

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

FOR THE WOMAN READER

I pray you look over the walls of your creed, Heaven-centred and staunch as they seem. At the manifold forms of human need, With which the ages teem.

—A. W. Eaton.

CITY OF LONDON MAY SELL

"SULTAN" TABLE GLASS
The Corporation of the City of London is seeking to dispose of its famous "Sultan Collection" of table glass and china. This had been purchased in 1867 for the civic banquet at which the corporation entertained the Sultan of Turkey and had cost about \$2,500.

Afterward these services of glass and china were sent to the Mansion House for the use of the Lord Mayor of the day and his successors. There it became known as the Sultan Collection on being shown to visitors from all parts of the world in the same way as the famous collection of plate.

Sixty years after the purchase, in 1927, it was found that the attraction of the Sultan Collection was not so great and the reigning Lord Mayor asked the Corporation to take it from his official residence. The collection then went into retirement in a specially constructed underground cupboard at Guildhall.

An attempt was made to dispose of it, and the best offer was \$1,500, which was declined. This was in 1930.

Another effort has now been made privately, three firms being asked by the Guildhall librarian to make an offer. Two said "No, thank you," and the third offered \$1,250.

FRESH MEAT

Meat should never be placed directly on the ice. Ice will draw the flavor from fresh meat. Place the meat directly below the ice chamber on a plate and cover with a piece of waxed paper.

STYLE WHIMSIES

In the latest showings of dresses in Paris, the hobble skirt effect has disappeared. However, the hips still are slim, with fullness massed at the skirt hem.

Take your most swanky scarf, bring it from the back of the waist line, around the front of the armholes, leaving the back bare, and you will have the very latest evening bodice.

The small girls of the family will be proud if you buy them frocks of corduroy or velveteen made on the mode of peasant costumes of the Austrian Tyrol. Short jacket frocks and gumpie dresses come so styled.

Lace blouses in dull floral patterns in delicate or dark colors, are very smart just now. Sometimes they are trimmed with silver, and are very sophisticated.

SLEEP INDUCED BY PAINTINGS, DIAGRAMS

In Stuttgart there is a hospital where you only stay one night. And you only stay there if you suffer from sleeplessness.

This hospital is known as a "night clinic" and it is kept by Professor Manfred Benninger, a leading German psychologist.

Professor Benninger makes people go to sleep by means of paintings and designs made by himself. Not paintings that have any artistic meaning, but water colors and diagrams that by their peculiar intricacy have a soothing effect on the overwrought modern brain.

He never uses drugs. He relies on finding out his patient's psychology, and working with it as his raw material.

Patients go to Professor Benninger and describe the things that keep them awake. And Professor

Benninger prescribes an individual treatment to send them to sleep. This woman needs soothing by means of a diagram in black and white, which, on being contemplated for a time, will render her somnolent.

That man requires a machine that will reproduce the humming of bees on a hot summer afternoon. Aga-n, here is a young woman typist who cannot sleep unless she has a Bible and two candles beside her bed.

It is all part of the new treatment for sleeplessness—the treatment that holds insomnia to be a disease due to the brain state, and to be therefore curable by psychological methods.

OVER-EATING AND UNDER-EXERCISING HYGIENIC SINS

In the middle of a lecture he was giving at Leicester, Eng., Dr. C. K. Milard, the medical officer of health, put his hands on the floor, sprang—and stood on his head!

He was giving a demonstration of how fit a man can be at 63.

Here are some points from the lecture:

Over-eating and under-exercising have been the hygienic sins since the Middle Ages.

Modern civilization has filled our tables with all sorts of delicacies. These should be studiously avoided by the middle-aged man—or, at least, indulged in only very occasionally.

Women have a two to one better chance than men of becoming centenarians. Women, on an average, live four years longer than men.

WINDOWS

What would the world be without window-glass? What was it like before window glass was invented?

Men had either to lurk in dim smoky caverns, with no outlook whatever on the glad and various world, or to leave their dwellings open to the wide air, and shrink and shiver while all the winds of heaven blew upon them. Then some lucky head discovered that subtle, frail barrier of glass, and the whole aspect of life was changed.

By breaking their close intimate walls with great liberal areas of openness men were able to admit the fresh breath of life when they pleased, and when they pleased, to exclude it. The warm winds of summer might play about their table and their bed with freedom. Then, when the blasts of winter raged, they closed the window and gazed upon the storm from perfect comfort within.

Nothing gives a greater sense of one of human fragility and human security than to lock at zero weather through an eighth of an inch of transparent emptiness and yet be able to maintain a difference of temperature of nearly one hundred degrees between without and within.

Windows furnish the light of life, as well as the breath of life. Sunshine is the giver of joy, the breeder of health, the banisher of dark thought and dark deeds and evil dreams; and sunshine comes in to our lives largely through window glass. Windows bring us wisdom, or at least the information of which we can make wisdom, if we will. We can sit in our own quiet corner and watch the world pass, all the strange vagaries of men, their multiple gestures, their futile or their fruitful activity; and as we peacefully meditate upon these things we can mould and guide our own lives by them.

You'll be discharged on this occasion, madam, said the fierce-looking magistrate to an elderly lady charged with committing a breach of the peace.

Thank you kindly, sir, replied the grateful lady. I've always said that many a soft heart beats behind a hard face!

YOUNG MOTHERS

Don't experiment with children's colds... Treat them as your own mother did—externally. No dosing! Just rub throat and chest with...



PROVED BY 2 GENERATIONS

THE COOK'S CORNER

Divinity

3 cups granulated sugar
2-3 cup corn syrup
1/2 cup boiling water
2 egg whites
1/2 teaspoon vanilla
1/2 cup chopped nuts
Put sugar, syrup and water into a saucepan. Heat slowly, stir until sugar is dissolved. Boil to firm ball stage—250 degrees F.; cool slightly. Beat whites stiff, gradually add syrup. Continue beating until mixture begins to thicken. Add nuts, pour into buttered pan. Mixture may be dropped from a teaspoon on buttered pan; place bowl over hot water to keep mixture soft.

Date Pudding

1 pound dates
1/2 pound beef suet
3 cups bread crumbs
1/2 cup sugar
1 egg
1/2 cup milk
2 tablespoons flour
2 teaspoons baking powder.
Chop dates and suet very fine. Mix suet with the bread crumbs. Add the dates and the sugar. Stir in the egg, add milk, and flour, in which have been sifted the baking powder. Put in a greased mould and steam for 3 hours. Serve with any desired sauce.

Apple Cracker Pudding

2 medium sized apples
6 large milk or soda crackers
Cold water
1 teaspoon butter
1 pint milk
2 eggs
1/2 cup sugar
1 teaspoon lemon extract.
Nutmeg
Crumble crackers into a pudding dish; pour over these enough cold water to soak them until soft. Pare the apples, cut them in halves, remove core, and put them in halves, remove core, and put them on the stove with a small quantity of water; stew 10 minutes. Pour milk over soaked crackers, add eggs beaten, and stir in the apples with the sugar. Add flavoring and grate nutmeg over top of the pudding. Place butter on top just as pudding is ready to put into the oven. Bake in a slow oven until firm and brown. Serve hot.

CAPE TRAVERSE W.I.

The monthly meeting of Cape Traverse W.I. was held at the home of Mrs. J.H. Lord on Thursday, Oct. 19th. Meeting opened in usual way, followed by roll call, which was answered with a proverb. Eleven members responded. Minutes of last meeting were read and adopted. Reports of committees were then heard. Sick committee reported visiting sick and taking fruit. Bill for fruit was ordered paid. As the school committee was not present there was no school report. Appointment of new committees followed. Sick committee, Mrs. Frank Campbell, and Mrs. Wen Rogerson, school committee, Mrs. Vernon Muttart and Mrs. Gordon Harvey, program committee, Mrs. Douglas Bell and Mrs. Joseph Cutcliffe. It was decided to write Dr. Keeping about having school children inoculated for scarlet fever. A discussion of business followed. An interesting musical contest was put on and prizes were won by Mrs. Gordon Harvey and Mrs. Douglas Bell. Lunch was then served by refreshment committee. Collection amounted to 50 cents. Annual meeting to be at home of Mrs. Louis Muttart on Thursday afternoon, Nov. 23rd. Lunch committee, Mrs. Johnnie Campbell, Mrs. Melbourne Howatt, Mrs. Vernon Muttart.

I'm sorry I couldn't keep that luncheon date with you. However, circumstances over which I have no control kept me away.

Yes, yes. By the way, how is your wife?

If He Isn't A Good Cook, Divorce Him!	Dorothy Dix	Finds Wifely Breadwinner Acts Like Man
---------------------------------------	--------------------	----------------------------------------

Wife Who is Divorcing Husband for Being Slovenly Housekeeper Voices All the Age-Old Masculine Complaints—Which Only Proves That Swapping Jobs Gives Other's Point of View

It is sadly true that when we put ourselves in the other fellow's place we generally discover that we do just as he does.

In witness whereof take the case of the woman who has just applied for a divorce from her husband because he was a shiftless and sloppy housekeeper and failed to make a comfortable home for her.



It seems, when this exceedingly modern young couple were married last spring that a contract was drawn up between them whereby it was agreed that the wife was to go out and earn the living while the husband stayed at home and did the housework. He fulfilled his part of the bargain by producing fairly good meals, but when it came to cleaning up he was a lamentable flop. He did not sweep

under the beds nor dust the radio and when his poor tired wife came home at night after a hard day's work and found everything at sixes and sevens and the sink full of soiled dishes, she said to him just the things that innumerable husbands have said to their wives under similar circumstances.

This trouble began over bad housekeeping, as it has in millions of other homes, for it makes no difference whether the love bird is a hen or a cock, he, she or it has to have a comfortable place to roost in order to keep on cooking. Otherwise raucous squawks rend the air.

This little incident, however, calls our attention to how regrettable is the fact that husbands and wives cannot swap jobs occasionally, for if they could they would not only have far more patience with each other, but they would give different performances themselves.

Most women, for instance, are firmly convinced that their husbands have got the soft end of the trade. They think that working in a store or factory or office is a perfect cinch compared to doing housework, and they picture their husbands as living a life of gay adventure that consists mostly of holding mysterious conferences and eating lingering lunches and listening to and telling good stories and making agreeable contacts with pleasant people. That is the reason that when their husbands complain of being tired of an evening and when they never want to dress up and go out to places of amusement, the wives regard it as an alibi and get peeved over it and consider their husbands as grouches.

But let a woman work in an office all day herself. Let her be the head of her own business and torn with anxiety about how she is to pay her note in the bank and meet competition or let her be an employe and tremble for the safety of her job. Let her spend her time dealing with cranky and unreasonable clients or customers, or putting up with the exactions of a boss who is a petty tyrant. Let her come home dog weary and with nerves fretted to fiddle strings and she would understand why a man doesn't want to do anything but flop down in the chair of an evening and not even speak or be spoken to.

Many women don't take their housekeeping seriously. They don't think that it is worth while studying, as you would music or art or law or medicine. They think any kind of scrambled-up meal is good enough for husband and it doesn't make any difference whether the bathroom is clean and orderly or looks like a pig wallow or that it matters whether a man comes home to a bright, cheerful, comfortable home or one that is disorderly and untidy.

But let the woman who has been working hard all day in the outside world, and who is hungry and tired, turn her face homeward and she wants exactly what a man wants under similar circumstances. She wants a light in the window and a smiling face to welcome her and cleanliness and peace and order and a good hot dinner.

And if men could only change places with their wives now and then, how different their attitude toward them would be. Most men, because they have never tried it, consider a woman's lot one of glorious ease. Nothing is commoner than to hear one say to his wife: "My, I wish I had nothing to do except to stay at home and keep house and take care of the children as you do."

But if they tried it they would find that no work is so never never ending as a woman's in the home, none so monotonous, none so nerve-wearing.

It would reduce any able-bodied man to a wreck to get up and get the family breakfast and fix the baby's bottle and wash behind little Johnny's ears and comb little Mary's hair and hear their lessons and get them off to school and find wife's gloves and overcoat and papers for her and shop around for food and answer the telephone a hundred times and settle a dozen quarrels between the children and get lunch and dinner and pick up clothes and sew on buttons and darn socks and so on and so on and so on.

Let a man do his wife's job but for one day and he would regard her as holding down the world's endurance record, and he would see why she needs to go out at night now and then for a little recreation and he would never again talk about supporting her or dole out nickels to her. He would think that even Mr. Ford couldn't afford to hire a wife or pay her adequately for all that she does.

So what a pity it is that husbands and wives can't get each other's point of view now and then!

DOROTHY DIX.

Children's Disorders

From experience, many pleased Mothers strongly advise giving children **BABY'S OWN TABLETS**

"My little girl was irritable, feverish and sometimes sick in her stomach... what a relief it was, after giving her Baby's Own Tablets, to see how much better she was," writes Mrs. James Halligan, Fenelon Falls, Ontario. Mrs. Ben Slavenwhite, Armadale, N.S., says: "My baby had stomach trouble and I was nearly frantic until the woman next door gave me some Baby's Own Tablets, and they made her quite well." "My baby has no more gas, fevers or digestive trouble since I have known about Baby's Own Tablets," states Mrs. Herman Belsler, Arnprior, Ontario. "I think Baby's Own Tablets are wonderful. My baby has no more colic pains," says Mrs. Allan MacDonald, Northfield, Ontario. No need for YOUR child to suffer. Baby's Own Tablets can be given with absolute safety—see certificate in each 25-cent package. They're recommended by Mothers for teething troubles, upset stomach, indigestion, colic pains, simple fevers, constipation, etc.

DR. WILLIAMS'

BABY'S OWN TABLETS

Make and Keep Children Well—As Mothers Know

Save money!

GET THESE



3 Large trial-size package of PRINCESS SOAP FLAKES 3 Cakes PALMOLIVE SOAP ALL FOR 21c

PRINCESS SOAP FLAKES—Act quickly! Start today to learn what a marvelous soap Princess is. PRINCESS really adds months of wear to silk stockings and lingerie—gives cleaner, fresher, whiter clothes with less effort—keeps hands so soft and white. And note how little Princess Flakes it takes for a big foaming tubful of suds—suds that are safe for the finest garments.

PALMOLIVE SOAP—Why envy other women their lovely complexions when yours can be just as soft, smooth, youthful? Palmolive's velvety, olive oil lather gives true foundation cleansing. Flushes the pores of dust and dirt. Brings out the true, natural healthy coloring of your skin. Start today to win beauty with Palmolive.

PHONE YOUR DEALER

Attention Dealers If your stock for this special offer is exhausted, phone your jobber immediately.

NORTH RIVER INSTITUTE

The annual meeting of the North River Women's Institute was held at the home of the President on Nov. 2nd with twelve members and ten visitors present. Meeting opened with the Institute Ode. Minutes of previous meeting read and approved. Sick committee reported no sick in district. School Committee reported that each school had been cleaned and \$5 was paid for each. Some discussion on ways and means of increasing the finances took place and it was decided to hold a cake sale on Nov. 18th in Rogers Hardware Store. Officers for the coming year were then elected as follows: President, Mrs. Edison Mutch; vice president, Miss Leah MacKinley; secretary treasurer, Mrs. Ray MacKinnon; directors, Mrs. P. MacGregor, Mrs. S. Warren, Mrs. J. MacKinnon, Mrs. R. Wheatley (re-elected), Auditors—Mrs. F. More-side, Miss H. Warren. Financial report was given by the Secretary. A hearty vote of thanks was extended to the retiring officers. Mrs. Fulton Moreside kindly invited the Institute to meet at her home for next meeting which will be on Dec. 6th, roll call to be answered by paying dues. A pleasing program consisting of readings by Miss Helen Warren and Mrs. Annie Hal-jowell. A contest put on by Miss Leah MacKinley and a song led by Mrs. J. G. Wakeling was much enjoyed. Lunch committee for December: Mrs. Jack Moreside, Mrs. W. MacKinnon, Mrs. G. Thomson, Miss Helen Warren.

Engine Headlight Fascinates Foxes

WINNIPEG, Man. Nov. 14—Up on the Hudson Bay Railway a Canadian National locomotive driver got himself two fine fox pelts recently while driving a train on a night run. The foxes, a cross and a red fox, were attracted by the headlight of the locomotive which seems to have exercised some sort of a hypnotic power on them as they were so fascinated that they did not run away and were hit by the locomotive with the result that the driver now has two nice pelts for his "better half." A third fox was run over, a cross with a handsome pelt, and was picked up by sectionmen. Locomotive engineers in the north country state that the glare of the locomotive headlight seems to exercise a great fascination for foxes and sometimes they have seen foxes race alongside the train on the track for a distance of as much as two miles before the spell seems to wear off and they escape into the bush.

Run Off Conditions IN CANADIAN LAKES

OTTAWA, Nov. 13—The Dominion Water Power and Hydrometric Bureau of the Department of the Interior reports that stream flow in Manitoba and Northwestern Ontario was substantially below normal in August. In western and northwestern Manitoba the records of the Assiniboine and Swan rivers indicate a run-off equal to 36 per cent of the August mean whilst the run-off in southern Manitoba, as indicated by the records of the Red River at Emerson was only 5 per cent of the normal run-off for August. In northwestern Ontario the records of the English river at Sioux Lookout indicate a run-off of 47 per cent of the average. The outflow of the lake of the Woods during August was nearly 40 per cent greater than during July due to the increased use of water for power at the outlets to the lake; this increased outflow together with heavy evaporation reduced the surface level of the lake by about eight and one-half inches during the month. Outflow from Lac Seul during August was about 40 per cent of the July outflow and there was practically no change in lake level during the month.

Could you give a poor fellow a bite? asked the dust-stained tramp. I don't bite, myself, answered the lady of the house, but I'll call the dog.

A Morning Smile

An elderly countryman was persuaded to come up for examination by a specialist. Upon emerging from the consulting room he joined his wife, who had been awaiting him in the reception room, where she was heard to observe, "How much was it?" "Three pounds, three shillings," replied the countryman. "What a funny sum," said the old lady. "What do you think the three shillings was for?" "I don't know," remarked her husband, "unless maybe it's the entertainment tax."

The family were gathered round the piano one evening having a sing-song, the children singing the melody and the mother harmonising.

The youngest member, after listening attentively for a little while, suddenly exclaimed: "Mummy's singing in second gear."

Wedding Bells Will Ring In Time

MONTREAL, Que., Nov. 14—Perhaps lured by the last chance for honeymoon rate reductions, several couples who will be newlyweds within the week intend sailing for Bermuda, the Bahamas and Jamaica from Montreal next Wednesday by the Canadian National steamship "Lady Somers." "After all marriage knows no season," declared a local travel agent. The "Somers" will be the last "Lady" liner to leave Montreal this year for the West Indies. Honeymoon reductions lapse after she sails thenceforth Halifax and Boston will be exclusively the ports of departure on the Canadian National Canada-West Indies service; though the Canadian National steamship "Prince David" will connect Miami with Nassau, a distance of 200 miles, this winter, and Saint John, N. B., will continue to be the northern terminus for "Lady" liners from Trinidad, British Guiana and the Lesser Antilles.

Like Magic For Chest Colds, Coughs

—Says Toronto Mother of

"Mecca" and Mustard

Mrs. Golding writes: "Nothing equals Mecca, in poultice form. For Coughs and bronchitis, mixed with a little mustard, it works like magic applied to the chest and back." Surely this is heart-felt appreciation of Mecca. If your family is suffering from Colds, Coughs, Bronchial Troubles, Flu, Grippe, Lumbago, Chills and Aches, use Mecca and Mustard. The Mustard opens the pores and enables the powerful healing, soothing properties of Mecca to penetrate—removing congestion and healing the painful inflammation. Sold by all druggists—25c, 50c (tube), 50c and \$1.00.



MECCA OINTMENT

Daintiness With Chic Styles

ILLUSTRATED DRESSMAKING LESSON FURNISHED WITH EVERY PATTERN BY ANNABELLE WORTHINGTON



It's time to be considering an evening dress of Chinese red crepe so as to be ready when an invitation happens along.

Intriguing plaiting plays a romantic part of this model. You'll be so pleased that you'll want to make another.

Make it a daytime dress, as seen in small back view. It will prove a complete disguise from your evening dress, except as to its slim flattering lines. It has a built-up back, of course, and the plaiting has been omitted. It's lovely in blackberry crepe silk.

It's simplicity itself to fashion. You can have to dresses for a very nominal cost.

Style No. 694 is designed in sizes 11, 13, 15 and 17 years.

Size 15 requires 3 1/2 yards 36-inch material.

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

No. 694. Size

Name

Street Address

City

State

TIRED all the Time

—she thought it was "NERVES"

Losing interest—losing friends—she never went but any more—always too tired. "Nerves," she thought—but it was her kidneys, the filters of her blood, that needed attention. Delay meant danger. She took Dodd's Kidney Pills at once. Restored to healthy, normal action, her kidneys soon cleared away blood impurities. Energy returned. Fatigue, headache, backache, and all signs of faulty kidneys disappeared. Again life seemed worth while.

Now Feeling Well—Thanks to

Dodd's Kidney Pills

Yes, yes. By the way, how is your wife?

