

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

Says It is Found in Unselfishness **Dorothy Dix** How To Attain Happiness

To be Happy, First Cultivate the Will to Happiness — Make the Best of Your Lot Instead of Kicking Against it, and Take the Blows Fate Hands You on the Chin

A young girl asks me if I will give her some rules for attaining happiness. Well, the first is, I think, to have a will to happiness. Happiness is a state of mind, and that is mostly a matter of self-determination. In life we find what we look for. If you go about searching for trouble, you will find it, but if you are bent on discovering joy and laughter, you are equally sure to run across them all along your pathway.



So set out with a fixed determination to be happy. Form the habit of looking on the bright side of everything and finding the sun behind the clouds. Learn how to make the best out of every situation and get fun out of it instead of grief. Don't let little things worry you. Laugh them off instead of making tragedies out of them. Smile. Look cheerful and you will feel cheerful. Associate as far as possible with cheerful people. Optimism and pessimism are as catching as the measles. So expose yourself only to a benign contagion that will bring out the sunshine in your nature.

Happiness isn't a matter of luck. It isn't a matter of circumstances, or what we have or don't have. It is the point of view, and if you start out with the fixed purpose of attaining it, nothing can keep you from it. Next, content yourself with the station of life to which it has pleased God to call you, as the Prayerbook says. Make the best of your situation and of the people with whom you have to live. Keep your attention focused on the bright spots. Concentrate on the virtues instead of the faults of those with whom you are brought in daily contact.

Don't keep yourself bruised and battered by kicking against the unpleasant things of life. Don't make a bad matter worse by dwelling on its unpleasant features and magnifying them. Suppose you have to live in some place that is not of your choosing nor to your liking. Don't look upon it as a prison or a hated country to which you are exiled. Take a part in the community life. Get interested in its activities and you will probably end up by being one of its chief boosters.

Suppose you have to do an ungenial job. Don't embitter your life by hating it. Acquire such craftsmanship in it that it will fascinate you and will become a sport instead of a task. If you have to live with your in-laws or a disagreeable husband or wife, don't pity yourself as a martyr. Think how lucky you are to have somebody to help you with the children, or who is a good cook, or a good provider. When we learn to like what we have, we have what we like.

Next, keep busy. Find some sort of work that you like to do and absorb yourself in it. Something that will fill your thoughts and fire your ambition and keep you on your tiptoes, always striving to do it better.

Idleness is the mother of misery. If you have nothing interesting to do, you have time to mull over all of the unpleasant things that have ever happened to you, and to magnify every wrong that has ever been done to you and to conjure up a lot of bugaboos that may get you in the future. It is the women with nothing to do who never get over the death of one they love, who never recover from the loss of money, and who mostly find that their husbands are poor faulty creatures whom they can't abide any longer. It is the hard-working people who have no time to grieve who put their sorrows behind them and turn a cheerful face on the world.

Next, cultivate the human relationship. Make friends. Cherish all family ties. Keep the love of husband and wife a beautiful romance. When all is said, the very essence of our happiness consists in loving and being loved. Without that everything else is cinders, ashes and dust. With that the slings and arrows of outrageous fortune cannot greatly harm us.

So cultivate friends whose congenial society can be a source of never-ending pleasure to you in times of prosperity, and whose sympathy will console you in the days of adversity. Keep throwing fresh fuel on the fires of the family altar, so that the old affection between you and your brothers and sisters will glow with a warmer radiance as long as you live and be a flame at which you can warm your heart.

Above all, when you marry, make of your marriage a source of unending happiness. Make your home a place of peace and joy. Keep

The housewife sells herself **BROWN BETTY TEA**

Brown Betty Tea SILVERBRIGHT METAL PACKAGE From the House of KING COLE

SURPRISINGLY GOOD AT THE PRICE 35¢ PER POUND

your husband in love with you. The woman who has a happy domestic life need ask nothing else of Fate.

Next, do not expect too much of life. Do not delude yourself by thinking that you will escape the inevitable sorrows and misfortunes that come to all. Meet them with philosophy and courage. Take your hard knocks on the chin and get up smiling for another round. The whiners and complainers never find happiness. It does not come down their street.

And, finally, my dear, remember that the real secret of happiness is only found in unselfishness. When you learn to give instead of ask; when you quit seeking happiness for yourself and try to secure it for others, then, and then only, will you find it. DOROTHY DIX.

A Morning Smile

Scene—Scottish railway station. The ticket collector, in making his collection, finds an old gentleman fumbling in his pockets for his ticket. Ticket collector: "Tickets, please!" Old gentleman: "I'm just lookin' for it."

T. C. "Well, I'll look in again in a few minutes. See and have it ready then."

When the T. C. returns the old gentleman is still hunting.

T. C. suddenly: "Why, you have it in your mouth, man!"

O. G., giving him the ticket: "Oh, so I has, so I has! Here ye are!"

Another passenger, as the train moves on: "I'm afraid you're losing your memory, sir!"

O. G., cheerfully: "Nae fear o' that! Nae fear o' that! The ticket was a fortnight auld, an' I wis just bitin' the date off!"

There was one story of the World War that gladdened these sad old eyes of mine, said the veteran. An Irish sergeant was finishing up a go-get-em speech to his men just before the battle. He wound up something like this: "An' now I

For The Cook

Creamed Sweetbreads

Soak 1 pair of sweetbreads in cold water for an hour, then parboil for 20 minutes in salted water. Place in cold water and remove all membrane. Break into small pieces and cook in 1½ cups white sauce until thoroughly heated. Serve in pattie shells or on slices of toast. Mushrooms, chicken, and oysters all combine nicely with sweetbreads if you want them to go farther.

Calves' Hearts With Onions

Clean the hearts and slice across in half-inch slices. Peel 6 onions and brown hearts and onions in drippings. Add 1 teaspoon celery seed, 1 bay leaf, 3 cloves, 4 tablespoons browned flour and 3 cups stock. Cover tightly and let simmer for 1½ hours. Season with salt and pepper just before serving.

want to know war more thing. Will yees fight or will yees run?" The men, with one voice: "We will!" Sergeant: "Ye will what?" The men: "We will not!" Sergeant: "I knew yees would!"

What the Fashionables are Wearing

By Annabelle Worthington

Very simple is this smart day dress. Yet it is exceedingly well balanced and slimming, which makes it suited to the average full figure as well as youth.

And it is such a delightful little dress to slip into for general day occasions.

Dark blue crinkly wool crepe made the original. The collar is white rough crepe silk. The bone buttons and leather belt are coral-red.

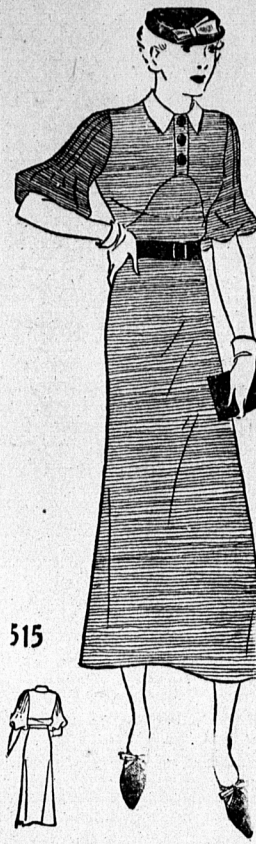
Printed or plain crinkly crepe silk and angora woolen weaves are splendid mediums for this model.

It can also be made with long sleeves.

Style No. 515 is designed for sizes 14, 16, 18, 20 years, 36 and 38 inches bust.

Size 16 requires 3½ yards 39-inch, with ¼ yard 39-inch contrasting.

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



No. 515. Size

Name

Street Address

City

State

Fry's Cocoa Used In Making Tasty Dishes

COCOA APPLE SAUCE CAKE

One tablespoon cocoa, 1 teaspoon cinnamon, ½ teaspoon cloves, 2 cups flour, 1 cup raisins, 1 cup sugar, ½ cup sour cream, 1 cup hot sour appleauce, 1½ teaspoons soda. Method: Mix together the cocoa, spices, flour and raisins. In a separate bowl put the sugar, cream and hot apple sauce into which the soda has been stirred. Beat in the flour mixture and bake in a well-lined loaf or tube tin for forty-five minutes. Frost with sour cream icing.

CHOCOLATE SWISS ROLL

Two eggs, ½ cup sugar, ½ cup butter, 1 cup flour, ½ cup Fry's breakfast cocoa, pinch baking powder. Method: Cream the butter and sugar; add the cocoa, then the eggs well beaten and very slowly the sifted flour. Add a pinch of baking powder and spread thinly in a greased baking tin; bake in a moderate oven; spread with either jam, chocolate layer, and roll.

CHOCOLATE LAYER CAKE

One-third cup butter, 1 cup light

brown sugar, 2 eggs, ½ cup fresh or sour milk, 1 teaspoonful vanilla, 2½ cups flour, 1½ teaspoonful baking powder, ½ teaspoonful soda, ½ teaspoonful salt, ¼ teaspoonful cinnamon, 6 tablespoonful Fry's breakfast cocoa. Method: Grease and flour pan; mix and sift dry ingredients, flour, baking powder, soda, salt, cinnamon and cocoa. Cream butter, add sugar gradually, separate eggs, beat yolks until thick and lemon colored, add to butter and sugar and beat vigorously. Add dry ingredients alternately with milk and flavoring. Beat egg whites until stiff and dry. Fold in, turn into greased and floured layer pans. Bake in moderate oven 35-40 minutes. Spread cocoa cream filling between layers and cover top with cocoa or a boiled frosting.

AFTERNOON TEA FINGERS

One cup self-raising flour, ¼ cup fruit sugar, ½ cup Fry's breakfast cocoa, 1 egg. Method: Mix the egg with half a teacupful of milk, beat

CHEST COLDS Best treated externally

2 WAYS at once!



Mother! The night coughs of children can usually be relieved by one application of Vicks. Just rub on freely and cover with warm flannel.

When a cold goes down into the chest, take no chances. Go to bed and start Vicks double-action treatment.

Rub Vicks vigorously over throat and chest and cover with warm flannel. Relief is two-fold:

(1) By stimulation—Through the skin like a plaster Vicks "draws out" tightness and soreness.

(2) By inhalation—Its medicated vapors released by the heat of the body are inhaled direct to the air-passages.

To increase the stimulative effect, redden the skin over throat and chest with hot wet towels before applying Vicks.

VICKS VAPORUB

OVER 17 MILLION JARS USED YEARLY

well, add to the dry ingredients and a moderate oven. bake in a shallow oblong tin. Cut into finger shape when cold.

CHOCOLATE MACAROONS One cup Fry's breakfast cocoa, Fry's breakfast cocoa, 4 teaspoons-whites of 2 eggs, 1½ cups ground almonds ½ cup sifted sugar. Method: Whisk the whites of eggs stiffly. Mix the cocoa, sugar and almonds. Add the whites gradually to form a stiff paste, place in small in heaps on water paper and bake in moderate oven for 20 minutes.

Weak After Flu and Pneumonia

Joseph English is Well and Strong After Taking Dr. Williams' Pink Pills to Rebuild Health

"I feel we practically saw my brother's life to the last, obtained from Dr. Williams' Pink Pills," writes Doris English of Fort Langley, B. C. "My brother took the flu and hopes others may benefit from this wonderful remedy as he did."

Whatever the cause of a run-down condition of health, use Dr. Williams' Pink Pills. They create new red blood, which revitalizes the whole system and builds up new energy and vigor. For that reason they are equally good for young, growing girls. Get Dr. Williams' Pink Pills in the new glass containers from your druggist's 50c a package.

He soon had a good appetite, and his face took on a healthy color. He gained weight from the first. Today he is well and strong and hopes others may benefit from this wonderful remedy as he did."

Two ladies, while walking through one of them, "is by Handel." Dame street, Dublin, heard a barrel "Yes," the other replied, "played organ playing. "That music," said by handle."



No, mother — don't give your child an adult's laxative

LAXATIVES intended for grown-ups are too harsh for the sensitive systems of children. Even in small doses they may do more harm than good.

When symptoms of constipation — listlessness, loss of appetite, bad breath — indicate that a laxative is required give Castoria, which is especially prepared for children.

Castoria is a pure vegetable preparation. It is gentle in action, contains no harmful drugs... or narcotics — or anything that will harm a child's delicate system. It does not nauseate.

Children like it. Castoria is recommended by physicians, and the family-size bottle is the most economical way to buy it.

CASTORIA for constipation in children

from babyhood to 11 years

The Double Act

A Romance of the Theatre BY MARION TOMLINSON

"Only that he knows what he wants, and isn't too scrupulous as to how he gets it," said the actress, who was exceptionally well fitted to judge the point. "The mysterious Marigold is his new star, I believe."

Anthony stiffened.

"Well?" he said.

Dolores ignored his attitude.

"The mysterious Marigold!" she laughed, with an unpleasant note in her voice, usually so silvery. "I happen to know the truth about her—a pretty girl from the three-day, Grenoble sees her, establishes her in luxury—et voilà!"

CHAPTER XV. A SHOCK FOR GRENOBLE

When Anthony arrived in London from New York he found his play, "Berenice," running to packed houses in its second week. His train had come in late, and on his way to his hotel he bought all the evening papers and studied them over his hasty dinner. In several were pictures of "Marigold," proclaiming

that she had made an impression, continued:

"He's excessively jealous of her for all that. No man is allowed so much as a word with her except in his presence, and now, I understand, he spends every week-end with her at a little watering-place on the South Coast. Speaks for itself, doesn't it?"

A heavy weight seemed pressing on Anthony's chest. He turned abruptly from the actress at his side and spoke to his neighbour on the other side.

"You don't happen to know," he said, scarcely realizing what he was saying, "when the next boat leaves for England, do you? I have been away too long!"

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her as the new Grenoble star who had taken all London by storm.

Anthony dressed and went forth to the theatre. Above it, in letters of running fire, was the name "Marigold," and underneath a placard announcing "House Full." But the presentation of his card assured Anthony a seat in a box.

"Does Mr. Grenoble know that you are here?" asked the manager respectfully. "Shall I send him word as soon as he comes in?"

"No thanks," returned Anthony briefly. "I will look him up later."

In the lobby were many photographs and several paintings of Marigold. She smiled down at him in gold tissue, in blue, in rose, in mauve. Anthony's heart missed a beat at the sight of them, yet he looked in vain for any representation of his garden girl in spring green organdie. However, he should see her, he hoped, though he was full of misgivings as he took his seat in the stage box and watched the heavy golden curtains part on the first scene.

There was the altar of Venus, seemingly of white translucent alabaster, from which a pale blue smoke ascended. A cloud of leaves, the pale grey leaves of olive trees, surrounded it. Above and behind it was the great dome of the sky in which the light changed slowly from sunset to the deep blue of night.

Anthony nodded satisfied. That was a good scene, and what he had had in mind. Then his heart stopped a moment, as the silvery dropping notes of a flute announced Berenice the Queen coming with her maids to the sacrifice. She came, all in flowing white, with a white chaplet of flowers on her streaming gold hair. At first glance she seemed to Anthony the queen he had imagined, then as a cunningly arranged light caught in her white garments making them like a cloud of white fire he leaned forward, gripping the railing of the box.

"Does she—she can't know how

transparent that white stuff!" he gasped.

He heard a murmur of admiration go over the crowded house below him. Here and there someone coughed, as if a trifle embarrassed.

But Rosemary moved slowly toward the altar, and knelt before it, her masses of golden hair sweeping the steps. Her maidens arranged themselves for a solemn dance. The smoke above the altar grew in volume, played upon by changing lights till suddenly, with a crash from the orchestra, Venus herself appeared, by some cleverly arranged illusion of mirrors in the wings, to hover in the smoke. This illusion had not been in Anthony's script, and as the young playwright watched, horrified, he foresaw in a flash what Grenoble had made of his poetical fantasy. He saw now Grenoble's purpose in throwing a light on the girl so that her white garments were transparent cloud about her, for the Venus was also lightly veiled in curling smoke.

(To be Continued.)

Don't Sleep On Left Side, Gas Hurts Heart

If stomach gas makes you restless and unable to sleep on right sides, take Adirika. One dose will rid you of gas or nervousness, and bring sound sleep. Hughes Drug Co., Ltd.

A Dignified Reply

Wife—What do you mean coming home at this hour of the morning?

Husband—My dear, it's just 12 o'clock.

Wife—It's past 3 o'clock.

Husband—Have your own way, dear, and believe a 98-cent clock instead of me.

NOTICE

I will not be responsible for any bills contracted by any person, without my written order.

B. L. RAYNER.

8043-2-10-31.

I WISH I NEVER HAD TO FACE ANOTHER WASHDAY

NO WONDER—YOU STILL USE OLD-FASHIONED SOAP. TRY RINSO FOR SNOWY WASHES WITHOUT HARD WORK. IT'S SO EASY ON THE HANDS, TOO

Rinso Soaks out dirt No scrubbing—saves hands

THE GRANULATED HARD WATER SOAP