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

Carefully selected leaves and all carefully blended

"SALADA" TEA

'Fresh from the gardens'

What the Fashionable are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern By Annebelle Worthington

BACK TO BIBS

All Tingey models are created and sketched in Paris and the patterns are made in New York.

Not childishly but in a most sophisticated manner are we back to bibs. They are often part of our very newest frocks.

Today's pattern includes a very charming example. Here on a dress of red marocain crepe is a cream georgette bib. It is very simple to make, for two flat pieces scalloped on the outer side are just stitched together along the curves and turned inside out—et voila! a most professional effect. A ribbon either of the white georgette or red like the frock (picot edged or bound) can be fastened to the bodice and passed through slots as shown. The slightly shaped scalloped pieces so very modishly placed on the hips and above the elbows are double and treated like the bib.

This pattern may be obtained for 15 cents in sizes 14 to 20. It is ready for immediate delivery. It is hand cut.

Pattern price 15 cents in stamps or coin (coin preferred). Be sure to fill in size of pattern. Address Pattern Department. Spend 10c to save $10. How? By ordering a copy of our new Fall and Winter Fashions. It gives the answer to the often asked question "How does she do it?" For it shows how to dress up to the minute at little expense. You can save on every dress and save on the children's clothes too. That means more and better frocks for you and yours. Order your copy now. Just enclose 10 cents in stamps or coin and mail with your name and address to Fashion Department.

No. 7306. Size .....

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Street Address .....

City ..... State .....

GOLDEN WEDDING

A very enjoyable evening was spent recently at the home of Mr. and Mrs. Allan James MacDonald, West St. Peters, on the occasion of their Golden Wedding. Many friends and neighbors assembled and a pleasant evening was passed in dancing, music, etc. Supper was served by the daughters of the host and hostess.

The following address was read by Mr. J. B. MacDonald and the presentation of a gift of gold made by Mr. Lloyd MacEwen:

To Mr. and Mrs. Jas. A. MacDonald,

We, your friends and neighbors meet here this evening to congratulate you on this, the fiftieth anniversary of your marriage.

To only a very few is given the privilege of celebrating their Golden Wedding and in this instance you have been specially favoured and we all join in thanking Divine Providence for conferring this favor on you.

Your life has been always a busy one, always striving to do good. Our country has been very much bettered by your happy marriage. You have been blessed with a large family of sturdy boys and girls, sixteen in all, whose great ambition was to make this world a better place to live in, and when the Great War was on and our country in danger, three of your sturdy sons were among the first to volunteer to go and fight for their king and country. Many were the fierce engagements in which they took part, one of them making the supreme sacrifice and now he sleeps beneath the poppies in Flanders Fields. It may be truly said "they were the brave sons of brave parents."

We say to Mrs. MacDonald. You came to this neighborhood fifty years ago and in all these long years you acted the part of a dutiful wife and a very obliging neighbor, whose tongue was never heard to utter anything only in praise of your neighbors. You were always ready to extend a welcome and helping hand to everyone. You were always generous and upright and our community was much improved by your presence.

As for Mr. MacDonald, more familiarly known as "Allan James", his exemplor is one in which his charity to the sick and dying will serve as a beacon down through all the years. It mattered not at what time or under what conditions you were called to the sick or dying, you always responded to the call, offering what aid and consolation you could in comforting the sick or preparing the dead for burial. In a word you were always looked upon as an ever-obliging neighbor.

As a government official you discharged your duties without a fault. For upwards of forty years you attended the lights, that guide the mariner and fisherman, always giving the best possible service. As a boat-builder you ranked second to none on the Island. So now in your declining years you can look back with pride over a life of usefulness. And we assure you it is a pleasure for us to be with you and Mrs. MacDonald this evening to extend to you our hearty congratulations along with this gift of gold, which is only a slight indication of the strong feelings of affection which exist between us. We trust and pray that you may yet enjoy many years of married life and that the Great God may shower his abundant blessings on you both, is the fervent wish of your many neighbors.

(Patriot please copy)

An epidemic of elephant stealing in Ceylon is reported. In this country chicken stealing holds the lead in popularity, as you can carry so many more in a bag.

Pile Sufferers

End Your Misery Without Salves or Cutting

External treatments cannot permanently end Piles. Nor does cutting remove the cause.

The cause is internal—bad circulation of the blood in the lower bowel. The veins are flabby—the bowel walls weak—the parts almost dead. To quickly and safely rid yourself of piles an internal medicine must be used to heal and strengthen the affected parts.

Dr. J. S. Leonhardt, a specialist, after years of study discovered a real internal Pile remedy. He named his prescription HEM-ROID and prescribed it for 1000 patients, with the marvelous record of success in 960 cases, and then decided every Pile sufferer should be able to get HEM-ROID from their own druggist.

Don't waste time on external remedies or think of the pain and expense of an operation until you have tried HEM-ROID. Hughes Drug Co., Ltd., will supply you and guarantee money-back if it does not end all Pile misery.

Have Poor Children a Square Deal in Life? **Dorothy Dix** Sees Every Opportunity Theirs

What Are the So-Called Advantages the Wealthy Child Has Over the Poor One? Dorothy Dix Says That More Money Than is Necessary to Keep it Comfortable is Oftener a Handicap Than a Help

The other day a mother advertised in a newspaper for rich foster-parents for her child. She said that she was willing to sacrifice herself in order that the boy might be brought up in luxury with all of the advantages that wealth gives.

It is easy to see how a poor woman who sees her children shabby while other children are dressed in silks and satins; who sees her children riding in the street cars while other children joyride around in sports cars; who sees her children going to work from the high school while other children are sent off to expensive colleges, should feel that they are not getting a fair deal in life and that they have not the same chances of success that the rich children have.

She feels that if Mamie could have the pretty clothes to set off her beauty and to go into smart society, she would marry a millionaire and live happily ever afterward. She is sure that if Johnny and Tommy could afford to study some profession they would achieve fame and fortune, and she is perfectly assured that they would be utterly blissful if they had nothing to do but play and unlimited dollars to play with.

But in this the poor mother is mistaken. Beyond giving a child a decent home in which to grow up in, enough clothes to keep it comfortable and enough food to fill its stomach, money can buy nothing for it that is not oftener a handicap than a help. And if you do not believe this look about you. Who are the important people in every community? Who are the millionaires? Who run the banks and the railroads and are at the head of great enterprises? Who are the famous writers and artists and inventors and actors and singers?

The children of rich people? Men and women who were brought up in luxury? Men and women whose parents could have given them in their youth every advantage of education and study and travel? Not a bit of it. You could count on your fingers and toes every rich man's son and daughter in the country who has ever achieved anything worth while. All of the balance, from the President down, were the children of poor people who had to struggle to get an education and who had to fight their way up in the world with their own brains and brawn.

What are these advantages that the rich children have that the poor mothers envy them so much?

Not a happy childhood.

The poorest baby whose own mother nurses it on her breast, who knows the tenderness and understanding and gets the love and patience that only a mother can have for her own child, gets something that the millionaire baby that is turned over to baby specialists and governesses never knows. No synthetic motherhood is as good as the real thing. No hired hands can mold the plastic character of a child as a mother's can, and when a child has missed the daily and hourly companionship of its mother it has lost something for which money is no substitute.

The advantages of education? True, the rich can send their children to schools where there are learned professors capable of unlocking all the doors of learning for them, but they cannot make them study, and in every college and university in the land the boys and girls who are leading their classes and taking the honors are the poor boys and girls who are working their way through school. Most of the rich youngsters who go to college in their own cars never learn anything except how to make whoopee.

Marriage? If there is one thing more certain than another, it is that money doesn't help a girl to make a good marriage. On the contrary, Statistics show that there are more old maids among millionairesses than among any other class of women in this country, and the reason is obvious. They would not take the kind of men they could get.

American men are seldom fortune-hunters and they fight shy of very rich girls, so the very fact of her money cuts many a fine girl off from ever really meeting the kind of men that she would like to marry. She is thrown only with play-boys and cake-eaters and men who do not attract her because they have no serious purpose in life. Every girl who works in an office among alert, keen, ambitious young men who are go-getters has a better chance to marry than any Miss Croesus has.

Success? Mighty few successes are nurtured in the lap of luxury. Most of us need the spur of necessity to drive us on. When we are lapped in comfort and pleasure beckons to us from every side, we may dream of doing great things, but we never do them. It is only when we have to work or starve that we put our backs into the job. It is only when we know that the only way we can achieve our desires is by battling for them tooth and nail that we put up the fight that makes us win out.

Temptation? Every mother wants her children to be good. To be men and women of stainless life, and surely no one will deny that it is easier for a poor boy and girl to keep on the straight and narrow path than it is for rich ones, for their very poverty is their protection against the evil men and women who prey on the weaknesses of the rich. It is cynically true that nothing makes for virtue like lacking the price of vice.

So, what are these advantages that this poor mother thinks she would give her child by giving it to rich people to rear in luxury?

DOROTHY DIX.

For The Cook

OYSTER COCKTAIL

Chop very fine 1 small sweet green pepper and 1 pimento; add 1 teaspoon grated onion, 2 drops of tabasco sauce, ½ teaspoon grated horseradish, salt, pepper and paprika, and one cup tomato catsup. Mix well, and serve on oysters. Serve with small crackers.

for colds!

Ask your doctor about beechwood creosote and oil of cinnamon—the two great remedies combined in this 53 year old cold treatment. 50c—your druggist or direct.

Beechwood

PREPARED BY CAREW & FRASER, NEW GLASGOW, N.S.

Etiquette

By Roberta Lee

Q. If one hasn't much money, is there any way to remember anniversaries without buying expensive gifts?

A. A note, an appropriate card, or a few flowers will suffice.

Q. Where are glasses placed at the formal dinner?

A. To the right of the plate, approximately over the knives.

Q. If one desires entrance to a club, is it all right to ask for membership?

A. No; one must await an invitation.

A Morning Smile

A Zorra farmer relates that years ago he shipped his crop of turnips to a commission man in Toronto. Some weeks after he received his cheque. The payment was so much smaller than he had expected that he sent for an explanation. The commission man went to Zorra, and was going over his figures carefully with the old man when he was interrupted by a loud thump on the table, and the exclamation: "Yere feegurs may be a' richt, but there's some rascality aboot it."

SOCIAL SERVICE OF A COUNTY NURSE

The following reference to Miss Ethel MacKenzie, sister of Miss Hilda MacKenzie, North Rustico, taken from the Red Cross Courier, will be of particular interest to relatives and friends who are interested in her work.

In Hunterdon County, N.J., Chapter the Red Cross public health nurse is the sole social service representative in the county. The local press has made her the heroine of a score of human interest stories.

"By necessity of the nature of the work," declares the Hunterdon County Democrat, "the nurse in charge of the country health service must be a resourceful and industrious specialist. She must be a patient worker a keen observer and psychologist, a sympathetic friend as well as a skilled nurse Miss Ethel MacKenzie possesses all of these requirements"

Miss MacKenzie has carried on her work for more than three years. Of her unique positions, she comments:

"No nurse in a territory where the Red Cross is the only county wide social service agency need worry about being bored. Here are some of the questions which she will be called upon to answer perhaps 'solve' would be a better word:

"Will you meet and take charge of a minor girl from your country, arrested here for running away with a married man?' This is a telephone message from a city 400 miles distant.

" 'Please find out whether a certain farmer in Round Valley is able to support two relatives in Finland now applying for passports to the United States,' requests the Immigration Bureau.

"Will you help me apply for a tombstone for a Civil War Veteran?, The mail brings in this inquiry.

" 'Kindly visit Mrs. Blank in Dash Street and persuade her to sign the enclosed paper,' solicits a lawyer from Paris, 'which will enamble my client to settle up an estate in Poland.'

" 'My baby is boarding with a lady near Pickel Mountain. Is he well looked after?' comes the query from a mother in Brooklyn, N. Y.

"Two excited women appear breathlessly before me. 'Oh Miss MacKenzie, the lady living next door to us is acting so queer. Won't you come and see whether she's crazy,' (She was;)

"A widower plaintively sounds an S.O.S. call 'Since my wife died, Annie, my oldest girl, has had to do the work and tend the three young ones. She's 12 years old and does her best; but, Miss MacKenzie, the stuff she puts on the table! Couldn't you learn her something about cooking?'

"Laconoc but authoritative is the wire on my desk from the State Troopers: 'Secure proper papers and be on hand to take care of two children when we arrest ther parents.,,"

All events in Miss MacKenzie's work are not however, melodramatic. Day after day moves along to the routine of inspection of school children, follow-up calls upon parents of pupils with physical defects arranging for hospitalization and treatments; for fighting diphtheria, immunization clinics, etc. In this last connection a degree of opposition is met comparable only to that against which the pioneers in vaccination campaigns had to contend. Miss MacKenzie, however, promoted 24 immunization clinics in this one county. Still more significant, she so won over parents that 1,000 special inspections, in addition to the 3,000 made in the rual schools, to the after care necessary for the complete success of the immunizations.

Often the reason for the seemingly anti social behaviour of a boy or girl is found in some physical disability. There was a little ten-year-old Michael, for example. He was backward at school, self-conscious in the extreme, shy even in his own family. Miss MacKenzie's first school inspection in Michael's class laid bare the root of his strange conduct. Michael was 80 per cent deaf even in his "best ear." But he didn't want any one to know. The nurse urged the parents to send him to the New Jersey School for the Deaf at Trenton. They were horrorfied at such a suggestion "How could you think of such a cruel thing" they asked.

"But Michael's deafness needs institutional treatment" explained Miss MacKenzie. "He is unable to compete with his classmates; his affliction sets him apart from them so he is unhappy and lonely. Unless he is helped to adjust himself he will come a burden even to himself. In Trenton he will have the companionship of children who, because of a similar affliction, will meet him on a common level. Lessons will come easier to him because they will be specially adapted to his needs. Useful and interesting occupations will be taught and he will graduate not only equipped to earn a livelihood at something he can do well and which he enjoys, but also with the blessing of life-long friendships among his associates of the school."

Still the parents opposed the plan. But the Nurse did not give up, so one day she invited Michael's mother to go for a drive with her. When the car stopped at the New Jersey School for the Deaf in Trenton the mother was welcomed by the principal and taken through the big, cheerful rooms where bright-faced pupils were happily at work. First with amazement, then with eager delight she saw just how easy eveything was made for the deaf children.

" It's just the place for Michael," she declared. "Of course he would get on better here. But where would the money come from? We could never manage it, I'm afraid." Miss MacKenzie was ready for this problem. Partial support was already been arranged.

Michael has been a pupil at Trenton for several months now. He is interested and does not shrink from his mates.

More pathetic was the case of little Margaret. Five years before, a baby in arms, she had been frightfully burned about the head and face. The scars were affecting her sight and slowly destroying it. Even the family physician shook his head. Miss MacKenzie consulted a skin specialist at a celebrated hospital. Skin grafting would not only prevent the threatened blindness, he said, but remove the scars. The operations would be costly It would take money, but it could be done.

Nothing daunted, the nurse set out to find ways and means of financing the treatments. She was successful. The first processes in Margaret's cure have already been taken with splendid results.

These are but two cases of many in Miss MacKenzie's daily experiences. All the welfare agencies of the community cooperate with her and she can count upon them for any contribution that the needs of hour develop, form the donation a layette by the Needlework G for a destitute mother, to the taining of employment for a fa by the Y.M.C.A. The Travelers

Society the Association for imp ing the Condition of the Poor in York City, the Public Health As ation, the Township Board Education, the Mothers Assist Fund, the Y. M C and the local lodge of Elks, with crippled Children's Fund, all ut the service of the Red Cross co health nurse.

Higher education in American iversities tends to discourage ma mony among the women stude Statistics show that of the gradu of Wellesley College, less than o third are married at the pres time. Of 400 senior girls who graduated from Northwestern U ersity of Evanston, Illinois, only stated in a final poll of votes matrimony was their preferred eer.

TO-NIGHT SINK RESTFULLY TO SLEEP

OVALTINE overcomes sleeplessness—even acute cases of Insomnia. Taken just before you retire, it soothes raw nerves, allays digestive unrest, and brings sound, *natural* sleep.

Ovaltine is free from drugs or narcotics. It is made by an exclusive process from ripe barley malt, fresh eggs, and creamy milk. It is a scientifically correct food for body and brain. As a night-cap, to bring you sound sleep, or as a meal-time beverage, it gives you health and vitality.

WARNING

Imitations of Ovaltine abound. Reject them. They are not "like" or "similar to" Ovaltine. This perfect food is recommended by doctors throughout the world.

OVALTINE

TONIC FOOD BEVERAGE

BUILDS UP BRAIN, NERVE AND BODY

At all good stores in 50c, 75c, $1.25 and special family-size $4.50 tins, also served hot or cold at soda fountains. 238c

If Your Ears Ring With Head Noise

If you have catarrhal deafness or head noises go to your druggist and get one ounce of Parmint (double strength). Then add to it ½ pint of hot water and a little sugar. Take a tablespoonful four times a day.

This will often bring quick relief from the distressing head noises. Clogged nostrils should open, breathing become easy and the mucous stop dropping into the throat. It is easy to prepare, costs little, and is pleasant to take. Anyone who has catarrhal deafness or head noises should give this prescription a trial.

FROM ONE HOME BAKER TO OTHERS WHO BAKE AT HOME

"It saves unnecessary work"

says **Mrs. J. E. STEADMAN***

The Quaker Easy Method delights Her with its certainty and ease in Bread Making

"I cannot speak too highly of your Easy Method of Bread Baking, for it certainly puts the old method out of business and saves a lot of unnecessary work for the housewife.

It's so easy when followed by your instructions that one cannot help but get the best of results, especially when it is made from Quaker Flour."

MRS. J. E. STRADMAN,
Peterborough, Ont.

IT'S a fact demonstrated by thousands of enthusiastic users. With this wonderful new way, bread or rolls, piping hot and fresh, with half the work, in half the time. No more kneading, no more setting the sponge. You just follow simple directions worked out by a master baker, and described in the booklet "The Quaker Method of Easy Bread Baking." A copy will be sent you without charge, if you mail us the coupon or ask any Quaker Flour dealer.

Quaker Flour is the finest you can buy. Tested hourly, during milling, and every day, by baking samples just as you bake in your own kitchen. That is why quality is absolutely guaranteed and why by using Quaker Flour you are sure of zestful pastry, cake, bread or rolls.

THE QUAKER OATS COMPANY,
Peterborough, Ont.

I would like to try the Quaker New Easy Method of Bread Baking. Please send me FREE, a copy of your booklet which tells all about this marvellous new method.

M.....

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* No. 3.—From a series of hundreds of letters received by the Quaker Oats Company, from enthusiastic users of the Quaker Method of Easy Bread Baking. Thousands have written for the booklet describing this method—more than 50,000 booklets have been distributed.

Quaker Flour
Always the Same — Always the Best