

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

A Morning Smile

The budding counsel was rather a bully. He was cross-examining an old carman. "You drive a wagon?" he asked the old man.

The European situation is extremely complicated, but fortunately it is a great deal simpler than the official diplomatic explanations of it.



I BEGAN to take Lydia E. Pinkham's Vegetable Compound when I was forty-five years old. I was suffering at the Change of Life.

Lydia E. Pinkham's VEGETABLE COMPOUND

WOMEN'S INSTITUTE REPORT

Eleven members and five visitors attended the March meeting of the Donaldson Women's Institute at the home of Mrs. Leonard Court.

Mothers, Mix This At Home for a Bad Cough

You'll be pleasantly surprised when you make up this simple home mixture and try it for a distressing cough due to a cold.

How to Be Happy

Dorothy Dix

Concludes List of Attributes

To Achieve Happiness, Stop Borrowing Trouble; Think of Others Instead of Yourself; Cultivate Human Understanding; Keep Busy, And Remember That You Get Out of Life Just What You Put in it

TEN RULES FOR HAPPINESS

(Continued From Monday)

Sixth. Don't Borrow Trouble. Don't spoil the sunshine of today dreading the storm that may come next week or next month or next year.



When you think about the folly of borrowing trouble, and that the interest we have to pay on it in fears and tears keeps us bankrupt in happiness, it doesn't seem as if any one could be silly enough to do it.

I know plenty of mothers with healthy children who are miserable all the time for fear their children might possibly catch some disease and die, and other mothers who go into a perfect panic every time their children are out on their sight for fear they have been kidnapped or run over by an automobile.

If we suffered only from our real troubles, we would be as happy as kings. It is the imaginary ones that keep us in a perpetual state of gloom.

Seventh. Think of others. Some one has said that we all find it easy to bear the sorrows of our friends. That may be cynically true, but it is also altruistically true.

It may be that we can meet the troubles of others with greater fortitude than we can our own, that we can be more philosophical about the Joneses losing their fortune or the Brown girl eloping with the chauffeur than we could if our own money had gone up in a smash and our own daughter made a messalliance.

But, on the other hand, it is certain that no selfish person is ever happy. No one who is primarily concerned with his own individual happiness and puts that before anything else in the world is ever happy.

For the self-centered are never satisfied. They never get all they want. They never get just the center of the spotlight. They are always reaching, asking, craving for something that is just beyond their reach.

The House of Dreams-Come-True

By Margaret Pedler

(Continued)

CHAPTER III

THE STRANGER ON THE ICE

"And this friend of your father's? You have not heard from her yet?" Jean and Madame de Varigny were breakfasting together the morning after Peterson's departure.

"No, I hoped a letter might have come for me by this morning's post. But I'm afraid I shall be on your hands a day or two longer," smiling.

"But it is a pleasure!" Madame de Varigny reassured her warmly. "My husband and I are here for another week yet. After that we go on to St. Moritz. He is suddenly discontented with Montavan. If, by any chance, you have not then heard from Lady-Lady—I forget the name—"

"Lady Anne Brennan," supplied Jean.

A curiously concentrated expression seemed to flit for an instant across Madame de Varigny's face, but she continued smoothly: "Monsieur—Lady Brennan Ebbelen if you have not heard from her by the time we leave for St. Moritz, you must come with us. It would add greatly to our pleasure."

"It's very good of you," replied Jean. She felt frankly grateful for the suggestion, realising that if, by any mischance, the letter should be delayed till then, Madame de Varigny's offer would considerably smooth her path. In spite of Glyn's decision on that she must join him in Paris, should Lady Anne's invitation fail to materialise, she was well aware that he would not greet her appearance on the scene with any enthusiasm.

to a jun'or branch of the family, I believe," she added. "That would not be considered a very good match for a peer's daughter, surely?" hazarded the Countess. "A junior branch? I suppose there was a romantic love-affair of some kind behind it?"

"It was Lady Anne's second marriage. Her first husband was a Tormarin—one of the oldest families in England," Jean spoke rather stiffly. There was something jarring about the pertinacious catechism.

Madame de Varigny's lips trembled as she put her next question, and not even the dusky fringes of lashes could quite soften the sudden tense gleam in her eyes.

"Tor—ma—rini!" She pronounced the name with a French inflection, evidently finding the unusual English word a little beyond her powers. "What a curious name! That, I am sure, is uncommon. And this Lady Anne—she has children—sons? No?"

"Oh yes. She has two sons." "Indeed?" Madame de Varigny looked interested. "And what are the sons called?" Jean regarded her with mild surprise. Apparently the subject of nomenclature had a peculiar fascination for her.

"I really forget. My father did once tell me, but I don't recollect what he said." A perceptible shade of disappointment passed over the other's face, then though realising that she had exhibited a rather uncalled-for curiosity, she said deprecatingly: "I fear I seem intrusive. But I

Ugly Pimples

Nature's warning—help nature clear your complexion and paint red roses in your pale, yellow cheeks. Truly wonderful remedy follows through colon cleansing. Take the NATURE'S REMEDY to regulate and strengthen your eliminative organs. Then watch the transformation. Try it instead of more laxatives. Only 25c.

The All-Vegetable Laxative

Sleep soundly tonight



they have to endure themselves because they are so absorbed in helping others who ever really attain happiness.

The one and only panacea for sorrow is to try to assuage a grief greater than your own. The only road to contentment leads by the door of those who are less well-off than you are. It is not those who are most loved who are happiest. It is those who love the most.

Eight. Cultivate the Human Relationship. When all is said, happiness does not consist in any particular environment or condition of life, or any one big thing that happens to us. It lies in little everyday things that the poorest and the humblest may have as well as the rich and great. And, most of all, it consists in the congeniality of our home lives and in our having friends that we enjoy.

It rests with every married couple whether they will go down the years hand in hand, loving each other, enjoying each other, or whether they will fight from the altar to the grave. All parents could give loving and dutiful and companionable children if they would give their youngsters the affection and understanding and comradeship they crave. And we could all have friends if we would bind those we know to us with hoops of steel forged out of loyalty and kindness and consideration and attention.

When you hear old people complaining that they are lonely and have no friends, you do not need to be told that it is because they have never done anything to win friendship, and so they are deprived of the one thing that is the solace of age.

Nine. Keep Busy. Work. An idle brain is the devil's workshop in which he manufactures all of the thirty-nine different varieties of misery, plain and fancy.

Stevenson said that for a man to do the kind of work he liked to do for his own sake, and without any consideration of its gains, was for him to have been called of the gods. And this is true, and this is why it is so important for every man and woman to try to find the work that is congenial to them, because it not only means their success, but their happiness. But any kind of work is better than no work at all. The real panacea for everything that ails us is employment.

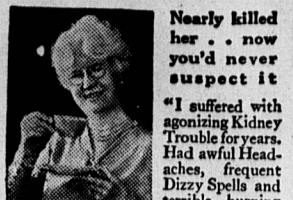
It is the idle, neurotic women who fill the doctors' offices. It is after women have reared their children and their husbands have gotten richer and they have nothing to do that they find out that they are misunderstood and discover their soulmate in some other man. It is the women come talebearers and gossipers, and who break up their children's homes home or in business, who are happy and cheerful.

Ten. Remember that you get out of life just exactly what you put into it. If you put envy and spite and bitterness into life, you will get out of it only a bitter brew. But if you put into life cheer and optimism and courage and faith, you will get out of it the wine of happiness.

The End.

DOROTHY DIX.

NEGLECTED KIDNEYS



Nearly killed her... now you'd never suspect it

Finally used 'Fruit-a-tives' and soon felt like a new woman. The Headaches, Back Pains and Dizziness were gone. —Mrs. E. W., Belleville, Ont. Fruit-a-tives stimulates FIVE vital organs to work naturally—the great discovery of a brilliant physician, graduate of the Royal College of Physicians and Surgeons, Edinburgh. For permanent relief from backaches, indigestion, constipation and the like, you will find Fruit-a-tives is the best remedy you can buy. 25c. and 50c.

Fruit-a-tives MAKE AND KEEP YOU WELL

For The Cook

HERE IS LIVER IN A NEW GUISE

Can you cook a liver dish other than fried liver and bacon? Here is a tasty one which we have at home:

Mock Goose For four people you will need 1 lb. liver, 1 teaspoonful sage, 1 tablespoonful flour, 2 lbs. potatoes, 2 onions, salt, pepper, 1 apple and 1/2 pint of stock or boiling water.

First wash, peel and cut potatoes into slices. Wipe liver with damp cloth, remove all piping and cut in slices 1/4 inch thick. Mix flour, pepper and salt on plate and dip pieces of liver into it. Peel and chop onions finely; peel, core and chop apple and mix it with onion and powdered sage. Next grease casserole, put in a layer of liver, sprinkle with onion mixture, salt and pepper, cover with layer of potatoes. Continue layers until dish is full—last layer must be potatoes. Pour over the hot stock of hot water, put on casserole lid, bake for 1 1/2 hours. Take off lid shortly before serving to allow potatoes to brown.

In consideration of the warning that the country may be flooded with cheap "champagne" from Soviet Russia, we have ordered a pair of waders—Punch.

What the Fashionables are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern

By Annabelle Worthington



FORTUNE HEAD SCHOOL

Following the standing of Fortune Head School:—

- Grade X—1. Agnes MacDonald; 2. Ruth Ross; 3. Clementine Brown. Grade V—1. Ella May Brown; 2. Reginald Brown. Grade IV—1. Hilda Brown; 2. Vienna MacDonald. Grade III—1. Cassie Brown. Grade I (A)—1. Ernest Brown. Grade I (B)—1. Myrtle Brown; 2. Florrie Wilson; 3. Sarah Bell Blais and Freddie Blais. Perfect Attendance:—Ernest Brown, Cassie Brown, Reg Brown, Agnes MacDonald, Hilda Brown

One of the new smart ideas in thoroughly slimming is the seam-hip line. In today's mode it's decidedly prominent, the front and the back, meeting at a nice depth at either side of the skirt. And you'll notice there are inverted plaits at either side. They give ample width and flare without detracting from the smart straight line of the dress.

It's an excellent model for the new sheer wools that are now attracting so much attention in the new novelty weaves.

Rough crepe silk is also very smart for this lovely day dress.

Style No. 950 is designed for sizes 16, 18, 20 years, 36, 38, 40, 42, 44 and 46 inches bust. Size 36 requires 2 1/2 yards of 54-inch material with 1/2 yard of 35-inch contrasting.

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

Price of pattern 15 cents.

Form with fields for Name, Street Address, City, State

Ella May Brown, Clementine Brown, Ruth Ross, Mar-on Ross, Frances Ross. C. S. MacEachern, Teacher

COLIC

"Really, I think BABY'S OWN TABLETS are wonderful," writes Mrs. Allan P. MacDonald, Northfield, Ont. "My baby has no more colic pains."

Don't let your baby suffer—give BABY'S OWN TABLETS. For colds, fever, upset stomach, constipation. Absolutely harmless. 25c. per box.

Dr. Williams' BABY'S OWN TABLETS

NOTICE!

Is hereby given that I will not be responsible for bills contracted by my name, without my personal consent.

MRS. F. J. HORNSBY, Charlotte

1340-3-8-31.

NOTICE!

Annual Meeting Hope River Ec Circle will be held in Hope River Hall, on Saturday, March 12th, at 2 P. M. If not fine following Monday.

J. L. MURPHY, Secretary

1353-3-9-21.

leaves or lettuce. Fill hollow in center with a mixture of walnut pecan meats and a little cream cheese. Make a garnish of canned pimento cut in strips, and sprinkle with a French dressing, using lettuce juice instead of vinegar. Get adding a teaspoon of sugar. Get very cold.

In Memoriam

LILLIAN HIGGINS

A feeling of sadness and genuine regret pervaded the mind of the people of Kensington and vicinity when it became known that Miss Lillian Higgins had passed away at the comparatively early age of 54 years, at the home of her brother, William Higgins, Kensington.

She was possessed of a lovable and vivacious disposition, and her large circle of friends in this province and abroad will be sorry to hear of her death. She suffered a breakdown in health nearly two years ago, and notwithstanding the assiduous attention of doctors, treatment in Prince County Hospital, and the kind and self-sacrificing attention of sisters and brothers she failed to recuperate and gradually became weaker, till at last on Feb. 11th, her spirit took its flight to that great bourne from which no traveller returns. She was ministered to spiritually during her long illness by her pastor, Rev. F. MacDonald, of St. Mary's, Indian River, and died soothed and sustained by an unflinching trust, absolutely resigned to the decree of the Divine Will.

She leaves to mourn, five brothers and four sisters, who will cherish the memory of a loving and self-sacrificing sister, viz. William and Joseph, of Kensington, George and James, of Seattle, Wash.; Stephen, of Powell River, B.C.; Mrs. Thos. McLaughlin, Saint John, N. B.; Mrs. John Gillis, of Boston; Mrs. Angus Wilson, of Seattle, Wash., and Mrs. Emma Mulally, of Kensington.

The pall bearers were six nephews, namely, George Higgins, Maurice Higgins, Alfred Higgins, George Mulally, Harold Mulally, James Mulally.

Her mortal remains were consigned to earth in St. Mary's Cemetery, on Feb. 14th. The funeral service was conducted by the pastor, Rev. F. MacDonald.

Many messages of sympathy and condolence were received by her brothers and sisters at home. The following Mass Cards and Spiritual Bouquets were also received: Rev. M. J. Smith, Kinkora; St. Dunstan's Charity Club, Boston; Philip E. and Flora M. Peters, Boston; Mr. and Mrs. W. J. MacDonald, Boston; Mrs. Kathryn McAlloy, Boston; Mr. and Mrs. Fred Mulally, Souris, P.E.I.; League of the Sacred Heart,



Mentholatum The healing Cream

for Burns, Scalds, Bites, Colds, Chapped skin, Cuts, Bruises, etc.

MADE IN CANADA

turn of the way brought the sheet of ice suddenly into full view, all thoughts concerning the bunch of contradictions that goes to make up individual character were swept out of her mind.

In the glory of the morning sunlight the stretch of frozen water gleamed like a shield of burnished silver whilst on its further side rose great pine-woods, mysteriously dark and silent, climbing the steeply rising ground towards the mountains.

There were a number of people skating, and Jean discovered Monsieur Griotlet in the distance, supervising the practice of a pretty American girl who was cutting figures with an ease and exquisite balance of lithic body that hardly seemed to stand in need of the instructions he poured forth so volubly. Probably, Jean decided, the American had entered for some match and was being coached up to concert pitch accordingly.

She stood for a little time watching with interest the varied performances of the skaters. Bands of light-hearted young folk, indulging in the sport just for the sheer enjoyment of it, sped gaily by, broken snatches of their talk and laughter drifting back to her as they passed, whilst groups of more accomplished skaters performed intricate evolutions with an earnestness and intensity of purpose almost worthy of a better cause.

Jean felt herself a little stranded and forlorn. She would have liked someone to share her enthusiasm for the marvels achieved by the figure-skaters—and to laugh with her a little at their deadly seriousness and at the scrape of heated argument ament the various schools of technique which came to her borne on the still, clear air.

Presently her attention was attracted by the solitary figure of a man who swept past her in the course of making a complete circle of the rink. He skimmed the ice with the free assurance of an expert, and as he passed, Jean caught a fleeting glimpse of a supple sinewy figure, and of a lean, dark face, down-bent, with a cap crammed low on to the somewhat scowling brows.

There was something curiously distinctive about the man. Brief as was her vision of him it possessed an odd definiteness—a vividness of impression that was rather startling. (To Be Continued)

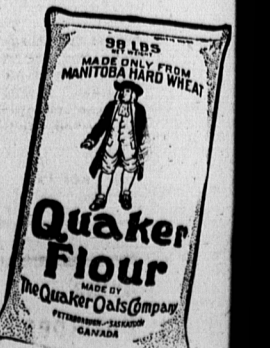
GUARANTEED... to give you perfect baking results

READ this guarantee of Quaker Flour... it is printed on a linen tag sewn in the top of every sack. No guarantee could be more sweeping:—

"If for any reason Quaker Flour does not give you perfect satisfaction, your dealer will gladly replace same or refund your money."

All wheat is tested for its food value and tempered for hours, so that in milling all its food qualities shall be maintained. Quality is tested in our laboratory every hour while it is being milled. In our kitchens, Quaker Flour is oven-tested daily just as you bake it in yours.

Won't you try Quaker Flour?



Quaker Flour Always the Same Always the Best