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

What the Fashionable Are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern

By Annebelle Worthington

Smart young things are wearing cottons, linens and shantung.

The low-placed circular flounce of a printed dimity in navy blue and white shows novel curved outline at the upper edge. It tapers quite low at either side to retain a slim silhouette.

A narrow belt with jeweled buckle accents the natural waistline.

The cape collar with knotted trimming pieces is interesting.

Style No. 2609 may be had in sizes 14, 16, 18, 20 years, 36 and 38 inches bust.

Nile green printed sheer lawn, daffodil yellow shantung, peach linen, pale blue tub silk crepe, marine blue and white dotted voile and dusty-pink tones in striped silk shirting are outstandingly smart.

Pattern price 15 cents in stamps or coin (coin preferred.) Be sure to fill in size of pattern. Address Pattern Department.

No. 2609. Size .....

.....

Name

.....

Street Address

.....

City State

For The Cook

SHRIMP SALAD IN SALAD ROLLS

Cut into three or four pieces each of the shrimps in a pint can, mix with an equal volume of potato cubes made from boiled potatoes, one cup of chopped celery, two teaspoons of scraped onion, a few shreds of sweet pepper, and mix with any good salad dressing, preferably a cooked dressing or a mayonnaise. This quantity should fill six rolls. Choose all-over crusty rolls about as large as a good-sized apple, cut a slice from the top to form a lid, scoop out the crumb from the under part, line with a lettuce leaf and fill with the already prepared salad. Replace the lid, and serve on salad plates with a salad fork. The crusty shell is supposed to be eaten with the salad.

The long, French rolls may be used similarly, and, if preferred, the top may be left uncovered, except for a spring of cress for decoration, or a stiff dressing piped on in some fancy pattern. Also, the shrimps alone may be used, allowing three or more to a portion, and these placed in the hollowed out rolls, lined with lettuce and covered with dressing.

Piles Go Quick

Piles are caused by bad circulation of the blood in the lower bowel and a weakening of the parts. Only an internal medicine can remove the cause. That's why external remedies and cutting fail. Dr. Leonhardt's HEM-ROID, succeeds, because it relieves this congestion and strengthens the affected parts. Dr. Leonhardt's prescription has such a wonderful record for quick, safe and lasting relief even in chronic and stubborn case, that Hughes Drug Co., Ltd., says try HEM-ROID at my expense. Your Pile suffering must end or money back.

Summer Delights Of The Frozen Desserts

By Mary Elizabeth Colman

When I was a little girl, in Switzerland, ice cream was a rare treat. Once a week one of the confectioneries hung out a sign, "Des Glaces Ajourd 'Huit." and then water ice was for sale there, then we spent our pennies any, though. Once a season, however the, Ladies' Temperance Society had a strawberry fete, and ices were on sale there, then we spent our pennies on the cool deliciousness of a water ice with strawberries, for ice cream as we know it was quite unheard of. Sometimes when we went for a shopping trip to Beneva the aunt in charge took us to a "patisserie" and regaled us. The memory of a small brother tasting an ice for the first time lingers. Gingerly he lifted the spoon, sending a little pink tongue on a cautious investigation of this strange stuff. "Well, do you like it?" asked the aunt in charge "Yes," was the hesitating reply, "I like it, but it burns my tongue."

Now that nearly all have facilities for making ice cream at home it is a popular dessert. Undoubtedly it is much better that the children (and older folk, too) should have their ice cream at meal time, rather than as between meal piecing. Contrary to the usual notion, ice cream is not really cooling. It is made of ingredients high in calorie values, unless, indeed, one uses water ices.

The first five recipes below are for frozen deserts.

Frozen Fruit Salad.

1 banana.
1 Cupful Pitted White Cherries
1-3 Cupful Pitted Black Cherries
1 Cupful Canned Peaches
1 1-3 Cup Heavy Cream, whipped
2-3 Cup Golden Dressing

Slice the banana thinly. Drain the other fruit and combine with the golden dressing. Chill and fold in the stirring constantly until thick. Thin and pack in a mixture of ice and salt (2 to 11) for 3 to 4 hours.

Golden Dressing

¼ Cup Juice from the White Cherries
¼ Cup Lemon Juice
1-3 Cup Sugar
2 Eggs

Beat egg yolks, add sugar and fruit juices. Cook over gently boiling water stirring constantly until thick. Thin with whipped cream, if desired.

Mock Praline Ice Cream

2-3 Cup Sugar, caramelized
2 Cupful's Scalded Cream
Pinch Salt
2-3 Cup Granulated Sugar
1 Cupful Cold Cream
1 Cupful Grapenuts,

Caramelize 2-3 cup sugar and add slowly 2 cupfuls of scalded cream. When the caramelized sugar is all dissolved add rest of sugar and salt. Stir until all the sugar is again dissolved. Then cool, add 1 cupful cold cream and freeze to a mush. Open the freezer and add 1 cupful grapenuts, and continue freezing.

London Sherbet.

2 Cupfuls Sugar
2 Cupfuls Water
1 ¼ Cupfuls Orange Juice
¼ Tsp. Nutmeg
½ Cup Lemon Juice
½ Cup Strawberry or Peach Juice
3 Egg Whites

Mix all together but the whites of eggs. Heat until sugar is all dissolved, then set aside to cool. Beat whites of eggs stiff and fold into the cooled mixure. Freeze.

Surprise Salad.

1 Pkg. Lemon Gelatine
1 Pint Boiling Water
1 Cupful Crushed Pineapple
2 Large Carrots

Mayonnaise Dressing

Pour boiling water over gelatine Let cool. Drain pineapple, pare and grate carrots. Mix the two and fold into gelatine. Mold and serve on lettuce leaves, topped with mayonnaise dressing.

Ginger Ale Salad.

2 Tblsp. Gelatine
2 Tblsp. Cold Water
2-3 Cup Hot Water
¼ Cup Sugar
1 Bottle (or about 2 cupfuls) Ginger Ale
2-3 Cup Pineapple Juice
2-3 Cup Lemon Juice
2 Cupfuls Diced Canned Pineapple
2 Cupfuls Diced Celery
¼ Tsp. Salt

Soak gelatine in the cold water for 5 minutes. Add the hot water and stir until dissolved. Add sugar fruit juices and ginger ale, then add the diced fruit celery and the salt pour into a wet mold, or individual molds to chill. Serve on lettuce leaves with:

Salad Dressing

4 Egg Yolks.
¼ Cup Vinegar
2 Tblsp. Sugar
¼ Tsp. Mustard
24 Marshmallows
1 Cupful Broken Walnut Meats
1 Pint Whipping Cream

Beat egg yolks and vinegar, add sugar and mustard blended together. Cook over hot water until thick, stirring constantly. Cool, then add marshmallows, cut into bits, the nut meats and cream, whipped until stiff. Mix and use at once. (Serves 12 to 16).

Strawberry Parfait

Simmer large strawberries in heavy syrup until rich and then take out; boil syrup until thicker cool; To serve lay strawberries on water ice, pour syrup over and top with whipped cream garnished with a single strawberry on each portion. Serve with little sponge cakes, or angel cake.

Etiquette

By Roberta Lee

Q. What are the most appropriate gifts to a girl who has just become engaged?

A. China, glass, silver and linens.

Q. Should one ever use the spoon for drinking tea or coffee?

A. No; it may be used to taste the tea or coffee, but never to drink with.

Q. When introducing a relative with the same surname as yours, is the name repeated?

A. No; it is not necessary.

TWICE BENEFITED BY SAME REMEDY

Recommends Lydia E. Pinkham's Vegetable Compound

Cobourg, Ontario—"Years ago when I had a sick father and a nursing baby to care for, I got all run down and I took Lydia E. Pinkham's Vegetable Compound to get strength to do my work. Another time at Change of Life, I had severe headaches and felt tired all the time. I took seven bottles of the Vegetable Compound and felt like a new woman. I recommend it to any woman who is at the age when she needs building up." —Mrs. T. E. SLEEMAN, R.R. 4, Cobourg, Ontario.

Dorothy Dix' Letter Box

Shall the Man Whose Talents Are Domestic Return to Office Work?—How Can the Kindly Mother-in-Law be Told That She is Not Welcome?

Dear Miss Dix—I am a man who lost his situation through the business he was in being merged with another and on account of my age I have not been able to secure a good position since. We used up our savings, and my wife, who was a former private secretary, wanted to go back to work. I opposed the woman earning the living and in the heat of the argument I finally declared, "When you put on the pan s I shall put on the petticoats." Well, the next day my wife went back to her old job.

Now here is the queer part of the situation. My wife makes more money than I did and enjoys business life. I find that I prefer women's work to my own. I am a better cook and a better manager than my wife and everything is happy and serene at home. But what shall I do? Shall I give up the work I enjoy and try for outside male employment?

Mr. MARTHA.

Answer:

Did you never stop to reflect that there is no sex in talent, though we act as if there were, and that many times a woman gets the gifts that are supposedly masculine while a man is endowed with an aptitude for the work that we arbitrarily relegate to women? And thereby much ability goes to waste.

In other words, there are many women who are better business men than their husbands, and there are many men who are far more domestic than their wives. There are many women who are always misfits in their homes. They never learn to cook or clean, and they are always bored with housekeeping and loathe it, but they make crackerjack business women and are happy and contented working their heads off in an office.

And similarly there are plenty of men who are failures in business who enjoy nothing so much as puttering around their homes, and who always have an eye out for fashion and style. It is men of this type who are the successful hotel and restaurant keepers, and who make fortunes as dry-goods merchants or dress designers or millinery creators.

So, inasmuch as you find that your talent is for cooking and managing a house, why not develop it into a real art? Why not make yourself a chef who can command a fine salary?

Why not start a little restaurant or boarding house or hotel, for, to paraphrase Mr. Emerson's immortal saying, he who can broil a steak or make a pot of coffee or fry a doughnut better than any one else, will have people wearing a path to his doorstep though he lives in the obscurest house in the obscurest street in the city.

DOROTHY DIX.

* * * * * *

Dear Miss Dix—I am married to the most wonderful man in the world and am supremely happy except that I have a mother-in-law who lives next door and who is over at my house so much that I never have a minute to myself and this has got on my nerves so that it is nearly running me crazy. She has a lot of other children and other kin, people that she might visit, but she doesn't. She just sticks with us all the time. We can't take a ride or go to a show that she doesn't tag along. I wouldn't mind it so if she wasn't such a bore, but she tells the same things over a million times and the limit of her conversation is, "I had so much mending to do my hands just ache." She is wonderfully good to me—volunteers to wash my blankets or rag rugs, and she gave us the lot our house is built on, but I am just so fed up on her. My husband knows how I feel and has offered to say something to her, but I know how hard that would be for him. Isn't there something I can do wthout hurting her too much? DISGUSTED DAUGHTER-IN-LAW.

Answer:

How can you tell a person who loves you that you do not love her? How can you tell one whose whole interest in life is bound up in you that she bores you to tears? How can a child tell an old mother, who has sacrificed everything for him, that he is not willing to give her a little time and throw a few kind words to her as one might throw a bone to a hungry dog?

It can't be done, my dear. There is no painless way of breaking a mother's heart. It would be a kindlier thing to kill her outright than to tell her that you are just tired of her, and that she is not welcome in your home and that you regard her as incubus.

You have my sympathy in your predicament, for I realize what you are suffering is very real. A dull old woman, who has lived a narrow life, and who has never thought of anything but her house and her children, is a tiresome companion.

I know how you feel like screaming when you have to listen for the millionth time to the dreary detail of how many towels she had in the wash and how she cooks spinach and the way the butcher overcharges her and the time her little Johnnie had the measels thirty-seven years ago and how Tommy would never eat applesauce unless it was cooked a certain way. I know how you feel irritated at her mere presence and how you would like to have your house to yourself and go off alone with your husband.

And I think it is a million pities that old people cannot realize how they bore young people with their reminis cences and that they have not tact enough not to force themselves continually upon their children, and that they do not remember their own youth well enough to recall how tired they got of their own elderly relatives.

But no one ever senses that he or she can possibly be a bore to any one else. Still less can parents realize that their children are not as interested in them as they are in their children, or that their children can grow weary of them. And old people never suspect that their old tales are not topics of vital interest to the world.

So there you are, my dear, and the only thing that you can do is to try to see the matter from your mother-in-law's side and to realize that it is because you are her favorite daughter-in-law that she wishes to be with you so much, and that it is because she loves you so dearly that she clings to you so closely. It is because the old have no lives of their own, no interest of their own, that forces them to be parasites on their children. They must take their happiness vicariously and there is nothing more pitiful than that.

So why not possess your soul in patience and try being good to your mother-in-law? Listen to her tedious stories as you would to your own mother's. Make her feel that you love her and appreciate her good points, and the bread you cast upon the waters will come back to you in angel's food some day when you are old and a mother-in-law. DOROTHY DIX.

* * * * * *

Dear Miss Dix—I am engaged to a young man who seems to be deathly afraid of being henpecked. He has got a complex on this subject and feels that he has to assert himself at every turn and ignore my every wish in order to show that he is not being bossed. I am not of a distatorial type nor accustomed to having my own way, and not for the world would I have a spineless husband who would be a doormat for me, but I would like to have my wishes considered sometimes. And at any rate I am getting sick of this henpecking stuff. What do you think? PARTNER.

Answer:

It is only little men and weak men who are afraid of being henpecked. You never saw a big man who boasted about being the head of his house and who made his wife kowtow to him. A strong, self-reliant man doesn't consider it beneath his dignity to consult with his wife and take her advice and be guided by her in many matters, but a weakling always disparages his wife and tries to make her feel small and of little consequence.

If you marry a man who has to be continually asserting his authority, you will get a tyrant for a master. DOROTHY DIX.

Their Standard in Flour is the REGAL Standard

They want the highest quality of flour that can be made from the best grade of the best Manitoba wheat.

AND this quality is absolutely assured to them when they purchase

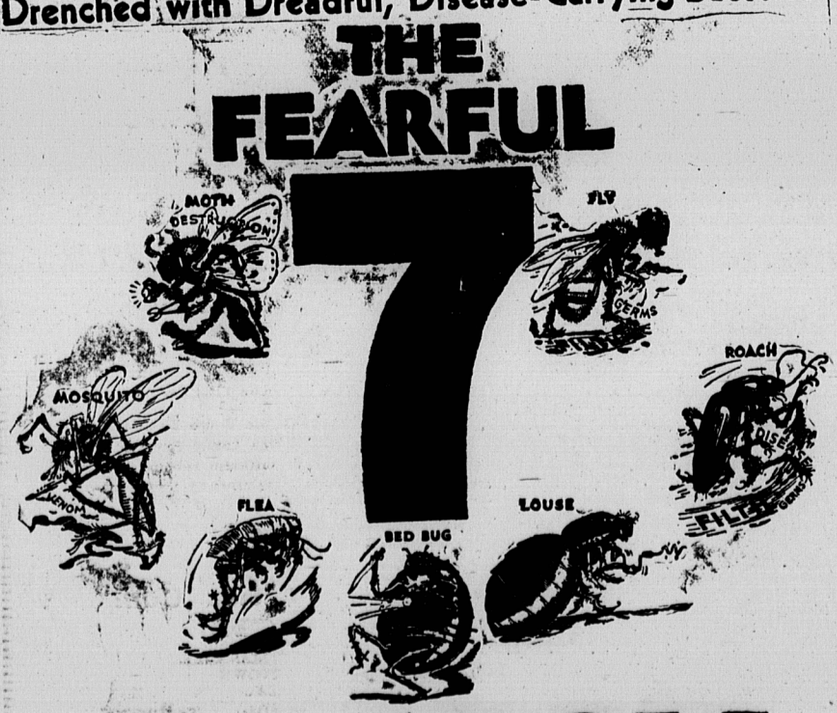
REGAL flour

Quick Marshmallow Pudding

1 Cupful Fruit Juice and Pulp (oranges, pineapple or fresh berries)
1 Cupful Marshmallows
½ Cupful Sugar
1 Cupful Heavy Cream, whipped

With clean scissors dipped in hot water, or buttered, cut the marshmallows into quarters. Add fruit juice and fruit which has been cut up. When marshmallows are softened fold in the whipped cream. Chill well and serve in sherbet glasses, garnished with a cherry.

Breeding by the Millions » Hatched in Unspeakable Filth
Drenched with Dreadful, Disease-Carrying Bacteria



FLY-TOX
KILLS THEM ALL

These filthy, biting, stinging pests are everywhere. Contaminating food. Spreading diseases. Causing deaths. Be protected. Have FLY-TOX handy. This fragrant, cleanly spray is fatal to insects, but harmless to people. There is only one FLY-TOX. Refuse substitutes. Insist on genuine FLY-TOX . . . Every bottle guaranteed.

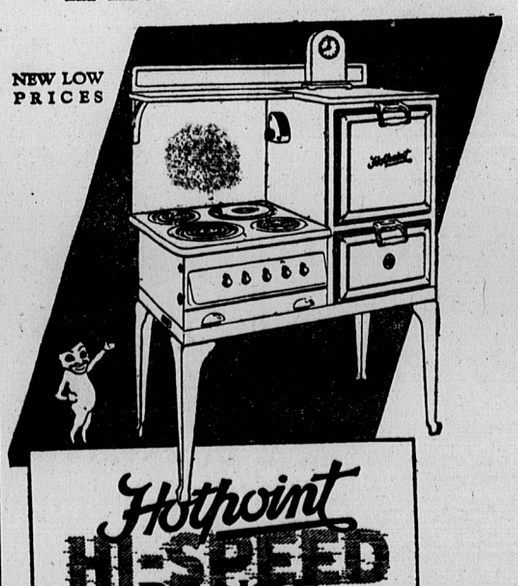
FLY-TOX was developed at Mellon Institute of Industrial Research by Rex Research Fellowship.

FLY-TOX is manufactured by Canada Rex Spray Co., Limited, Brighton, Ont.

FLY HARMLESS TO PEOPLE AND ANIMALS

DESIGNED BY WOMEN
with every feature women want in modern electric cookery

NEW LOW PRICES



Hotpoint HI-SPEED RANGE

NEVER has a range attained such instant and tremendous popularity as the new Hotpoint Hi-Speed Range. Why? Simply because this new Hotpoint was designed *by* women *for* women . . . because it has scores of features women desire . . . because it makes electric cookery simpler, cleaner, quicker, more convenient.

Here is unrivalled speed and economy made possible by indestructible Hi-Speed Elements. Here is the convenience of Super-Automatic Oven Control. And here, too, in the Hotpoint Hi-Speed Range are such other exclusive features as rugged All-Steel Construction and the sensational Economy Cooker.

You can now buy a Hotpoint Range from $85 up . . . and your dealer will arrange easy terms to suit your convenience.

DESIGNED *by* WOMEN *for* WOMEN

For Sale by

Associated Gas & Electric Systems

CANADIAN GENERAL ELECTRIC Co

Head Office Toronto

HR-30-M