

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



Felt Tired and Miserable
I took Lydia E. Pinkham's Vegetable Compound for miserable and tired feelings...

Lydia E. Pinkham's Vegetable Compound

Household Hints

Napkins
Plain heavy linen makes beautiful napkins and tablecloths for use on occasions when they will be used only once...

LET THEM FIGHT SAYS THE JUDGE
MELBOURNE, Australia, June 22.—(By The Canadian Press)—"Let them fight," suggested Justice Wastley in the First Civil Court here recently when counsel for both parties in an action said they believed a settlement could be effected if an adjournment were granted for a few hours...



Back in the days when the iron clad hoofs of coach horses rang on cobbled streets Yardley's Old English Lavender Soap was cherished for its perfect purity and lovely fragrance. Then, as now, lovely ladies used Yardley's to soften and refine hands and faces—and to add the sweetly clinging breath of lavender to enriched skins.

A Fashion Hint



The Style No. 2824 is a charming jacket ensemble that adopts a distinctly individual idea in scarf collar. The dress with molded bodice, snug hips and flaring skirt rather suggests Princess lines. It achieves clever contrast through manipulation of fabric made easily possible by deep bodice yoke and hip treatment. It's sleeveless of course, and chooses filmy chiffon in violet and purple. Remove the little jacket, and you have a stunning dinner dress. Flowered chiffon and printed voile chic. For sports, select red and white polka-dotted silk crepe, emerald green shantung or printed rajah. The Pattern is easy to understand, because it contains a Picture Chart. This new method shows how the garment is put together by illustrating the instructions in Pictures. It makes it especially easy for the amateur sewer. It is designed in sizes 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40 and 42 inches bust and offered at cost price 15 cents (stamps or coin) as a service to readers who sew.

Dorothy Dix Letter Box

How to Tell Whether a Man Will Make a Generous or a Tight-Fisted Husband—Folly of Letting Superstitions Interfere With Happiness

Dear Miss Dix—I am engaged to be married to a man with whom I have been going four or five years and I have never known a more generous person than he is. He is always giving me beautiful presents and also gives nice things to the members of my family. He takes me to the best restaurants for dinner and to the best places of amusement, yet some people have told me he is stingy. He says himself that he has a very conservative nature; in fact, so much so that he knows he is "close." Now I would certainly hate to marry a man like that. Am I to judge him by the way I know him or are all men lavish before marriage and stingy afterward? I have not a conservative nature, but I am not a spendthrift either. I am not so much in love that I cannot back out. What is your advice? THE NUT.

Answer: Certainly there is no other husband in the world who is harder for his wife to endure than the one who is a tightwad. Nothing can compensate a woman for the humiliation she undergoes in having to pry every nickel out of a man and tell what she did with the quarter he gave her week before last.

I have known men so stingy that they begrudged their wives and children the very clothes on their backs and the food they ate and who made the first of the month, when the bills came in, such a day of wrath and terror that their families dreaded it as they did the judgment day. I have known rich men whose wives never had a penny of their own that they could spend as they pleased. I have known men who loved their pocket-books so much better than they did their own flesh and blood that they denied their children education and decent clothes and all the pleasures of youth.

Therefore, if a girl even suspects a man of being miserly she does well to consider long and thoughtfully before she marries him, because she will have small joy in a marriage in which everything will be subordinated to dime-nursing and where the husband's chief concern will be not what he can do for his wife and children, but what he can make them do without. Love soon withers and dies in that sort of atmosphere and the wife comes to feel contempt for the man who can see nothing in the world but a dollar.

But while the miser is despicable, the spendthrift is a weakling who is equally unworthy of admiration, and between the two, if there is any choice, I think it goes to the tightwad. For he at least does not bring his wife and children to beggary as the spendthrift does. Nor does he injure other people as the spendthrift does, for in the end somebody always has to support the waster after he has spent his money on riotous living.

So, while the stingy man is to be avoided as a husband, it is no disadvantage to a man as a husband for him to be what the Scotch call "canny" about money and for him to have the good sense and judgment and courage to keep his expenditures well within his means. That sort of man is the one who is sitting pretty on Easy street by the time he is middle-aged and who is a director in banks and a man of standing in his community.

And he makes the sort of husband and father who gives his family a nice home and a good car and educates his boys and girls and gives them a start in the world.

So I should advise any girl to pick out for a husband the young man who gives her the sort of good times and presents that he can afford and who adds up the dinner check and counts his change, rather than the youth who sends her orchids that he has to go in debt for and blows her off to parties that he has to borrow the money to pay for.

From your account of your young man, I see no evidences of parsimony. Rather, he seems to be a sane and sensible spender and one who, perhaps, realizing that he has a tendency toward loving money too well, is guarding himself against it. And that kind of man, who is just as well as generous, is one to tie to. Of course, you can't always judge by the way a man spends money, on a girl before marriage how much he will be willing to spend on her after marriage. There are some men who make that one splash of generosity in their courtship last for the balance of their wives' lives. They never repeat it. And there are other men whose wives have to pay for scrimping economies after marriage for the extravagant presents their husbands sent them before marriage.

But if you are in any doubt as to how your fiance will react to the money question, why not settle it before marriage? Sound him out as to his position on the allowance question and get his views as to what proportion of a man's income he thinks a wife should receive with which to run the house and for her own personal behoof and benefit.

If he talks vaguely about everything he has being yours and refuses to come down to brass tacks, pass him up. He will make one of the husbands who will not even give you carfare without a row and who will make you buy everything on a bill that he will go over with a microscope and he will lambast you for not buying closer. Also, ascertain if he thinks that a wife should work for her board and clothes or whether she is entitled to an individual allowance as some return for her labor.

Any girl who marries without settling the money question beforehand is lacking in natural gumption. DOROTHY DIX.

Dear Miss Dix—I am a young bride of 5 year, married to the best man in the world and perfectly happy. The only thing that disturbs my complete contentment is that the other day I went to a fortune-teller and she told me that within four years I would be a widow, and the thought of it breaks my heart. Would you let that trouble you? MARY.

Answer: No, I wouldn't be such an idiot. No one can foresee the future. If fortune-tellers knew what was going to happen they wouldn't be fortune-tellers. They would corner the stock market and be billionaires. DOROTHY DIX.

Opposes Privy Council Appeal
OTTAWA, June 25.—Hon. Howard Ferguson, Premier of Ontario, expressed to the Rotary Club of Ottawa today his opposition to the abolition of the appeal to the Privy Council and affirmed that no Governor-General should come to Canada, save from the British Isles. Sir Robert Borden suggested in Ottawa as Canada's first Governor-General at St. Mr. Ferguson's right

A London woman with 14 children was recently granted a separation from her husband. The West Indies sent nearly \$387,000,000 worth of sugar to the United States last year. Nearly 33,000 Portuguese settled in Brazil last year.

Milady Beautiful



BEAUTY QUESTIONS ANSWERED

Reducing Exercise
Dear Miss Leeds—I am 26 years old, 5 feet 6 1/2 inches tall and weigh 143 pounds. My measurements are: Bust, 40; waist, 32; hips, 40; calf, 14, ankle, 9. How can I reduce my bust, which is flabby, and also reduce a large abdomen? A. C. B.

Answer—The average weight for your age and height is between 135 and 139 pounds. The measurements you give are rather large. Try to bring your weight down a few pounds and take plenty of active exercise to replace the flabby muscles with hard, firm ones. Here is a special exercise for the bust. Stand erect with arms out straight at shoulder level. Keep elbows and wrists stiff. To help you do so, hold a stick or 18-inch ruler in each hand, letting it lie along the forearm. Swing the right arm front and then begin rotating it at the shoulder, describing continuous circles in the air with the end of the ruler. The circles should be at least two feet in diameter. As you make the circles let your arm travel to the right until it is at the starting position at the right side again. Repeat exercise with left arm. Repeat the whole exercise several times a day. Another exercise for the bust is begun with elbows bent and hands on shoulders. Thrust the arms out in front, then bring them back to the first position. Thrust them up above your head; bring them down. Repeat exercise briskly. For reducing the abdomen do trunk bending and twisting exercises, high-kicking and leg-raising lying down. Practice correct posture at all times with abdomen held in and chest expanded. LOS LEEDS.

Acquiring Red Hair

Dear Miss Leeds—I have dark brown hair which has reddish lights in it after it has been washed. I want to dye my hair red. How can I do so? I have a dark skin. What shade of rouge should I use? SANDY.

Answer—Dark brown hair may be bleached to red with peroxide. Of course it will continue to grow in dark at the roots and must be re-touched every few weeks. I do not think red hair would be becoming to a girl with dark skin. A fair skin goes with natural red hair, so that you will look odd if you change the shade of your hair. If you want to try being a red-head, however, have an experienced cosmetician apply the bleach and retouch it as required. A dark shade of rouge is suitable for a dark skin; try shades of rose or brick. LOS LEEDS.

Gaining Weight

Dear Miss Leeds—I am 22 years old, 5 feet 4 inches tall and weigh only 101 pounds. I want to gain weight, but I just can't eat. I'm taking a tonic, too. How can I fill out thin thighs and hollow cheeks? Will patting the cheeks make them fuller? EVE.

Answer—You are about twenty-four pounds below the average weight for your age and height. You should

Cuticura Heals Terrible Itching Burning Eczema

"I was troubled with eczema for a number of years. It started with a terrible itching and burning on my face and then formed water blisters, which scalded over. Scratching seemed to irritate it, but it was the only relief I got. It seemed to bother me more at night and kept me from sleeping. Later it broke out on my arms and disfigured them. I sent for a free sample of Cuticura Soap and Ointment and got good results from it. I purchased more and after using one cake of Cuticura Soap and one box of Cuticura Ointment I was healed." (Signed) Mrs. A. Logan, Rock Springs, Ont. Daily use of Cuticura Soap, with touches of Cuticura Ointment as required, keeps the skin fresh, smooth and clear. Cuticura Talcum is an ideal toilet powder. Soap 25c, Ointment 25c and 50c. Talcum 25c. Sold everywhere. Sample sent free. Address: Cuticura, Dept. 500, P.O. Box 100, Lowell, Mass. Cuticura Shaving Stick 25c.

have a thorough physical examination by a doctor to see what is the trouble. Have all your teeth X-rayed if the doctor cannot find the cause of your thinness. Do not dose yourself with patent medicines without medical advice. You must build up your weight if you wish to fill out your cheeks and have a well-formed body. Patting the cheeks stimulates the circulation in them, but I do not think it can make your cheeks fatter. Lack of appetite is sometimes due to lack of fresh air and outdoor exercise. Be sure to sleep eight or nine hours in a quiet, dark, well-ventilated room each night. Take a nap in the afternoon if possible. Your diet probably needs adjusting. Include plenty of fresh fruits and vegetables as well as the usual fattening items like bread and butter, cream, potatoes, etc. Ask your doctor to outline a diet for you. LOIS LEEDS. Tomorrow — Grooming Eyebrows and Lashes

More Enterprise In Women's Work

By Wayfarer, in "Overseas" Magazine
Each day I am more and more struck with the wonderful chance for enterprising women that are to be found overseas, and of the dullness and lack of opportunity in so many occupations in the Old Country.

Talking to a soldier recently who had lived for many years in Australasia, he told me of two English girls without money who wanted to see the world for themselves. One of them could cook and the other could do housework, so they made up their minds to spend the season in a popular tourist resort in one of the islands of the Pacific. Between tips and salary they earned around about £10 a week each. The season over, they return to England each time by a different route, and are managing in this way to visit the east and see the world in a way that otherwise would be impossible.

On the same day I was told of two friends, qualified school teachers, who lead a jolly life in an Indian Reserve out in Canada, where a nurse is now needed to look after the little hospital where the Indians are cared for.

And I know of three girls from the north of England who are just about to set off on their second caravan-tour of Western Canada, as Sunday-school pioneers.

These are only a few isolated cases. But why do not hundreds of more women leave the Old Country and try their luck in some far-away part of the world? Why stay in these overcrowded islands, where there are far too many women already, instead of getting out of our ruts and going where we are really needed? Perhaps I was most interested in



SOOTLESS Cooking!

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the story of a young Canadian girl, Mary Bendalari, who went on a trip to Europe to see the sights and remained in Paris to found a shoe factory, where now under her direction thousands of the popular plaid sport shoes are turned out yearly. As her interviewer remarks, "She was creating and manufacturing shoes before she knew anything of the practical problems of shoe making. She was selling shoes before she knew how to make an invoice." More power to this Canadian girl. I wish there were many more like her.

For The Cook

RAISIN PUDDING

Four tablespoons butter, 4 tablespoons brown sugar, 1 cup sour milk, 1 teaspoon soda, pinch of cream of tartar, 1 cup raisins, 1 1/2 cups flour. Steam nearly 2 hours. Sauce: One cup sugar, 1 tablespoon flour well mixed, 2 tablespoons butter, 1 tablespoon vinegar or 1 teaspoon lemon juice, 1/2 cup boiling water. Let come to a boil.

A Morning Smile

Rube—"What do you think about this here Evolution?" Yokel—"It's a good idea—but can they enforce it?" John T. Whiteley, who recently died at Barmley, England, had served 64 of his 73 years as chorister of the



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DELICIOUS DAINTY, containing an astonishing amount of nourishment is Quaker Puffed Rice. Tempting morsels that no appetite can resist, yet full of food elements in a form for easy digestion.

Quaker Puffed Rice is the rice grain thoroughly cooked and steam exploded to eight times normal size. The millions of tiny food cells in each grain are broken down, thus releasing for easy assimilation all the energy of fine white rice. The puffing gives the grains a crunchy, toasted texture with the flavour of nut meats. It tempts the appetite and satisfies it, too.

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