

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



Easy
to make
good bread
with
ROYAL YEAST CAKES
FULL DIRECTIONS
ON EVERY PACKAGE
E. W. GILLETT CO. LTD.
TORONTO, CAN.

The First Tub Bath

Frequently the canary can be induced to take a bath by sprinkling a few seeds on top of the water in the tub. If the bird is once attracted enough to take the first bath it is usually repeated daily.

Hindus in the Madras area of India will observe Ayudha Puja next fall, at which time farmers will worship the tools and implements which they say give them their livelihood.

Daily Arguments

AUNT HET
BY ROBERT QUILLEN



"Amy puts on lots of airs since she married rich, but she ain't never outgrown the habit of callin' it the 'front room'."

POOR PA
BY CLAUDE CALLAN



"My sister Nan likes for our family to have a reunion. It gives her a chance to say that it's probably the last time we'll all be together."

A Fashion Hint



SLIMLY FLATTERING

A silk crepe that shows exquisitely soft lines in dipping flaring hem. Its simplicity makes it so suitable for all-day occasions. The treatment of the two-piece skirt is quite unusual. It is pressed into plaits at left side, and has an under front sections at right side. The neck is finished with applied bands, the front band cutting in one with jabots. Style No. 518 is smart made of Paquin red georgette crepe, chartraise green silk crepe, printed rayon voile in capucine tones, navy blue silk crepe with white crepe jabot and bands, Royal purple chiffon, grey faille silk crepe and yellow crepe de chine with white trim. Pattern can be had in sizes 16, 18, 30 years, 36, 38, 40 and 42 inches bust. Price 15 cents in stamps or coin (coin is preferred.) Wrap coin carefully.

A Morning Smile

THE FAITHFUL HEART

The doctor had returned home late. "Poor darling," he said, as he kissed his wife. "You must have been lonely."
"Not at all, dear. I'm organizing cooking classes for the women who live round here."
"Really?" said her husband. "And what do you do with the things you cook?"
"Oh, we send them to our various neighbors."
The doctor kissed her again. "Dear little woman," he said. "Always thinking of your husband's practice."

A Good Thought
When the entire family reads the magazine it is a help for each person to write his or her initials on the cover when finished with the issue. In this way the housewife knows when it can be thrown out and anyone desiring to clip an article knows when he is at liberty to do so.

Fifty men in the Tranent district of Scotland, who were attached to the 8th Royal Scots and took part in the Mons campaign, have been decorated with the 1914 bar.

Milady Beautiful

By Lela Loda



EXERCISES FOR CONSTIPATION

A large proportion of the beauty questions that come to me are about complexion troubles. The writers usually say that they have tried various brands of facial creams and lotions without success. Their skins remain coarse, sallow and blemished, but they are ready to try some other brand.

As a matter of fact, the formulae for commercial creams are much the same. The perfumes and the jars are different. What is usually needed in cases like this is not a change to a more expensive cream but a change in hygienic habits, a wise choice of food, more exercise and an avoidance of constipation.

It is this last point that I want to stress today. Constipation is one of beauty's worst enemies. It has been estimated that 25,000,000 people in the United States are addicts of the laxative habit and that they expend from \$50,000,000 to \$75,000,000 for constipation remedies yearly. Laxatives are being sold now in attractive and palatable forms, so that the temptation to use them without medical advice is great. Most people know that constipation is harmful to health and beauty, but they find it easier to take a pill to correct the condition temporarily than to correct it in Nature's way. Right diet, correct posture, deep breathing and regular exercise will cure the average case of constipation without resort to drugs.

Here are a few exercise suggestions for constipation:

Exercise One—Stand with feet apart and arms out at shoulder level. Twist the trunk to the right, bend and touch the right foot with the left hand. Keep right arm stretched up. Rise and repeat twist and bend to left side.

Exercise Two—Stand erect, with arms at sides. Kick right leg across the left leg. Return to position. Kick left leg across the right.

Exercise Three—Churning movement. Keeping hips and head steady, slowly force middle of trunk to left side, then forward, then to the right side and then to rear. Repeat, going in opposite direction.

Exercise Four—Stand erect. Step to right side and place right hand behind back. Swing left hand over head (left arm against left side of face, forearm resting on head). Bend body to right side and exhale. Repeat to original position and inhale. Repeat to opposite side, using reverse arm positions.

These exercises and a number of other good ones are given in detail in George T. Stafford's useful book, "Preventive and Corrective Physical Education." They may be repeated five to ten times each.

Homorrow — Beauty Questions Answered.

Household Hints

By Roberta Lee

To Whiten Clothes

When boiling clothes put a small quantity, about one tablespoonful, of turpentine in the boiler and it will whiten them.

Whipped Cream

Always use rich cream. Place it on ice for about an hour before using. Then whip it to the desired consistency.

Frying Pans

The frying pans can be kept bright and clean by rubbing them with a crust of hard bread. Then wash in hot water and washing soda.

Strong Buttonholes

If you find your buttonholes do not hold very well, try marking them with a pencil. Then run a line of machine stitching around the pencil mark. Cut through the centre and buttonhole over the machine stitching. It makes a splendid, firm buttonhole.

Mourns Lack of Domestic Tolerance
Dorothy Dix
The Chief Family Faller

"Intolerance is Probably the Most Common Fault in Human Nature, Yet, Strangely Enough, it is One to Which no one Ever Admits Being Guilty," Muses Dorothy Dix

Tolerance is the greatest of all domestic virtues and the rarest. Not love, not unselfishness, not self-sacrifice, not all of the cardinal virtues will go as far toward making a happy home as tolerance, yet those who would die for us if need be will not let us live in peace with our own personal opinions, beliefs and habits.

At the bottom of practically every family row is intolerance. It is what furnishes forth the meat for the daily spat over the newspapers and wives quarrel as dogs over a bone. It is intolerance that makes women nag and sets men to roaming and is the answer to the query of why children leave home.

Intolerance is probably the most common fault in human nature, yet, strangely enough, it is one to which no one ever admits being guilty. People will confess that they are murderers and thieves and thugs and bootleggers, but never to being bigoted and intolerant. On the contrary, they feel that they are being broadminded and liberal when they interfere with all of our cherished individual theories and ways and they count it unto themselves for righteousness when they try to force their own point of view upon us and attempt to make us mere rubber stamps of themselves because they are convinced that they are so much wiser and more intelligent than we are and, anyway, their way is the only right way.

Intolerance is the first aid to divorce. The first great disillusion that any young married couple gets is when they find out that marriage is a reforming process and that each has a lot of little personal idiosyncrasies that the other simply cannot understand. In the days of courtship the man has been led to believe that his lady love regarded him as a combination of sheik and oracle and fairy prince and Sir Galahad. Likewise, the girl has been left under the impression that, in her lover's eyes she was nothing less than an angel.

Imagine, then, the shock it is to a man to ascertain before they have gotten a week's journey away from the altar that his wife is bent and determined to pull him to pieces and to make him all over according to her own little perforated paper pattern and that she considers it her sacred duty to stop him from smoking and eating the kind of food he likes and singing while he is taking his bath and playing golf and indulging in a hundred other little innocuous tastes and habits in which he somehow found pleasure.

And consider the body blow it is to a woman's vanity when, even before her honeymoon is over, the bride discovers that her young husband doesn't admire her and consider her perfect as she is, as she fondly supposed, and that he is setting about the life work of crushing out her identity and making her a sort of echo of himself.

Yet we all know plenty of marriages which should have been succeeded that have gone to wreck on just this rock of intolerance. Good, kind, devoted wives who nagged their husbands about smoking until they drove them out of their homes to places where they could smoke in peace. Wives who carried on a forty years' war with their husbands over a religious creed or a lodge or politics or a fad or a hobby or because they liked automobiles or didn't like them.

And we all know husbands who make their wives' lives a burden to them by raising objections about the way the wives dress and by attempting to dictate the length of their wives' skirts and whether they shall use paint and powder and lipstick and have their hair bobbed. Husbands who are always interfering about the housekeeping and snooping in the ice box and the garbage can and telling their wives that they peel the potatoes too thick and throw away stale bread and forbidding them to belong to women's clubs and criticizing their family and friends, etc.

These foolish husbands and wives do not realize that by the time a man and woman are grown up enough to get married their habits and tastes are fixed and that we interfere with these at our peril. The wife will not see that it is better to have a contented husband smoking by the fireside than it is to have an angry and outraged husband slamming the front door behind him and going out to hunt the society of some woman who is more tolerant of tobacco than she is.

The man cannot see that his wife has a hundred good qualities that offset the one to which he objects and that it is better to have a wife who keeps herself happy and contented and bright and full of interest by gadding around than one who grows dull and sour by being kept at home and who comes to look on her husband as a jailer.

And isn't all of this struggle between the younger and older generation and most of these tears and wallings and beatings upon the breast and dismal forebodings about what the young are coming to largely a matter of intolerance on both sides?

Intolerance from youth because it refuses to be bound by the law of its elders and because it will not see that there is any viewpoint but its own. Practically every girl and boy thinks that their father and mother and everybody past the age of 40 are doddering dodos who know nothing, who have never had any experience in life and who are utterly incapable of forming any intelligent opinion about the problems of the modern world.

Hence these youngsters scorn the advice and warning of their elders, but if they were not so intolerant they could get some mighty helpful hints and save themselves from many a disaster by listening to the counsel of those who have traveled the road they are just starting out on and who know its every danger.

And it is intolerance that makes us judge the young so harshly. We think many of the things they do are wrong merely because we didn't do them when we were young.

Riding in an automobile is no more dangerous than riding in a buggy. And tomorrow riding in an airplane will be no more dangerous than riding in an automobile. Also, we forget how foolish and lacking in judgment we were when we were young and how avid for pleasure and how sure we were that we would die of disappointment if we didn't get the thing we wanted just when we wanted it.

So it all comes down to the same thing in the end. Tolerance. That is the solution for the husband and wife problem and the children and parents problem.
DOROTHY DIX.

Etiquette

By Roberta Lee

Q. How should the prongs of the fork be pointed when cutting and when conveying food to the mouth?
A. When cutting the prongs should point downwards; when conveying the food to the mouth they should point upwards.

Q. How long should the bread and butter plates remain on the table?
A. Until the dessert is served.
Q. At a public occasion should the male speaker wear full evening dress?
A. Yes.

BY-PATHS OF NEWS

Do Not Miss Band—Maybe

Readers of a newspaper at Monte Carlo, France, were somewhat puzzled recently over the following announcement: "English visitors to Monte Carlo should not miss the rare opportunity of hearing what is reputed to be the finest military band in the world, that of the Garde Republicaine, which is to give a concert in the Casino Theatre tomorrow, (Sunday) night at 9 p. m. There are 82 performers and those who have already heard them are most enthusiastic. The concert has been postponed."

Bottle Floats 2,500 Miles

After having floated 2,500 miles in 434 days at sea, a bottle was recently picked up at North Queensland. It had been dropped overboard on October 7, 1927, by a British vessel while in a most desolate part of the Pacific Ocean, 1,000 miles north of the Fiji Islands. It was a message asking that it be returned to the Meteorological office of the British Air Ministry, which is having 494 ships sailing the seven seas drop similar bottles every day in a plan of securing data to be used in tracking sea currents.

For The Cook

MAPLE NUT PUDDING

One-half cup brown sugar, one-third cup cornstarch, three cups hot water, one-eighth teaspoon salt, one-quarter cup cold water, one-half cup chopped walnuts, three egg whites. Put the hot water and brown sugar in the upper part of the double boiler, and let get hot. Mix salt and cornstarch with the cold water, add to first mixture, and cook for fifteen minutes over hot water, after it is slightly thickened. Remove from fire, cool slightly, add stiffly beaten egg whites and nuts, and serve cold with cream. Maple sugar, dissolved, is delicious instead of the brown sugar.

Economy

After using gasoline for cleaning purposes, filter it through a chamouis skin and all dirt will be removed. The gasoline can then be used again.

Hamilton's
DAINTY
CREAM
SODAS

Sealed at the oven
Look for the 1lb. Red Package!

Why Asparagus is
a Useful Vegetable

By ROYAL S. COPELAND, M. D.

A good many vegetables are canned nowadays which we never thought of in olden times as being capable of such preservation. We thought we had to take them fresh from the garden and go without them out of season.

But it is different now. For instance, spinach, artichokes and asparagus are to be had from the shelves of the grocery at any time of the year. The processes of preservation are so superior that these vegetables are present with the appearance and flavor of the fresh varieties.

You can buy canned asparagus with all the beauty in appearance and taste of the highest-priced fresh vegetable. Indeed, I doubt if the average palate would recognize the difference.

Asparagus is a native of Europe, but almost every garden on this continent possesses its asparagus bed. While the best asparagus is found between three and six years after its planting, a bed will continue to produce for 100 years. As the patch grows older the stalks grow smaller and less desirable.

There is an old-fashioned idea that asparagus is not a desirable vegetable for a rheumatic person to take. Like a lot of other foolish notions, this has no scientific foundation. There is nothing in asparagus that will harm a person with rheumatism.

All the vegetables are very much alike in their chemical constituents.

This vegetable differs from most of the others, however, in the matter of fats. It contains 3 per cent of fats, while most of the other vegetables, except beans and peas and corn, contain about half as much fat.

We need vegetables for several reasons. One is because of the ordinary food value of course, but another thing that makes them useful is that the fibre and substance of the vegetable act as a stimulant to the intestinal tract. Food which is deprived of all its coarse fibre is too fine for common use. We need rough food as well as other kinds of food.

All vegetables are valuable because of their cellulose, which gives the essential bulk to the food. Then, too, vegetables give mineral substances which are very necessary to building up the structure of the body and nervous system.

It is fortunate for us that vegetables differ so in flavor. This permits us to choose with reference to our particular appetites or immediate desires.

Asparagus is particularly good because it looks attractive. It is a great thing to have food appeal to the eye. It makes it more appetizing. The asparagus which is sold in glass jars is selected with reference to uniformity of size and color. That is one reason it is so attractive.

From every standpoint asparagus is one of the most useful and appealing of vegetables.

Penmans
FULL FASHIONED HOSE

In The Van
of Fashion

HERE is offered a mode as feminine as Cinderella . . . and as lovely, Watson's Lingerie, sheer as morning silk hose by Penmans. If you would be in step with style choose silken famous names.



Your Hosiery

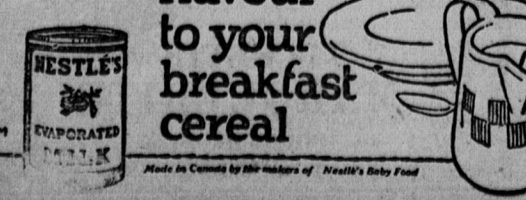
Those luxurious extra inches added to the tops of Penmans New Full-Fashioned Silk Hose give new slenderness and grace to the revealed knee. The sheer, flawless texture is fashioned to flatter all the way from trim ankles to the vanishing skirts. See them at the smartest shops.

Your Lingerie

You want supple, slenderizing undersilks . . . feathery light. Watson's Lingerie gives you what you want. You'll marvel at their beauty, their delicacy, their wear, slip, vests and panties in charming flower petal shades. Modestly priced.

Watson's
LINGERIE

"CANADA'S KOW"
NESTLÉ'S MILK
Adds
flavour
to your
breakfast
cereal



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