NEED

SHREDDED WHEAT

With all the bran of the whole wheat... it with milk or cream and you have a complete, perfectly-balanced meal—calcium for making bones and teeth—vitamins for health and strength—bran for needed roughage—and so tasty and easily digested.

What the Fashionable Are Wearing Illustrated Dressmaking Lesson Furnished With Every Pattern

By Annebelle Worthington



The neckline in sunburst effect is attractive finished with trimming piece. The sleeves are typically French with full flaring deep flounces. Fitted band indicates higher waistline. Style No. 3022 designed in sizes 16, 18 years, 36, 38, 40 and 42 inches bust, you'll note doesn't require any trimming, its lines are so utterly smart. It's very easily made and the small outlay will surprise you. It is just as attractive as can be fashioned of black crepe satin with the hip band, trimming piece at neckline and flounces of sleeves made of the dull surface. Bottle green printed sheer velvet is very chic and wearable. Silk crepe in Java brown is very flattering. Lucerne blue sheer velvet is youthful suggestion for afternoons and informal evenings. Plum shade in canton crepe is well-liked because of its newness, offering a decided change to wardrobe. Dahlia purple silk crepe, midnight blue crepe de chine and crepe Elizabeth in Partridge brown chic selections. Pattern price 15 cents. Be sure to fill in size of pattern. Address Pattern Department, The New Fall and Winter Fashion Magazine is 15 cents, but only 10 cents when ordered with a pattern.

3022

A definitely new silhouette in transparent velvet will add charm to your winter wardrobe. It's an unusual choice too, because it is so many daytime and evening occasions.

Form with fields for Name, Street Address, City, State

GET RID OF DANDRUFF BY USING anticura Soap anticura Ointment

SOLD EVERYWHERE... 25c. Ointment 25c. and 50c. Tubes 25c. Sample each free. Canadian Deposits: J. E. Watt Company, Ltd., Montreal. Cuticura Shaving Stick 25c.

Kayser's new "Slendo" Heel Silk Stocking

\$1.50 PAIR "Slendo Heels" "NARROW CHIC ATTERING" See is proof that it inspired. There's just of pet chic about the or heel that captivates, despite the slender lines, completely protects the om wear.

MOORE & McLEOD LTD. P. E. I.

Dorothy Dix Letter Box

Shall a Man Try to Hold His Quitter Wife? Ought a Man's Insurance go to His Mother or His Family? — Separation Best for Too-Early Married

Dear Miss Dix—I have been married for about a year and a half to a girl with whom I fell in love shortly after finishing college. I had not worked long and my salary was only \$2000 a year, but I believed I had a promising future. My sweetheart was not accustomed to luxuries, so we decided that we could stick it out together until I earned better pay. Now she is very dissatisfied and is constantly throwing up to me my inability to make more money and wonders why she can't have a maid, a new car and such things, all of which I think she deserves, but which I will not be able to give her for at least two years more.



It makes my heart sore to realize that my income is inadequate and her constant reference to it makes us both miserable. She suggests divorce as a remedy for the situation. For her sake what should be done? BAFFLED.

Answer: If you would give her the divorce she wants, it would be a punishment that would fit her crime, because she would find out that her greed had been her undoing and that in trying to get a richer husband she was like the dog in the old fable who lost even the meal ticket that he had by trying to grab at a bigger one.

Undoubtedly, your wife's conceit is such that she thinks that if she were rid of you she would be besieged by millionaires and be able to at once marry some man who would install her in a palace and give her a fleet of motor-cars and an unlimited shopping ticket. But, alas, these pipe dreams of avaricious wives are seldom realized. The supply of Croesuses is strictly limited and they are not going around hunting up predatory divorcees. On the contrary, their one aim and object in life is to escape the gold-diggers and matrimony.

Of course, it is a consoling thought to a woman that if she wasn't burdened with her husband she could marry any man she chose, and I hate to shatter her rosy illusion, but it is a cold, hard fact that it takes a lot more beauty and charm and technique and sex appeal than the average wife possesses to enable her to go out and make a hit with the men. So my earnest advice to the ladies who have good, kind, generous husbands, who make them a comfortable living, is to stay married.

You have my earnest sympathy, you poor, baffled man who can't understand why your castle of dreams has come tumbling down about your ears, nor why the woman who was so eager to marry you and live with you on a small income, now is so discontented with it. There is no human being in all the world whom I am sorer for than the man who is unlucky enough to be married to a woman who is a poor sport, and who instead of standing by him and fighting with him shoulder to shoulder in the battle of life, turns quitter.

Such a wife takes the last bit of heart out of a man. She breaks down his morale. She discourages him so completely that he has to call up his last ounce of determination and courage to carry on and keep on struggling until he wins through to victory in spite of her.

I often wonder if these peevish, discontented, whining women who are always reproaching their husband with not making more money and complaining because they have not all the things that rich women have, realize how cruel they are and how they stab their husbands to the very soul. And I wonder still oftener at the patience and the forbearance of the men who are working themselves to death to supply the demands of the wives who continually cry more, more, more.

And I am very sure that these grasping wives do not know that they are killing the goose that lays the golden egg when they twist their husbands with not being go-getters and throw in their teeth the success of other men. For if they did, they would know that when you destroy a man's faith in his ability to succeed you doom him to failure, and that when you discourage him you slow down his efforts. Many a man achieves marvels just because he had to justify his wife's belief in him, but no man ever did anything for a wife who had no faith in him.

The real American romance is not the sticky, silly love story of boys and girls. It is the story of a poor young couple who marry on a shoestring and who work up together, the wife encouraging, inspiring, believing in her husband, cheering him on, bolstering him up when his own strength falters. I was reading the biography of such a man the other day and in it, in speaking of the days when they were desperately poor and fighting for a toehold on the ladder of success and when the wife's lot was full of hardships and sacrifices, she said: "But we were just as happy then and just as rich as we are now when we have millions." No wonder that man succeeded.

In your case, Baffled, I should certainly let my whining wife have a divorce if she wanted it. A wife who won't stand by a man and make the fight with him is small loss. DOROTHY DIX.

Dear Dorothy Dix—What arguments would you use to persuade your husband to have his insurance policy changed, naming his wife instead of his mother? This man is a good husband and father and he and his wife are very devoted to each other. They have two little children. Five years before the man was married he took out an insurance policy, naming his mother as beneficiary, and he refuses to change this because if he should die his mother would have no other means of support. The wife is so fond of her husband that she would make no point of this, but her family nag her incessantly about it and keep the matter always stirred up. What should the wife do? MRS. NEIGHBOR.

Answer: I think the wife should tell her family that it is none of their business and that they are making trouble by interfering in her domestic affairs.

And I think under the circumstances that the husband is right not to change his insurance policy. The mother is old and this little money is all the protection she has against want should her son die, whereas the wife is young and able to support herself and her children. I think the man should so arrange it that after his mother's death the money would come to his children, but that as long as she lives she should have the use of it.

A young woman can get work, but an old woman, is helpless. There is nothing that she can do to support herself, nobody wants her and there is nothing left for her but the poorhouse unless she has a little money. And so it is easy to understand why any man who is a good son and a good husband would try to save his mother from the horror of a dependent old age.

Of course, there is every chance that the man will not die, that he will live long to support his family, and that he will outlive his mother, so all of this family wrangle and this stirring up of hard feelings is for nothing.

But its effects will survive and it will estrange the husband and wife if they do not put an end to it.

So if the wife is wise and really loves her husband and wants him to love her, she will tell him that she understands why he does not change his insurance policy, and that she feels that he is right, and that she hopes that

Milady Beautiful



REDUCING BATHS

Human nature has a way of always trying to find short cuts and easy ways of arriving at coveted goals. This in many cases is thoroughly commendable, for surely there is no virtue in wasting time and energy on anything which might be accomplished in a shorter space of time or with less effort.

But when it comes to such things as getting rich quick or getting thin quick the short cut is not always satisfactory. The reducing bath surely comes in this classification, though it is no wonder the woman who has allowed pound after pound to mar her girlish figure is intrigued by the thought that just a few leisurely baths may melt the excess pounds away while she goes right on neglecting her daily exercises and indulging in her dainty tidbits of rich candies, desserts, etc.: those things which seem so small but yet mount up so big when one figures the pounds they have added.

Sad, but true, there is no such royal road to slenderness as a bath which will wash away the pounds. This may be a disappointment, but after all it is quite fortunate that this is true, for where would one's strength be if one could neglect exercise, cease to worry about scientific diet and merely let baths keep the figure in trim! The graceful, supple figure which overweights desire can be gained through but one method, and that is exercise and scientific dieting.

It would be unfair to say that certain types of baths have no effect on one's weight, for they do. Anything which thoroughly heats the body and causes perspiration has a tendency to reduce excess flesh when practiced regularly. But profuse perspiration induced by heat alone does not replace the flabby fat tissue with firm healthy muscle, and regular exercise will. Epsom salt baths have become quite popular, and as any salt bath is refreshing, so are these. They also have an astringent action on the skin, which has added to the belief that their effect is reducing.

There is one thing which must be said in fairness to steam baths, starch baths, salt baths and all the various kinds which are supposed to help melt away unwanted flesh. That is the fact that they thoroughly open pores which may have become sluggish through being clogged with perspiration impurities. After taking any of these baths the body should be rubbed with a lotion which will close the pores and soothe the body. Take one pint of toilet or massage alcohol, one ounce of violet ammonia and one-half ounce of spirits of camphor. Mix thoroughly and place in a large bottle. After the bath rub dry with a Turkish towel and then sponge off with the lotion and massage until the skin is dry. Dust with talcum or bath powder. This lotion is also very good to use after one has exercised vigorously and also after the cold or hot shower and brisk rubdown in the morning.

Mrs. A. K., Mrs. E. H. and Miss D. G.—Your beauty questions relating to reducing baths are answered above.

If she ever has a son that he will be as loyal to her as he is to his mother. And she will call off the trouble-makers in her own family. DOROTHY DIX.

Dear Miss Dix—My husband and I married when we had just barely passed our 18th birthday. We have been married a year and a half now. We began quarrelling on our wedding day and we have been quarrelling ever since and neither one of us want to be married any longer. Our love has turned to hate and we are driving each other crazy. But here is my problem: Three months ago my older sister left her husband and it has just about broken my mother's heart. Now shall I make her go through all that again, or shall I waste my youth and continue to live in misery? We have no children. UNDECIDED.

Answer: You are young and your mother is old, and so you are the one whose happiness is to be considered first in this matter. Anyway, she can take no great comfort in your marriage if you and your husband are living a cat and dog life together.

But instead of getting a divorce, why don't you and your boy husband just separate for two or three years and wait until you grow up before you decide what to do? He may grow up into the sort of a man that you would like to be married to and you may develop into the sort of a woman who would fascinate him. Who knows? DOROTHY DIX.

Household Hints

Soot on Carpets If soot falls upon the carpet or rug cover it thickly with dry salt. It can then be swept up properly and not a stain or smear will be left. Ironing Blouses To dampen a fine silk blouse evenly for ironing, wring a towel from water, roll the blouse up tightly in it and leave for ten minutes. The Invalid A bit of absorbent cotton dipped in a solution of half glycerine and half lemon juice is one of the best things for moistening the lips of a fever-parched patient.

Society's Mecca

In the heart of the Empire, Yardley's Old English Lavender Soap has been looked to for charm by leaders of taste and fashion for more than a century and a half. And in the passing years this history soap has come to be sought by discerning women everywhere for its skin-enriching purity and its lingering lovable fragrance. \$1 per box of 3 large cakes at all best druggists and department stores. Prices uniform throughout Canada. YARDLEY'S Old English LAVENDER SOAP Since 1770, 8, New Bond Street, London, England. U.S.A.: 1439, Fifth Avenue, New York.

For The Cook

CANDLE SALAD Place a whole slice of canned pineapple on a lettuce leaf. Place one-half a peeled banana upright in the centre of the pineapple. Top the banana with a red cherry. Garnish with mayonnaise to represent the candle with tallow running down the sides. Serve with angel cake for luncheon. VERNON RIVER SCHOOL Report of Vernon River School for September. Grade X—1. Marie Curley, 2. Isabel Bruce. Grade IX—1. Milton Wood, 2. Aldie Carver, 3. Marie McDonald, 4. Joseph Currie.

Etiquette

Q. Is it proper for a man to talk with a woman, with a cigar, cigarette or chewing gum in his mouth? A. It is not only impolite to talk with a woman with anything in his mouth, but to talk with anyone. Q. If a girl is dining with a man, when leaving the table should she start putting on her coat or wraps? A. No; she should wait for her escort or the waiter to assist her. Q. Is it ever permissible for a husband to open a wife's personal letters? A. Never, nor should the wife ever be guilty of this offense.

A Morning Smile

The train had finally emerged from the blackness of a long tunnel. The conductor noticed a young couple, both of whom appeared quite flustered, and the young woman was nervously rearranging her disheveled hair. Thinking to put them at their ease, the conductor remarked pleasantly: "Did you know that the tunnel we just came through cost \$12,000,000?" "Did it?" inquired the girl. Then, she added, after a pause, "Well it was worth it."

Sketchy Breakfasts Don't Raise Husbands' Salaries

There's a young neighbor of mine whose ambition for her husband is unlimited. The other day she came to me in great distress because he had failed to receive a much-looked-for raise. "Jim says he can't really blame them, because he hasn't been turning out the work lately. He's lost all his old pep—is tired out before the day is half over." "Who gets Jim's breakfasts?" I asked. "Why he does himself. You know he eats practically nothing." "Do you know," I asked, "what the schools have found out about listless, irritable, backward children? They are generally half-starved. Given a real breakfast every day, their school work improves miraculously. The same thing is true of grown people. If you want Jim to get that raise, give him a real breakfast every day—fruit cereal, toast and coffee, with bacon and eggs, or waffles or pancakes and sausage now and then. Start him out well fortified—he'll do real work." Try my Carnation Waffles to-morrow morning. There isn't a man who doesn't like these delicious waffles. They are feathery-light, tender and crisp-crusted, rich and fine-textured. All their goodness I attribute to the fact that I make them with Carnation Milk. Carnation is simply the purest whole milk, evaporated to double richness. Its double cream content saves on butter and cream, and gives every dish in which it is used a wonderful richness and a smooth, velvety texture. This fine texture is due to "homogenization" by which the cream globules are broken up into finest particles to distribute them uniformly through every drop of milk. Carnation is convenient, because you can keep it in quantity; uniform in quality, insuring uniform results; and economical. Why not send for the Carnation Cook Book? It will help you discover dozens of delicious, Carnation-made dishes. The book is free. Address Carnation Milk Products Co., Limited, Aylmer, Ont. Carnation Waffles 1 1/4 cups pastry flour, 1/4 tsp. salt, 1/2 tsp. baking powder, 2 eggs, 1/4 cup Carnation Milk, 1/4 cup water, 1 tbsp. butter, 1 tsp. sugar. Sift dry ingredients. Dilute Carnation with water; beat eggs until foamy, add milk and melted butter. Stir liquids quickly into dry ingredients. Bake in hot waffle iron until brown and crisp. Carnation Griddle Cakes 2 1/4 cups flour, 1/4 cup cornmeal, 1/2 tsp. baking powder, 1/4 cup sugar, 1 egg, well beaten, 1/4 cup Carnation Milk, 1/4 cups water, 4 tbsp. butter, melted, 1 tsp. salt. Sift dry ingredients; dilute Carnation with water; add beaten egg and melted butter. Stir liquid quickly into dry ingredients. Bake on hot lightly greased griddle. When cakes are puffed, full of bubbles, and brown on the edges, turn and cook the other side. The griddle should be hot enough to brown a cake on one side in 2 minutes.

Makes Wonderful Waffles



You can't help getting better results with Carnation Milk. It is doubly rich in cream. It is always pure, sweet and uniform in quality. Carnation is not only more dependable; it is more convenient and economical. (See recipes above)

from Contented Cows on the label means EVAPORATED MILK of highest quality