

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

YOUR

day starts with a smile when Kellogg's Corn Flakes come to breakfast. They are so crisp and delicious 12,000,000 people enjoy them every day.



Kellogg's CORN FLAKES

Ideal for the children's supper Made by Kellogg in London, Ontario

Fruit Dishes to Tempt the Appetite

Starting at the head of the list for beginners, we have to consider the ever-present, all-Canadian fruit cocktail. Bananas, oranges and grapefruit provide endless possibilities for satisfying our culinary imagination in making fruit cocktails in both summer or winter. However, there are many fresh fruits, seasonable only in summer, which suggest frequent use either as beginnings or endings. Try one of the following concoctions as the various ingredients appear in the market.

For Red Raspberry Cocktail, arrange in rather small servings carefully selected raspberries. Squeeze over these a few drops of lime juice. Chill just before serving, mash with one tablespoonful of granulated sugar for each serving, add several finely-cut, fresh mint leaves. Sprinkle over raspberries and garnish with sprigs of mint.

For Frosted Sultana Grapes, stem firm green sultana grapes and chill thoroughly in a bowl of cracked ice. When ready to serve, cover with minted sugar described above.

For Watermelon Cup, scoop out balls of watermelon heart. Chill and garnish with mint. The watermelon balls may be combined with delicate balls of honeydew melon or sultana grapes. This combination served in green or coral glasses, makes a charming course for the summer dinner or luncheon table.

It will be noted that any one of the above mentioned cups may be used as a dessert by adding a fluffy sponge cake or brownie. Note further that none of these call for cream.

NEWEST "Undies" EASILY PACKED Of Chiffon weight in Various Styles; Nightgowns to Match

With thoughts of vacation in mind the problem arises of finding how to get as much possible into a suitcase. A partial answer is found in some new underwear of chiffon weight and sheerness. It is made in styles to meet the requirements of different types of clothing. For evening wear there are enveloped chemises cut with backs open below the normal waistline and fronts and step-in parts shaped to the natural part of the body. The shoulder straps are made of the fabric and offer a certain elasticity because of the nature of the fabric. To prevent the shoulder straps from slipping this garment has two bands up each side of the back and giving a slightly fitted effect.

Sets composing vest, bandeau, and step-in are made with the step-ins in different styles. Some have yokes back and front and button on the hip. One has a yoke that fastens on the hips, but has a partial yoke in black which is adjusted by lacing. This step-in has open knees. To prevent the step-ins which have elastic casing in the knees from slipping, the shirrings are confined to the outer parts, the inside being plain and smooth.

Nightgowns to match this sheer underwear are made up in two styles, one, the short negligee type, which is often worn with a jacket or negligee, and boasts an uneven hemline; the other of regulation length with straight hem. In place of lace trimming these gowns have fine applique work of the same fabric in a contrasting color.

Silk mesh similar to the used in mesh stockings is also being made in summer underwear. In addition to the accepted pastel shades, black and beige are being used for wear with evening dresses. The bandeaux are lined with matching net and the step-ins mounted on belts of crepe de chine or georgette.



Weak After Operation

"After having an operation, I was very miserable, weak, nervous and very near unfit to work. I saw Lydia E. Pinkham's Vegetable Compound advertised and tried it and believe it helped me wonderfully. I have no weak spells any more, the pains have left me and my nerves are much better. I feel safe in saying Lydia E. Pinkham's medicines have helped me wonderfully." - Mrs. Wm. H. Beechler, Box 143, Port Colborne, Ontario.

Lydia E. Pinkham's Vegetable Compound

"CANADA'S KOW" NESTLE'S MILK

for convenience economy purity safety richness



Made in Canada by the makers of Nestlé's Baby Food Nestlé's Food Company of Canada Limited, Toronto

Milady Beautiful

By Lois Leeds



BEAUTY QUESTIONS ANSWERED

Dark Elbows

Dear Miss Leeds—(1) What can I do for dark, rough elbows? (2) I have a low forehead with a rather broad face and brown, wavy hair. What is a becoming way to dress it? MARIETTA.

Answer—(1) Scrub the elbows every night with warm water and soap, using a nail brush to work up the lather. Rinse well and without drying the skin rub on it the inside of a freshly put lemon for several minutes. Rinse and rub in a lemon cream or a little of the following mixture: Twenty (20) grains powdered benzoin, fifteen (15) drops witch-hazel and four (4) ounces olive oil. Do this every night. (2) You might try brushing your hair straight back from your forehead. Usually naturally wavy hair tends to wave in a certain direction, and by noting this and dressing the hair accordingly one may be sure of getting a becoming coiffure. Let the hair on the sides wave forward on your cheeks; cover the ears. LOIS LEEDS.

Dear Miss Leeds—(1) Sometimes when my eyes feel tired I wash them in boric acid solution. Will this bleach the lashes? (2) Can the eye-lashes be made to grow as long as you want them with vaseline? Which is better, the white or the yellow? (3) I am 18 years old and 5 feet tall. What should I weigh? (4) How many hours should a schoolboy sleep who is 7 1/2 years old? (5) I have dark blue eyes, medium skin and brown hair. What colors in plain and printed dress materials would suit me? What color in hats should I wear? DOLORES.

Answer—(1) You should have an eye specialist examine your eyes. The tired feeling may come from unsuspected strain. When using the eye wash drop it into the eyes with a medicine dropper. It will not bleach the lashes. (2) No. Vaseline promotes the growth of the lashes, but if they are naturally short and stubby they will never become long and curling. They will be longer and darker than they would have been without the vaseline. However, use the white kind. (3) The average weight for your age and height is 106 1/2 pounds. (4) A child of this age should have an afternoon rest or nap of an hour, and in addition sleep eleven or twelve hours at night. (5) Pretty colors for you include dark and bright navy, wedgewood and other medium shades of blue, dark green, almond green, russet, the sun-tan shades, beige, eggshell, cameo, fig, capucine, orange, warm tan, brown, henna, rust, brick-red, touches of lipstick red, deep cream, black, dull yellow, peach, old rose, dull orchid. A frock of any of the above colors would be becoming. When you wear a dark color like navy trim it with bright blue, peach or cream. In prints, a pretty combination would be orange and brown on a fig ground; two or three shades of blue; blue, black and white; rose, green and cream; blue, orange and beige. Choose your hats to harmonize with your coats and frocks. If your costume is a neutral shade, choose a bright color for hat, handbag and necklace. If your costume is bright choose neutral color accessories. Medium blue or light sand hats are likely to be most becoming to your type. LOIS LEEDS.

Etiquette

By Roberts Lee

Q. When leaving a hotel dining room, who precedes, the man or the woman?

A. The woman, unless a closed door is reached, when she stands aside for her escort to open it.

Q. Whom should the bridegroom choose as the "best man"?

A. He may choose his own brother, the brother of the bride, or his closest chum.

Q. Is it correct to lead a person around the room and introduce him to various groups?

A. Never.

Dorothy Dix

Finds Trouble Lies With Husbands

What's the Matter With Wives?

"At the Root of Most Men's Discontent With Their Wives is the Fact That They do Not Possess the Characteristics of Half a Dozen Different Women," Decides Dorothy Dix.

After having studied the whys and wherefores of the complaints of some tens of thousands of disgruntled husbands, I have about come to the conclusion that the real grievance that most men have against their wives is that each lady is not a whole harem in herself. In the frank and candid Far East they do these things better. In the countries in which polygamy exists they solve the problem of the eclectic tastes of men in women by numbers. For the head of his home the Oriental sheik picks out a woman of rank and executive ability. To provide him with thrills, he adds to his household a charmer with superabundant sex appeal. For his dalliance he annexes a maiden who plays with skill upon stringed instruments and dancers who are light upon their feet. For a companion who will keep him amused and entertained, he chooses a spellbinder who has a thousand good tales on her tongue's end. And he keeps up the supply of youth and beauty by judicious selections from each year's crop of flappers.



He doesn't expect any one poor, lone, lorn woman to be a compendium of every feminine charm and virtue, and so when he stocks up on wines he lays in a varied assortment of women to meet his different needs and desires, wives who are grave and gay, wives who are useful and ornamental, wives who are highbrowed and lowbrowed, wives who are sirens and wives who look on life in a serious way.

But the trouble with monogamy is that it does not rob man of his polygamous tendencies and so, in the Occident, where the poor dear can only have one wife, he expects his one wife to be many women in one. He isn't content to take her as she is, with one single line of attraction, no matter how good it is. He expects her to double up and in her one propria persona to unite to all of the fascinations and desirable qualities of her entire sex.

This is such a large order that it is not surprising that so few women are able to fill it. For what the average man expects of his wife is that she shall be domestic, yet never smell of the kitchen; that she shall look like a fashion-plate, yet run up no bills for clothes.

That she shall be an ingrowing mother who never leaves her children, yet always be ready to step out with him when he feels like going; that she shall be a home woman who never gades around or belongs to clubs, yet she shall be scintillating and up to the minute and help her husband make a position in society. That she shall do the work of two servants, yet read all the new books, be vivacious and amusing and always keep her hands beautifully manicured.

Most wives can qualify one or the other of these points, and all would be well and wedlock a grand, sweet couple if only husbands could make up their minds to be satisfied with the one virtue their Marias possess instead of demanding that she should come across with the allure of a whole bunch of women.

Of course, men will deny that they expect the impossible of their wives, but expect in the few cases in which women are out-and-out fotters, and there are not many of these, at the root of most men's discontent with their wives is the fact that they do not possess the characteristics of half a dozen different women.

A man doesn't say for himself, as he beholds the fat, common-place wife of his bosom: "My, but I am lucky to have got Mary Jane! True, she isn't much to look at and her conversation never runs farther than from the nursery to the kitchen and over the back fence, but she is a wizard with the pots and pans and can get a hundred and ten cents out of every dollar and I never had a button off nor a hole in my stockings. If I were a leper she would wash my clothes with her own hands, and if all the world turned against me she would still be standing faithfully by my side."

Oh, no, the man doesn't say this to himself and purr with contentment over his wife's devotion and the good comfortable home she has made him. He says: "Gee, but Mary Jane has got old and homely and she bores me to tears. I feel as if I could scream when she babbles on about Johnny's tooth and how liver had gone up in price, and the Smiths' baby, and the row with Mrs. Jones has had with her cook, and what time the Thompson girl got home this morning."

"Why can't she be beautiful and slim like my stenographer and with that adorable freshness and youth about her? And why isn't she interesting and witty like Mrs. Black, who keeps a fellow on his tiptoes? And why isn't there that something about her that makes me thrill and want to kiss her instead of having to set my teeth and nerve myself to it when I give her a peck on the cheek when I am leaving for work in the morning?"

Nor does the man who is married to the woman who is amiable and sweet and companionable, but a poor housekeeper, congratulate himself upon his good fortune in having a wife who never nags or delivers curtain lectures or tells him of his faults or reminds him of his mistakes, but who is always good-natured and jolly and laughing.

Oh, no, far from it. He howls out that his stomach has been ruined by bad cooking and his money wasted by careless spending and that his wife and the children always look sloppy and the house like a pigsty and he wonders why his Sally Ann isn't neat and orderly like Mrs. A., and can't make bread like Mrs. B., and isn't economical like Mrs. C.

Nor is the man who is married to a wife who looks like a living picture in a million-dollar frame satisfied just to admire her as a work of art and consider it a privilege to pay for her upkeep. He complains because she isn't as thrifty as Mrs. Z., and as humble as Patient Griselda. And the man who is married to a highbrow isn't satisfied to have an intellectual companion. He wants her to be also a cook and a seamstress and a vamp and what have you.

And so it goes, and the reason that men get tired of their wives is not because of what the wives are, but because of the things they are not and because every woman isn't a whole harem in herself. DOROTHY DIX.

Household Hints

By Roberts Lee

Cheese

To save time and labor when using cheese for au gratin potatoes and macaroni, put the cheese through the food-chopper, using the fine cutter. By doing this all the small pieces

which are so hard to grate can be used.

Tar Stains

Sweet oil or lard rubbed on tar or pitch stains will remove them. If on silk or worsted materials it is best removed by rubbing with alcohol.

Knotted Thread

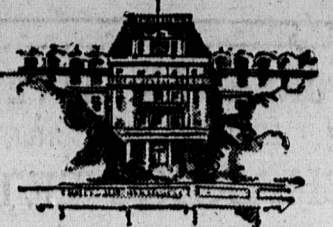
A knotted thread pulled towards the needle will usually unravel without the least difficulty.

In Geneva

Mme. I. SEILER

tells women of the diplomatic set how to retain skin beauty

The Peace Palace. In 1914 Mme. Seiler's famed salon was opened at Geneva.



Mme. Seiler is a native of Basle. During the war, in 1914, undaunted by the difficulties of that time, she opened her new celebrated shop on the Quai, the loveliest section in all of beautiful Geneva. She qualified for her diploma in Paris and continued studying there for some time.



All our patrons are advised to use Palmolive Soap twice daily - to provide really thorough cleansing and to soothe the tissue into that healthy, RE-SPONSIVE condition that is the essential foundation of beauty.

I. Seiler GENEVA

MADAME SEILER, of Geneva, feels real pride in the work she accomplishes. "Helping the world's smartest women to retain their beauty—it is a glorious work," she says, "worthy of the most painstaking and scientific effort."

To see that patron's complexion have proper care continuously, Mme. Seiler has decided upon a home treatment which is the favorite of prominent beauty authorities all over Europe, the United States and Canada. "All our patrons are advised to use Palmolive Soap twice daily," she says.

Massage the face gently for two full minutes with Palmolive lather. Rinse this off thoroughly, and with it all impurities and secretions. Follow with a cold rinse... to icy temperature, in the morning, as an astringent. All other treatments, all make-up should be preceded by this basic skin cleanser. Lina Cavalieri, of Paris, gives her smart patrons this same advice; so do Marie Payot, Vincent and all other great specialists.

For The Cook

VEGETABLE CHOWDER

One cup chopped carrots, one cup chopped turnips, one cup chopped celery, three cups diced potatoes, eight cups water, three-quarter cup butter, half cup diced onions, salt.

Mix together all the vegetables except the potatoes and simmer in the butter ten minutes. Add the potatoes and cook in a covered pan for five

A Morning Smile

Mr. Sharpe returned from the whist drive in rather a bad frame of mind. "Really, Ruby," he said to his wife, as she filled the hot-water bottles—"Really Ruby, you were most aggravating this evening. You must have

minutes, then add the water and cook until the vegetables are tender and can be forced through a colander. To the puree add the seasoning and the parsley. Reheat and serve.

asked me what were trumps at less a dozen times." His wife put down the kettle and screwed in the stopper. "Yes, dear," she explained simply, "I know; but I didn't really want to. I just did it to show you I was taking an interest in the game."

The largest number of tourists since construction days are expected in Panama this year.

The Queen of Norway has sent \$500 to the Thankoffering Fund for the recovery of King George.

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