

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

Before and After Baby Comes

STRENGTH and tranquil nerves are most important during this critical period.

The mother should be cheerful. Her vitality should be high. For nature demands that she nourish two instead of one.

The expectant mother is usually weak and nervous, and often continues so after baby is born.

A reliable tonic is then of definite help, for labor and strain always deplete the body's supply of mineral salts.

Fellows' Syrup helps to replenish these, increases the appetite, aids digestion, and improves the general health.

Born in Canada—this fine old tonic is now prescribed by physicians in 58 countries of the world.

FELLOWS' SYRUP

Try Fellows' Laxative Tablets—a vegetable compound, mild but effective.

What the Fashionable Are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern

By Annabelle Worthington

It employs the two surfaces of the crepe for trimming contrast

The dull surface is used for the entire dress with the exception of applied bands at left side, which stitched to bands at left side, which are made of the shiny surface.

Style No. 3002 designed in sizes 16, 18 years, 36, 38, 40 and 42 inches bust is easily made in very small and it's a dress that will meet everyday requirements gracefully for the woman of moderate budget. It's a splendid choice. Don't hesitate.

In feather-weight woolen in self-checked pattern in plaid shade it is a Paris favorite. It shows clever manipulation of fabric with the bands cut on the bias, repeated in trimming pieces.

Printed velvet with the bands made of plain velvet in predominating tone of print is very effective.

Plain sheer velvet in black with metal cloth bands in beige shade is exquisite for afternoons.

Fattie silk crepe, flat rayon crepe in tweed pattern, crepe de chine, canton crepe, and Kashmir jersey attractive 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.

No. 3002. Size.....

City Name State

Street Address

3002

black crepe satin that follows the Princess lines with molded bodice and full flaring hem.



Be Sure to Ask for Kotex

There is no substitute for this feminine hygienic necessity

Doctors and Nurses advise women everywhere to use Kotex, the New and Improved Sanitary Napkin, because it assures ample hygienic protection.

The cellulose absorbent wadding which is used in Kotex is five times as absorbent as ordinary cotton.

Kotex is wonderfully soft and pliable. Nothing else can be so comfortable, and still bring you such security and freedom from worry.

No embarrassment when buying. Just say Kotex at any drug, dry goods or department store. Regular size 60c for box of a dozen. Super-size 75c. Directions in every package.

Features of the New and Improved Kotex

- 1. Kotex is soft—Not a deceptive softness, that soon packs into chafing hardness. But a genuine, lasting softness.
2. Safe, secure... keeps your mind at ease.
3. Kotex filler—is far lighter and cooler than cotton, yet absorbs 5 times as much.
4. In hospitals... Kotex is the identical material used practically exclusively by surgeons in most leading hospitals.
5. Deodorizes, safely, thoroughly, by a patented process.

MADE IN CANADA

KOTEX Sanitary Napkins

Terrible Eczema

Quickly Healed and Skin Cleared by New Ointment

Discovered by a famous physician and tested both in private practice and hospital cases, "Sootha-Salva" is simply marvellous in all forms of Eczema. Quickly, it stops the itching and burning. Quickly, it kills the germs of Eczema. Quickly, it soothes and heals inflamed surfaces. 50c at all druggists.

It costs you nothing if you do not benefit. After using two boxes of "Sootha-Salva," if you are not satisfied just return the empty tins to Fruit-a-dress Limited, Ottawa, Ont., and we will refund your money.

Household Hints

By Roberta Lee

A CROCHETING HINT

If a funnel is used when crocheting it will prevent the wool from kinking. The funnel can be hung in a convenient place on the wall.

A CONVENIENCE FOR THE INVALID

A pillow case with a pocket about 6x12 inches wide is a great convenience for an invalid. Make a flap to button over to keep the contents from slipping out.

MUD STAINS

Equal parts of spirits of wine, ox-gall and water will remove mud stain from velvet.

Etiquette

By Roberta Lee

Q. If a divorced woman wishes to remarry, what does she do with her former rings?

A. She should remove her first wedding and engagement rings and dispose of them, or wear them on the other hand.

Q. How should soup be eaten?

A. It should be lifted from the plate with an outward sweep of the spoon, then taken from the side of the spoon, never from the tip.

Q. How and where should the address appear on a visiting card?

A. It should be in smaller letters than the name, and in the lower right-hand corner of the card.

A Morning Smile

"I'm leaving Saturday night," said the boarder. "Such dirty towels—a rim around the bathtub and never any soap."

"Well," said the landlady, "you have a tongue in your head, haven't you?"

"Yes," he admitted, "but what do you think I am—a cat?"

For The Cook

LOBSTER A LA NEWBURG

The meat from large boiled lobster, one tablespoon butter, two eggs, half pint cream. Cut lobster meat in small pieces, cook 10 minutes in butter; season with pepper and salt. Do not brown. Then add beaten yolks of eggs and cream; cook until mixture thickens; serve at once.

LYNDALE SCHOOL

Standing of Lyndale school for the month of September:

Grade X-1, Arthur Reynolds; 2, Ella McLeod.

Grade VIII-1, Pearl Hicken; 2, Annie McKenzie.

Grade VII-1, Wendell McLeod; 2, Mable Bruce.

Grade V-1, Hector McLeod; 2, Louise McKenzie.

Grade III-1, William Hicken; 2, Marion McLeod.

Grade II-1, Catherine McKenzie; 2, Ivan Wood.

Grade I-1, Stirling Hackett.

Little Polly-Flinders said, "Nothing ever hinders

My little car, so dinky, swift and cute."

Till a burly P.C. brought her to a magistrate who taught her

What becomes of those who never give a hoot.

Of course, your mother wants your companionship and she does not realize that she is being selfish because she does not dream but that you are interested in hearing her twice-told tales as she is in hearing the fresh news that you bring in.

Nor do the old, whose interest in the outside world is little, ever understand why young people want to go around and dance and do the things that they don't want to do.

But in this matter you have to save yourself. So why not just tell your mother that you are getting stale and nervous spending all of your time at home and that you must have your two or three evenings out a week in order to keep you chirped up and peppy?

And what about those sleepers taking their turn in entertaining mother?

Best treated without dosing—just rub on VICKS VapoRub

Baby's Colds

Best treated without dosing—just rub on VICKS VapoRub

Best treated without dosing—just rub on VICKS VapoRub

Best treated without dosing—just rub on VICKS VapoRub

Best treated without dosing—just rub on VICKS VapoRub

Dorothy Dix Letter Box

Is a Church Wedding Always a Beautiful Memory to the Bride? — Why Should the Stay-at-Home Daughter Devote Her Whole Life to Her Mother?

Dear Miss Dix—All my life I have said that I would never marry if I had to work after I married and that I would never live with either my or my husband's parents. Now the question arises as to whether I should stick to this or not. The man I love is not making enough for us to live on, and if I marry him I would have to keep my job. My mother offers us three rooms with a nominal rent until we can get on our feet.

Shall I marry the man I love and go on working? Will I be selfish to ask my sweetheart to live at my home when I have always protested so against it, and (this is most important) am I being terribly selfish for wanting a church wedding? After all, you get married only once in a lifetime and I want mine to be a beautiful memory. Something that no one could take away from me, no matter what happened.

MARGUERITE.

Life and circumstances change most of our plans for us, my dear, and when you get to be old and look back you will see that you have done most of the things that you said in your youth and inexperience that you wouldn't do and that you have done very few of the things that you said you would do.

So don't give a thought to the fact that you have always proclaimed that you wouldn't marry anybody but a rich man and that you wouldn't work and struggle like so many other girls you have seen wrestling with pots and pans and teething babies and a limited income and that you were going to have a house of your own when you get married. Every girl has thought that she was going to marry a Fairy Prince and has announced that she would take none other, and then love comes by and she gets up and follows whether he has a second shirt to his back or not or even a hovel to take her to.

Marry your fine young lover and accept your mother's offer to help and keep on with your job until your husband is able to make a living for you. Every wife who loves her husband wants to help him and if you can do this better by earning money than you could by cooking and cleaning and sewing for him, there is no reason in the world why you shouldn't do so.

There are countless young couples situated as you are. The girl must continue to work after marriage or else they must put the marriage off for years and years until all of their romance has been worn to tatters and their very love has gone stale. By the time a long-drawn-out engagement ends in a wedding both the man and the woman have nearly always tired of each other and lost their zest for it.

So I think that it is a great deal better for a young couple to go along and get married, even when the wife has to work outside of the home, than it is for them to wait. They have some hardships, but they have the glory and the freshness of love and they have each other while they still want each other, and they have the happiness of working up together. And if a man and woman truly love each other that is about the best thing that life can give them.

I think it is a pity when a young couple has to live with either one of their parents after they are married, but in your case it is, evidently the wisest thing to do and besides there is not the danger of conflict between a mother-in-law and a son-in-law that there is between a mother-in-law and a daughter-in-law. Women are nearly always pleased to have a son-in-law and are willing to be friends with him, and, besides, the mother-in-law's and son-in-law's interests do not clash as those of two women do.

But I strongly urge you against the church wedding which will run you in debt and start you out with a handicap in your new life. Don't be guilty of such a folly. If Lindbergh and one of the richest girls in America were satisfied to be married by their preacher in the girl's parlor, why isn't that good enough for you?

As for saying one is only married once in a lifetime, that is nonsense in these days of divorce and remarriage. And as for your wedding being a beautiful memory, that is as may be. If your marriage turns out happily you will always think of it as the most beautiful thing that ever happened, no matter if you and your man were married in courthouse by a Justice of the Peace, but if it turns out a tragedy no tulle and white satin and orange blossoms and bridesmaids and ushers will keep the memory from being anything but a horror that you would like to forget.

So be sensible and save the money a show wedding would cost as the next egg for your home.

DOROTHY DIX.

Dear Miss Dix—I am the only daughter left at home out of a large family and have my mother to care for. I am 32 and work all day down town and, of course, have few amusements, and the dull life I lead, with only my mother for company, is getting on my nerves and telling on my temper both at the office and at home. Now I do not want to hurt my mother's feelings in any way, but do you think it very selfish of me to go out with my friends occasionally and leave her alone? I do every once in a while, but I feel so conscience-stricken that it spoils the good time I could have. I suppose it is the fate of the one left at home to have to care for these things, but I do so envy my sisters with their happy homes and dear little kiddies and freedom to go about.

SO LONELY.

I think the most foolish thing that any human being ever does is to enslave himself or herself to another. I do not believe that it is any one's duty to utterly sacrifice his or her own life to another.

In fact, I think that sacrifice is nearly always futile and that it oftener does harm than good. This is nearly always the case when children give up everything for their parents. Nine times out of ten it would have been better, even for the parents, if they had gone on and lived their own lives and carried out their own plans.

This will certainly happen in your particular case if you let your mother monopolize you so that you cut all pleasure and amusements out of your life and become nothing but a dreary drudge. You will become so peevish and nervous that you will be hard to live with and most likely you will lose your job because employers do not like to have irritable people who are hard to get along with around them. And you will end up in nervous prostration.

Of course, your mother wants your companionship and she does not realize that she is being selfish because she does not dream but that you are interested in hearing her twice-told tales as she is in hearing the fresh news that you bring in. Nor do the old, whose interest in the outside world is little, ever understand why young people want to go around and dance and do the things that they don't want to do.

But in this matter you have to save yourself. So why not just tell your mother that you are getting stale and nervous spending all of your time at home and that you must have your two or three evenings out a week in order to keep you chirped up and peppy?

And what about those sleepers taking their turn in entertaining mother?



For Mothers—"FRY'S"

For true nourishment in a delicious form, FRY'S Cocoa is supreme. A cup at breakfast-time to help through the day, and another at bedtime will help both mother and baby to enjoy sound restful sleep. FRY'S is an aid to lactation, a builder of strength and a gentle friend to tired, over-wrought nerves. FRY'S is made with the utmost care to ensure purity and quality by the oldest cocoa and chocolate manufacturers in the world.

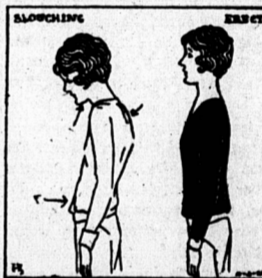
Write for Free Recipe Book.

J. S. FRY & SONS (Canada) Limited, Montreal, Que.



Missy Beautiful

By Lois Leach



CORRECT POSTURE

Correct posture makes more difference than could be imagined and it prolongs a youthful appearance by keeping the figure trim and the muscles firm and supple. Incorrect posture ages a girl or woman in several ways: first, by allowing the muscles and internal organs to sag,

thus interfering with the health in general; second, by making the head bend forward at an awkward angle, so that she will develop a double chin or flabbiness beneath her chin line; third, by making her appear tired and lacking in pep; fourth, by causing shallow breathing which makes her nervous and lacking in poise; fifth, her clothes, no matter how expensive, do not become her unless she stands and walks correctly in them.

An erect posture does not mean a stiff, tense attitude. The correct standing posture is maintained by holding the body as tall as possible without actually rising on the toes. In this way, the trunk is given its greatest length; there is the largest space available for the organs; the muscles of the front, back and sides are in perfect balance, none are strained. The head is erect and so poised that none of the muscles are overworked or allowed to become relaxed and flabby. In this manner, grace of movement is possible, the clear-cut line under the chin is preserved and the figure retains its youthful silhouette.

A great many women and girls

write and ask me what to do to correct round shoulders, flat chests, flabby busts and large abdomens. These defects usually go together and are accompanied by a forward tilting of the neck which causes a double chin. The trouble with these beauty seekers is that their whole muscular tone is poor. The complexion of women of this type of figure are usually sallow and they themselves lack "pep" both physically and mentally. "That tired feeling" is chronic with them.

Incorrect posture is in reality a bad habit with a great many people and since habits can be formed for good as well as for ill, why not practice a good habit in place of a poor one that is so detrimental to health and beauty? It will, of course, take a little time and patience, but every time you are standing, sitting or walking, think of correct posture. In one week's time, you will see improvement; in six or eight weeks you will wonder how you ever acquired such a bad habit as standing in an incorrect way with the hip down and the muscles of the chest and abdomen sagging in such an ungraceful, lazy attitude. For correct posture really you, it is better for you physically and makes your clothes appear much more becoming.

The plump girl or woman can make herself look actually slimmer and taller by cultivating a poised, graceful carriage. The flat-chested, rounded-shouldered girl will realize their full share of personal beauty when they correct their unhygienic slouching posture which makes the abdominal walls weak and the chest and bust muscles relaxed and flabby. The whole muscular tone will improve with proper posture and daily exercise with brisk movements for giving the body greater flexibility and stimulating deep breathing.

People who carry their heads up and shoulders well back seldom have double chins, flabby busts or large abdomens. The clear-cut chin line and the graceful silhouette are the sign of youth every woman should preserve.

Tomorrow—Beauty Questions Answered.

Stop Colds with Minard's Liniment

Nonsuch Stove Polish advertisement with image of a tin and text: Gives a QUICK SHINE that lasts a LONG TIME. As good as Nonsuch Silver Polish. Made in Canada. Nonsuch Limited, Toronto.

Minard's Liniment advertisement with image of a tin and text: Rheumatism. Massage the aching parts with Minard's Soothing relief assured. MINARD'S "KING OF PAIN" LINIMENT.