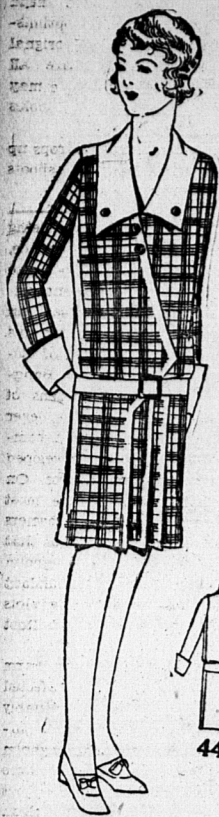


Woman's Realm -- Social and Personal -- Fashions -- Literature

A Fashion Hint



440

MODERN LINES

The younger fashionables are following the grown-up mode so closely that they have now even turned to modern lines in their frocks for classroom. It isn't any wonder the young miss in Style No. 440 appears so important in her new frock of beige wood challis overlaid in bright red, with collar, deep turn-back flared cuffs and belt of plain matching shade of red. The skirt is attached to waist under the belt with deep pressed plaits at front. Why not look attractive when it is accomplished so easily and economically? For the 8 year miss, 1 1/2 yards of 40-inch material with 3/4 yard of 38-inch contrasting is sufficient to copy it. Pattern can be had in 8, 10, 12 and 14 years. Printed pique, mon-tone linen, jersey, sheer tweed, printed crepe de chine, cotton broadcloth in geometric motifs, and wool crepe—other smart ideas. Pattern price 15 cents in stamps or coin (coin is preferred). Wrap coin carefully.

We suggest that when you send for this pattern, you enclose 10 cents additional for a copy of our Spring Fashion Magazine. It's just filled with delightful styles, including smart ensembles, and cute designs for the kiddies.

THE LAND WE LOVE

By FRANK LEIGH

CANADA'S FIGHT AGAINST THE NARCOTIC EVIL

Q. What part is Canada taking in combating the narcotic evil?
A. Canada is among the leading

Household Hints

By Roberta Lee

Baked Bananas

Baked bananas make an ideal food for children and nervous persons. Bake in the skin for 15 or 20 minutes, until soft and they burst the skins. Remove from the skin and lay in a baking pan with very little water. Dust sugar over the top and sprinkle with lemon juice. Serve hot.

A Porcelain Sink

A little kerosene added to soap and water will keep a porcelain sink immaculate, and it is such an easy method that it can be done frequently.

Brooms

The next time a new broom is purchased, try using both sides of it equally. This will greatly prolong its usefulness. Then the straws will not assume the curved shape so often experienced.

Etiquette

By Roberta Lee

Q. What should one say if introduced to the same person twice?

A. Nod and say courteously, "Yes I've had the pleasure."

Q. Where are place cards usually laid?

A. On the napkin.

Q. Does it show good form to give formal parties during Lent?

A. No; while it is often done, it is better form not to do so.

Lesson in English

By W. B. Gordon

WORDS OFTEN MISUSED: Do not say, "The French and Italian languages." Say, "The French and the Italian."

OFTEN MISPRONOUNCED: aperture; ap-er-tur (or chur), a as in "at," e as in "her," accent first syllable.

OFTEN MISSPELLED: hoe (a garden implement).

SYNONYMS: sticky, gummy, glutinous, adhesive, cohesive, viscid, viscous.

WORD STUDY: "Use a word three times and it is yours." Let us increase our vocabulary by mastering one word each day. Today's word:

ATTRITION; act of rubbing together; friction. "In the vicinity of coral reefs and islands the attrition of the waves imparts a milky complexion to the sea."—Winchell.

countries of the world in combating the narcotic evil and aiming at its control. The Dominion has passed up-to-date legislation in connection with it, as it is regarded by the League of Nations that the worldwide illegal use of drugs is one of the most urgent social problems of the day. It is satisfactory to know that Canada has enacted drastic legislation for the control of the opium traffic and the elimination of the illicit use of narcotics within her boundaries.

Milady Beautiful

By Lois Leeds



BEAUTY QUESTIONS ANSWERED

Coiffure for Slender Face

Dear Miss Leeds—(1) My face is slender. I am a brunette and wear my hair parted high on the right. What sort of bob is becoming to my type? (2) I am 18 years old, 5 feet 2 inches tall and weigh 94 pounds. What should I weigh, and what should I do to gain weight?

GEORGIA B.

Answer—(1) A coiffure with long bangs or a low side part would be becoming, I think. Have your hair waved and cut short enough to show the lobes of your ears. Do not let your hair curl forward on your cheeks, as that would make your face seem thinner. (2) You are about twenty pounds below the average weight for your age and height. In order to gain weight you should pay careful attention to your diet. Begin the day with a hearty breakfast, have a substantial luncheon and dinner. Drink a glassful of milk at each meal and again before you go to bed. Here are a few menu suggestions for you:

Breakfast, dish or stewed figs, an orange or pines, oatmeal with cream and sugar, rolls and butter, soft-egg, glass of warm malted milk. Lunch, a large bowl of cream of pea soup with oyster crackers, cheese souffle or toasted cheese sandwich, apple-raisin-nut salad with mayonnaise, bread pudding, glass of milk. Dinner, cream of potato soup, meat or fowl or fish, potatoes or rice, peas of lima beans, carrots, vegetable gelatin salad with mayonnaise, rolls and butter, cornstarch pudding with sliced fruit in season or with berries, glass of milk. Steep nine hours each night. Spend at least two hours out in the fresh air every day. It would be a good plan for you to have a physical examination by a doctor and ask his advice on gaining weight. It may be that diseased tonsils or bad teeth are keeping you thin.

LOIS LEEDS.

Bleaching Hairs

Dear Miss Leeds—(1) For bleaching hairs on my lip and arms I use a mixture of one part ammonia and two parts peroxide every night. Is this effective? Is it harmful? (2) I am 64 inches tall and weigh 115 pounds. My measurements are: Ankle, 8; calf, 13 1/2; thigh, 22 1/2; hips, 38; waist, 27; bust, 33. Are these correct?

FIFTEEN.

Answer—(1) The bleach you are using is good, though its effectiveness depends largely on the strength of the peroxide. That usually sold is ten volumes. Try to get fifteen or seventeen-volume peroxide. The mixture tends to make the skin too dry, so that it is necessary to rub a little cold cream on now and then during the period in which you are using the bleach. (2) If you are 15 years old and 64 inches high, the average weight for your age and height is 119 pounds. Your measurements are good.

LOIS LEEDS.

Developing the Bust

Dear Miss Leeds—I am 18 years old, 5 feet 4 inches tall and weigh 123 pounds. Please tell me how to develop my bust, which in the last few months has gone quite flat. The rest of my figure is in good proportion.

M. R. W.

Answer—Your weight is good. If you have been wearing tight brassiers, that would account for your bust becoming flat. The best exercise for making a shapely bust is swimming, especially the back stroke and the breast stroke. Arm flinging exercises are also good. Swing your arms at the shoulders in wide circles. Fling your arms outward and then cross them in front of your body, reaching as far as you can to each side; the right arm reaches to the left and the left arm to the right. Cultivate correct posture; stand as tall as you can, with chin level and slightly drawn in, chest out, abdomen in. Breathe deeply.

LOIS LEEDS.

Tomorrow—Coiffures That Show the Brow.

NORTH RIVER. Meeting opened in due form, roll call being answered with Valentine verses. A bill for flowers was ordered paid, collection of \$1.30 was taken, and 50 cents in fees received.

Dorothy Dix Letter Box

How to Hold a Husband's Love—Why Opposites Attract, But Likes Make the Happiest Marriages. Violent Temper Worst Risk in Matrimony.

Dear Miss Dix—I have been observing the home life of two couples of young married people who are friends of mine. They are about the same age, the men make about the same amount of money and they move in the same social circles. Mrs. A. demands and gets the best clothes, a car, an expensive apartment handsomely furnished. She gives parties they cannot afford and runs her husband into debt. Every night she makes him go to some place of entertainment, no matter how tired he is. She lies abed in the morning while her husband gets his own breakfast, and if she doesn't feel like getting dinner, he has to take her out to a restaurant. She berates him often in public for not making more money and moods about the things she has to do without.

Mrs. B. is just as good-looking as Mrs. A. She dresses nicely, but not extravagantly. She co-operates with her husband in trying to save so that he can get along in the world. He comes home to a cheerful atmosphere, a tidy wife, a good dinner, and if he doesn't feel like going out in the evening, Mrs. B. is satisfied just to be a fireside companion.

However, it seems to me that Mr. A. appreciates his wife far more than Mr. B. does his. Mr. A. seems to think that nothing is good enough for his wife and he is always breaking his neck to please her. Mr. B. is good to his wife, but takes her for granted.

I am about to marry and I want to know how to hold my man's love. Which way is better? Shall I imitate Mrs. A's method or Mrs. B's?

PHYLLIS.

Answer:

Well, Phyllis, you have asked me the most unsolvable conundrum in the world and the answer to which neither I, nor any other woman, has ever found out. Ever since the first woman acquired a husband and had to deal with that strange, illogical and contradictory creature, every succeeding woman has spent her life trying to decide whether the best policy was to coddle him or treat him rough, and she still doesn't know. He still has her guessing, for sometimes one theory seems to work out and sometimes the other.

Perhaps it all depends upon the man, and you will have to study the particular member of the species that you get and adapt your campaign to the individual requirements in the case. There are men who are just natural-born slaves and who like being trampled upon by high-heeled slippers. They actually enjoy going shabby in order to dress their wives in silk attire, and get a kick out of her looking like a dolly bird from Paris, even when they know the bill collector is hot on their trail. They are poor, weak, spiritless creatures who haven't enough manhood in them to resent their wives flouting them and looking with contempt upon them because they can't make more money, and they are thankful as a stray dog is for a bone when their wives give them a kind word.

Undoubtedly, when a woman marries this sort of man, the meaner she treats him the more groveling he is before her, and the more he tries to placate her by showering attentions upon her and doing as she pleases, without ever considering his own comfort or pleasure. That is why it very often seems to women that the worse wife a woman is, the more her husband loves her.

Not all husbands have this meek and self-obliterating spirit, however. Not many men marry to get a boss or a tyrant, or a female Simon Legree who will lash them on and get every particle of work out of them, and who will never show them any selfishness or consideration or appreciation.

Not many men stay in love long with wives who do not make comfortable homes for them, or who ruin them with their extravagance, or who drag them around to parties when they are dog-tired, or who bowl them out before people because they are not go-getters, or who are fretful and whining and complaining.

So I should say that if you want to keep your husband in love with you and eating out of your hand, the better way is to keep it filled with taffy and not vinegar. What the average man wants is a wife who will play the game fifty-fifty with him, who will make him a comfortable home, who will save his money, who will keep herself neat and attractive, and bright and interesting, and who will show him that she loves him and thinks him the best ever, and that she did a pretty good day's work when she got him.

After all, you have your own self-respect to consider. You have to be right with yourself and feel that, no matter what your husband does, you've turned out a good job as a wife and given him a square deal. You can't feel that way if you have been a Mrs. A. DOROTHY DIX.

Dear Dorothy Dix—Do you believe in the maxim that opposites attract, and that we should marry those who are entirely different from us in character and disposition, as well as physically. Unfortunately I had to leave school at an early age, but I have supplemented that by spending my spare time reading and studying. Lately I have met a girl who has all the virtues which would fit her to make a good wife, except that she has no interest in the things that interest me most. She never even reads the newspapers. We can't discuss a book, and we don't understand each other's jokes. Do you think such a marriage would turn out well?

W. S.

Answer:

Absolutely not. I think you should bore each other to death inside of three months. As soon as you quit asking each other "Oose sweetums is oo?" and "Are you sure you never loved anybody before, and would die of grief if anything should happen to me?" you would have nothing on earth to say to each other.

It is true that there is an attraction of opposites. That is nature's way of preserving a good general average and keeping the human race from becoming a race of giants and pygmies and morons and highbrows, but there is also a repulsion of opposites that makes people who have nothing in common with each other break down every barrier to get away from congenial companionship.

The happiest couples are those who, as somebody has said, marry themselves, and who have husbands and wives who think as they think, who like the things they like, who read the same books and hold the same views on everything from politics to pie. What we want in a life partner is some one who will agree with us and applaud us, not some one with whom we will be in a continual scarp and argument.

Why, half the pleasure in being married is to have some one across the breakfast table to whom you can look up from your paper and say: "I see that Lindbergh is going to be married," or "Mrs. Hoover has a new dress," and who will catch all the points of your witticisms. You don't want to have to sit opposite a Dumb Dora all your life who will say: "Lindbergh? Is that the name of that new automobile with the wire wheels?" Or ask if it is Mrs. Hoover on Spruce street you are talking about.

If you have to diagram your jokes for your wife, you will go through life as lonesome as a stray dog. If you like to read, don't marry a woman who isn't a reading woman. She will badger the life out of you about wasting time and money on books. DOROTHY DIX.

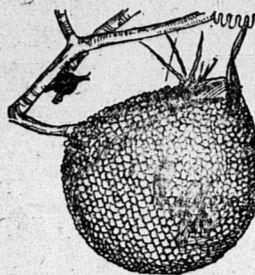
UNCLE RAY'S CORNER

WONDERS OF THE MICROSCOPE

II—AMOEBAE

Yesterday I told you about the tiny animalcules which can be seen in a drop of pond water when you use a strong microscope. Some of them move very fast.

There are other creatures which may be seen in water taken from a pond. Among them is the "amoeba," which moves very, very slowly. You have heard how slowly a snail moves? Well, it goes like a racehorse compared to an amoeba!



An animalcule may be seen in shadow in a bladderwort trap. (From microscope photograph.)

An amoeba is about the size of a pinpoint. To move one inch—now hold our breath—this creature has to struggle along for more than 15 hours! How would you like to be held to that pace?

It is interesting to watch an amoeba move under the microscope. To begin with, it looks like a tiny piece of jelly. This "jelly" can stretch out part of itself in any direction. Then it stretches out another part of itself. At last it gets to where it stretched itself to.

The amoeba may be said to be the simplest known animal. It has no mouth and no stomach. When there is a tiny speck of plant food around, the creature may roll it over. In some way the speck of food becomes part of the amoeba's body.

If you look at an amoeba long

enough, you may see it divide into two parts. Each part will be alive, and will be able to move in the slow way to eat food by covering it up.

There are plants in some ponds which eat the tiny "animalcules." I am thinking of the "bladderworts." They received their name from the "bladders" which they possess. Each bladder is a tiny sack, and has a trap door. That door is made in such a way that it is easy to go in, but hard to get out. Animalcules often swim inside the bladders, but then it is good-by for the visitors. They cannot get out. Their bodies turn into juice which helps the plant to live. You may some day be able to watch such an event with the help of a strong microscope.

Dear Miss Dix—Would a young man with a violent temper be a good matrimonial risk if he had no other fault?

I. A. M. A.

Answer:

I do not consider that any other fault that either a man or a woman can have makes them as bad a risk as a violent temper. It makes them unjust, unreasonable, cruel, almost impossible to live with. If you marry a high-tempered man, you will have to stand abuse and insult, and go in terror all your days of rousing the devil in him. Don't do it. No woman was ever happy with a violent-tempered husband. DOROTHY DIX.

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Uncle Ray

Tomorrow—The Coming of Spring

A Morning Smile

They apparently had not met some time. They were sitting in a gloaming listening to the languorous roll of the sea below.

"And you say you were in the town where I live last week?" she murmured softly.

"Yes."

"And you thought of me, John?" she cooed.

"Aye, I did," replied John. "I talk to myself, 'Why isn't this where what's-her-name lives?'"

ANGLO-RUSTICO—Fourteen members and three visitors met at the home of Mrs. James Stevenson. Anglo Rustico Institute is having a Library placed in the school. They have also helped to buy a stove for their school. One new member was added to their membership list. The next meeting will be held at the home of Mrs. Fred Toombs.

Use Minard's Liniment for the Flu.

For The Cook

STEAK EN CASSEROLE

Take three-fourths of a pound of ground round steak, a half cupful of rice, well washed, a quart can of tomatoes, two medium-sized potatoes, an onion, half cupful of grated American cheese and two tablespoonfuls of buttered breadcrumbs. Put a layer of thinly sliced potatoes into the bottom of the casserole dish, a layer of onions, the steak and the rice mixed, and pour over all the can of tomatoes. Sprinkle with crumbs and bake with the cover on the casserole dish for two and a half hours in a moderate oven. Remove from the oven, sprinkle with the cheese, return uncovered to the oven and brown.

Daily Arguments

AUNT HET BY ROBERT QUILLEN



"A woman don't never get too old an' ugly to be uplifted by a new hat."

POOR PA BY CLAUDE CALLAN



"I wanted to go out tonight, but I guess I won't. Ma's been heavin' too much permission on me to go ahead an' neglect her an' the children."

Women of Canada Will you Sell us your Recipes?

EDWARDSBURG CROWN BRAND CORN SYRUP
BENSON'S GOLDEN SYRUP are the purest and most delicious obtainable. Besides being perfect table Syrups they are ideal sweeteners for general baking and cooking purposes, and make excellent candy. They are full of nourishment and particularly recommended for children. BENSON'S GOLDEN is a thicker and sweeter Syrup than Crown Brand.

BENSON'S PREPARED CORN
For over 75 years BENSON'S PREPARED CORN has been regarded as a household necessity for making delicious desserts and for preparing sauces. It is corn starch in its finest and purest form, specially prepared and tested for the requirements of home cooking.

MAZOLA
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YOUR favorite Recipe . . . that simple, tasty dish that your family enjoys and your friends praise may be worth money.

Here is your chance to find out. The Canada Starch Company will buy practical, easily prepared and inexpensive Recipes.

Preparatory to bringing out our new Recipe Book, we will pay \$5.00 each for the best fifty Recipes received from Canadian house-wives, and \$3.00 each for the next best fifty. All Recipes must be mailed on or before May 1st, 1929.

The only conditions are: The ingredients of your Recipes must include one or more of the Famous Canada Starch Products. All measurements must be level. Use ordinary measuring cups and of mixing and cooking.

Send in Recipes for Desserts, Cooked Dishes, Pastries, Salads, Candy, etc. Recipes will be judged and tested by well known Canadian dietitians.

In case of duplication of the Recipes finally selected by the Judges, those received earliest will be given preference.

All Recipes submitted become the property of the Canada Starch Company and may be used as desired by them, and will not be returned.

Look over your Recipes now and forward the best to us REMEMBER—May 1st is your last chance.

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Advertising Department
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Write for Mary Blake Cook Book
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