

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

For The Cook

DATE-COCOANUT PIES

Use a plain rich pastry for the foundation of date-cocoanut bars. Roll it out until it is about a quarter of an inch in thickness; spread with melted butter and sprinkle with a little salt and cut the sheet of pastry in half. Mix together three tablespoons of brown sugar, three tablespoons of chopped dates and three of moist shredded cocoanut. Spread this mixture over one sheet of the pastry, sandwich fashion; place the other sheet on top and cut in bars about an inch wide and three or four inches in length. Bake in a hot oven for ten to fifteen minutes.

For Breakfast
SERVE
KING COLE COFFEE
And start the day right

A New Test for Wives
Dorothy Dix
Approves Racing to Determine Health

The Ability to Run a Hundred Yards in Thirteen Seconds Flat May Seem Like a Strange Qualification for Wifehood, But it Guarantees Health, Without Which No Marriage Can Be a Success

The ability to run a hundred yards in thirteen seconds flat is a new qualification for wifehood, yet such is the test that a learned professor advises young men to apply to the girls they are thinking of marrying. This will seem a hard saying to young women who find that men already want the earth tied up with a blue ribbon when they get married. As it is, they expect their wives to be beautiful and remain perpetually young. To be vamps and fascinatrices. To be blue-ribbon chefs. To be dime-nurses. To be vaudeville entertainers, with always a new line of stuff on top. To be press agents who will always get them in the limelight. To be sick nurses and baby nurses. To cut a figure in society. To be good bridge players. To be patient listeners and to be unwearied claquees. And if in addition to all of these varied accomplishments and virtues they have to be good sprinters in order to get a husband, they see the Sprinters' Retreat as their finish.



However, the suggestion that a man should find out whether a girl is sound in limb and wind before he lets himself in for her doctor's bills is wise counsel that any prospective bridegroom will do well to take. For the success and happiness of every marriage depends more upon the health of the wife than upon any other one thing.

Yet, strangely enough, health is the very thing that men most overlook in selecting their wives. Apparently the question of whether a girl is physically able to stand the wear and tear of life, and especially of life with a poor man, never enters their heads. A man will marry a living skeleton of a girl without ever wondering if it is incipient tuberculosis or anemia or chronic dyspepsia that makes her so thin. Or he will marry a girl because he is charmed with her vivacity without suspecting that the reason she can never keep still and is keyed up so high is raw nerves. Or he will marry a girl without even inquiring into her pedigree and finding out if there is some hereditary taint in her blood that she will inflict on his children.

That men marry with this reckless disregard of the health of the ladies they are leading to the altar is an overwhelming proof that love turns them into optimists, for nearly all men have a horror of sickness and sick people and sick rooms. Very few would deliberately let themselves in for an invalid wife, and when they marry frail, delicate girls it is because in their infatuation they believe that some miracle will turn them into husky, able-bodied women.

A man's idea of a happy married life is not ministering to a sufferer or sitting by a bed holding a thin, white hand or spending his evenings listening to symptoms. Women often get a kick out of nursing an invalid husband, but every wife knows the martyr expression her husband wears when she is ill and the relief in his voice when, after having dutifully asked her how she feels he remarks that as there is nothing he can do for her, he guesses he will step downtown or listen to the radio.

The advantages of having a healthy wife are, of course, too obvious to need insisting upon. For one thing, it insures a man a partner who is an asset instead of a liability. The strong woman can pull her weight in the boat. The sick woman must be carried.

The well woman can do her share of the work that lays the foundation of a fortune. She can make a comfortable home and look after her children, but the poor invalid is forced to be a constant drain upon her husband's pocketbook, and she has to neglect her house and her children because she has not the strength to look after them. Many a man sees most that he makes go to doctors and trained nurses and sanatoriums and comes home at night either to do the housework himself or to a house that is run incompetently by wasteful servants who have no mistress' eye upon them.

The atmosphere of a home depends upon the wife. It is gay and joyous, or sad and depressed, as she makes it. Now cheerfulness is absolutely dependent upon health and vitality. No one can have a light heart in a pain-racked body. No one can smile and be merry when their liver is out of order or their back aches. No one can be sweet and amiable when every nerve in their bodies is quivering and they want to shriek and tear things and everything that anybody says or does irritates them to the point of madness.

The reason so many women are fretful and nagging and hysterical and unreasonable is just because they are sick and miserable, but that doesn't make them any easier to get along with, nor does it cause the homes they make to be any less purgatories to live in, nor does it keep them from driving their husbands away from them to less neurotic women.

Of course, ill-health is a misfortune that may happen to any woman, and when it does, her husband is bound by everything that is fine and honorable in him and by every law of love and tenderness to cherish her in every possible way.

But before marriage a man is wise if he regards the health of his intended and sees if she can do a hundred yards in thirteen seconds flat.
DOROTHY DIX.

What the Fashionables are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern
By Annabelle Worthington



sketched in flesh coloured crepe de chine. Pale blue crepe bands trim the wide pantle legs. Blue again appears in fagoting at the upper edge of the camisole.
Crepe satin and flat crepe silk are lovely suggestions.
And then there is flowered voile which you mustn't forget in making a selection is very dainty for an Xmas gift.
A combination like this is all you'll need beneath your more tailored frocks of silk crepe or wool fabric.
Be sure to fill in the size of the pattern. Send stamps or coin (coin preferred).
Price of pattern 15 cents.

No. 459. Size

Name

Street Address

City

State

Navy Man Suffered

Had Terrific Backaches. Says Dr. Williams' Pink Pills (tonic) did the trick.

"During the war," writes Albert E. Fletcher, now of R. R. No. 1, Burford, Ontario, "I was in the navy doing heavy duty and sleeping in a hammock. Sometimes my back troubled me very much. . . . A good friend of mine advised me to try Dr. Williams' Pink Pills which I did. . . . I became completely well, and I have not had a pain or ache since."
Dr. Williams' Pink Pills contain iron and other elements which increase the amount of haemoglobin, or oxygen-carrying agent in the blood. That is the secret of the benefits which result from this famous remedy.
If you suffer from indigestion, anaemia, nervousness, backache or rheumatism, get a supply of Dr. Williams' Pink Pills. 50 cents a package at any druggist's. Be sure to say "Dr. Williams'". 133

And here's a jaunty combination that you can slip into so easily. It achieves an unbroken line, with extreme snugness through the hips. The camisole is cut low with interesting pointed outline. The panties extend into comfortable flared fullness at the lower edge. This combination is closed under the right arm.
It takes but 1 1/2 yards of 39-inch material to make it with 3/4 yard of 35-inch contrasting for the 18-year size.
Style No. 459 may be had in sizes 14, 16, 18, 20 years, 36 and 38 inches bust.
They are decidedly dainty as



Facts

Concerning the World's Best Tonic Food Beverage

YOUR health is too important for you to take risks by drinking any haphazard mixture of food ingredients. You want a food beverage which will be perfect and complete, and which you can rely upon to give health and strength.

The Essential Food Elements
A perfect food beverage must contain proteins, fats, carbohydrates, mineral salts and vitamins. Scientists claim that these vital elements are contained most abundantly in malt, milk and eggs. That is why these wonderful foods of Nature form the constituents of "Ovaltine". Malt extract is used, for powdered malt does not yield the same food value or exert the same digestive power. Pure fresh milk is used. Dried milk is not good enough for "Ovaltine". The eggs are obtained from specially selected sources. 12,500,000 fresh eggs are used each year.

Proteins are obtained from all three ingredients. There are several proteins—all of which are necessary. Milk does not give them all, but a combination of malt, milk and eggs, as in "Ovaltine", supplies them. Fats are contained in the malt and milk. Carbohydrates are present in the malt and milk. These are natural sugars and are far superior to cane sugar.

Mineral salts—iron, calcium and phosphorus—are derived from the milk and eggs. No nerve-restoring food would be complete without lecithin, which is derived from egg-yolk—hence the importance of fresh eggs in "Ovaltine". Vitamins—owing to the combination of malt, milk and eggs—are all contained in "Ovaltine" and are present in correct ratio.

Correctly Balanced Nourishment
Not only must a perfect food beverage contain all these elements but they must be supplied in correct proportions and in the most readily assimilable form, as in "Ovaltine". It is easily digested because it contains no starch or added sugar. It is flavoured with cocoa—not chocolate. It is emphasized that it nourishes the system normally without causing "fatness".

Avoid So-Called Substitutes
Your common sense will tell you that ordinary malt or cocoa drinks, without real scientific preparation, cannot possibly compare with "Ovaltine". You should make these enquiries. Are they made from malt extract as in "Ovaltine" or powdered malt? Is the milk fresh milk as in "Ovaltine" or dried milk? If they contain eggs—these new laid as in "Ovaltine" or merely dried eggs? Consider carefully if these substitutes are sweet in flavour, whether you are not paying an enormous price for sugar, which if necessary you can add yourself. "Ovaltine" contains no added sugar, but only the natural sugars contained in two of the ingredients—malt and milk.

Economical in Use
"Ovaltine"—although so superior in food value—is low in price and the most economical in use of all forms of concentrated nourishment. Make delicious "Ovaltine" your daily beverage—it is acknowledged to be the best means of giving and maintaining health, strength and vitality.
"Ovaltine" is sold at all stores in air-tight tins, at 50c, 75c, \$1.25 and \$4.50 (special family size).

OVALTINE

TONIC FOOD BEVERAGE

Builds-up Brain, Nerve and Body

A. WANDER LIMITED, London, England, and Elmwood Park, Peterborough, Canada

YARDLEY LAVENDER

Such a clean, fresh, lovable fragrance—

No wonder dainty women all over the world treasure its refreshing charm—no wonder our Canadian leaders of taste and fashion find it indispensable for those informal occasions when heavier scents are out of place.

Perfume, Face Powder, Compact, Day and Night Creams, Talcum Powder, Bath Salts, etc. "The Luxury Soap of the World," and Gift Cases.

At all Good Drug and Department Stores.

YARDLEY 43 Old Bond Street LONDON
Canada: Yardley House U.S.A.: 431 Fifth Avenue
Harbour at York Street, Toronto New York

Etiquette
By Roberta Lee

Q. What is the signification of the letters P. P. C. when printed on visiting cards?
A. "To take leave," taken from the French *pour prendre conge*.
Q. What is the first fork used at a formal dinner?
A. The oyster fork.
Q. What is the chief requisite anywhere of good appearance?
A. Neatness is the very first requisite.

Colds Checked
By modern vaporizing ointment—just rub on
VICKS VAPORUB
ACTS 4 WAYS AT ONCE

Prescribes Gaol For Health
SYDNEY, Australia, October 20.—(British United Press)—Dr. J. S. Purdy, City Health Officer, says that since the establishment of the dole system in Sydney there has been a general improvement in health, which he attributes to enforced plain living on sound food.

A Morning Smile
Grandma—"It is lovely. You have tuned in excellently."
Grandson—"But, granny, that is the vacuum-cleaner."

How Many Kind Of Dumplings

Onion dumplings make a very good accompaniment to roast pork or veal. Use a recipe for steamed dumplings and parboil a sufficient number of medium-sized onions, choosing white, mild-flavored ones. Core the onions and quarter half way down and drop in bits of butter with salt, pepper and paprika to taste. Fold the dough about them and bake or steam fifteen minutes.
Cheese dumplings with tomato sauce savor of the Continent as a luncheon dish. To make them, add two tablespoonful of grated Canadian cheese to dumpling recipe, mixing it with dry ingredients; roll a quarter-inch thick, cut into four-inch squares, fill with an additional teaspoonful of the cheese; pinch the corners together tightly and steam over a rich tomato sauce for ten minutes. When done remove and serve with the sauce and garnish with water-cress. For the tomato sauce, cook together two tablespoonful of butter and two of finely-minced onions until tender, though not brown. Add two tablespoonful of flour and when frothy stir in the contents of a 2 can of tomatoes, unstrained, a quarter teaspoonful of sugar and salt and pepper to taste. Stir over the fire until thick.
Tiny danson dumplings are most appetizing with roast duck or goose. Use a recipe for steamed dumplings, roll it a quarter of an inch thick and cut into three-inch squares. Place a teaspoonful of tart danson jam on each, roll up

Schwartz and be sure

securely and steam well covered for ten minutes.
Cranberry dumplings go deliciously with fresh baked ham, or they make a tempting accompaniment with roast fowl or fricasseed chicken. To make them, use a recipe for boiled dumplings and cut in three or four-inch squares. On each place a tablespoonful of the fruit drained from cranberry sauce, then pinch together and drop into the sauce itself, cover closely and cook for fifteen minutes and serve with the dumplings. To make the sauce use three cupfuls of water, two cupfuls of cranberries and one cupful of sugar, and boil until the berries burst.

NESTLÉ'S MILK
(UNSWEETENED) EVAPORATED

NESTLÉ'S—World's Largest Producers and Sellers of Condensed and Evaporated Milk.

PRODUCT OF CANADA
NESTLÉ'S MILK
EVAPORATED MILK

FULL SIZE BABY SIZE

Convenient! Economical!
SAVE yourself the bother of waiting for milk deliveries. Keep a supply of NESTLÉ'S on your shelf—use as needed.
Keeps indefinitely in its sealed, airtight container—always pure and sweet when you open the tin.