

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



bring it home!

LEARN the joy of Kellogg's PEP Bran Flakes. A twice-good cereal. Good to taste!—with fine flavor of whole wheat. Good to eat!—with body-building elements. Enough bran to be mildly laxative.

You'll enjoy these better bran flakes. Get them at your grocer's.

BETTER BRAN FLAKES



WALKING OR SAWING WOOD PREVENTS FAT

SAN FRANCISCO, Oct. 4.—To wear off one pound of fat, Dr. J. C. Geiger, city health director, estimated one must walk 144 miles at a rate of two miles per hour.

Or one must saw wood for 10 1/2 hours.

But one slice of bread and butter eaten by a famished starving woodchopper after all that work will promptly put that pound back again, he contends.

The Crippled Lady of Peribonka

By JAMES OLIVER CURWOOD

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CHAPTER XII

Paul heard the crash. He was a little beyond the place where he had left Carla, and ran to it, calling her name. He leaped through the dust which was settling quickly and heavily, and saw the hollow choked to the brim with the debris of the avalanche. Carla was caught in the last grip of it, near the crest of the rock slip. The upper part of her body was out, and she was alive when Paul reached her. He tried to speak as he tore at the rocks. But



Her Eyes Were Closed When He Had Her In His Arms at Last.

his voice was gone. He saw Carla's eyes looking at him with the light fading out of them. She made no sound. Her eyes were closed when he had her in his arms at last. Yet she was not dead—he found himself saying the words over and over as he climbed with her out of the fissure.

It may be that the full story of Carla Haldan and Paul would never have been known had it not been for the happening of this night. It seems reasonable that neither Claire nor Lucy-Belle nor the others would have told the more intimate of his details. A madman told the story.

For The Cook

PEACH MERINGUE

1/4 teaspoon gelatin. 1 tablespoon cold water. 1/4 cup boiling water. 1/4 cup sugar. 2-3 cup cream. 2 egg whites. 1 teaspoon vanilla. Peach ice cream. Soak the gelatin in cold water and dissolve it in boiling water. Add the cream. When the mixture begins to thicken, pour slowly over the beaten whites of eggs and continue beating until it is as thick as cream. Add vanilla. Line a mould with frozen peach ice cream and fill the center with meringue. Cover tightly. Pack in ice and salt and let stand three to four hours.

ORANGE MARMALADE

(Cooking orange whole)

Take the thickest skinned oranges that you can buy. The quantity will depend on your enthusiasm for marmalade and the size of your largest kettle. Wash the oranges, remove the blossom and put them into the kettle with cold water enough to cover them generously. Just drop them, whole. Put them on the stove and cook them at a gentle boil for three hours. At first the top ones will have to be turned rather often. They float, and without turning the skins will not cook evenly. After some turning they usually become water-logged enough to settle down. Let them cool in the water. When cool strip off the skins. Discard any "strings" and any seeds. Otherwise, cut the skins in paper-thin strips and dice the pulp. Scissors make easy work of this. Mix the skins and pulp and all juice from the cutting and measure it. Mix it with cup for cup of sugar and add one cup of sugar extra and one cup of water. Let it stand overnight. Next day, cook the mixture for about 10 minutes after boiling starts. Or if you like it thicker, cook it somewhat longer. Put in sterilized glasses and seal with paraffin. Like all marmalades, it must be stirred carefully so that it does not burn while cooking after sugar is added. If water boils away when the oranges are boiling, replenish it as necessary.

What the Fashionables are Wearing

By Annabelle Worthington

Illustrated Dressmaking Lesson Furnished With Every Pattern

Wearable and in the very newest feeling is this lovely crepe silk print frock.

It is just the model for figures a little above normal and for matrons.

The panel effect of the skirt at the front and at the back, gives elegant height to the figure.

Then too, the bodice in deep V-shape with softly falling jabot collar, cuts undue breadth most satisfactorily.

And it's simplicity itself to fashion it. And as to the saving in cost—you'll be amazed.

Style No. 372 is designed for sizes 36, 38, 40, 42, 44, 46 and 48 inches bust. Size 36 requires 4 1/2 yards of 39-inch material with 1/4 yard of 39-inch contrasting.

Price of Pattern 15 cents in stamps or coin (coin preferred). Wrap coin carefully.

No. 372. Size

Name

Street Address

City

State

After an engagement, lasting 45 years a seventy-year-old couple were married recently at Hamburg, Germany.



Nervous, Sleepless

Brantford, Ont.—"My nerves were all unstrung, I could hardly sleep at night and felt dull, listless, tired," said Mrs. T. Dawson of 26 Glenville Ave. "I used to get nervous headaches, too, that made me awfully miserable. I used Dr. Pierce's Golden Medical Discovery and it quieted my nerves. I had more energy, no longer had those nervous headaches and was able to rest well at night. Golden Medical Discovery certainly did me a world of good."

All druggists. Fluid or tablets. If you want free medical advice, write to Dr. Pierce's Clinic in Buffalo, N. Y.

Colic Pains

"I found that BABY'S OWN TABLETS relieve colic pains almost at once," writes Mrs. Mildred Noddin, Long Creek, N.B. Many other Mothers report equally happy benefits from giving their children these Tablets.

BABY'S OWN TABLETS are recommended by Mothers for teething troubles, upset stomach, indigestion, colic, simple fevers, constipation. There is no need for YOUR child to suffer. BABY'S OWN TABLETS can be given with absolute safety—see analyst's certificate in each 25c package.

Dr. Williams' 244 BABY'S OWN TABLETS

Watson-Murray Nuptials

Milan, Que., Sept. 26.—The marriage of Miss Mary Murray, B. A., only daughter of the Rev. Allister and Mrs. Murray, of Caledonia, Prince Edward Island, to Mr. T. J. Watson, B. A., of St. Matthew's Presbyterian Church, of Woodlands, eldest son of Mr. and Mrs. James R. Watson, of Caledonia, Scotland, took place on Wednesday afternoon, September 14, at half-past three o'clock at Bethany Presbyterian Church.

Rev. G. H. Dunlop, B. A., of Ramsgate, Ont., officiated at the service and was assisted by Rev. Allister Murray father of the bride. The church was decorated with arches of maple leaves and seasonal flowers in shades of yellow and mauve. The music was rendered by Mrs. George MacDonald, of Milan. Miss Mary Morrison, cousin of the bride, was bridesmaid. The best man was Mr. John Fleck, formerly of Caledonia, Scotland, and the ushers were Mr. Fred McKenzie and Mr. Albert Murray.

The bride, who was given in marriage by her father, wore a gown of white georgette crepe and lace, with net veil edged with seed pearls. She carried a sheaf bouquet of Johanna Hill roses and white heather. The bridesmaid's gown was of pale pink georgette, with which she wore a beige hat and shoes. She carried a bouquet of pink roses with purple heather. Mrs. Murray, the bride's mother, was gowned in black crepe satin with cape collar of lace. After the ceremony a reception was held in the Community Hall which like the Church was most tastefully and devotedly decorated by the ladies of Milan in pink and white, 3 large white bells suspended from the ceiling over the bride's table.

for RHEUMATISM Four Minard's into a warm dish. Rub liniment gently in! Then apply it according to directions. . . and soon you'll get relief!



MINARD'S "KING OF PAIN" LINIMENT

New Version Of In-Law Question Dorothy Dix Gives Older Woman's Viewpoint

Is it Always the Daughter-in-Law Who is to be Pitied When She Must Live With Her Husband's Mother?—Pity the Mother-in-Law, Cries One of Them, for it is She Who Must Bend Her Will to the Younger Woman's

An elderly woman said to me the other day: "Every one pities the woman who has to live with her husband's mother, but, believe me, if you have tears to shed it is the mother-in-law over whom you should weep. It is her shoulder on which you should sob, for hers is the harder lot. She is the one who is called upon to make the greater sacrifices. She is the one whose existence is turned to cinders, ashes and dust by being thrust into an enforced relationship that develops all that is worst in family life."

"Of course, I'll admit that the daughter-in-law has her just grievances. She naturally wants her home to herself and to monopolize her husband. And there is no denying that we old people get set in our ways and prejudices, and that we are often a little bossy and find it difficult to watch anybody else making a pie without putting our finger in it, and if our daughters-in-law adjusted themselves to us it would take a bit of doing, as the English say. Some scrapping of their own personal opinions. The use of some tact and diplomacy in handling us."

"But do they waste any finesse on dealing with a mere mother-in-law? Never a bit of it. It is we who have to do the adjusting to them, if there is any adjusting done. It is we who have to bend the hinges of our stiff old opinions and ideas, not they. For there is no other human being so adamant and unchangeable in her views, so cocksure she is always right and knows it all as a daughter-in-law."

"And she is equally sure that her mother-in-law is a moron whose years of living and experience have taught her nothing, and who has raised a large family of children without ever having learned how to change a baby's dity."

"Naturally that isn't soothing to the vanity of a woman who has been celebrated in her community as a notable housekeeper and a model mother, and what adds gall and wormwood to the situation is the knowledge that she is an unwelcome guest and that her daughter-in-law would rid herself of her by any means, fair or foul, if she could."

"Oh, the humiliation of that! Oh, the bitterness of knowing you are not wanted and being forced to eat bread that is begrudged you! Oh, the desperate loneliness of living in a home in which you are an alien! I have been told that among certain savages it is the custom to kill people when they get old. Sometimes I think it is a more humane custom than ours of forcing them to live with their in-laws."

"Worse still for many of us mothers-in-law is the realization that we are a firebrand in our sons' houses that threatens to destroy them. We know we are a constant source of friction between them and their wives, and that they would be happier without us. We have seen them afraid to show us any affection. Afraid to repay us any of the money that we slaved and starved for, to put them through college and give them a start in the world. Afraid even to hold a casual conversation with us because of the scenes they would have to go through afterward with ally

the bride's table which occupied the centre of the spacious hall almost from end to end, adorned by the large 3 tier bride's cake splendidly got up displaying the artistic taste of Mr. Stewart of the Stewart Bakery, Charlottetown, adorned the bride's table. A number of smaller tables were set on either side. About 150 guests sat down to a sumptuous supper.

A sheaf of congratulatory telegrams were read, one, all the way from Scotland from the groom's parents, and one from Detroit from Miss Bella Morrison, cousin of the bride. The toast to the young couple was proposed by the officiating clergymen Rev. G. H. Dunlop and responded to by the groom, and to the bridesmaid by Rev. Alex McKay, Milan, and responded to by Mr. John Fleck, student in Arts and Theology, Montreal, all of which were delivered in the best style and charming Scotch accent sprinkled with wisdom and wit.

The eventful day, a day of brilliant sunshine, which toned into a calm mellow evening, was brought to a close by a short address from the bride's father after which the young couple started on their honeymoon amidst showers of confetti and the best wishes of hosts of friends.

Mrs. Watson received many valuable and useful wedding presents from friends as far away as Australia, British Guiana, Scotland and many parts of Canada.

Mr. and Mrs. Watson after spending a few days in Montreal left by aeroplane for Floral Park, Long Island. The bride and groom are graduates in Arts of McGill University, Montreal, and both have served a number of years in the Foreign Mission Field. The bride travelled in navy blue with beige accessories and silver Fox Fur, the gift of her father.

The out of town guests included Mr. and Mrs. Alfred Taylor and Miss Charlotte Wadleigh of Danville, Que., Mrs. John Mulreid, New York, Mrs. Jack Mannes and little daughter Margaret of Brooklyn, N. Y., and Mr. and Mrs. Warren Free of Floral Park, Long Island. (Patriot Please Copy.)

IN MEMORIAM

MR. THOMAS FISHER The death of Mr. Thomas Fisher, took place on Sunday the eighteenth of September, at the home of

A Morning Smile "Listen to me on CONSTIPATION"

WANTED HAM WITH HIS MUSTARD

"Doctah" said the colored lady, "Ah's come to see if you am gwine to order Rastus one o' dem mustard plasters agin today?" "I think perhaps he had better have just one more" answered the doctor. "Well, he says to ask kin he have a slice of ham wid it, 'count of its being a mighty powerful perscription to take all alone."

RHODESIA LED IN ASBESTOS British imports of asbestos in the first eight months of 1932 totalled 11,633 tons. Rhodesia supplied the largest amount, 6,361 tons. The amount received from Canada was 731 tons.

and jealous wives who resented their husbands' love for the mothers who bore them. "It isn't easy for a woman who has been at the head of her own house for thirty-five or forty years to take second place in another woman's house. Nor is it easy for any professional to watch a rank amateur bungle the game without offering a word or two of expert advice. And especially it is hard for a mother to stand by in silence and see an inexperienced little bride poison her son with bad cooking and waste his hard-earned money."

"But unless a mother-in-law chews off the end of her tongue to keep from making a suggestion and sits on her hands to keep from turning in and doing a job right, the daughter-in-law accuses her of interfering, and there is one more mark against the poor woman who is merely trying to be of help. Why daughters-in-law should resent any counsel from their mothers-in-law as criticism, while they will sit at the feet of any other woman who will tell them how to make a three-egg cake or cut out baby rompers, is something that only that mysterious power that created cats and dogs and in-laws knows."

"So there the poor mother-in-law is, and she must decide between two courses, neither of which brings any happiness to her. She must be either a dummy or a trouble-maker. She must suppress her every thought and inclination and opinion. She must never make a suggestion or offer a criticism. She must efface herself entirely and be a grandma figure-head around the house. All of which is martyrdom to an intelligent, vigorous, active and strong-minded woman. But if she doesn't, if she is outspoken about what she thinks and attempts to take any part in the household management, she becomes a bone of contention and a first aid to divorce."

"Certainly no two women ever should have to live in the same house, especially when they both love the same man. But sometimes it is a necessary arrangement. Mostly, I think, the mothers-in-law make a greater effort to get along with the daughters-in-law than the daughters-in-law do with them."

"Perhaps we are not easy to live with, but I think these young women might show us a little more mercy, a little more patience, a little more understanding of how hard our positions are. For they are so rich. They have the husbands we have given them. They have their children, their homes, their busy crowded days and we have nothing. Not even a warm place at our sons' fireside, nor a place in their lives."

DOROTHY DIX.

consequence this year, the total for the eight months being 28,115, all from the United States. During the corresponding period last year the importation was 541,246 tons of which 368,023 came from the United States, 146,820 from Newfoundland and 26,405 from French Africa. In former years some came from Sweden.

ASPHALT ROOFING

There is increased activity in the asphalt roofing business. During August there were produced 139,124 squares of various sorts as compared with 101,554 in July and 915 tons of other kinds as compared with 716. There are 12 Canadian firms reporting to the Dominion Bureau of Statistics.

CANADA'S IMPORTED IRO.

There was an import of 26,914 tons of iron ore from the United States in August, the first of any



SLEEP

When you can't sleep, it's because your nerves won't let you. You need not spend a sleepless night if there's any Aspirin on hand! Take two tablets, drink a little hot water—and go to sleep. It works like magic. This relieves your nerves of any little nagging pain or discomfort that keeps you wide awake, and Nature does the rest. Any day you have a headache, you take Aspirin and get immediate relief. Remember its comfort at night, when you can't get to sleep.

ASPIRIN

TRADE-MARK REG. IN CANADA

