

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

BOVRIL Concentrated Strength of Beef Builds Fitness, without Fatness

For The Cook

ITALIAN RISOTTE

Place 1/4 cup of butter in a sauce pan. When slightly browned, add 1 small onion, chopped fine, and 1/2 cup of canned tomatoes. Stir well and cook until onions are brown. Then add 3/4 cup of washed rice. Stir and cook for 3 or 4 minutes. Add 1 cup boiling water and cook over a slow flame. When the moisture is consumed, add more boiling water. Continue until rice is tender. Salt and pepper to taste. Just before serving, stir in 1-3 cup grated cheese.

CAT'S MEANDERINGS COST \$20

OKLAHOMA CITY, July 22.—(U. P.)—The nocturnal prowling habit of Rusty, Persian tomcat, has cost two interested parties upwards of \$20. E. B. Moore appealed a court decision granting Mrs. A. N. Foster, who adopted the cat when she found it on the street, a \$5 judgment for two months' board bill. A district court judge ruled that Moore was the rightful owner and was not responsible for Rusty's meanderings and assessed the court costs equally between Moore and Mrs. Foster, \$14.85 each.

A Morning Smile

A Scottish actor came to London and took lodgings. With his morning tea the landlady sent up two thin slices of bread and butter, whereupon he complained of the skimpy portion.

The next day she sent him three slices, but still he complained.

The third day she cut a loaf in two, put a quarter of a pound of butter on each slab, and sent that up.

When he came down she asked defiantly: "Bread and butter all right?"

"Aye, no' so bad," replied the Scotsman. "But you've gone back to two slices."

MID-OCEAN AIRPORTS KEY TO TRANSATLANTIC SAFETY

SALT LAKE CITY, July 22.—(U. P.)—Only when mid-ocean airports are established will transoceanic flying be practical and safe, said Lieutenant Walter Hinton, the first man to fly the Atlantic.

"Ocean flying at present is doing the same for aviation as automobile racing did for the automobile industry years ago," he remarked.

Minard's Lintment cuts grease.



EVEN THE "IN-LAWS" APPROVE HER COOKING

How would you like to be a young bride and make that proud boast? That is what Mrs. E. N. —, down in Nova Scotia, can do. And all because she has discovered one simple cooking secret!

Here is her letter: "I never knew milk could make such a difference in cooking. I really don't know how I can thank you enough for the wonderful little cook book. I haven't failed in one single recipe."

"You see, I haven't been housekeeping long and I didn't know much about cooking, and since I discovered Carnation Milk my husband thinks I am a wonderful cook, also 'my in-laws'."

(And now comes the secret of her success.) I always keep a large supply of Carnation Milk, for I use it in most everything I cook."

Here is the reason Mrs. N. — gets such wonderful cooking results with Carnation Milk. It is, in the first place, the best of pure, whole milk, protected at the source. Carnation "field men" devote their time to teaching dairymen how to breed-up their herds to higher standards, and showing them what good business it is to have clean herds, housed in clean barns, milked by clean hands into clean utensils.

This safeguarded milk is evaporated to double creaminess, so that everything in which it is used is rich and creamy. It is "homogenized"—the

cream broken up minutely and distributed all through the milk—so that every drop is rich with cream and every dish takes on the fineness of texture resulting from the fine cream particles. Besides giving cooking results which even the best of bottled milk cannot equal, Carnation Milk offers a convenience, economy and dependability which can be had in no other form of milk.

Here is a recipe which will prove to you the extraordinary goodness of Carnation Milk. Write for the Carnation Cook Book and Baby Feeding Book. They are free. Address Carnation Co., Limited, Aylmer, Ont.

Carnation Tuna Fish a la Newburg—2 tbsp. butter, 2 tbsp. flour, 1/2 tsp. salt, few grains pepper, 3/4 cup Carnation Milk, 3/4 cup water, 2 egg yolks, 2 cups white Tuna fish, 3 tbsp. pimiento, 1 tbsp. chopped parsley, 1/2 tbsp. Worcestershire sauce. Make a white sauce of the butter, flour, seasonings, Carnation and water. Add the slightly beaten egg yolks and cook for 3 minutes. Add flaked tuna fish, diced pimiento and chopped parsley. Heat thoroughly and add Worcestershire sauce just before serving. 3 tbsp. Sherry flavouring and a few gratings of nutmeg can be used instead of the Worcestershire sauce if desired. Serve in patty shells or on toast points. Garnish with stars cut from pimiento and parsley. Serves 5.

USE THE SAFEGUARDED MILK



For velvety soups and sauces, rich ice creams and candies, fine-textured cakes and puddings and custards, always use Carnation Milk—convenient, economical, always dependable. Clean housing of clean herds and clean handling of the milk safeguards Carnation Milk at the source and protects its purity. And this protection continues until Carnation reaches you in its hermetically sealed containers.

(See recipe above.) Milk from Canadian cows, packed in Canada in Canadian cans and cases.

FROM CONTENTED COWS

Etiquette By Roberta Lee

Q. Is it correct to have one's initials engraved on a visiting card? A. No initials are engraved on the card that is faultlessly correct. Q. What is the proper way to eat fruits, such as apples or peaches? A. They should be peeled with a small silver fruit knife, cut into quarters, and then eaten with the fingers. Q. Are there any special rules of etiquette for the beach? A. No.

FEW FULL DRESS OCCASIONS

MADRID, July 22.—(U. P.)—The Spanish Army, which in the days of the monarchy had frequent occasions to act as an adornment, will hereafter have only a handful of occasions each year to wear its full dress uniforms. By order of the Minister of War, Don Manuel Azana, the following are to be the only set occasions in which full dress will be worn:

New Year's Day: April 14, anniversary of the proclamation of the Republic; May 2, in Madrid only, celebration of the Second of May uprising of the Madrid garrison against Napoleon, 1808; October 7, Army Day; October 12, anniversary of the discovery of America; "Fiesta de la Raza", day in which the new troops promise fealty to the flag; day in which troops finishing their enlistment bid farewell.

SECOND REVERE BELL IN CHURCH

AMHERST, Mass., July 21 (U. P.)

FOUR TEMPTING HEALTH-RECIPES



THE familiar red-and-green ALL-BRAN package has four famous recipes for hot breads printed upon it. Muffins, Griddle Cakes, Brown Bread, and ALL-BRAN Bread. Each of these recipes has been tried successfully by thousands of housewives.

Kellogg's ALL-BRAN brings roughage to hot breads. Without this vital bulk in the diet, constipation is likely to occur.

Yet constipation is so easy to prevent. Two tablespoons of Kellogg's ALL-BRAN daily are guaranteed to prevent and relieve both temporary and recurring constipation.

How much safer than using habit-forming pills and drugs. ALL-BRAN also provides needed iron for the body. At all grocers. Made by Kellogg in London, Ont.

Kellogg's ALL-BRAN

—What is said to be the second bell which was cast by Paul Revere hangs in the belfry of this town's Baptist church. The bell weighing 638 pounds, came to Amherst in 1793.

What the Fashionables are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern By Annabelle Worthington



PARIS SAYS "FLAITS"

It's just dear! It's informal enough to be right in the country and still smart enough for town for the real warm days that will soon be here.

Is any wonder that Dame Fashion has taken so kindly to this charming new sports type. The neat moulded-to-the-dress collar keeps in place better, and is so generally becoming, and decidedly slimming. It offers splendid theme for contrast either in colour or fabric.

It displays interesting new variation of skirt fullness in fan plaits, so definitely smart. To secure smooth fit through the hips, the skirt is joined to a yoke, whose diagonal seaming gives emphasis to the flat allness.

It strikes that indispensable colour combination of skipper blue and white, so entirely chic this season. Shantung was used for the original model in white with coin dots in the twenty-five cent size in the blue shade. The collar was plain white. The belt repeated the plain white with blue buckle.

Here it is to copy exactly at just the cost of the material and a few hours of your time.

Style No. 3055 may be had in sizes 14, 16, 18, 20 years, 36 and 38 inches bust measure. For the 16-year size, 2 1/4 yards of 39-inch material with 1/4 yard of 39-inch contrasting is sufficient to make it.

Then again, you may be wanting one of those adorable new cotton meshes. This model lends itself perfectly to this popular sports fabric, and is lovely in white, pale blue, yellow, opal green or dusty pink shade. Then too, there's men's silk shirting, linen, novelty pique, pastel flat washable crepe silk, printed batiste and gingham that will make up most attractively in this fascinating model.

Be sure to fill in the size of the pattern. Send stamps or coin (coin preferred.) Price of pattern 15 cents.

Dorothy Dix Letter Box

Why Are Girl Babies Less Desired Than Boy Babies? Is Married Life Harder on Husband or Wife? Girl Who Would Marry a Man Wedded to His Art

Dear Miss Dix—Why are baby girls at a discount? Why is the girl baby always welcomed in a family with more or less regret? We have recently received a dear, sweet little baby girl and neither my husband nor myself are sorry, yet every one who comes to see us exclaims: "Weren't you disappointed that it was a girl?" Why should we be? MRS. R. E. D.



Answer: I think most mothers are sorry when their babies are girls out of sheer sympathy and because they realize how much harder life is on women than it is on men. Perhaps at the moment, remembering the agony they have just been through, they could weep over the tiny miles on their breast, knowing that they, too, will have to go through the same suffering.

But, of course, the real reason why boy babies are preferred to girl babies and why everybody congratulates the proud parents of a son and secretly commiserates with them on the dirty trick the stork played them in bringing them a girl goes back to the times when brute strength was the most desirable quality a human being could have. Then a boy who could hunt and bring in food or who could fight and defend his flocks and herds was an asset to a family, while a girl was only a mouth to feed.

Later on sons were desired because they were the ones who brought fame and fortune to a family and gave it a place in the sun. It was the sons that the parents looked for support in their old age, not helpless daughters who could not even support themselves. And, of course, it was the sons who carried on the name and gave a sort of immortality to a family. We still have that feeling, and that is why boy babies get a more cordial welcome than girl babies do.

But, as a matter of fact, none of these reasons for preferring boy babies to girl babies holds water in these days when most girls are just as good men as their brothers, and sometimes better. The average girl goes to work now at the same age that a boy does, and if she does not make as much money as he does she takes far more of it home and is a greater help to her parents. In the average family where all the children work it is the girls who fix up the house and buy new furniture and dress up mother and father, and spend their earnings for the communal good, while brother is spending his on having a good time.

And it is daughters that parents depend upon in their old age. It is always to one of the daughters that father and mother go to live when their home is broken up. More men are supporting their wives' parents than are supporting their own.

Furthermore, if girls do not have more affection for their parents than boys do, they at least show it more. There are thousands of busy business men who never write home to their father and mother, or go to see them, or send them any little remembrance, but there are mighty few women, no matter how busy and hard worked they are, who do not find time to write home every week, and who do not continually give their parents some evidence of their affection. There is no truer saying than that "my son is my son until he gets him a wife, but my daughter is my daughter all of her life."

And as for bringing distinction on a family a daughter does it perhaps oftener than a boy because she not only has a chance at achieving fame and fortune herself, but of marrying some rich or famous man. Many a family lives in luxury because Mary married a millionaire, or basks in the reflected glory of a son-in-law.

And a queer thing about this matter is that while probably most parents, if given a choice, would ask for a boy if he was their own flesh and blood, when it comes to adopting a child the great majority of foster parents pick out girl babies. All orphan asylums find that there is a greater demand for girl babies than they can supply, while boy babies are a drug on the market, so to speak. Funny, isn't it? DOROTHY DIX.

Dear Miss Dix—Recently a group of married men and women were discussing whether married life was fair or not. The men held that it was not fair to be the men because the husband paid all the expenses of the woman he married and obligated himself to more than twice the living expenses he had when he was single, and as a result found that it was just twice as hard to save and get along. The men said that the wife got all the breaks because her work at home was light, so she passed the time away at the movies, bridge, etc., and they thought it was no more than fair that women should work outside of their homes and pay for their own clothing, etc.

The women in the discussion couldn't seem to find an answer, although they know that there is one somewhere. What do you think, MRS. X.

Answer: If a married woman lives in a kitchenette apartment or an apartment hotel and has no children, her husband has a right to regard her as a luxury and possibly as one that he finds too expensive to indulge in. I think that a woman under such conditions as that should get her a job and go to work and be self-supporting, not only because it would relieve her husband of the burden of taking care of her, but for her own self-respect.

No woman can be a parasite without degenerating under it and no woman can pass her time in trying to amuse herself and with no serious purpose in life beyond that and not get into trouble. Satan still finds work for idle hands to do and the women who have no occupation but bridge and matinees and movies and shopping are the ones who get into silly flirtations with men, who become jealous and neurotic, who take up all sorts of fads and queer religions and who fill the sanatoriums.

Every man who wants to keep his wife wholesome and happy should give her plenty of good constructive work to do and keep her busy.

But if a woman has a house to take care of and children to look after, she has the biggest job on earth and the hardest one and the one that takes the longest hours of the day at labor, and nothing else should be expected of her. She earns her board and keep and clothes a thousand times over, as every man finds out if his wife dies and he tries to hire somebody to take her place.

Sometimes a man has not the earning capacity to make enough money to support his family and it becomes necessary for his wife to work outside of the home to supply the deficit.

This is always a great misfortune because no woman has the physical strength to do two jobs and be a business woman as well as a housewife. She cannot earn the bread and bake it, too, and the strain makes her peevish and fretful and nervous and no fit companion for husband and children. You will find no cheerful and peaceful home presided over by a woman who has been on a strain all day at the office or store and then rushes home to clean up the house and cook the dinner and wash up the children.

Nor can anybody measure the loss it is to children not to have their mother with them all the time, not to have a mother at home to whom



Paris Styles

By MARY KNIGHT United Press Staff Correspondent

PARIS, July 22.—(U. P.)—Old-fashioned cottons and batistes have a new-fashioned way about them this summer. They never have found themselves doing such interesting and novel things. Simple little cotton frocks never were allowed to go to fashionable garden parties in the old days, or to club teas, or smart bridge luncheons. But now they almost are imperative.

The one Goupy radiates a prideful air about, and justly, is made of white batiste and English embroidery. A jacket of the embroidery is worn over the frock, which makes it appropriate for many occasions. Black crotaline braid is used for a rather large and droopy hat to be worn with it, and black gloves, belt and shoes pronounce a definite contrast.

Chantal prefers organdie with the embroidery instead of batiste. The plain and embroidered materials are combined in diagonal sections and the color is either all the same shade of yellow or two varying shades. A cluster of nasturtiums, from pale yellow almost to burnt orange, rests on the left shoulder, and another cluster peeps out from under the lifted hat brim of brown straw, edged with beige horsehair. Brown gloves, three-quarter length, purse and pumps leave nothing to be desired in the realm of accessories.

Style Chats

WITH ALMA ARCHER

Now aside from the gorgeous plumage and highly artistic materials and colors of the 18th Century, which Paris is threatening to reenact for us, just how will we reconcile in our present scheme of things some of the little personal wheezes in which the gentlemen of the period indulged?

Both men and women used sachet, paint, powder and jewelry profusely. Both indulged in vivid color. Both used muffs. Both used snuff. Now I don't want to be quoted in this thing, but between you and me, things will have come to a pretty how are you if we have to look at a Rogers Peet window filled with suits of wistaria velvet, muffs and sachet for the well-dressed man.

they can run, not to have a mother continually guarding and watching over them. Nothing that the mother can earn can pay her children for having been reared on the street and deprived of her personal care.

So I should say that whether a married woman should work outside of her home or not depends on how much the money is needed, how much the woman needs occupation and, most of all, on whether there are children or not. DOROTHY DIX.

Dear Miss Dix—I am in love with a man who never tells me that he cares for me. His whole heart and soul are bound up in art, and he says that a woman could ever be happy married to him, as his thoughts are only for it. What shall I do? TWENTY-TWO.

Answer: Leave him to his art. Read what Mrs. Carlyle says about marrying a genius. No men are such cold and unsatisfactory husbands as those who are wedded to their art and you will be perfectly foolish to marry this man who is wiser than you and who knows that he would forget you are alive in pursuit of his career. Just a good, ordinary, untemperamental man makes the best husband. DOROTHY DIX.

Advertisement for Clark's Pork and Beans. Text: 'One of the CLARK FAMILY', 'CLARK'S PORK & BEANS', 'SIMPLY HEAT AND SERVE!', 'Let the Clark Kitchens help you for quicker and better meals.', 'Prepared in Canada for more than 50 years.', 'CLARK'S PORK and BEANS (With Tomato, Chili or Plain Sauce)'.