

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

## Dorothy Dix's Letter Box

### Woman Should Be Free To Choose Her Mate, Declares Dorothy Dix—Means More to Her to Get Her Desire in Husband Than to Man to Get Preference in Wife.

Dear Miss Dix—I am very much in love with a man who I think loves me. We are very congenial and would be very happy together if we were married, but the trouble is that he is a timid sort of an individual without much initiative, and I doubt if he would ever come to the proposing point if left alone, so I am thinking of popping the question to him, as I don't want to spend my life waiting on a man who really may have no intention of marrying after all. Do you think a man would think less of a woman who proposed to him?



ANSWER:

Well, Sue, according to Mr. Bernard Shaw and other cynics, women have always been the pursuers in the love chase. Only in the past they had to do it openly. That, at least, is a break for them, since it inevitably cramped a woman's style to have to keep up the appearance of fleeing from a man while she was in reality hot-footing it after him.

Of course, in the days when every husband expected to support his wife, it was manners for a girl to wait until she was asked before she wished her support upon a man. But now, when practically every girl who doesn't belong to a wealthy family and have money of her own is self-supporting, and when she is more likely to be an asset even in dollars and cents to her husband than a liability, there is no reason why a woman shouldn't be as free to propose a matrimonial partnership as she would a business partnership to a man.

Personally, I have never been able to see any jurisdiction for men having a monopoly on courtship nor why a woman shouldn't be as free to choose her mate as a man is. Heaven knows it means a lot more to her to get her desire in a husband than it does to a man to get his preference in a wife.

So, if you have found the man you want for a husband, go to it. The worst that he can do is to refuse, and that will at least clarify the situation and take you off the wishful waiting bench.

Dorothy Dix.

### POINTING OUT THE VALUE OF GOOD GROOMING

There used to be an old saying to the effect that, to be a beauty, a girl should start with her grandmother. As a gracious gesture toward coming generations, the young miss of today should see what they can do toward developing lovely and charming manners of tomorrow. Impressions of childhood are strong and lasting. Instill the idea of cleanliness and good grooming into the mind of a little girl, and it will stick.

Early training has much to do with charm, as it has to do with character. The self-conscious woman who hangs around the edges of the party, who is never in it or in it, is often than not the victim of a mother who didn't realize the need of teaching her child how to get along happily and amicably with other children, who kept the baby too close to her. The shy child can be brought forward gently, taught to be sociable and manly. Very necessary, this business of getting along with others.

Pride in appearance can't start too early. It tends to self-respect, not necessarily to vanity.

Tell a little girl that the purpose of the shampoo is to make her pretty, and she'll get over raising the roof when the suds appear. Make bath-time of both time. In oncoming years she'll always have that fresh look that nothing else but scrubbing and rubbing can create.

No need of telling a mother to keep tabs on a child's weight and growth. With visits to the physician for a physical examination these matters are watched carefully, records made. Great times these for the small fry. Eyes, ears, throat,

teeth, inspected. Very different from the old days when the family doctor was called in only in times of anxiety. With all this health guarding going on there may be no need for cosmetics twenty-five years hence. Beautiful hair and rose tinted complexions will come along with sound, strong bodies.

We must caution the young mother to look carefully after the baby's finger nails. An active baby in the cleanest, best-kept house, will pick up grime with the nail edges. It's not easy to get it out, nails being tiny and delicate. But germs lurk in that grime, and therein lies the danger. After the bath, each day, dig 'em out gently. Let the little girl go hatless in the summer time. Sunlight may change the color of her tresses somewhat, but that's of no importance, six inches of new wool are produced each year. She'll have her own hair that back when winter comes. Sunlight and fresh air stimulate the growth of brain fluff just as they fire up energy, create a sense of well being.

There is a very old legend of a monk who had wandered into the fields, and a lark began to sing. He had never heard a lark before, and he stood there entranced until the bird and its song had become part of the heavens. Then he went back to the monastery and found there a doorkeeper whom he did not know and who did not know him. Other monks came, and they were all strangers to him. He told them he was Father Anselm, but that was no help. Finally they looked through the books of the monastery and these revealed that there had been a Father Anselm there a hundred years before.

Time had been blotted out while he listened to the lark.

## FOR THE WOMAN READER

### HIDDEN LIFE

My careful breast was free again, O friend, my bosom said; Through thee alone the sky is arched, Through thee the rose is red. Me, too, thy nobleness has taught To master my despair; The fountains of my hidden life Are through thy friendship fair.

—Emerson.

### LIFE

Life is always difficult. Just because it's beautiful it's difficult. Life is not a playground, it's a factory.—Dr. Morrison.

### SILVER LINING

Get into the habit of looking for the silver lining of the cloud, and when you have found it continue to look at it, rather than at the leaden gray in the middle. It will help you over many hard places.—A. A. Willis, D. D.

### AN INTERESTING GAME

Prepare a number of small squares on paper on each of which a letter of the alphabet is plainly written. These are all placed in a bowl which is put into the centre of the table; meanwhile the players all sit around. The leader of the game takes a letter from the bowl and puts it on the table in full view.

The player who first calls out the name of an animal beginning with the letter shown one might include birds, fishes, insects, etc., as well as the four-footed creatures takes the letter for himself. No name must be mentioned more than once, and as the game proceeds it naturally becomes difficult to think of fresh creatures when the common names have been used. When the bowl is empty the players count their letters, and the person with the biggest number wins the game.

### CAN YOU DO THIS?

Take a paper and a pencil and place the paper on your forehead. Then try to draw something on it, or better still, try to write your name.

You will laugh at some of the results, for this is more difficult to do than you might imagine. When some of your friends come to tea, have a little competition. Give them each a pencil and paper and see who can write their name the plainest, the winner to have a candy or something.

### SCOTLAND YARD TESTS

A great deal of money is spent every year in improving, training, equipping, and examining men for positions in British police forces.

The old adage, "Set a thief to catch a thief" has been definitely disproved, and criminal detection is always carried out by officers who have studied the subject, and regard criminology as a science.

In a room at Scotland Yard, twice a year, may be found a body lying on the floor. Nearby is a revolver, with one spent cartridge in the chamber. The furniture is disarranged—and, perhaps a window broken. But the "body" is of wax, and the furnishings of the room are all "properties."

For this is the time of the periodical examination of men qualifying for promotion. One by one they are admitted to the "murdered man's room," where they are instructed to make a thorough search for clues to the crime. They make notes of anything which appears to have even the remotest bearing on the case. But this is only one of the tests they have to pass.

The secret of success in these examinations lies in mental alertness. There are many clues, intentionally made to appear of little importance, which lead to solutions to the various problems set.

Another test consists of a parade of anything from one to two dozen men, whom the candidate is instructed to describe minutely. The men are then withdrawn from the parade, and disguised by one of the Yard's expert make-up men.

After this the candidate is given the official description of one of the men he has seen, and is instructed to identify and arrest the man. According to the records issued, about 80 per cent. of the candidates fail at this crucial point.

Out of the 20,000 men who apply at Scotland Yard every year for positions in the force, only one thousand are able to satisfy the authorities that their health and other qualifications are sufficiently good.

Special classes are held at Scotland Yard for young detectives who have already been in the force several years, and among the many

subjects taught are most European languages. Out-of-the-way languages, such as Hindustani, are also taught.

Provincial and colonial officers are also, in some cases, trained at the Scotland Yard school, while criminologists from all over the world receive information and assistance.

### HOUSEHOLD HELPS

If borax is added to the rinse water when washing Madras curtains, when dried and ironed lengthwise, they will look like new. Do not dampen them.

Ironing Hints: To avoid wrinkles, iron frogs, facings and pockets on the wrong side first, then iron on the right side.

When ironing frills on any article take the frill in the left hand, pass the iron on outside edge just the length of the iron, then turn the iron inward and iron back the length of the iron. When finished the ripples will all be the same size.

To put a nice finish on table napkins, iron first on the wrong side till dry, then fold and iron as usual.

Uses for a Dust Mop: When in a hurry, go over the rugs with a clean dust mop and see how clean they will look.

A clean duster mop will remove lint from clothing very quickly.

Alum Water for Cleaning: If rugs and upholstery are wiped off with a cloth rung out of alum water, they will look bright and clean.

Shoes Polished: Floor wax makes a splendid polish for shoes. Use sparingly. Polish well.

Labels Removed: To remove labels quickly from bottles, moisten them with steel wool.

Dresser Scarves: Huckaback toweling makes a pretty dresser cover, with a band of satin, in any preferred shade, at each end.

### CARE FOR YOUR FEET EACH AND EVERY DAY

Few grown women's feet are beautiful.

We all like to look at hands that are beautiful, whether they are beautiful or not. In like manner we are beginning to look at feet, as they appear unstockinged in sandals or on the beach, and the feet we admire are those that look useful and at home.

Any foot's beauty may be improved. Scrupulous cleansing, with a brush, careful rinsing and drying, particularly between the toes, and a nice alcohol rub and then some cold cream massaged in, give a foot that cared-for look that is appealing.

Do your toe nails with the same care that you do your fingernails.

If they are badly formed nails, or if they have been neglected all your life and show it, then start early, use cuticle remover, file them, rub cold cream or oil around the nails and then use only a natural enamel polish on them.

Give them a few weeks to take to this new grooming. They will respond. And the more you get used to knowing your feet in sandals or barefooted on the beach the less foot-conscious you will become; the more articulate-looking will your feet grow.

When storing strong flavored foods in the ice box, cover the dish or wrap the foods in waxed papers to prevent their flavorings from entering such mild-flavored foods as milk and butter.

## Had No Color and Always Felt Dragg

Picture of Health Now—Praises Lydia E. Pinkham's Vegetable Compound



"I took Lydia E. Pinkham's Vegetable Compound for painful and irregular periods. I had no color in my face and felt dragg. My mother told me about the medicine last summer. Since taking it I suffer less and it is regulating me. My color is normal and I feel like a different woman." MRS. DAVID THOMPSON, 37-9th Street, N. W., Portage La Prairie, Manitoba

Special classes are held at Scotland Yard for young detectives who have already been in the force several years, and among the many

## A BIG BROTHER TO CHILDREN!



## Barbour's PEANUT BUTTER

### GARDENING

The fad for rock gardens has spread over the country like a tidal wave, and not always to the benefit of gardens. The average amateur makes the mistake of using too many rocks, a fact which was made evident at some of the flower shows this year, where the obvious restraint used greatly improved the appearance of the gardens. The rocks should not be too much in evidence, but there are some sections of the country where rocks are hard to get, and then the situation is changed. However, if several small rocks are placed close together and the spaces between them filled with soil in which plants are placed, the appearance of one large rock will soon be produced. Rock plants which spread too fast must be cut back, however, or the stones will be completely hidden.

Add Some New Flowers

For the sake of interest alone it is a splendid practice to add a few new flowers to the list chosen every year. Without this little departure from the straight road, a garden will soon become stereotyped. Then too, the season may not suit some old favorite or that favorite may require fresh ground in which case the actual amount of bloom begins to fall off. It is a mistake also, to base likes and dislikes on the flowers of a few years ago. In the last decade there has been amazing improvement in almost all flowers. Many of the singles now come also in double form and again some original doublers, like the asters, can today be secured in beautiful singles. Sizes have been altered. Such things as the Zinnia, for instance, coming in dwarf, medium and giant size and this variation applying to bloom as well as plants. The modern Snapdragon, is another flower which would not be able to recognize its ancestor of only a few summers back. It comes in small, intermediate and tall types, and will bloom even after the first frosts in the fall. Cosmos is rather a common flower throughout a good deal of Canada, but not the Cosmos, unfortunately, that is listed in the seed catalogue of 1933. Here is a showy plant with single flowers three to four inches in diameter and doubles almost as big. Salpiglossis should not be omitted from the well balanced flower garden. Its glorified Morning Glory-like flowers, come in rich reds, yellows and purples with splashes of gold. For bouquets, Salpiglossis along with Marigolds, of various sizes and color combinations, Scabiosa, Carnations, Sweet Sultans, Calliopsis, Zinnias and Cosmos should not be overlooked.

Creole Omelet

6 ripe tomatoes  
6 eggs  
2 tablespoons minced ham  
2 onions  
1 tablespoon butter  
Salt and pepper to taste  
Scald the tomatoes and skin, and chop fine. Chop the onions and add a large spoonful of bread crumbs. Fry them with 1 tablespoon butter in a saucpan until light brown. Then add the tomatoes and salt, pepper and cayenne to taste, and let stew for 1 hour.

Prepare the eggs for omelet and cook in large frying pan. As they become set pour in the centre the cooked mixture and fold the omelet over and cook two minutes longer. Roll gently into a hot dish and serve immediately.

Canadian Tomato No. 1

Canadian tomato No. 1 grade has not a few conditions attached. It must be fairly firm, well colored, and free from stems and frost injury, and from damage caused by discoloured cracks, shriveling, molds, decay, insects, sunburn, sunscald, woody catface, or by other means.—Dominion Fruit Branch.

### A Morning Smile

ALMOST THE SAME

Office Clerk—Did you deliver the message?

Messenger Boy—Yes, only the man doesn't live on Grove street, but on Queen street, and not on the ground floor, but up three flights of stairs, and not in the front room but in the back room; besides, his name isn't Johnson, it's Thompson, and he isn't a man, but a woman.

### ONE OF THE BOYS

The boys of one of Dr. Sargol's

## Daintiness With Chic Styles

ILLUSTRATED DRESSMAKING LESSON FURNISHED WITH EVERY PATTERN

BY ANNABELLE WORTHINGTON

Deliciously fresh and simple is the pretty dress patterned here—practical too, for it can be worn after graduation for afternoons.

Of course there are dozens of other schemes and colors possible for this lovely model.

There are the dotted dimities, striped batiste, flowery volles, pastel organdies and tissue gingham checks for ordinary day wear.

Note the small back view showing how smart it is with crisp ruffled sleeves, provided for in the pattern.

Style No. 768 is designed in sizes 8, 10, 12, 14 and 166 years.

Size 12 requires 3 1/2 yards of 39-inch material.

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

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### Eczema on Baby Formed Water Blisters. Healed by Cuticura.

"When baby was thirteen months old eczema broke out on his cheeks, his legs from knees to ankles, and his arms from the elbows down. It itched and burned, causing him to scratch, and in a very short time large, sore eruptions formed. It also formed water blisters.

"I read an advertisement for Cuticura Soap and Ointment and sent for a free sample of each. Almost the first application cured the terrible itching. I purchased a box of Cuticura Ointment and a cake of Cuticura Soap and before I had finished them the baby was healed." (Signed) Mrs. W. H. Harvie, Newport Corner, N.S.

Soap 25c. Ointment 25c and 50c. Talcum 25c. Sold everywhere. Sample each free. Address Canadian Depot: Lyons A. Gaudet, Limited, 286 St. Paul Street, W., Montreal.

### VACATIONS and HEALTH

By Dr. ERNEST H. LINES  
Raising Authority and Chief Medical Director  
New York Life Insurance Company

CHILDREN IN SUMMER MONTHS

For children, the summer months are playtime. Free from the tasks of the schoolroom, they look forward eagerly to the games and pleasures of the vacation period. But intelligent and careful planning for the holidays is an essential for children as for adults. Since the routine of school health educators is suspended, full responsibility for health falls on the shoulders of parents.

The vacation period of the average city child is usually spent with adult relatives at summer resorts, at organized camps, or in the year-round city environment. It is the unfortunate children who spend the last type of vacation who require the closest supervision.

They should be particularly warned against over-exertion and heat prostration, against eating foods handled by street vendors, and against the dangers of accident from automobiles. The most tragic aspect of the child's vacation period is the increased number of avoidable accidents to children due to the failure of parents and children to carry on the safety campaign waged throughout the school year.

Although swimming is excellent exercise for children, particularly since it teaches them how to take care of themselves in the water, care should be taken to avoid the pollution of "the old swimming hole." Children who go to summer camps should be examined in advance by the family physician and a record should be sent to the camp authorities so they may regulate the child's activities in accordance with his physical condition.

Explosions

Many accidents to children occur from the explosion of dynamite caps left lying around vacant houses, summer cottages and other places where children may pick them up. The Institute of Makers of Explosives reports that 600 children are killed or injured annually from playing with blasting caps. Most of these accidents occur during the summer months.

A still greater number of children are maimed by the explosion of firecrackers. Lock-jaw and burn are a serious danger. Don't let the Fourth of July be a reminder that your child has lost his life, or an eye, or some fingers from a firecracker explosion.

In short, plan the child's vacation so that it combines the greatest freedom from the nervous tension of the formal classroom with the highest regard for the rules of healthful living and the greatest care to avoid accidents. Continue the child's regular rest period. If possible, bring the child close to the lessons of the great outdoors. See to it that, with an abundance of sunlight, air, rest and directed recreation, the little citizen goes back to school with sound mind and a sound body.

This is the second of a series of 12 articles on Vacations and Health. The third, on Camp Life, will answer the questions: 1. What first aid should be administered to snake bites? 2. How should a camp site be selected? 3. How should firearms be carried?

## More than Physical Courage is needed when teeth go

Actual pain is nothing compared with hurt pride

It is hideously embarrassing to lose even one tooth—one tooth in front. You stop in the middle of a sentence, in the midst of a smile, to cover up the ugly gap with a wavering, nervous hand. Much, much, MUCH worse than any pain you could have suffered when that tooth was pulled!

You should be more afraid to stay away from your dentist than to see him. Only a dentist can diagnose pyorrhea—and half the adult teeth lost are taken by this one gum disease. The trouble with pyorrhea is that it may be undetermined your teeth for many years before you realize it.

Four out of five people past the age of forty have pyorrhea, so you can't "fool around" about it. You simply must have professional dental advice about twice a year and when you take up seriously the home treatment of your teeth, it will pay to use a toothpaste invented by a dentist. Dr. R. J. Forhan devoted a lifetime to pyorrhea treatment. His professional formula is used by thousands of dentists and his home formula is embodied in Forhan's Toothpaste. It's the finest toothpaste with an extra-protection feature. Don't let pyorrhea get started. Use prevention. Use Forhan's. It's never too early to start the children on Forhan's, the double-duty toothpaste, at all drug stores.



### FOR A CLEAR COMPLEXION

Internal cleanliness and a healthy system are the foundations of a clear complexion.

N B YEAST FLAKES helps clear up skin troubles and sallow complexions, because it is a natural laxative that helps rid the body of wastes, and because it supplies the system with vitamins necessary to health.

Its regular use will help you feel well and look well. Rich in vitamins, because it is pure brewers' yeast, dried and flaked—the richest form of yeast. At grocers' and druggists'.

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