

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

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

A rough surfaced tweed in orange
and brown mixture with intriguing
princess lines. It is suggestive of
coat type, so utterly chic for street
and spectator sports.

Inset plaits at front and godets at
either side of back, contribute skirt
fulness.

The deep revers and button closing
create a marvelous tailored and slender-
izing effect.

Style No. 3406 is designed in sizes
16, 18 years, 20, 22, 24 and 26
years.

Wool jersey, wool crepe, silk crepe
and kasina appropriate.
Pattern price 15 cents. Be sure to
fill in size of pattern. Address Pat-
tern Department. Our Fashion
Magazine is 15 cents, but you may
order a pattern and a Fashion
Magazine together for 25 cents.



3406

No. 3406. Size
Name
Street Address
City State

Household Hints
By Roberta Lee

Violets

Violets should be separated and
planted in the open ground in a rich
soil, protected from the sun's strong
rays. Too much sunlight produces all
leaves and no flowers.

Grit in the Eye

Grit can be removed from the eye
by applying a drop of castor oil. Or,
bathe it well with warm witch hazel
or pure olive oil.

Baking Bread or Cake

To keep bread from sticking to the
pan, heat the pan, then grease it and
sprinkle dry meal in the bottom. The
same applies to cake, using flour in-
stead of meal.

Do Your Ears Buzz
With Loud Noises?

This is an infallible sign of Ca-
tarrh, and if not checked may result
in partial deafness. The simplest
remedy is CATARRHOZONE—in-
hale its soothing vapor a few times
daily, and it prevents Catarrh from
spreading. Head noises, buzzing and
ringing in the ears are soon correct-
ed by CATARRHOZONE. Nasty
nose-discharges are stopped. Sore
inflamed crusts are healed. Sickening
mucous which drops back from the
nose to the stomach is done away
with. Headaches depart. The breath
is purified. You will be free from
colds, coughs, sore throat and ca-
tarrh if you use CATARRHOZONE.
Two months' treatment \$1.00; small
size, 50c. At all dealers.



Tired and
Run-down

"Before taking Lydia E.
Pinkham's Vegetable
Compound I was always feeling
tired, weak and run-down and
I worried over things. Since
taking the Compound that
feeling has left me. I can work
now and not get so tired. I do
my wash and take care of my
house and three children. I
eat and sleep better. In fact, I
feel better in every way. I will
answer letters from interested
women at any time."—Mrs.
H. C. Fletcher, 127 Smith St.,
Peterboro, Ontario.

LYDIA E. PINKHAM'S
Vegetable Compound

Bad Indigestion
and Constipation
Disappear Quick

"Suffered terribly
with indigestion and
constipation, couldn't
eat. A friend advised
'Fruit-a-lives' and I
was soon fine and
well. They are my
doctor when ill."—Leonie Paradis,
Mont Carmel, P. Q.

Letters from thousands say chronic
constipation and liver troubles ended
overnight with "Fruit-a-lives." Sour
stomach, biliousness, heartburn, gas,
bloating vanish like magic. Bladder
and kidney ills, pain in back go in
24 hours. Nerves quiet, sound sleep
at once. Rheumatism, neuralgia,
neuritis, sick headaches disappear
in a jiffy. Complexion clear quick.
Famous Canadian doctor's discov-
ery. Ten of nature's greatest reme-
dies combined in handy little tablet.
Amazing quick results.
Get "Fruit-a-lives" from druggist
today. Feel great tomorrow.

wrinkles more quickly than does an
olly one, and what you need is to
massage your skin with suitable
creams, especially around the mouth
where you have noticed the lines
forming. Also make sure that you get
plenty of sleep and daily exercise in
the fresh air. Your diet should in-
clude plenty of fruits, vegetables and
dairy products. Eat plenty of vegeta-
bles with cream sauces, butter, and
other fattening foods.

The following massage cream is
very good for a dry, wrinkled skin:
oil of sweet almonds, three ounces;
white wax, one-half ounce lanolin,
one ounce; rosewater, three ounces;
oil of rose geranium, ten drops. Melt
the lanolin and wax over a double
boiler; beat together thoroughly, add
the almond oil slowly. Blend in the
rosewater, draw to one side and when
nearly cold add the oil of rose and
beat well together. Place in small
jar and cover when cold.

In using, first cleanse the face with
cold cream (as your skin is so dry I
would avoid soap and water cleans-
ing for a time) then wipe off with a
soft cloth or piece of tissue and
gently apply the massage cream using
outward and upward motions in the
massage. Do this at night, allowing
a little of the cream to remain under
the eyes and around the mouth over
night.

(2) They are undoubtedly caused
by the dryness of your skin. Yes, my
dear, it is most certainly possible to
get rid of them, for, as you say, you
are much too young to have such
lines.

(3) Yes. Give your neck massage
treatments with the above skin food,
also. Exercise your neck every day;
the exercises consist of head turnings
from side to side, neck bending for-
ward and backward and rotation of
the head. I shall be pleased to mail
you my leaflet on care of the neck
and right facials at the right time
if you will write and ask for them.
Inclose a self-addressed, stamped en-
velope so that I may mail them, how-
ever.

LOIS LEEDS.

THE LAND WE LOVE
By FRANK LEIGH

THE SEIGE OF QUEBEC IN 1629

Q. What was the Seige of Quebec
in 1629?

A. Among the many seiges to
which Quebec has been subjected
during the three centuries and a half
of her history, that of 1629 was one
of the earliest. Sir William Phipps,
having captured Port Royal, appear-
ed before Quebec with 32 ships of war
and a force of over 3000 men. He at
once summoned Frontenac to sur-
render but received a contemptuous
refusal. After fruitless attacks and
bombardments, Phipps abandoned
the undertaking. The ancient Church
of Victory in the Lower Town com-
memorates the victory over the at-
tackers.

Fifteen theatres are to be built in
London at a total cost of \$12,500,000.

A bridge costing \$1,500,000 is to be
constructed at Montreal, Canada.

France's construction program is
making active progress.

Try this treatment for pimples!
AN OINTMENT WITH
Cuticura Ointment
After a while bathe gently with
Cuticura Soap
and hot water.
You will find nothing better for soothing
and healing all forms of skin troubles.

Dorothy Dix Letter Box

How Far Should a Parent Sacrifice His Own
Comfort to Gain the Admiration of His
Children?—Wisdom of Scrimping to
Educate Children—Peevish or
Angelic?

Dear Miss Dix—Our children resent their father's careless manners, his
neglect of his person and his ignoring of all table etiquette. He is very much
hurt and thinks that they have ceased to love him, which I know isn't true.
It is because they are fond of him and want to be
proud of him. His parents say that he did just the
same way when he was their age, and when he would
come from college he would criticize them so much
they were miserable in his presence. Is there anything
I can do to help the situation.

WORRIED MOTHER.

Answer:
Why don't you get your mother-in-law to talk to
your husband and remind him of how punctilious he
used to be about all matters of good form in his
youthful days and how he used to try to make the
family over according to the collegiate standards?

That might make him take his children's strictures less to heart and
cause him to realize that it is not lack of affection that makes them criti-
cize him, but just the arrogance of youth that is so certain that it knows it
all and has a mission to reform the world, beginning with parents.

Apparently, however, from your account of the situation, your husband
needs jacking up. Middle age is no allibi for a man getting sloppy and slov-
ely about his person. On the contrary, because a man is no longer young
and slim is the very reason that he should be more careful of his clothes and
his grooming. Increasing age avoirdupois do not make us easier on our
fellow creatures' eyes, and it is just common humanity to do all that we can
to make ourselves as pleasing a spectacle as we can in a world that is not
overful of beauty.

And certainly there is never an excuse at any time, at any age or under
any circumstances for a man to ignore the niceties of table etiquette and
feed like a pig at a trough. That is disgusting and repulsive and destroys
the appetite of those who are unfortunate enough to have to listen to him
eat three times a day and observe the sword-swallowing he does with his
knife and spoon. Consideration for the feelings of others should make us
dine instead of feed.

Of course, it is part of a wife's duty to keep her husband from slumping
and relapsing into savagery, but this is not always easy to do, for men do
not relish having their wives tell them of their faults or correct their table
manners, and often for the sake of peace the wife learns to hold her peace
even when her husband needs a shave and a haircut and to be run through
the laundry. But children have no such inhibition. Father can't divorce
them, and so they become the most proficient and persistent little critics on
the hearth.

And they are grand little reformers, too. I'll tell the world, for while a
man and a woman may be indifferent to each other's opinions and callous to
the censure of the world, the one thing that they can't stand is the disap-
probation of their children. Their vanity demands that they be oracles to
their children, that their children look up to them and admire them, and
when they find out that instead of being examples that their children aspire
to imitate, their children regard them as awful warnings of what to avoid,
it cuts them to the quick.

Now children all do want to look up to their parents, they want to be
proud of them. Listen to little toddlers talk and you can hear them boast:
"My mother is the prettiest woman in the world." "My father is the strong-
est man that ever was," but when they get older the parents have to justify
their children's admiration for them. They have to make good. They have to
give their youngsters something to brag about. For at a very early age
children begin seeing their father and mother as they are, without any sub-
terfuge, and they are cruelly clear in their judgments.

A child isn't going to be proud of an untidy mother who doesn't look as
nice as other children's mothers, nor, as it grows up, is it going to be proud
of a dull, stupid mother who never reads or keeps up with things. Nor is it
going to be proud of a sloppy father who sits around home in his stocking
feet and without a collar on and who ignores all the niceties and amenities
of life. So it seems to me that it is worth while for parents to make some
sacrifices to win the admiration of their children and live up to their chil-
dren's ideal.

DOROTHY DIX.

Dear Miss Dix—We have four children, one boy and three girls. Their
father and I are very anxious to give them the best education that we can.
Two of the girls will graduate from high school this year, one is anxious to
go on to a teachers' training college. All of this is very difficult for us to do,
as we are poor, and it requires a great sacrifice in many ways. Their aunts,
who are childless, consider us very foolish in making this sacrifice and tell
us that we should put them to work and that we had to do without an edu-
cation and they can, too. Are the aunts right, or are we? MRS. X.

Answer:
You are right to give your children every advantage of education that
you possibly can, because it will not only enrich their whole lives, but it will
enable them to make more money.

The girl and boy without education must do menial work, which is
always poorly paid work, but if they are intelligent and well educated they
can get jobs that pay a fair salary to begin with, and the sky is their limit.
They can go just as far as their intelligence will take them.

The first question that any employer asks an applicant for a position is
what education he or she has, and if they have not had even a high-school
education they have small chance of getting a desirable situation.

Don't listen to what the aunts say about the folly of sending your chil-
dren to school. To give them an education is better than giving them a for-
tune, because they could lose the fortune, but the education they will always
have and it will always be a tool to work with.

DOROTHY DIX.

Dear Miss Dix—The other evening I came home from work and as my
wife was putting the baby to bed I did as I always do and started getting the
dinner ready, but when my wife came into the kitchen she blessed me out for
everything that I had done. I was told that I should not have opened cans
of vegetables because she had already done it and I should have seen them
in a pot on the stove; that I had not made enough gravy, and had fixed the
salad wrong, and I had used the wrong spoon in turning over the potatoes,
and so on. After these few remarks by my wife I walked out of the kitchen
without saying a word, and thereupon I was told that I was the most sensi-
tive person in the world, peevish, etc. I don't object to helping my wife with
the housework, but the question that I would like to have you answer is this:
Was I right or wrong in walking out of the kitchen without saying a word,
or was I sensitive and peevish?

Answer:
It seems to me that you are little less than angelic in refraining from
making a few snappy comebacks when your wife bawled you out when you



So crisp it crackles out loud!

CHILDREN everywhere have
learned to listen for the crackle
that always comes with Kellogg's
Rice Krispies. In a year, this
great new cereal has become one
of the very largest sellers.
And how good for everybody!
Nourishing, wholesome rice.
Easy to digest. A splendid way to
get children to take lots of milk.
You couldn't serve a more
tempting cereal for all the fam-
ily. Toasted rice bubbles, and
milk or cream. Extra delicious
with fresh or canned fruits, or
honey. Good for breakfast,
lunch or supper.
Try the recipes on every pack-
age. Rice Krispies macaroons,
candies. Buttered Rice Krispies.
Sprinkle into soups.
Order a red-and-green pack-
age from your grocer. Served
by hotels, restaurants. Made by
Kellogg in London, Ontario. Oven-
fresh in the inner seal wrapper.



WHO ARE YOU?
A Beatty?

The Romance of Your Name
By RUBY HASKINS ELLIS



Beatty

Ireland is the ancient home of
the family of Beatty. The name was
originally spelled Beathag and meant
a public victualer, or a provider of
food. John Beathag was the first to
assume the name.

His descendant ten generations
later came to America and settled in
Ulster County, New York. Here he
married in 1691 Susannah Asfordby,
who claimed descent from the Plant-
agenet Kings of England. John
Beatty filled many offices of trust.
He moved to Marletown, N. Y.,
where he became one of its trustees
and also for many years served as
Deputy Surveyor of the Province of
New York, and during this service
laid out Livingston Manor.

Descendants of John Beatty have
intermarried with many distinguished
families of America, such as the Har-
risons, Ritchies, Carys, Schaafs,
Brawners and Middaghs. The Mid-
daghs claim descent from one of the
founders of Schenectady, N. Y.

Well known in the present gen-
eration of the name of Beatty, is
John Wesley Beatty, of Pittsburgh,
author, and director emeritus of fine
arts of Carnegie Institute.

were trying to help her. All the men I have even known would not have
walked out of the kitchen without saying a word. They would have said
apiently.

Perhaps the reason that more men don't try to help their wives with
the housework and in taking care of the children is because they only bring a
trade of fault-finding down on their heads when they do. They never can
please Friend Wife. They always cut the bread too thick or too thin, or
they make a mess broiling the steak, or they spattered the wall when they
cleaned the bathtub, or they let little Johnny get mud on his shoes, or some-
thing. So after a few attempts to be of assistance the poor, discouraged
man says: "Oh, what's the use," and lets Mary do it.

DOROTHY DIX.

Etiquette
By Roberta Lee

Q. What are some appropriate
gifts for a bride?

A. China, glass, and silver.
Q. Is it good form for one to wear
a perpetual smile?
A. No; though a smile is always
preferable to a frown.
Q. How is fruit served at a din-
ner?

A. At a formal dinner fruit is
served in individual dessert plates. At
an informal dinner it is permissible
to place a large bowl of fruit on the
table, from which the guests may
help themselves.

A Morning Smile

ALL FRESH

Little Willie was present at dinner
when the local parson was invited.
All went well until dinner was
about to start and the parson bent
his head reverently over his plate.
Everybody was quiet, when a little
voice piped out:
"It's all right—the meat's quite
fresh."

Now It's Apple Sauce

"What we can't sell we can" will
soon be the slogan of the apple grow-
er. The Dominion Department of
Agriculture is now developing ways
and means of extending the market
for apples and apple products. Much
has been done by grading, dehydra-
tion has been developed, and there is
a good trade in the canned apple;
now it's apple sauce. Fresh from the
orchard, cooked, sweetened and flav-
oured with spice ready for the flaky
cust, it comes in cans. Already it
finds favour with the pie and baking
trade and the housewife will find it
handy.

For The Cook

DUTCH TART

One cup powdered sugar, 1 cup
dates, 1 cup walnuts, 3 tablespoons
flour, 1 teaspoon baking powder, 2
eggs beaten separately, 1 teaspoon
vanilla.

Mix the ingredients together in any
order, adding the egg-whites last.
Bake 20 minutes in a moderate oven.
Cut into any desired size or shape;
when cool roll in powdered sugar.

This is a small recipe.
This is a very delightful confection
and a pleasant and healthful change
from the ordinary rich, home-made
candies. It makes a very pleasing
gift for birthdays or other occasions
when done up in pretty boxes.

Character Close-Ups



Colour Indicates Real Grade

The maple sugar industry is one of
the oldest known to this continent. It
was brought to the early settler by
the native Indian and today is of
outstanding commercial interest. The
Dominion Department of Agriculture
finds that quality in maple sugars
and syrup is clearly indicated by
colour. The grading rule is the light-
er the product the better its quality.
Grade 1 is very light in colour, cor-
responding closely to clover honey in
appearance. Grades 2 and 3 are per-
ceptibly darker, while Grade 4 cor-
responds quite closely to the colour
of buckwheat honey. Quality counts
in maple products as in everything
else.

DOROTHY DIX.