

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

## For The Cook

### NUTS, FRUIT, GLACE

There is something so very festive about glaze fruits and nuts—colorful and luxurious looking as they are. Just the thing to tone up a party of simple proportions—and still, so far as the budget is concerned, not dislocating that proportion at all, if the delicious sweets are made at home.

- 1 1/2 cup light corn syrup
- 1 1/2 cup granulated sugar
- 2 tablespoons hot water.

Boil until syrup brittles instantly in ice water. Keep hot in double boiler. Dip in nuts and fruits one at a time, taking out on the points of a fork and laying on oiled paper. They harden immediately.

Nuts and fruits may also be covered in a way, which, while it is not exactly a glaze, is delicious. Melt a portion of Fondant in a double boiler, and dip in nuts and fruits as above. As they harden dip again.

## New Wonderful Face Powder

**Prevents Large Pores — Stays on Longer**  
For a youthful complexion, use new wonderful MELLO-GLO Face Powder. Hides tiny lines, wrinkles and pores. New French process makes it spread more smoothly and stay on longer. No more shiny nose. Purest face powder known. Prevents large pores. Ask today for new wonderful face powder, MELLO-GLO that suits every complexion.

## A Morning Smile

**SON AND HEIR (but no water)**  
"No, Reverend, you'll not christen my baby," declared a stalwart worker from the shipyard. "Religion or no religion, no one is going to hit young John over the head with a bottle."

## THE "PACIFIC COAST" PROVINCE

In the minds of most Canadians, British Columbia is always thought of as lying entirely along the Pacific coast west of the mountains. It is not generally realized that about 27 percent of the total area of the province according to the Topographical Survey, Department of the Interior, lies within the Mackenzie River watershed, or that its northeast corner is 300 miles east of the mountains in the basin of Laird river, the greatest and least known of the three main tributaries of the Mackenzie, namely the Athabaska, Peace and Laird. Moreover, a large part of this area is a continuation of the fertile plateau which extends from the Great Lakes to the Rockies and contains some of the richest farming land in the country.



**BROWN-BETTY TEA**  
Invites the tea pot test.  
Wonderful Value.....  
Blended and Packed by *The House of KING COLE*

**35¢ PER POUND**

## What the Fashionables are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern  
By Annabelle Worthington

If Not—Here's a Fascinating One You'll Love  
Could anything be easier or quicker to fashion, with its sleevelessness?

Sleeves indeed become unnecessary when there is a modish cape collar—as there is here—to cover the upper part of the arms in the manner of the moment.

The cape may be finished with self-fabric tiny bias bind at the edge. And see what a slender line is achieved by the deep pointed hip yoke and panel skirt front.

Printed crepe silk, plain flat or crinkle crepe or heavy sheer silk crepe are darling for this model.

Style No. 370 is designed for sizes 12, 14, 16, 18, 20 years, 36 and 38 inches bust.

Size 16 requires 3 1/4 yards 39-inch material.

Be sure to fill in the size of the pattern.

Price of Pattern 15 cents in stamps or coin (coin is preferred.) Wrap coin carefully.

No. 370. Size .....

Name .....

Street Address .....

City .....

State .....



370

## Try "Rubbering" For Neck Beauty

**EXERCISES TO TIGHTEN SAGGING CHINS AND STRENGTHEN CIRCULATION.**

Few women realize how much their necks need exercise. There is no part of the anatomy that gets used so little, really. It is even considered impolite to "rub-

ber" this way and that. Yet if women rubbered more, there would be fewer sagging, unused looking necks.

One of the best neck exercises that will strengthen the muscles and start circulation where you need it, is the head rotation. This is the way to do it:

Drop your head back until it rests on your spine, if you can do that. Few can. But drop it back, nevertheless. Try to relax so that it merely flops back, when you decide to let it go.

Bounce your head up and down a few times while you are in this position, looking at the ceiling.

Now, try to swing your head in a quarter circle and let it lie up on the right shoulder. Chances are that it won't get near enough your shoulder to lie there! But make a stab at it anyhow.

From the right shoulder, describe another quarter circle, bringing your chin right down onto your chest. From there, complete the circle by trying to rest your head first on your left shoulder and then back.

Do this rotary motion in one direction a few times, then change and make your head go the other way. This, in time, should help relax your tense, unused neck muscles and start circulation again.

A second neck exercise that is excellent, is to lie face downward on the floor. Keep your arms down at the sides. Now try to raise your head and shoulders up from the floor, and at the same time your feet and legs. If you could ever get so that you could throw your head up and backwards far enough to meet your feet as they come upwards, your neck certainly would be relaxed. Even if you can't a few times at this exercise both morning and night will do a lot for your neck.

## Dorothy Dix Letter Box

**Middle-Aged Woman Fights to Regain Husband From "Other Woman"—Is the Woman Concert Pianist a Good Investment? Is "Gold-Digger" a Complimentary Term?**

DEAR MISS DIX—I married a poor man and have helped him to make a fortune, working side by side with him, saving, contriving, sacrificing everything to push him on. Now, at middle age, my husband thinks that he has fallen in love with another woman whose husband divorced her on account of her unfaithfulness to him.

I feel that my husband owes me a return for the many years of assistance and loyalty that I gave him and that my children and I have a right to share in the prosperity which I helped him earn. Therefore, I refuse to give him a divorce. I will not yield my rights regarding my husband to a loose woman. I am going to fight to bring him back to reason and conquer her by holding fast to my own. Do you not think my position just?



ANXIOUS WIFE.

Answer:  
I do. Marriage is a business proposition just as much as it is a sentimental one. It is a partnership in which the woman puts in her labor and her ambitions just as much as she does her heart and soul, and if she does her part toward making the firm a success she is entitled to her share of the equities and she should not be pensioned off with a little dab of alimony.

(That is why so many women do a foolish thing when they rush off to the divorce courts as soon as they discover that their husbands are unfaithful to them. Of course, it is a hard and bitter thing for a woman to find out that the man whom she has loved and trusted and for whom she has toiled and sacrificed is untrue to her. Naturally she feels that she wants to break all bonds between them and take her children and go where she will never hear of him again, but in doing that she often makes a bad matter worse by bankrupting herself in purse as well as in heart.

For as long as she stays put in her position as the man's wife she has the comfort of her good home, the consolation of her place in society and a good living. And while these will not alone do her for her husband's faithfulness and for having lost his love they are, nevertheless, not to be despised. They make her life far more tolerable than it would be if she had thrown them all overboard in her anger and was reduced to poverty and homelessness and was forced to go out into the world to support herself and her children.

She has helped her husband win his prosperity and his place in the world and she has a right to share in the good things she has earned and is very foolish when she lets another woman push her out and take her place.

So I think that you are quite right and that you are doing the best thing for yourself and your children and probably the best thing for your husband. Many men at middle age have these temporary infatuations for strange women, but they pass and the husbands are heartily ashamed and gladly return to their wives, if only the wives have had to wisdom and the patience to hold fast to their own.

DOROTHY DIX.

DEAR MISS DIX—I read in the newspaper the other day about a woman concert pianist who has incorporated herself under the laws of Ohio in order to get funds to further her career. I am curious to know how this would work out if she were to fall in love and get married. I, also, am ambitious and need money to perfect myself in my studies. Would you advise my making myself into a stock company? A. B.

I am afraid that you would find it a little difficult to sell your stock, because a woman's career, no matter how much ability she has, is a poor risk. Most of us who have tried to help talented girls have had the same experience. After thousands of dollars and years of time had been spent in educating her and fitting her for her career, some man came along with whom she fell in love and it was good-by to the career. She retired to a suburban bungalow or a two-by-four flat to do housework and have babies, which, after all, is a woman's greatest career, but one that doesn't call for expensive training under high-priced European teachers.

Somehow women and careers and marriages don't mix harmoniously as a general thing. Most men want their wives to stay at home and make things comfortable for them instead of gadding over the country lecturing or giving concerts or acting or what-not. Also, the great majority of husbands are egotists who desire their wives to look up to them, and they get little joy out of being the tall to their wives' kites and being known as Mr. Mary Jones, the husband of the distinguished writer or orator.

So there you are. It is one of the innumerable disadvantages of being a woman that while a man can add a wife and children to his career and be all the better for them, a woman has to choose between a husband and children and a career or else make a mess of all three of them.

And if a husband isn't willing to share his wife with a career I don't see that he will like it any better when he is a minority stockholder in a lady who has incorporated herself and her talents.

DOROTHY DIX.

DEAR MISS DIX—When a young man calls a girl a gold-digger now should she take it, as an insult or a compliment? MRS. L. R. G.

Answer:  
It's about as hard a knock as he can give her. It means that he considers that she has neither heart nor principle, but is a grafter who gets everything possible out of a man. The girl who is a gold-digger is not exactly a thief, but she is a robber all the same. She doesn't pick a man's pocket by sleight of hand, as does the professional "moll" or "dip", but she gets it just the same. Her methods are more refined but just as efficacious.

Sometimes she borrows money that she never repays. Often she gets it by the tear route, by telling a hardluck story of owing bills she can't pay, of a hard-hearted landlady who is about to put her out, and by the time she has sobbed out her woes the man has dried her tears on yellow-backed bills.

Her usual method, however, is hinting. She inveigles a man into a millinery store where there is a perfect darling of a hat that she desires or she leads him past a shop window where there are dresses or furs or jewels that she thinks it would be just so sweet of him to give her, and she is always hungry and wanting to eat in restaurants or is dying to see plays or to go to places to dance.

The gold-digger is the feminine equivalent of the confidence man and is about the most disruptive profession that any woman can follow.

DOROTHY DIX.

capitulate influence" on textile designs and on the names of flowers, the magazine Proletarian Art orated with flowers, birds and sev-

## Beauty Tricks For Everyone

WHEN YOU'RE TIRED THESE HINTS ARE REALLY VALUABLE.

There is much more to this beauty business than getting the right shade of powder and putting on the most flattering color of lipstick.

Once you get the hang of what's good in beauty for yourself, you will work out various little beauty tricks that are yours alone.

There are certain tricks that you may begin on, however, that everybody would find good if they used them.

First, have you ever put freshener on your ears when you are tired? Just applying this cooling lotion to your sensitive ears, massaging them briskly the while you do it, relaxes you and lessens fatigue.

Second, do you realize that resting your eyes does more to pick you up than a stimulating beverage? Palming them, rinsing them out with boracic acid or some of those swell little eye packs—these are the tricks your eyes will love!

### PALMING EYES

Palming eyes means holding the palms of your hands tightly but not too tightly over your own eyes until you see black. There's some kind of magic about the nerve circuit you seem to form by making this connection between palm and eyes. It certainly makes your eyes feel better. Do it for from two to three minutes, rinse your eyes with lotion, and do it again for a shorter time. Aren't your eyes brighter and don't you feel fresher? You certainly do. Or should!

### EYE PACKS

Eye packs come all put up, and reasonable in cost. Plastering one over each eye, soothing hot, is the best way. Let them cool and see how grand your eyes look and feel.

Let, in this bag of tricks, do you realize what a good spine massage does to pick you up? Well, if you can't get down on the floor and massage your own back, the way agile ladies do these days, pay for having somebody else take out the kinks. Then have a good creaming, a hot bath and a cold shower and see how grand you look and feel.

### Blue Rose

SANTA ROSA, Cal., April 26—It would take times like these to bring out a "blue" rose.

John Bull, local floriculturist and hybridizer, who has been experimenting for years to produce a true blue rose, says he believes he has succeeded and will have the rose in bloom for the spring flower show here in May.

Bull explained "blue" roses previously shown, in Germany, actually have been purple or bluish-red, rather than blue.

## Household Suggestions

**Easier on the Hands**  
If you like to use the old-fashioned and iron, keep two holds on hand and change them when you change irons. It will keep your hand cool and prevent blistering.

**Must Be Clean**  
Don't forget to wash baby's rubber toys in a solution of boracic acid once a day. They are constantly in his mouth and must be kept sanitary in order to keep baby healthy.

**Protects the Outside**  
When making a handbag at home, make the lining for the handbag just a bit shorter than the outside of the bag so that the weight will not rest on the bag itself, but on the lining. The lining can be replaced much easier than the outside workmanship.

**A Nice Surprise for Hubby**  
If you will write down on a sheet of paper each thing that is needed in the staple grocery line and keep it handy, you can turn it over to friend husband when he starts out to buy his tobacco and save time and strength by not having to carry heavy boxed articles.

**For Verification**  
There should always be a calendar kept by the telephone table along with the pad and pencil. It is so necessary at times when we are trying to arrange for an important engagement in advance.

**Don't Crowd The**  
Use of a larger vase than 1...

**BE SMART!  
BE SNUG!  
BE FRE-E-E!**



**IN KAYSERETTES**

Knitted undies—modern as yourself! Vests with a deep V back. Snug tights (and are they cute!) with elastic top and reinforced crotch. Knitted for close fit, sheer comfort and plenty of action. Trimly-tailored. Smartness and dash in every line. Small, medium and large sizes. Made of finest mercerized lisle, ideal for Spring and Summer wear. Vest and Tights thrifly priced at

**50c. ea.**

AT ALL THE BETTER SHOPS

**KAYSER**

MADE IN CANADA

**KAYSERETTES**

as advertised above are shown in our department of Ladies Underwear, Second floor.

**50c each**

Moore & Seed

the bouquet of flowers. When you crowd the stems into a small space you shut off their means of absorbing nourishment and your flowers will not last long.

**Long Fingernails**  
If milady works in rubber gloves a great deal and wears fashionably long fingernails she probably has trouble with her nails piercing the ends of the fingers of her gloves. Put just a little cotton in the tip of each finger and this will stop the tears.

**CAT'S CRADLE**  
Over, under, in and out. Thus to make the cradle stout. Bees and Billy pass the string. While the kittens at their play seem to slyly laugh and say "Isn't that the oddest kind of thing!" Tabby, sitting calmly by, watches with the scornful eye of a very wise old cat. "That may do," she says, "for play. But I'd never dare to lay Kittens in a cradle built like that!" —Alma Blossom

**Your Children will thrive on Christie's pure Arrowroots**



For the tiniest babies . . . for older children . . . for growing boys and girls . . . there is nothing more delicious and nourishing than Christie's Arrowroots. No substitute is good enough.

**Christie's Arrowroots**

**It will Improve the Flavor of Your Cooking!**



**Borden's ST. CHARLES MILK**  
UNSWEETENED EVAPORATED

Send for this FREE cook book. Fill in this coupon and we will send you a copy of our new cook book "The Good Provider." It contains over 80 pages, illustrated in color and will tell you how to make nearly 200 delicious dishes better with St. Charles.

The Borden Co. Limited  
718 George Street  
Toronto, Ontario

Send this coupon to receive a copy of your free cook book.

Name.....