

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

## What the Fashionable Are Wearing

### Illustrated Dressmaking Lesson Furnished With Every Pattern

By Anabelle Worthington



Exquisitely designed with sleek tender lines expressing new elegance and chic femininity in mode. It is a Paris replica in black canvas.

## Etiquette

By Roberta Lee

Q. Is it necessary to introduce a newly arrived guest in a drawing-room to another who is taking leave?  
A. No, nor should one interrupt any two persons in conversation, to introduce a third.

Q. Is it necessary to answer New Year's telegrams, sending the season's good wishes?  
A. No, but any thought from a friend should receive appreciation, and it is never wrong to give a word of thanks.

Q. Is it ever permissible to use unattached paper and envelopes in correspondence?  
A. No.

## Character Close-Ups

**LONG SLIM-GRACEFUL LEGS ON A SHORT GIRL INDICATE THAT SHE HAS MORE THAN HER SHARE OF TEMPERAMENT**



Jimie Jingle Says:  
Ring out glad bells for Christmas cheer  
The time for joyous feasting's here.



ton crepe with becoming new sheer-ness at the neckline in band of white net, with flatterer jabot frill inserted beneath the crossed ends. The line through bodice is softened by gathers, where it joins pointed front panel of skirt, creating delightful length to the silhouette. The back of bodice has pin tucks at neckline.

The back and sides of the skirt are circular with applied band indicating the higher waistline at back, with fashionable curve over hips, extending down each side of front of skirt to hem, which contributes further length to figure.

It's stunning! You'll just love it because of its individuality and beautiful lines.

Style No. 3211 is designed in sizes 16, 18 years, 36, 38, 40 and 42 inches bust.

It will make up splendidly in two surfaces of crepe satin in either black or deep maroon red shade.

Falle silk crepe, sheer woolsens, flat crepe, crepe marocain, and plain and printed sheer velvet appropriate. Pattern price 15 cents. Be sure to fill in size of pattern. Address Pattern Department. Our Fashion Magazine is 15 cents, but you may order a pattern and a Fashion Magazine together for 25 cents.

No. 3211. Size .....  
Name .....  
Street Address .....  
City ..... State .....

## A Morning Smile

A Texas frontiersman came into camp riding an old mule.  
"How much for th' mule?" asked a by-stander.  
"Just a hundred dollars," answered the rider.  
"I'll give you five dollars," said the other.  
The rider stopped short and slowly dismounted. "Stranger," he said, "I ain't a-goin' to let a little matter of ninety-five dollars stand between me an' a mule trade."

## Household Hints

By Roberta Lee

**Chair-legs**  
To deaden the noise and save the hardwood floors or linoleum, glue thin strips of felt to the bottom of the dining-chair legs.

**Sprinkling Clothes**  
A very satisfactory sprinkler can be made by punching holes in the metal top of a vaseline jar, or any bottle having a screw top.

**Hard-Shell Clams**  
To open hard-shell clams easily, pour boiling water over them and let them stand for two or three minutes.

## For The Cook

**COLD SLAW DRESSING**  
One egg, 1/2 cup sugar, 1 tablespoon flour, 1/2 tablespoon mustard, 1/2 teaspoon salt, a dash of cayenne pepper, 1/2 a cup each of water and vinegar. Mix in order given, beating the egg a little. Cook the mixture until it is enough dressing for two for three thickens, then cool. This makes small cabbages. It is smooth and piquant.

**BRONCHITIS**  
At bedtime rub the throat and chest thoroughly with  
**VICKS VAPORUB**  
Clear 21 Million Jars Sold Yearly

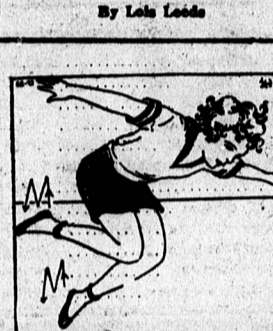
**HAVE YOUR EYES EXAMINED AND GLASSES FITTED BY E. E. PARKMAN**  
Registered Optometrist  
Montague, P. E. I.



A frigid December day was not told enough to stop Miss Ruth Carey of New York, 24-year-old swimmer, from diving into Lake Ontario on Dec. 18, off the sea wall on Toronto's water-

## Milady Beautiful

By Lois Leida



### MAKING LEG MUSCLES GRACEFUL

Now that women have decided to be truly feminine once more and have adopted long, flowing skirts and gowns with bows and laces and all sorts of dainty touches, milady has discovered that the flat, boyish figure of the last few years is no longer considered so chic. For with the return of femininity to gowns and accessories the figure that is pleasingly plump and thus has a few curves is more in the mode than the flat, boyish form, which has kept many a young girl from eating the proper amount of food for fear she might gain a few ounces.

But, of course, there is a vast difference between being overweight and merely pleasantly plump, and the former is no more popular than ever. How to reduce is still a great question with many readers, and the number of letters from those who wish to know how to reduce the calves and ankles is indicative of the fact that this is an important problem with many. An overdeveloped leg from knee to ankle is not always accompanied by overweight, however. Many girls and women whose weight is correct are annoyed by having short, knobby calves, instead of graceful leg muscles, which are long and smooth.

In general, stretching, relaxing and shaking exercises are effective for making leg muscles graceful. Shaking exercises may be done while lying on a bed or sitting on a chair. Brace your knees firmly together, then relax the muscles of the lower legs and give them a good shaking until tired. Follow this by a brief rest, then slowly stretch your limbs upward, downward and sideward.

Another effective exercise for improving the shape of the legs is done as follows: Stand erect, arms hanging at sides. Bend the left knee, raising the lower part of the leg backward and upward as far as possible. Point toe strongly. Now kick the leg forward and backward fifteen or twenty times. The upper part of the leg from hip to knee will swing a little forward, so that the foot will not strike the floor during the exercise. Repeat with right leg.

Another exercise which will be sure to help toward reducing knobby calves is accomplished as follows: Stand erect, heels together, toes out, arms at the sides. Slowly raise arms to shoulder level and bend knees deeply. Balance for a moment, then slowly rise. Repeat ten to twenty times. Vary the exercise by placing the feet as nearly parallel as possible, with the toe of one foot touching the heel

of the other. Flex and straighten the knees as before.

Many women who are otherwise of graceful proportions have unattractive deposits of fat at the ankles. To reduce bulky ankles sit down and rotate each foot from the ankle from five to ten minutes. Follow this by massaging the ankles to break up the fatty tissues. The following exercise is also effective for reducing large ankles: First give the legs a good shaking. Then stand erect, with feet together. Rise on toes. Now rapidly bend and straighten each knee alternately, as though running, but do not lift toes from the floor. Swing arms freely and do the exercise briskly for several minutes.

While it is perfectly possible to make both calves and ankles of graceful outline and shape it is not a speedy process, and it is well not to be discouraged if the result is not immediate. Those who faithfully go through the stretching, relaxing, kicking and shaking exercises may begin to note some improvement in a month or six weeks, but should not give up hope if they have to continue this program for several months before a marked change is evident.

Tomorrow — Beauty Questions Answered.

## Twenty-Million Dollar Mystery

NEW YORK, Dec. 24.—What happened to the bulk of the twenty million dollar fortune in gold and jewels which Arnold Rothstein amassed during his Midas-like reign as undisputed czar of the underworld beneath the glitter that is Broadway by night?

Those of the mob who survived America's most notorious gambler, and who knew him best, are satisfied the mystery of his vanished millions presents even a greater problem to solve than his murder.

## Insidious Eye Strain

We use this adjective advisedly. Sufferers from Eyestrain may have perfect vision, and therefore do not suspect the presence of any evil defect. The motive power of the entire human organism is Nerve Energy. Normal eyes, it is computed utilize about 20% of this Nerve Energy, but when Eyestrain is present, a much larger proportion is required. Hence defective eyes through their consumption of an excessive amount of Nerve Energy may seriously affect the functioning of other organs of the body and produce ill health.

**HAVE YOUR EYES EXAMINED**  
**G. F. Hutcheson**  
OPTOMETRIST

## Silver Fox Farming In Europe

(Continued from page 4)

A good silver fox pelts. As much as 300 pounds was not uncommon; and a few fetched twice as much. The rest of the world was not quick in following the Canadian fur farmers, partly because they were very secretive; but within the last few years similar farms have sprung up in most northern countries of Europe, and since 1922 have been multiplying very rapidly even in Britain which as usual, started late. Silver foxes bred in Norway alone, which takes the lead in Europe, amount to an annual output of thousands.

Fur farms in Britain have doubled within the year. There are now forty-three. One Scottish farm carries two hundred, and one Devonshire farm over a hundred. There are small farms run by men retired from the Services, and there are farms on the big scale needing high capitalization. We may soon see perhaps several hundred within a short space; for it has been abundantly proved that the climate of Britain, even in the south, where the elevation is sufficient, is as good as the best. The pioneers express astonishment, though why they should have doubted I do not know. English pelts are as good as Canadian or Scandinavian, and the animals thrive in our island wherever they are skillfully tended. The extent of the traffic may be gauged from the fact that the silver fox breeders hold an annual show. It takes place at Oxford this week, and our native skill in "fancying" is enjoying full play. Our breeders have already proved singularly skillful.

Many animals, to their cost, carry valuable skins; and a vast number of experiments have been made. Many years ago Mr. Seton Thompson hoped to produce a skunk free from the one drawback to its fine pelt, but found, as he told me, that the gland which produced the strong smell also gave its sheen to the fur. You could not have the one without the other. This is one casual example of many experiments. But practically at the moment only three animals are of any account in the

trade: the silver fox, the muskrat (which has had an immense vogue in Austria in the wild as in captivity) and the rabbit. Much the most important is the silver fox; and his is the animal which is the basis of the new industry of the fur farm. Economically they are important from the happy fact that foxes are perhaps best reared on wilder uplands that are of little use for other purposes. They represent the most intensive form of animal production. One of the oldest and best is on Dartmoor; and these foxes would flourish on a great deal of Scottish land over-valued, as things are, at 1 pound an acre. The speed with which the industry increases, and will increase, and its width of extent may best be indicated by the present nature of the raff.

Though the fox population of North Europe is in thousands, the number of animals killed for their skins is entirely negligible in relation to the general trade. A large proportion of the foxes are bred not directly for their pelts but to sell to prospective fur farmers. Really good foxes, capable of founding a good strain—and strain is not less important than in poultry or race-horses—today fetch prices as good as the prizes that set the mouths watering of Canadian trappers. The price of 300 pounds for a good pair is not excessive. Some highly remunerative prices—though of course not more than a tithe of the old—have been earned for British pelts; but the industry at present is in large measure a breeder's rather than a farmer's industry. The show points which have been more or less fixed, are discussed with the technical zeal that prevails on all such matters, in the North of England; and the prize-winners are likely to sell at fancy or at any rate fanciers' prices. The industry of the present is a rather different thing from the industry of the future. It is at an initial stage, probably prefacing a large and important development. Though the silver fox takes precedence and may continue to be the most valuable, we may safely prophesy that breeding farms for fur-bearing animals are going to be many and various.

## The Critical Faculty

(Continued from page 4)  
utter. Hence some slashing denunciation blatantly voiced enhances the repute of the critic whose chief appraisal is the knack of finding fault, the while a milder approach and tone are set down as the signals of a feeble intellect. The sharpened scapel begins and ends in anatomy. Of some criticisms it may be said they are "fearfully and wonderfully made." To cite the list would fill volumes. Dr. Johnson said he only read Milton to gather words for his dictionary. Goldsmith's "Deserted Village" was voted "pretty, but deficient in fancy, dignity and fire." The Edinburgh Quarterly in a fierce attack upon "Jane Eyre" dubbed the then unknown author "a person who with great mental powers combines a total ignorance of society, a great coarseness of taste, and a heathenish doctrine of religion." The sort of criticism finds its match in the dictum which pronounced Scott's novels "the literature of pantomime, and the pantomime of literature." From a

Decides Good Cook Makes Good Cheer  
**Dorothy Dix**  
How to Keep the Family Happy

## "The Health, the Happiness, the Prosperity, the Success or Failure of a Woman's Husband and Children Depend Upon Way She Feeds Them," Says Dorothy Dix—"So Learn to Cook, Ladies"

Ladies, do you wish to be your children's ideal of motherhood? Why, do you desire to hold your husbands? Then learn how to cook. Recently a questionnaire was sent out to the school children of the country asking them what quality they would like best for their mothers to have, and they answered as with one voice: "For her to be a good cook." Now comes along the National Conference of Catholic Charities which asserts that bad housekeeping is at the bottom of most of the domestic infelicity, and that the principal reason that wife deserters run away from home is in search of something fit to eat.

All of this is sorry news for women who like to feel that their hold is upon their husbands' and children's souls instead of upon their stomachs, and who are given to ignoring the fact that it is folly to try to appeal to our finer feelings when we are feeling the pangs of hunger or indigestion. The first woman who ever gave any advice to a prospective bride about how to manage her husband said: "Feed the brute," and nobody has ever been able to improve on this formula for keeping a husband eating out of his wife's hands.

It is still a slogan to conjure with, for amiability, sentiment, romance, even love itself, depends upon physical comfort. No man ever thinks of the state of his heart when his stomach is crying out for food. Probably no man ever made love to a woman when he was hungry. When he is hungry his question is not: "Darling, will you love me forever?" It is: "When do we eat?"

Every woman's experience has shown her that men are never romantic and sentimental and complaisant and easy to handle except when they are well fed, and that the man who before dinner was a raging lion seeking whom he might devour, after a good dinner of the things he likes best, cooked just as he prefers them, is a purring house cat that any girl child can do with as she pleases.

This being the case, and this being a matter of common knowledge among women, it is passing strange that they so signally neglect and despise this tried and proved recipe for holding a husband's affections and keeping him nailed to his own fireside.

But they don't. They put their faith in false gods. In dieting and keeping slim and retaining a youthful figure. In preserving their youth. In being high-browed. In understudying the arts and wiles of the vamps. All of which is well and good and highly desirable if superimposed upon a solid foundation of good housekeeping.

But who can picture a happy family presided over by a woman who never acquired the art of cookery, or the first principle of order and cleanliness, no matter if she were the embodiment of every charm and grace and virtue? What man cares how slender his wife is if his own figure is as thin as a match through semistarvation? What children listen eagerly while mother discourses on the art of the Renaissance while they make a frugal supper off burnt porridge? What sex appeal is powerful enough to draw a man back to a home at night in which there is never a good meal, or a clean place to sit down, or a comfortable bed to sleep on?

None. The ideal home of every man and child's desire is a place of light and cheer and warmth and good food and comfort, a place where the cookie jar is always filled and where mother's cakes and pies and bread set a standard that nobody else ever reaches. Such a woman's family never really see her as she is. They always behold her, glorified through the incense that rises from her pots and pans, as the very spirit of home.

That bad cooking leads to the breaking up of homes is beyond all discussion. The grounds in the coffee are the grounds of many a divorce and soggy biscuit wreck more marriages than sirens. The first time a bridegroom ever gets a real disillusioning look at the girl he has married and finds out that he has been stung is when he faces her across a dinner table on which there are watery potatoes and a burnt steak and a pie that is first-aid to the Coroner.

Then it is that a bride and groom say things to each other that shatters the honeymoon into smithereens, and that leave wounds that never heal. The old saying is that when poverty comes in at the door love flies out of the window, but it would be truer to say that when bad cooking comes on the table love perishes of malnutrition. If, before every girl was married, she knew as much about making bread as she does about making up her complexion, there would not be so many "To Let" signs on the doors of newlyweds.

Napoleon said that an army travels on its stomach. This is even more true of a family. The health, the happiness, the prosperity, the success or failure of a woman's husband and children depend upon the way she feeds them. She can poison her children on bad cooking and make them dull and stupid and neurotic and nervous.

She can feed her husband on indigestible food until she gives him chronic dyspepsia that makes him so pessimistic he is afraid to walk through the door of any opportunity that opens for him, and so disagreeable that he drives away customers and clients, and that causes him to break down by the time he is 40. Or she can build up the health of her family by the proper food until she makes her husband and children strong and healthy and good-natured and fit to do their work in the world.

And lastly, but not least, there is no other way to domesticate a husband and keep him at home of evenings equal to giving him such a good dinner that it will make a comfortable armchair look better to him than any night club.

So learn to cook, ladies. Feed the animals. It is your one best bet in making good with your husband and children.

DOROTHY DIX

dozen quarters at once Wordsworth in a fashion worth remembering. "Some critics," he says, "are like chimney sweepers; they put out the fire below, and frighten the swallows in their nests above. They scrape a long time in the chimney, cover themselves with soot, and bring nothing away but a bag of cinders. And then they sing from the top as though they had built it. Even the author of 'The Village Blacksmith' could swing a heavy sled and make the sparks fly when it suited him to do so. But who still says there is not much justice in his hit back at critics who lack the quality of sympathetic intelligence?"

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