

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

Sad Effects of a Good Reputation Dorothy Dix Deplets Evils of Being Good at Something

If You Desire to Live in Peace and Comfort, Avoid a Reputation for Any Particular Excellence, Otherwise You Will Break Your Neck Keeping up the Standard You Have Set, and Your Only Praise Will be Criticism

Next to a bad reputation there is nothing that is such a handicap to one's pleasure and happiness as a good one.



Every one of us who has a reputation for anything has to pay for it, because we have to justify it.

The beauty must take much more care of her appearance than the homely woman.

If you acquire a reputation for conspicuous excellence in any line it establishes a precedent that you have to live up to, and in consequence you become a shining mark for criticism.

Take the lady, for instance, who is a notable housekeeper. Hasn't she let herself in for a life sentence of hard labor?

But no such blessed privilege is hers with a reputation. If everything in her home isn't spic and span and done to the minute, we say: "We don't see what people find in Mary Jones' housekeeping to be forever talking about."

It is sad to think that we have to guard against our most amiable impulses, but it is a fact nevertheless.

ORANGE PEKOE BLEND

"SALADA" TEA

"Fresh from the Gardens"

afforded by the attitude we are forced to take toward children for the sake of our self-preservation.

Every time your neighbor gets busy making a new dress or wants to go somewhere and spend the afternoon playing bridge she bundles her nursery in on you.

Every one likes to entertain her friends, but once get a reputation for hospitality and you had as well hang out a sign of free entertainment for man and beast.

Then there is the terrible thing of getting the reputation of being a philanthropist.

Once given to a cause and you are on the sucker list for the balance of your life and are importuned daily to contribute to everything from establishing a home for superannuated cats to a fund for providing booze for flappers.

A queer phase of this subject is that after you once acquire a reputation for doing a thing you never get any credit for doing it.

Also, having once established a reputation for being unselfish and patient and kind and generous, nobody appreciates your self-sacrifice or your goodness.

The moral of all of which is that we have to live up to our blue china and if we once get a good reputation we have to break our necks keeping up to the standard we have set.

DOROTHY DIX.

A Morning Smile

A Northern Ontario man who had lost both legs in a railroad accident, walked around with heavy leather pads fitted to the stumps.

Try Lydia E. Pinkham's Vegetable Compound



Felt Terribly Nervous

Fagged out... always melancholy and blue. She should take Lydia E. Pinkham's Vegetable Compound.

1-4 cup sliced mushrooms (caps and stems)

Sautéing time—10 minutes. 1 tablespoon flour. 2 cups boiling water or bouillon. Oven temperature—350 degrees F.

All liver merits the careful cook's attention; real liver is not the only one awaiting the buyer's selection.

Mix 1 teaspoon salt, 1-4 teaspoon pepper with 2 tablespoons flour in a pie plate; dip the squares of liver in and out until well coated.

CEREAL RELIEVED HIS CONSTIPATION

Kellogg's ALL-BRAN Brought New Health

Every one who has suffered from constipation should read Mr. P. M. Fisher's letter:

"For many years I suffered from constipation and used, for relief, all kinds of laxatives. After a few days' treatment, I would only find my condition the same as before and at times worse."

"Some time ago I started to use Kellogg's ALL-BRAN regularly, once a day as directed. Since doing this, I have found that I do not need any other medicine to procure the desired result, and it keeps me in a very healthful condition."

Constipation is caused by lack of two things in the diet: "Bulk" to exercise the intestines; Vitamin B to tone the intestinal tract.

The "bulk" in ALL-BRAN is much like that in lettuce. Inside the body, it forms a soft mass, which gently clears out the wastes.

How much safer this is than risking pills and drugs—so often harmful. Just eat two tablespoonsful daily—in serious cases, with every meal.

Equally tasty as a cereal, or used in cooking. Get the red-and-green package at your grocer's. Made by Kellogg in London, Ontario.

bouillon and let boil up once. Add liver squares.

Take from the heat and turn into the casserole; cover; bake half an hour, uncovering last 10 minutes. Pour over hot potato

What the Fashionables are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern

By Annabelle Worthington

Here's a stunning jacket dress for general day wear.

Chic and slimming, and easy to wear, makes it a popular choice with the miss or the matron.

A thin woolen weave in a brown mixture made the original. The upper part of the dress and revers of the jacket displayed smart contrast in plain Persian green woolen.

It's very simple to make it! And the substantial saving is well worth while.

Style No. 298 may be had in sizes 16, 18, 20 years, 36, 38, 40 and 42 inches bust. Size 36 requires 5 1/2 yards of 39-inch material with 1 yard of 39-inch contrasting.

A striking idea is a black woolen with vivid red contrast.

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

Price of pattern 15 cents.

No. 298. Size

Name

Street Address

City

State



298

The Children Catch Cold Easily



Mrs. Walter Miller, Natch Hill, B.C., writes: "The climate here in the winter time is very changeable, and the children catch cold very easily."

Pain: If a man by causing pain to others, wishes to obtain pleasure for himself, he, entangled in the bonds of selfishness will never be free from hatred.

John Gresham's Girl

By Concordia Merrel

(Continued)

She was beginning to feel deperate by this time; wondering when on earth she would get free of him, but her instinct was still to keep him in good humor.

"No, let's find a better spot. A really good one, where no one would think of looking." And as he eagerly agreed she led the way through the trees, towards the main road so that they were walking parallel with the rutty little lane that led to the cottage.

cat-like quietness, and sad nothing until with too great eagerness and hope, she was almost running. Then he called: "No! No! Road over there. Too near. People see Silly-Billy. . . Too near. . ." So she was forced to stop. But she had been able to get nearer, to the road, an even the least thing gained was encouragement.

"That's Silly-Billy's trick," he said grinning broadly. "Silly-Billy made that trick. . ." "It's a very clever trick. Do you always do it?" she asked. He nodded again.

But her compliment, this time, had a more violent effect than she had anticipated. He suddenly thrust his big head towards her, laid his thick finger across his lips and said—"Sh-sh-sh—"

Children's Colds Checked without "dosing." Rub on VICK'S VAPORUB

"No, of course not. I wouldn't," she stammered. There came into his face then, a look which made her think again that he would be a hideous thing to deal with if his anger were aroused.

Brooms and brushes should be washed at least once a month. Hair brooms should be washed in soft suds and rinsed in cold water.

Cut Your Expenses!

The easiest way to cut expenses and save money this winter is to prevent sickness expense. Thousands of women are adopting the health habit of giving a mild laxative to every member of the family once a week.

To The Electors Of Ward Three

LADIES AND GENTLEMEN:

I have been requested by many of the voters in this ward to nominate for City Councillor. In placing my name in nomination I wish to work for the best interests of the city, watching out for economy in all departments.

Thanking the many electors for their courtesies and asking for your support at the polls on Wednesday, the tenth instant, I remain,

Yours respectfully, FRED H. TRAINOR.

ELECTION CARD

TO THE ELECTORS OF WARD FIVE:

Ladies & Gentlemen:

It is my privilege once again to offer my services to Ward Five and the citizens in general as Councillor.

Having been one of your representatives for the past six years in the City Council, I have endeavoured to give you the best services within my power.

Respectfully yours, SAMUEL KENNEDY.

To the Electors of Ward 5

Ladies and Gentlemen: Every man and woman in the City is interested in keeping down these taxes, and those who have no interest in paying down the current expenses now, will deserve to pay the piper heavily when bills come in.

We have a sanatorium, capable nurses, and doctors but no inspection—will a 10 cent inspection to be correct, no blame attached to the inspector as he has no authority to inspect meat in the city limits.

We have a police force of good officers but they are imposed by having to do outside work that is in the country. I would suggest that the officers be confined to police duty within the city limits.

I recommend that the disgraceful dump be quickly disposed of as it is unfair to the citizens.

I will solicit your support. Yours truly, GEORGE WHEATLEY.

ELECTION CARD

Electors Ward 3.

Ladies & Gentlemen:—Having been waited upon by a large number of Electors of the Ward, including many of the leading business men of the City, I have placed my name in nomination as Councillor.

All my life I have been associated with business and finance and therefore believe I am qualified to attend to the affairs of the City in such a manner as to give the Citizens satisfactory service.

Thanking you in anticipation of your kind support.

I am, Respectfully Yours, B. C. Vanlderstine.

504-2-4-5-6-8-9-51

NOTICE

A meeting of the Shareholders of the Eastern Canneries, Limited will be held in the Office of the Company at Georgetown, on Tuesday, February 16th, 1932, at the hour of 2 o'clock P. M. for the purpose of appointing a Liquidator and successor to late J. W. McTee.

WILLIAM D. WIGHT, Liquidator for The Eastern Canneries Limited

NOTICE!

Milligan & Morrison have moved their Purina Feeds from Queen Street to McKie & Co., 231 Grafton Street East. We have put our business on a cash basis and McKie & Co., will be managing same for us. Phone 411.

423-2-2-61.

PURELY VEGETABLE. Take them every so often. They'll keep you HEALTHY. Sold everywhere in 25c and 75c red pkgs. CARTER'S PILLS