

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



Canada's Loveliest Child

"If you want your child to be a prize-winner," says this mother, "there is one rule you must never neglect—keep the child free from constipation."

No mother can expect that her child will escape all the ills to which children are subject, but she can do much to relieve their severity by following this rule.

If your child is constipated, has a cold, a fever, no appetite or a coated tongue, don't wait until a more serious illness results.

Baby's Own Tablets are a safe and simple remedy for constipation. They reduce simple fever, allay colic, relieve croup, and help to relieve the distress which accompanies the cutting of teeth.

For your own peace of mind and for the sake of your child, don't be without Baby's Own Tablets in the house. 25 cents a package at any druggist's.

BABY'S OWN TABLETS (Dr. Williams') For Children of All Ages

A Morning Smile

Here is a delightful little story about Lord Baden-Powell.

At a Scout gathering recently a young and aspiring artist sketched him, and then, taking the drawing to him, asked him to autograph it.

But B. P. demurred, on the grounds that if he once started to sign portraits of himself he could not very well stop, and he would have no peace at home or abroad.

"Have you done your occasion. 'Have you done your day's good deed yet?' he asked.

"As a matter of fact," B. P. admitted, "I have not."

"Well then, here's your opportunity. And with a wry grimace, that was more than half a smile, the Chief Scout did as he was bid.

Neighbor Suggested Compound



"It took away the Pain"

"I HAVE been married for ten years. I had one child who would be seven years old now if it had lived.

"My husband and I are both very fond of children. A neighbor told me about Lydia E. Pinkham's Vegetable Compound and I have been taking it for about two months. "It took away the pain I used to suffer and I am getting well and strong."

This medicine is helping Mrs. Kenneth Cooper of 9 Davison St., Halifax, Nova Scotia. It will help you too. Won't you buy a bottle?



Style Chats

WITH ALMA ARCHER

When it comes to fall town coats, if you like to be one of the first-on-the-scene folks, buy a monotone woolen having either pronounced "curis" and luster in its make-up, or a distinct diagonal in the weave.

If you have the pride folks are supposed to have, wear an afternoon coat with afternoon gowns, and show your knowledge of clothes affairs as being at the apogee by selecting a soft wool velour in a contrasting color much lighter than your dress.

This Business of Being a Woman Dorothy Dix Finds Her Difficulties Growing Greater

So Many Are the Difficulties That Must Be Met By Those Who Follow the Profession of Being a Woman That Any Unborn Babe Should Think Long and Well Before Embarking on it

Being a woman has always been the most arduous profession that any human being could follow, but year by year it grows more complicated and so difficult it is no wonder that so many girl babies lack the courage to attempt it and turn up their little toes and die in infancy.



To be a man is a simple proposition. It requires no particular gift nor talent nor special technique. He has only to be as nature made him, and if nature didn't turn out a job that was anything to brag about it doesn't matter. He is still a man. And if he is a he-man he can get into the movies.

But with a woman it is entirely different. She has to be a compendium of all the arts and graces and virtues even to get by. Just think of what is expected of even the common or garden variety of woman! She must be a good-looker and thin as a match, no matter what sort of a face and figure God handed her. She must have brains under her permanent wave but keep them carefully concealed. She must be a vaudeville entertainer who can keep the tired business man amused. She must dress like a fashion plate yet run up no bills. She must be a devoted mother yet never smell of the nursery. She must be a prestidigitator who can play the piano with one hand and perform on the gas range with the other.

In a word, a woman is expected to be a lady love, a chum, a vamp, a servant, a seamstress, a trained baby nurse and sick nurse, a hostess, a perpetual alibi for her husband, a financial agent, a commissary department, a chef and a standing excuse, and even at that no man thinks that she is anything to write home to mother about.

It would seem impossible that any one individual could possess all of the qualities demanded of a woman and perform all the activities expected of her, but, strange to say, there are millions of wives and mothers who give this marvelous performance of womanhood as just part of the day's work and then get batted by friend husband because they had slacked a little on some item. Maybe they have been careless enough to let themselves get a little old and tired. Or perhaps they haven't kept their hands manicured and in a nice squeaky condition. Or perchance the pie had a thought too much sugar in it. Or something like that.

Of course, if women could specialize in their professions as men do in theirs, it would be a lot easier on them and they could make greater successes. But a woman can't say I will be a cook or I will be a mother or I will be the best-dressed woman in my set or I will be a bridge shark, as a man can say I will be a criminal lawyer or a throat specialist or a bond salesman. She has to be a Jill of all trades, and so it is no wonder that very often she turns out pretty slap-dash work and acquires nervous prostration to boot, sprinting from the butcher shop to the symphony concert and walking the baby with the colic while she tries to think up a few wise cracks with which to divert hubby when he returns home in the evening.

For, alas, many women lack versatility. They could be good cooks or good society ladies. They could shine either in the nursery or the drawing room. They could step out to night clubs with husband or stay at home and keep the children covered. But it is when they try to do them all at the same time that they get things gummed up.

These are, however, the ancient drawbacks to the profession of being a woman, and the feminine sex has coped with them so long that it has learned how to handle them with more or less efficiency. It is the new problems arising out of the changed conditions of modern society and modern inventions that have added more handicaps to the woman business.

I olden times, for instance, marriage was the chief end of woman, and no matter where a girl started out she knew she would land at the altar. Then no young woman had to vex her mind trying to decide whether she would espouse a man or a career. There wasn't any career and she took the man, and that saved a lot of wear and tear on her nerves and kept her from lying awake at night wondering whether a poor husband is better than a good job or vice versa.

Then marriage was a stable institution. When people got married they stayed married, and a woman didn't have to give her best energies and most of her time and thoughts to keeping her husband vamped. Men were comparatively simple creatures with few wants in wives, and if a woman was amiable and pleasant to live with and a first-class cook and looked after her household and her children, her husband was satisfied.

Husbands didn't expect then to be kept thrilled or for their wives to flatter them or for their wives to remain a permanent 20; but now-a-days a man thinks he has a perfect right to chase off after flappers if his wife hasn't discovered the Fountain of Perpetual Youth and bitten a chunk out of the Blarney Stone. And if she doesn't give him palpitation of the heart every time he comes near her he feels that she has been a failure in the job he has so kindly given her.

These are but a few of the many difficulties that must be met by those who follow the profession of being a woman. There are many others. So many, indeed, and so difficult is the profession that any unborn babe should think long and well before embarking on it.

DOROTHY DIX.

Rubber Caps

One girl who swims a great deal has a paper bag containing a cup of cornmeal and after her rubber caps have dried, they are put into the bag and given a good shake. She has used the same caps for over a year by using this precaution.

Belgian Tart

Roll out two large squares or circles of nice puff paste, making them exactly equal in size. Spread one liberally with some rather stiff jam—apricot is ideal—leaving a plain border of half-inch or so around the edge. Damp this border. Lay the other piece of pastry on top and press them well together, working the borders up and down with your fingers to make a sort of scalloped edge. Now take a large knife and cut the upper piece of pastry across and across, six or eight times each way, going almost, but not quite through it. Brush over the tart with a beaten egg and bake in a very hot oven. As it bakes, the cuts will gape, showing the jam through them. This tart is essentially Belgian.

Eye: "I think a man should give his wife plenty of rope." Ernest: "Yeh! I did with mine and she skipped."

What the Fashionables are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern

By Annabelle Worthington



Carry this model out in yellow and white printed flat washable crepe silk, as its inspirator was carried out—with plain yellow faceting

a dainty smart trim for the scalloped edges — and you'll love it. There are hosts of other equally charming ideas for its development. For instance, cottons are very fashionable, and so cool and lovely. Picture it in pale aqua-blue eyelet batiste, red and white printed batiste or white cotton mesh.

The nagain a chiffon print would be so fascinating for street, for town or for less formal afternoons for resort. Style No. 3185 is designed for sizes 16, 18 years, 36, 38, 40 and 42 inches bust. Size 36 requires 3 1/4 yards 35-inch.

The pointed hip seaming narrow, the breath through the neckline, and gives an exceedingly smart appearance. The hem of the circular skirt may be made plain, as in miniature view, if desired. It's very simple to fashion.

Our Large Summer Fashion Book offers a wide choice for your summer wardrobe in darling styles for the children as well as the adults.

Be sure to fill in the size of the pattern. Send stamps or coin (coin preferred).

Price of book 10 cents. Price of pattern 15 cents.

No. 3185. Size Name Street Address City State

Paris Smiles on Crepes Cottons And Silks

NEW YORK, July 13.—There's no doubt that the vast majority of women prefer the summer months with all the disadvantages of occasional excessive warmth to wintry weather.

Almost every important couturier shows models in one of the cotton materials and some houses feature it. Cotton in fact has become an all day fabric and can be seen with equal chic far into the night. Orange, batiste, dotted Swiss, pique muslin, dimity are all smart more and have besides a certain innocent and reminiscent charm which makes them even more popular. And of course, not only frocks are made of these materials but blouses to be worn with suits, too. And Agnes-Crecol showed, and it was one of the most charming models in her recent collection, a suit which consisted of a black transparent wool skirt, a batiste blouse all covered in diagonals of tiny lace ruffles and as a delicious finishing touch a white double or-ganize jacket, fitted at the waist and flaring into a slight peplum.

Tussore of every variety, printed, plain and faconne (woven with a silk thread forming a design in it) is especially good for country wear as well as beach. Mary Nowitzky makes a beach pajamas in a plaid tussore which would make a gay spot of color on any beach. Shantung is used just as much particularly for those summery, simple frocks to be worn for town or country interchangeably.

And in the silk fabric line, it wouldn't do at all not to mention prints—as often as I've already spoken of them to you. (No less a person than Patou (as well as Worth) gives over a considerable part of his collection to printed frocks an ensembles for summer. But I might as well tell you that the types of printed silks you see in the collections of the haute couturiers is not at all the common or garden variety (particularly "garden") of print we're accustomed to. Without exception the designs are of such distinction and beauty in both color and finish that they are entirely free of the curse of banality that most prints labor under. So unless you're in a position to go in for a Bianchini print or a print equally distinguished as far as I can see there's no advantage in going in for them at all. It's far better to stick to a plain material where distinction of cut is the important thing.

Patou shows endless ensembles in printed crepe with full-length coat of a dark plain color lined in the print and very often with revers of the print. And Worth also has many printed afternoonish type of frock. A black chiffon with white spots, I found especially lovely. Those printed with the huge coin spots at Mirandes are particularly attractive. The spots are usually of two different colors and overlap each other. Grey with these huge spots in

Etiquette

By Roberta Lee

Q. When setting the table, where is the monogram side of the cloth placed? A. To the right of the hostess's cover. Q. When horseback riding, who sets the pace, the man or the woman? A. The woman. Q. What is a good rule to follow at a social gathering? A. That "haste is undignified." Perfect poise should be cultivated.

Those Little Customs

Haven't you often wondered just where some bridal customs began? These are just a few which may add spice to prenuptial events.

The bridal headdress was first introduced by the Anglo-Saxon bride who as a sign of acquiescence bound up her flowing tresses for the ceremony.

The bridal flowers were originally leaves of myrtle and olive intertwined with white and purple flowers and made their appearance in the hymeneal garlands of the Greeks.

The lover's knot had a quaint beginning, for in the ninth century the Dones introduced the knot then called the "Trufola" or troth.

The endlessness of the wedding ring symbolized love's eternity, and if of virgin gold (so few are nowadays), is indicative of love's purity.

And wedding gifts. The Saxon custom was to give only practical necessities, excepting knives and scissors, which would have cut the lover's knot.

Fine Lace

If the lace is very fine and old and you are afraid to launder it, shake powdered magnesia over it thoroughly. Wrap in a towel and let stand for several days. Then shake powder out and press carefully. You will be pleased with the results.

black and yellow or black and green or red with a favorite combination I find that the most effective type of prints whether with a small or large design or in what ever material is the kind that have plenty of space between the designs giving room for the underlying color to stand out.

And, of course, no news about summer fabrics, however sketchy it may have to be, can omit mention of the woods that every important collection shows to such a large extent. Wool shantung is a favorite for the more "sporty" type of morning attire. And all the transparent and lace weave wools continue to appear. Jersey of the kind that is fine enough for evening gowns (and many houses use it for just that purpose) makes any number of summer day costumes.



Delicious at Picnics and so nourishing!

WHEN you go picnicking be sure to include a thermos of cold milk and a tin of Ovaltine; then prepare Ovaltine Cold on the spot.

Ovaltine Cold is the smoothest, most delicious and most nourishing drink imaginable. Everyone enjoys it, especially the children.

Ovaltine contains the concentrated nourishment of fresh eggs, malt and creamy milk; and supplies in easily digested form the best of energy-giving nourishment, making the lightest meal complete in nutritive value. Serve Ovaltine regularly in your home. Avoid so-called substitutes.

OVALTINE Served COLD Builds-up Brain, Nerve and Body

A. WANDEL LIMITED, London, Eng., and Peterborough, Canada. Ovaltine is now made at Elmwood Park, Peterborough, Ontario, under the same ideal conditions that prevail at the famous King's Langley factory, in England.

Above Par Or Under

Countless women take pride in their low golf scores and boast about their high bridge score averages. Here is a chance for the house wife to get into the scoring game by checking up on her home. There are 50 questions. If you can give yourself 10 on each one you will have a total of 500, the grade for the complete and perfect home. If you have no children, leave out questions on child's room and consider the perfect score as 470. Three hundred and fifty gives you a passing grade.

- 1. Does your living room contain a comfortable chair for each member of the family? 2. Do the drapery, upholstery, carpet and wall patterns harmonize? 3. Is there a lamp for each easy chair? 4. Are there as many tables as can suitably and conveniently be placed in the room? 5. Is there a musical instrument of some kind? 6. Is its cabinet in keeping with the other furnishings? 7. Is there adequate light, day and night on the desk? 8. Is the centre space of the living room comparatively clear? Bedroom.

- 9. Are the mattresses comfortable and the springs noiseless? 10. Does the general style of the room and the color scheme suit the occupants? 11. Is there adequate light, day and night, on the mirror? 12. Is there a bedside table with lamp, or a reading lamp attached to the bed? 13. Do the dresser, dressing table or chiffonier drawers work smoothly? 14. Is there adequate clothes closet and drawer space? 15. Is there an easy chair or chaise longue in the bedroom? 16. Are specific places provided for shoes, hats, laundry, etc.? Dining Room.

- 17. Is the dining room essentially cheerful? 18. Is it adequately furnished for easy and efficient serving of meals? 19. Are the lighting fixtures so placed that the light does not shine directly in any one's eyes while eating? 20. Are the dining room chairs conducive to an erect sitting posture? Kitchen.

- 21. Do you have a good kitchen cabinet? 22. Is your kitchen floor covered with linoleum? 23. Have you a comfortable chair or stool for sitting down for as many tasks as you can? 24. Are your working surfaces at a comfortable height? 25. Does your refrigerator maintain a temperature of 50 degrees or colder? Hall.

- 26. Does your hall carry hospitality as well as formality? 27. Is there a mirror for use as well as decoration? 28. Is space provided for temporary storing of coats, hats, rubbers, etc.? Child's Room.

- 29. Are the size and style of the furniture suited to the child's age and sex? 30. Is the furniture attractive, such as the child can be proud of? 31. Are the wall decorations, either pictures or wallpaper, such as to stimulate the child's mind and imagination wholesomely? Arrangement.

- 32. Is your furniture logically arranged in each room in the house? 33. Is it arranged in convenient groups, for talking, reading writing, etc. 34. Is it placed so that no dangerous corners are thrust out in the room? 35. Are the pictures hung where the eye will naturally see them, that is, about five feet from the floor? 36. Is the most important piece of furniture in each room placed in the most conspicuous spot? 37. Do your rugs and large pieces of furniture parallel the walls of the room? Suitability and Usability.

- 38. Are your furnishings in keeping with the style of your house? 39. Are the separate pieces of furniture in each room scaled to each other as to size? 40. Is there harmony of line in the design and patterns in each room (are all lines in one room predominantly curved, or all angular etc.)? 41. Are the preferences of your family satisfied in the furnishings, as far as this is possible? 42. Are the table surfaces cleared of meaningless odds and ends which mar their usefulness? 43. Are your chairs and davenport genuinely comfortable? 44. Do your draperies and shades work easily so that light may be controlled? 45. Do the rugs in each room harmonize with the furniture? 46. Are your furniture and furnishings the best you can afford? 47. Does each room have a color scheme of its own? 48. Are your floors, in each room the darkest part of the room? 49. Are all your windows curtained and draped, or curtained and shaded? 50. Have you a place to accommodate at least one overnight guest?

Worth Remembering Coffee will be better if one or two cups are poured off and back again before serving. Add a drop of carbolic acid to the muckage or paste and it will keep fro moulding. When washing the youngster's woolen beret, it is well to try it over a dinner plate to prevent shrinking. To remove stains of perspiration from the washable clothes, soak the garments in strong salt water before laundering them.

Miller's Worm Powders will not only expel worms from the system, but will induce healthful conditions of the system under which worms can no longer thrive. Worms keep a child in a continual state of restlessness and pain, and there can be no comfort for the little one until the cause of suffering be removed, which can be easily done by the use of these powders, than which there is nothing more effective.

For The Cook

Keep-well Drop Cakes 1 cup of butter 3 eggs 1 cup chopped dates 2 1/2 cups of flour 1 teaspoon cinnamon 1 teaspoon of soda 1 1/2 cups of granulated sugar 1 1/2 cups of walnut meats Pinch of salt 1/2 teaspoon of allepoce 1 tablespoon of hot water Work the sugar well into the butter with your mixing spoon then finish blending them by squeezing and working with the hands. Break in one egg at a time, mixing it well into the butter and sugar. Mix the chopped dates and broken nutmeats and dredge lightly with part of the flour; add them to the mixture. Sift the salt and spices with the flour and work it into the mixture a little at a time. Dissolve the soda in the hot water and mix it in very thoroughly. Drop from a teaspoon on buttered and floured tins and bake in a moderate oven. Although soft when taken from the oven, the surface will become dry as the cakes cool. When cold, pack them away—they should stand at least two or three days and will keep two or three weeks.

Douglas' Egyptian Liniment relieves toothache and neuralgia. Invaluable in cases of croup, sore throat and quinsy. Keep a bottle handy.

ILLNESS AIDS HIGH INTEREST NEW YORK, July 13.—The need for funds to pay for medical aid results in one out of every four persons that borrow from 12 per cent per annum to as high as 42 per cent on the money they borrow.

Paris Styles BY MARY KNIGHT United Press Staff Correspondent PARIS, July 14.—(U. P.)—One of the smartest tips from Paris about fashions is the fashion in fingertips. They should match the frock that is to be their background. In this season of lovely pastels, nothing could be nicer. For the bold, dominating types, the dashing brunettes and a few of the ravishing blondes, the brilliant colors will be worn at the finger-tips to correspond with crimson, emerald, royal blue, and deep amethyst gowns. For the real vampire, who wears a jet black and very daring evening gown swathed around a supple body and trimmed only with a touch of old gold, there will be ebony black nail tips, with half moons, and the extreme tips touched off in antique gold. Nor will you have finished with the final touch to your fingertips—there are the toes to be trimmed and tinted to match. Worth decrees that no hose shall be worn with any of his evening gowns and the sandals that he does permit have only one or two straps to hold them, and nothing appears over the toes clear to the instep. Regardless of the height and depth of the fur collar on your evening coat, your toes must be bare, and they must show distinctly that they are a part of the deliberately planned effect. For varicolored beach costumes this summer on the Riviera, each toe will choose a different tint, and each one will wear a little colored sock, as it were, reaching just to the ball of the foot. The heel will be divided in sections, each one different, to match one of the five colors of the toes. In other words, fashion has gone in for foot-tinting, and in a very lively manner.