

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

Now... the Picture of Health!



I AM sending you a picture of my baby, Warren Richard," writes Mrs. Matheson, of Box 137, Lac Megantic, Quebec.

"He is now eight months old and weighs 27 pounds and is the picture of health. Since putting him on Eagle Brand we have never had any trouble with him. He is well and contented and I certainly recommend Eagle Brand to any other mother who is having trouble with the feeding of her baby."

If you are unable to nurse your own baby, follow the advice of hundreds of thousands of mothers, and try Eagle Brand. The coupon below will bring you a copy of "Baby's Welfare."

The Borden Co. Limited, 107 Truro, N.S. Please send me new edition of "Baby's Welfare," containing feeding schedule, pictures and histories of Eagle Brand babies.



Daintiness With Chic Styles

ILLUSTRATED DRESSMAKING LESSON FURNISHED WITH EVERY PATTERN BY ANNABELLE WORTHINGTON



This youthful model is carried out in crisp sheer red and white dimity.

The dainty ruffled sleeves create crisp shoulders, now so modish. Size 16 requires 3 1/2 yards of 39-inch material with 1/2 yard of 39-inch contrasting.

Another interesting scheme is navy and white dotted swiss with white organdie used for the sleeve ruffles.

White or pastel tub silk is smart and practical. It's easily made!

Style No. 621 is designed for sizes 12, 14, 16, 18, 20 years, 36 and 38 inches bust.

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

Form for ordering the pattern, including fields for Name, Street Address, City, State, and Size.

A Morning Smile

Mrs. Higgins and Mrs. Brown after a quarrel were making up at the ladies' bar.

"Well, Mrs. Higgins," said Mrs. Brown, "I bears yer no malice." She raised her glass. "So 'ere's lookin' at yer, an' 'eaven knows that's a heffort!"

"And this beautiful jar," said Jones, proudly exhibiting his treasures. "It cost me \$50."

"Well, well, \$50!" said his friend. "I suppose they threw in the maritalade."

IT'S LIVER THAT MAKES YOU FEEL SO WRETCHED

Wake Up Your Liver Bile and Get A New Lease of Life. No Calomel Is Necessary.

For you to feel healthy and happy, your liver must pour two pounds of liquid bile into your bowels, every day of your life. Without that bile, trouble starts promptly. Your food just won't digest the way it should and your bowels are sluggish. Food decays inside you and your entire system is undermined by this poisonous waste matter. You have indigestion—the discomfort of gas, bloating, heartburn and sourness. You are prey to headaches. Have a tongue like cotton-wool, a nasty taste in your mouth, bad breath and ugly skin. You haven't anything like the pep a healthy person should have. In fact you are generally wretched. How can you expect to clear up a condition like this completely by taking mere bowel-movers like salts, mineral water, oil, laxative candy or chewing gum, or rougians? They can't wake up your liver bile! Avoid calomel (mercury). Buy yourself a box of old reliable Carter's Little Liver Pills. All vegetable, sure, gentle, safe. They'll wake up your liver without upsetting you. Bring back the glad-to-be-alive feeling, once more. Don't waste your money on substitutes. Be definite. Ask for Carter's, by name and get them. Look for the name, Carter's, on the red label. Sold at all druggists.

What Is World's Saddest Spectacle? Dorothy Dix Considers It Happiness Thrown Away

Which is Most Pathetic to Watch: The Old Wife of a Young Husband Tying to Keep Up With Him, a Widow or Widower Enjoying Life for the First Time, or to See Friends Try to Keep Up With the Joneses?

"Leaving aside death and disgrace, what is the most pathetic thing in the world?" asked a woman of a group of other women the other day. "An old woman married to a young husband," was the instant reply from one of the women. "When I see a woman married to a man many years her junior, I could drown her in my tears of compassion, for there is no sadder lot in life than hers, doomed to perpetual flapperdom, and denied the privilege of ever slumping down and growing old comfortably."

"Go to any beauty parlor and watch the sufferings, if you have the heart to do it, of one of these poor creatures as she goes through the tortures of the Inquisition being steamed and mauled and dyed and painted and permanently waved, trying to achieve a synthetic youth that will pass muster at night under artificial light."

"Think of the weariness of the flesh it is always to keep skittish and full of pep and be always ready to dance and dash off on a wild party and do things! Imagine what it must be to never be able to look at a pretty debutante without having your heart torn with jealousy, and thinking that youth calls to youth and she will get your husband if you don't watch out! And, above all, think of the awful boredom of having to keep a boy entertained and amused and vamped!"

"Of course, none of us like to get old, but when we are married to men who are our elders, age is merely a disagreeable incident, not a tragedy, as it is to the woman with a young husband. When we put on a few pounds of flesh we can console ourselves with the reflection that we haven't a bay window and a bald head like our John's, and when we are tired and our feet hurt and our bones ache, our husbands are glad enough to sit home with us with a good book or a paper and be fireside companions. We don't have to doll up and go jumping around some place to keep an eye on a slick-haired, slim, young sheik. And that is why I say, 'poor soul,' every time I look at a woman who has a boy husband."

"I think the saddest sight in the world is a widow splurging out on her husband's insurance money," said another woman. "Did you ever notice how often a woman, who has always been dowdy and ill-dressed, suddenly blossoms out like the Queen of Sheba as soon as her husband dies? She has never had a dress that hasn't come off the bargain counter since her trousseau, nor a hat that didn't look as if it had been fished out of the ragbag. The one and only piece of jewelry her husband ever gave her was a wedding ring, and she has never had a decent piece of furniture nor a rug that wasn't a crime against nature."

"But the minute husband passes on and his estate is settled up, she begins blowing in the money like a drunken sailor. Her mourning is something to make other women sit up and take notice. She goes off on trips. She gets her a new house and a new car and buys all the things she has been waiting for the last thirty or forty years."

"Why, I could cry every time I see a widow who has never even had a \$10 brooch suddenly appear with a diamond sunburst. It tells the tale of all she has endured from a tightwad husband who thought that a wife's sole function was to be a penny-pincher and a dime-nurse and an unpaid servant, and that she should be grateful to him for letting her work for her board and clothes."

"And that is why I feel like getting out the tear jug whenever I see a widow indulging her suppressed desires in having one grand orgy of spending over her husband's dead body."

"Well, your widows in \$50 hats and with strings of pearls aren't half as pathetic a spectacle as a fresh widower in a brand-new sports car and with a red necktie on," said a third woman. "I simply dissolve in sympathy when I see the artless reaction of a poor, hen-pecked man to liberty."

"From the day of his wedding to the day of his wife's funeral the poor, downtrodden, human doormat has had to say even 'our trousers,' and couldn't call his soul his own. And then she dies and his fetters are stripped from him, and in the rebound he hits the sky. He buys himself the Klasslet Kollege Kut Klothes he can find and the gaudiest car, and he steps on the gas, and by these tokens you can read what he has suffered all the years he was under a woman's thumb. People often deride these middle-aged widowers who are making fools of themselves, but I always feel like patting them on the back and saying, 'Good for you, old martyr. Go to it. Life isn't long enough to make up to you for thirty years of Maria!'"

"I think the saddest sight in the world are the people who try to keep up with the Joneses," said the fourth woman, "the people who try to run with people richer than they are, who do without nourishing food to give a swell party, whose lives are a nerve-breaking strain to keep up appearances, who lie and pretend and hand on to the fringes of society with their eyelashes, and who might be happy and contented if they would only live the way they can afford to live."

"And the saddest spectacle of all," said the first woman, "is the spectacle of people who have happiness in their hands and throw it away." DOROTHY DIX.

FOR THE WOMAN READER

LARCHES The larches are the lady pines. You'd know it by their hair. And by their prim and dainty ways. And by the gowns they wear.

Their gowns are green, their hair is fine. And fluffy in the breeze; And, just like girls, they huddle up Apart from other trees. —Eaton

POINT TO REMEMBER CHOOSING WINTER COAT

August fur sales make you think about the coat which you are going to wear this winter. Since most women can have only one winter

coat, it is best to get one that will serve for winter wear as well as for other occasions.

If you get a fur coat that is definitely the sports type, you're going to find it pretty hard to appear at afternoon functions, informal dinners and theatre parties.

Your best bet is a coat which lies somewhere between a sports type and a fitted, formal coat. You can get one like that if you shop intelligently.

If all the other costumes in your wardrobe are to be pretty dressy, it is all right to get a really formal looking fur coat. But if you wear tweed suits and wool sports frocks on the street sometimes, an in-between model will be more practical.



ENGLISH TENNIS STAR

Miss Joan Ridley, the English tennis star, was photographed on arrival in America to take part in the tournament at Forest Hills.

SLIMMER HIPS

Making a skirt with the seams down the center of the front and back, instead of down each side, will make your hips look slimmer. It is no harder to make a skirt this way and you'll be surprised how much it will improve the appearance of your figure.

BLACK AND WHITE IN PARIS FASHIONS

What do you say to a little fashion copy all in black and white from a fashionable restaurant?

The women were clad in black and white gowns and the men wore their "smoking" and "tails" with great gusto. A black and waxed embroidered organdie gown, the decollete of which was underlined by two wide shoulder straps, which in the black reached to the waist attracted much attention. From the upper part to the elbow, with the exception of the shoulder which a cut-out work left bare, the arm was covered with a flounce of plain black organdie. Flounces of the same material, but vertically applied, trimmed the skirt and formed two long points from the hem to the hips. A large belt of organdie and white pique closed in the back under a blooming poppy made of red and white muslin marking the place for the waistline.

Worth made this same costume with only a few minor changes, in the reverse of colors, emphasizing white for the Baronne Snoy.

RICE STUFFED PEPPERS

Four green peppers, 4 tablespoons flour, 3 tablespoons butter, 1-2 cups milk, 1-2 cup cheese, 2 tablespoons chopped onions, 2 tablespoons chopped green peppers, 1 tablespoon chopped parsley, 1-2 cups boiled rice, 1-2 teaspoon salt, 1-4 teaspoon paprika.

Cut tops off peppers. With scissors cut out inside pulp and seeds. Rinse well with cold water. Cover by 4 inches with boiling water and let simmer 5 minutes. Rinse with cold water. Melt butter and add flour. When blended add milk and cook until creamy sauce forms. Stir constantly. Add cheese and seasonings. Add rice. Stuff pepper cases. Fit into small pan. Add 1-2 inch water. Bake 25 minutes in moderate oven. Carefully place peppers around chops on serving platter. Garnish with parsley.

LITTLE FINE LINES AROUND YOUR EYES

You may help to keep your face unlined by lining up a few reliable cosmetic preparations and using them in conjunction with some conscientious home treatments.

The little fine lines around your eyes are the ones that show up first on your face. They may be laugh lines or "squint" lines or come with maturity. Whatever their cause you should take steps to eradicate them. If you are careful while you're still young, it may be that you'll never have any at all.

If they come from laughing and smiling, rest assured they are not unpleasant to behold. And, if you can't seem to get rid of them, don't worry about it. Remember that a pleasant smile put them there.

If they come from squinting, it may be you need glasses. Don't neglect your eyes. You may not like wearing glasses, but it's better, in the long run, than having lines in your face, caused by poor eyesight. There are various creams, lotions and oils which help to keep lines away and tend to discourage the growth of those already there. Muscle oils—you may buy these

"Doll" Gown Lives Up To Its Name

Huge is a word that is safe to use almost indiscriminately when discussing frivolous summer fashions. Huge bows, huge flowers, huge sleeves, huge ruffles, huge full skirts, huge hats and huge umbrellas and pocketbooks.

Lanvin has a perfectly glorious time with an evening gown called "Ma Poupée"—or Doll—because there are huge flower-shaped sleeves and a huge sash bow at the back with ends that come nearly to the floor. The material is shot grey blue taffeta which gives it that "sweet-outishness" that makes it stick and girlish, modest yet unassuming.

There also is Lanvin's "Celeste" in pale blue crepe with an all-over Chantilly lace print. All the seams are stitched together with tulle which gives it an unusual effect that is so truly Lanvinian. There is a huge pale blue crepe hat to go with it trimmed only with narrow band of black velvet around the shallow crown. Little evening sleeves cover the shoulder tips and a crush sash of the crepe defines the waistline and ends in a bow at the back.

White dots without a care in the world wander all over a dark blue crepe dress made by Patou. The navy wool coat that goes with it has elbow sleeves and the lapels that turn back are lined with the dress material. A white sailorish hat trimmed with navy blue ribbon tops off this ensemble in typical Patou fashion. There are black kid shoes and a black belt.

anywhere—easy to use and very helpful they are too.

Pat a little muscle oil around the outer corners of our eyes before you go to bed. Be careful not to get any of it in your eyes. You should use some around the corners of your mouth and across your forehead too.

LINEN BLINDS

Cream-colored linen blinds soon become soiled, and any marks show up clearly on sunny days. Grease marks may be successfully removed by means of blotting paper and a fairly hot iron, and the whole of a soiled linen blind may be quickly cleaned without removing it from the roller in the following manner. Make a stiff dry dough of flour and water and rub it all over the linen, continually replacing the soiled dough with a clean piece. This treatment will remove all traces of dust or dirt, and may be employed equally satisfactorily for deck-chair canvas.

SKIN TONING LOTIONS ARE VITALLY IMPORTANT

Skin toning lotions are vitally important, they serve two purposes. They remove all traces of your cleansing cream and give your skin just enough daily stimulation.

Skin toning lotions are not to be confused with astringents. It is true they have a slight astringent quality, but they do not increase circula-



Healthy Hair Will Grow Only on a Healthy Scalp

Keep your scalp in good condition by shampooing regularly with a liquid soap made by dissolving shaving of Calicura Soap in a little hot water. Rinse thoroughly. If there is any dandruff or irritation, the shampoo should be preceded by an application of Calicura Ointment.

THE COOK'S CORNER

RHUBARB JAM

To every pound of rhubarb allow 1 lb. of sugar and the rind of half a lemon. Wipe the rhubarb perfectly dry. Take off the string or peel and weigh it and put into a preserving pan with the sugar. Mince the lemon rind very finely, add it to the other ingredients and place the preserving-pan by the side of the fire. Keep stirring to prevent the rhubarb from burning.

When the sugar is well dissolved put the preserving pan more over the fire and let the jam boil until it is well done, taking care to keep it well skimmed and stirred with a wooden spoon. Time, if the rhubarb is young and tender, 3/4-hour from the time it simmers. Old rhubarb takes 1 1/2-hour to 1 3/4-hour. Pour in jars and cover with paraffin and oiled paper.

GOOSEBERRY JAM

To every pound of gooseberries allow 1 lb. of sugar and 1/4 cup or a little more water. Top and tail the gooseberries, rejecting all that are not perfectly sound. Wash or wipe well. Put the sugar and water into the preserving pan, and when the sugar is dissolved add the gooseberries. Bring slowly to the boil and boil steadily for about an hour. Test on a saucer and if it jellies put into pots and tie down.

COLD MEAT PLATTER

A cold meat platter becomes most interesting if slices of cold beef, plain meat loaf, or tongue are placed in one or two rows on a large platter, with one or two rows of alternating sliced tomatoes and sliced green peppers, the latter having been stuffed with cream cheese.

Or the meat slices may be surrounded with tomatoes which have been stuffed with cottage cheese moistened with cream.

Or the decoration may consist of olives, sweet pickles, and celery curls. Or of olives and cubes of very stiff jelly to which half a glass of bright red jelly was added before it began to set. Slices of pineapple provide still another attractive method of garnishing.

SUMMER ABBOSIA

(Individual service)—One of the simplest and most healthful of summer desserts is just fruit. An uncooked fruit dessert, such as the following, is particularly healthful, since none of its vitamin content has been lost.

Arrange four or five orange slices which have been freed from membrane on a dessert plate. Cover each orange slice with raspberries. Sprinkle liberally with powdered sugar and top with grated coconut. If desired, serve with whipped cream.

"Do you believe that music can prevent crime?" "Certainly! How can a man be picking potatoes, attempting homicide, or slandering his neighbors when he is playing a cornet?"

RASPBERRY JAM

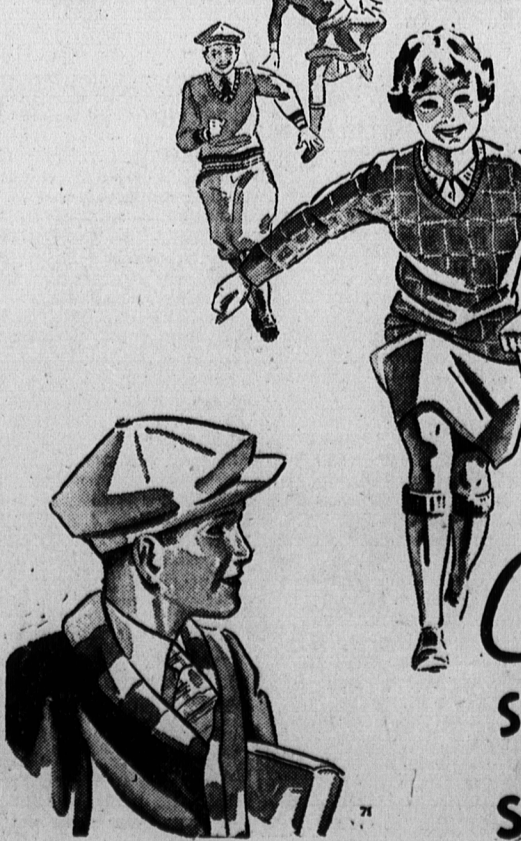
Choose ripe, firm fruit and allow an equal quantity of sugar. Put the berries in the preserving pan, mash with a wooden spoon to bring out the juice, and cook gently for 30 minutes. Then add the sugar, bring to boiling point, stirring all the time, and continue cooking until the jam sets who nested.

RASPBERRY JELLY

Place the fruit in the preserving pan (not too near the fire) with just sufficient water to "start steam." When the fruit has become quite soft or just boiled run it through a hair sieve, which, previous to using, should be washed in warm water.

When all the fruit pulp has passed through the sieve return the liquid to the clean preserving pan, allowing 1/2 lb. sugar to each pint of juice. Let it boil quickly until it thickens, then pour into small pots. Tie down when the jelly is cold.

PENMANS



Neatly patterned... comfortable... snug-fitting... Penmans assures trim juvenile smartness... wear-resisting service... genuine economy.

Children's STOCKINGS and SWEATERS