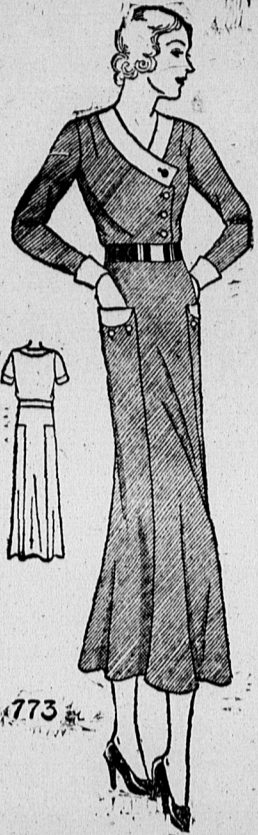


Woman's Realm :- Social and Personal :- Fashions :- Literature

What the Fashionables are Wearing Illustrated Dressmaking Lesson Furnished With Every Pattern

By Annabelle Worthington



For The Cook

MEAT LOAF

Two pounds round steak ground, one can tomato soup, two cups cracker crumbs, one teaspoon pepper, one-half teaspoon poultry dressing, one tablespoon minced onion, one cup sweet pickles, thinly sliced.

Combine meat, soup, cracker crumbs, and seasonings. Mix thoroughly. Fold in pickles. Press into a greased loaf tin and bake in moderate oven (325 degrees Fahrenheit), for one hour or until done.

Ideal Combination

DELIGHT THE EYE AND PROVIDE ESSENTIAL FOOD ELEMENTS

Color is often a fairly reliable guide in choosing fruits and vegetables which are complementary to each other. Dietitians also claim that a dish which is pleasing to look at is more easily digested and more useful to the body than one which lacks "eye appeal."

That is why, the popular summer combination of tomatoes and lettuce is ideal. The very appearance of the dish is enough to tempt the most backward appetite, and as a source of minerals and vitamins its importance can hardly be exaggerated.

Yet in spite of their health promoting properties and attractive flavour, the popularity of tomatoes and lettuce is of fairly recent origin. Today, however, tomatoes are considered by physicians one of the most economical and rich sources of vitamins known, containing greater quantities of these essential elements than even oranges. Lettuce also, in addition to being one of the most palatable and refreshing of all summer greens, also contains many food elements which are important in maintaining normal health.—Dominion Fruit Branch.

FOR Diarrhoea

THERE'S NOTHING TO EQUAL



This valuable preparation has been on the market for the past eighty years, and holds a reputation second to none for the relief of all bowel complaints. Price, 50c a bottle at all druggists or dealers; put up only by The T. Milburn Co., Limited, Toronto, Ont.

Not Only That, Such Women Live Longer Happy Marriages Keep Women Good Looking Dorothy Dix

Nagging Wives Who Get Wise to Themselves Find, According to Dorothy Dix, That if They Use "Soft Soap" and Begin to Believe They Are Lucky, Good Looks and Health Will be Theirs

The Fountain of Perpetual Youth has at last been discovered. It does not come put up in jars and bottles with a French label on them. It is to be found in a happy marriage.

A famous English doctor says that women who are congenially married not only live longer than old maids and divorcees and fretful, nagging wives do, but that they retain their youth and good looks longer and, on the contrary, that nothing ages a woman so quickly as an unhappy domestic life.

So there you are, ladies. If you want to keep your schoolgirl complexion and look a perpetual 29, all that you've got to do is to keep on thinking that your husband is a Fairy Prince and make marriage a grand, sweet song instead of a scrapping match. "Ah," but you will say, "a

happy marriage is a gift of the gods. If Lady Luck wasn't with us the day husbands were dealt out it was just too bad for us, but there is nothing we can do about it. You can't wish yourself a happy marriage any more than you can naturally wavy hair."

True. But that is just the point. If Nature made the faux pas of afflicting you with stingy, lanky locks, you don't succumb and sit meekly down and go through life with a head looking like a peeled onion. No. You beat it to the nearest beauty shop and have a permanent put in that far surpasses Nature's best efforts.

But if your marriage fails to come up to all your expectations and is more or less of a misfit, you simply take the count. You don't make any effort to put a crimp into it. You don't try to manufacture a synthetic bliss that may be almost as good as the real thing. You just let misery and discontent overflow you and make you old and ugly before your time.

Surely no woman needs to be told that happiness is the greatest beautifier in the world. It puts a glow on the cheek and a light in the eyes that no rouge nor belladonna can simulate. It gives a curve to the mouth that surpasses the best efforts of a flapper with lipstick. And so, if for no other reason, for the sake of their locks, it would pay women to cultivate the arts of domestic peace and contentment.

For nothing brings the little telltale lines around the eyes so quickly as nagging and fretting. Nothing dulls the eyes so surely as brooding dissatisfaction. Nothing straightens out the cupid's bow of a woman's mouth and makes it a thin, ugly gash on her face like saying mean, peevish things and delivering curt lectures. It is the expression on a woman's face that dates it. Her number of birthdays has nothing to do with it. If she is smiling and joyous she looks young. If she is moody and miserable she looks old.

For confirmation of this observe your friends and acquaintances. When a girl fades almost immediately after marriage, do we not all recognize it as the infallible indication that she is unhappy? And on the other hand, do we not all know happily married women who at 50 and 60 still have their good looks and are mere girls?

Now the secret of a happy married life consists in making the best of your bargain. There are no ideal husbands. No automatic self-running homes. No angel children. All husbands have their faults. All homes require work to keep them going. All children are brats. And it depends on the individual woman whether she will let these make her old and ugly by worrying over them and fretting about them or whether she will take them with philosophy and get enough pleasure and happiness out of them to keep her young and pretty.

Women will say, and truly, that to put up with the temper and temperament of the average husband, to give the soft answer that turns away wrath and to keep on smiling when you feel like throwing things requires monumental self-control and sacrifice of one's inclinations. So it does. But so does all the regiment that women heroically go through trying to keep young. Surely the woman who keeps herself in a half-starved state in order to gain a boyish figure, and who looks upon the mayonnaise and whipped cream and chocolate pies without touching them, has mastered herself so completely that she would find it mere child's play to hold her tongue in any time of domestic stress and argument. Any woman who can count her calories can count her words.

Surely the women who have cut out all of the things they like best to eat would have no difficulty in cutting out criticism, and snappy comebacks, and fault-finding, and nagging, and those who have been heroic enough to do their daily dozen could easily substitute for the bending and twisting and contorting little flattering attentions, a few words of praise, a little appreciation and jollying, a medium of the soft soap that makes the domestic machinery run without squeaking.

And assuredly women would find it no more difficult to keep their wits supple than they do their bodies, and they might even discover that there was more profit to them in coloring their opinions to agree with their husbands' than in dyeing their hair. For any woman looks good to a man who looks at things from his point of view.

From time immemorial women have tried every panacea for keeping young that has been offered them, from bathing in asses' milk to starvation. Let's hope they will try this new theory of making marriage a success as the best way to keep young. DOROTHY DIX.

"Three Good, Healthy Reasons" for Praise

"I have three good, healthy reasons for singing the praises of BABY'S OWN TABLETS—two lovely boys and a girl, all of whom have been greatly benefited by the Tablets during babyhood," writes Mrs. Judson Millett, Mosherville, N.S. "If more BABY'S OWN TABLETS were used there would be fewer sick babies," writes Mrs. Lewis Weldon, Moncton, N.B. "I would not be without BABY'S OWN DR. WILLIAMS' BABY'S OWN TABLETS Make and Keep Children Well—As Mothers Know



Birthdays cannot steal her beauty

"I'm over 30" says Aileen Pringle

LOOKING at this recent photograph you will agree that Aileen Pringle knows the secret of keeping youthful allure! Never was this lovely screen star more popular than now! "I'm over 30," she says. "But I don't mind admitting it one bit. No woman needs to fear birthdays if she knows how to care for her appearance. "Women on the screen, of course, must keep youthful charm. And a young-looking skin is absolutely necessary. For years I've used Lux Toilet Soap." Of the 694 important Hollywood actresses, including all stars, 686 use this fragrant white soap. All the big studios have made it their official soap. Its unrivaled whiteness will delight you. Get some today!

LUX Toilet Soap 10¢

Lever Brothers Limited, Toronto Soapmakers by appointment to their Excellencies the Governor-General and Countess of Beasborough.

Salad Rivals One Apple As Tuning Fork

An apple a day keeps the doctor away according to an old saying, this might be enlarged to include salads for certainly the people who eat plenty of these health and appetite producing salads are less likely to have to visit their physician frequently. It seems there cannot be too many salads, and so we pass on this group with the hope that some of our readers will find them valuable and as delicious as their favorite doctor chase. Spiced Salmon in Cucumber Boats Remove bones and skin from the contents of

- 1 large can of red salmon. Boil for two minutes
3-4 cup vinegar
12 whole cloves
12 peppercorns
6 allspice berries and
1-2 teaspoon salt. Pour white hot over the salmon and let stand several hours.
Drain and serve cold in Cucumber boats or on Lettuce leaves garnished with sliced cucumbers.

Canadian Salad

- 4 medium sized potatoes until waxy but not mealy, then peel and dice them when cool. Peel and dice
2 apples, add
1 tablespoon chopped olives
1 teaspoon capers
1 onion chopped fine. Toss together until well mixed, add 3-4 cup mayonnaise and mix again.
Chill thoroughly and serve on Lettuce leaves, garnish with Mayonnaise and paprika.

Colorado Salad

- Chill
1 can apricots
15 marshmallows, blanch
36 almonds and whip
1-2 pint cream
Drain liquid from apricots and fill centre of each with 1-2 marshmallow, then place a blanched almond in the centre of each marshmallow. Arrange on
Lettuce leaves, garnish with whipped cream which has been slightly sweetened, sprinkle with remaining almonds and
Green cherries or
Chopped mint leaves and serve

Lime Imperial Salad

- In
1 cup boiling water dissolve
1 package lime flavored gelatine
add
1 cup canned pineapple juice and
1 tablespoon vinegar and chill until slightly thickened fold in the mixture
3 slices pineapple diced
1-2 can pimientos shredded and
1 medium sized cucumber cut into small dice, salted and drained
Turn into individual molds and chill until firm. Unmold on crisp lettuce beds and serve with mayonnaise to which whipped cream has been added. Serves 4.

How Blonds Appeared

ITHACA, N. Y., Sept. 6.—The first blonde to appear in a race of brunettes resulted from a process much like changing water into gas, it was revealed today by a scientist's new picture of how evolution works. A new idea of what happens inside genes, the microscopic units of heredity that carry such traits as blonde hair, blue eyes or snub noses from mother to daughter, was presented before the International Congress of Genetics by Dr. N. Timofeef-Resovsky of Germany. He said experiments show a gene is probably a large molecule or bundle of atoms, a single physicochemical unit like a molecule of water. The change, or "mutation,"

HAD TO PAY TEACHER HER SALARY

CALGARY, Alta., Sept. 6.—(By The Canadian Press)—Holding that the board of trustees of Beaver Ridge school district committed a breach of contract, Mr. Justice H. W. Lunnay, in an oral judgment delivered at the last sittings of the Supreme Court in Peace River judicial district, awarded \$310 to Mrs. Naomi E. Riedel, former school teacher.

She was engaged by the ratepayers as teacher of the Beaver Ridge district school at the commencement of the 1930 term, at a salary of \$1,200 per year. According to the terms of the contract the agreement could be terminated by either party only after written notice of 30 days had been given together with the privilege of attending a meeting of the ratepayers at which the matter would be discussed.

The plaintiff continued as teacher until the school closed Dec. 19, 1930. At a meeting of the ratepayers in January, 1931, it was decided to engage a male teacher at a reduced salary. The plaintiff had after this meeting and had pointed out that the notice of dismissal given her was not in accordance with the terms of her contract. She had been given to understand that she might be retained for another term at the meeting, the plaintiff testified.

For muscular "kinks" Minard's

Oxydol advertisement featuring an illustration of a woman washing dishes and a box of Oxydol soap. Text: 'We know, Madam, Washing dishes 3 times a day is dull work BUT see if the New Oxydol doesn't make it easier Because it makes dishes sparkle, because it makes 50% more suds, because it cuts grease like a flash, because it leaves no scum, because it softens water, because it is easy on hands, Oxydol is the finest soap in the world for dishwashing.' Includes '50% MORE SUDS MEANS 47% LESS WORK' and 'MADE IN CANADA'.