

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

Double Rich



NESTLÉ'S UNSWEETENED EVAPORATED MILK

NESTLÉ'S—World's Largest Producers and Sellers of Condensed and Evaporated Milk.

Can We Hope to Make Things as We Want Them? **Dorothy Dix** Advises Accepting Life As It Is

"I Used to Live on Hope," Says One Philosophical Woman, "But I Find That When You Make Up Your Mind to Bear a Thing and Not Worry Over it, the Worst of it is Over"

"I'm no Pollyanna," said a woman to me the other day. "I have never been able to get any kick out of saying to myself that it is a lovely sunny day when it is raining cats and puppy dogs. Neither have I ever been able to kid myself into thinking it is an error of mind when I have a jumping toothache."

"On the contrary, when it is raining it seems to me that it is about the hardest shower I ever saw. And when I am sick and miserable I know I am sick and miserable, and I want to look sick and miserable and have everybody tell me how sick and miserable I am."

"But I have evolved a system of philosophy out of which I get a lot of comfort and sustaining, and it consists in just looking facts squarely in the face and accepting them and making the best of them."

"I used to live on hope, which is a good deal like living on dope. I would have visions of miracles being wrought in my behalf—of people's dispositions being changed, of special talents being granted, of fortunes dropping from the skies. Of course, they never happened and I wore myself out in anguished expectation that always ended in disappointment."

"But I no longer try to drug my mind into believing that things are going to be the way I want them to be just because I want them to be that way. I recognize that they are as they are and I set about making the best of them on that platform. I find that when you make up your mind to bear a thing and not worry over it, the worst of it is over. It is the kicking against the inevitable that wounds you so. It is the struggle against the impossible that wears you to a frazzle."

"For example, I am one of the innumerable women who is compelled to live with a disagreeable mother-in-law. For years I was nearly driven wild by her nagging, by her ceaseless flow of advice and suggestions and interference and by her never-ending criticisms of everything I did and didn't do."

"But no more. I have quit torturing myself by thinking how terrible it is I have to stand her and how happy and peaceful my home would be without her. I have just accepted the fact that as long as she lives I must endure her and take care of her, and I have learned to shut my ears to her complaints, so that really half the time I don't even hear what she is saying."

"I used to brood over the acid remarks she would make about my house-keeping and the way I raised my children, and my gadding around instead of staying at home and darning socks. But now I just laugh at them and shrug my shoulders and say to myself that it is all in the day's work, and the result is that she has no longer the power to make me unhappy."

"My husband is one of the best and kindest of men, and one of the most untidy that ever lived. He has a rooted belief which nothing can shake that the proper place to hang up clothes is on the floor, and he scatters his belongings as he goes from one end of the house to the other. For him merely to pass through a room leaves it a wreck."

"For years I almost worked myself into nervous prostration and nearly drove him to divorce trying to teach him to be neat and orderly. Then suddenly it dawned upon me how much less wear and tear it would be on my nerves and disposition to pick up after him than it was to be in a perpetual row with him over not putting everything in its proper place."

"I suppose every girl thinks that the man she marries is going to be a great success, and that he is at least going to be a money-maker. I know I did, and although we married on a shoestring, we lived for years on a great strain trying to keep up with people who were better off than we were. My, those terrible days when we would do without meat for a month to give a dinner party! When I would work my fingers to the bone making over my old clothes so that my best friends wouldn't know them! When the rent collector was a figure of doom and the first of the month a nightmare!"

"Finally I faced the fact that John was just a plodder and would never make a fortune, and that while we might be sure of bread and butter, we would never be able to afford cakes. So we just gave up the struggle to try to appear rich and fashionable and settled down into the financial class in which we belonged. We gave up our smart friends before they could give us up, and we went to live in a neighborhood among people who were no better off than we were. As a result, we are happy and contented instead of eating our hearts out in envy or working ourselves to death at the bluff of keeping up appearances."

"It seems to me that if women would adopt my little bit of homespun philosophy of accepting their lives as they are, instead of repining because they are not something else, it would do more than any other one thing to make them happy. For what is the use of yearning for the moon that you can't get, and that you would probably find made of green cheese if you did find it? Far better to make the most of the good electric bulb that you possess."

"Perhaps, in a way, this is a surrender to Fate, but there is a lot of peace under the white flag."

DOROTHY DIX.

A Morning Smile

Mistress: I don't like to have to keep complaining, Mary, but I do wish you would realize that when master leaves his shoes outside the bedroom it means that he wants them cleaned.

Maid: Oh, does it. And what does it mean when he leaves them outside the front door?

Look Young

With Mello-glo

Beautiful women, admired for youthful complexions, use MELLO-GLO, the new wonderful French process face powder. Purest and smoothest powder known. Stays on longer. No flaky or pasty look. No grime or grit. MELLO-GLO prevents large pores and never smarts or feels dry. Blends naturally with any complexion. Demand Mello-glo. Sold through all Druggists and at

She Found the Real Cause of "Spotty" Skin

And soon righted things with Carter's Little Liver Pills

It is impossible to repair a bad complexion by exterior treatment. Miss E. T. of Clapham found this out. Her letter is full of common sense:

"I find (she writes) that Carter's Little Liver Pills will do more to keep the complexion clear and the skin free from blemishes than all the face creams I have used. I found the real cause of face blemishes was usually due to liver and stomach troubles. My druggist recommended Carter's as specific for stimulating the liver and expelling constipation poisons."

Vegetables, as everyone knows, promote health. Dr. Carter's Little Liver Pills are entirely vegetable and should not be confused with ordinary laxatives. These wonderful little pills will tone up your liver, invigorate your digestive tract and keep you in the best of health. Sold by druggists over 60 years. 25c & 75c and prices.

What the Fashionable are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern

By Annabelle Worthington



READY FOR ALL-DAY OCCASIONS

It's neither too dressy nor too sportive to meet everyday needs. It's truly versatile! Ever so youthful! It's a clever interpretation in flat crepe silk in brown and white print, so importantly high in the mode. A tiny vestee of eyelet mousseline in white adds such refreshing newness and chic femininity. The simple bodice is given a slight draped effect caught with a self-fabric knotted trimming piece at the center-front. Similar trim appears again on the short cuffed sleeves. Deep scallops give emphasis to the snugness through the hips of the comfortably full flaring skirt.

And here it is to copy it exactly. It takes but 3 1/2 yards of 39-inch material with 1/4 yard of 18-inch material for vestee, for the medium size. Style No. 3021 may be had in sizes 16, 18 years, 36, 38, 40 and 42 inches bust. Then again you may be wanting something attractive for summer and vacation wardrobe. You'll like it immensely fashioned of flat washable

Etiquette

By Roberta Lee

Q. If a man gives a woman his seat on a train, or renders any little service, is it necessary for her to talk with him?

A. No; a formal "thank you" is sufficient.

Q. Is the black-edged mourning paper still in use?

A. Yes, though it is not so popular as formerly.

Q. How long should the bread and butter plates remain on the table?

A. Until the dessert is served.

For The Cook

LIGHT FRUIT CAKE

1 1/2 cups brown sugar.
1 cup butter or margarine
5 eggs.
1 1/2 cups pastry flour.
Grated rind and juice 1/2 lemon.
Grated rind and juice 1/2 orange.
1/2 teaspoon salt.
1/2 teaspoon each cinnamon and allspice.

1/2 teaspoon each mace and cloves.
2 teaspoons baking powder.
1 pound seeded raisins.
1 pound seedless raisins.
1/2 pound shredded citron.
1/2 cup chopped almonds.

Work butter to a soft cream with the sugar. Add eggs and beat hard for two or three minutes. Sift flour, salt, baking powder and spices and add. Stir in the juice and rinds of fruit and then the fruit, mixed with 1-3 cup flour. Stir until well mixed, pour into a pan lined with well greased paper and bake in a moderate oven—350 degrees—for 2 hours.

Say **Schwarzl** and be sure!

Style Chats

WITH ALMA ARCHER

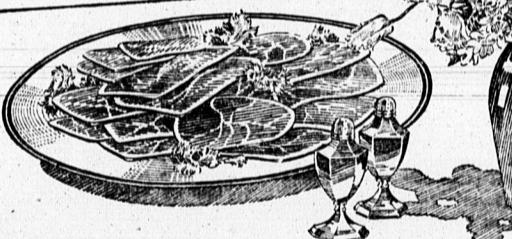
Beach hats this year are huge, unmanageable, floppy Italian things with tremendous wing spr ead, or tiny, infinitesimal skull caps in knitted cotton, or woven multi-colored wool with a right sizable brim which can be turned back from the face in the Colonel Cody manner.

Heavy beach clogs with cork soles are great for deep sand, but the lighter shoes of shiny finished braided rubber, with medium or Cuban heels, are quite popular. Nothing can quite take the place of the linen espadrille or little Basque stripe breezy sandals that are so cheap they almost give them away. Linen oxfords with rubber flat soles are good for beach and garden romping.

Bathing caps are newest in pebbled rubber and in turban or beret designs, occasionally with colorful coin spots.

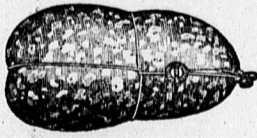
Beach bags lined with rubber are of oilcloth, patent leather, basque linen, or cotton eponge and particularly smart in satchel shapes allowing ample room for home remedies if you have a cold in the head. With a few snaps of the snaps, some of these satchels can be transformed from beach bags into handbags.

Quick and Ready Meals for Summer Time



Swift's Cooked Meats (Ready to Serve)

With the approach of summer, thousands of housewives seek relief from cooking—and hot kitchens. They find in the Swift Cooked Meat delicacies here illustrated, a delightful assortment of ready-made dishes—appetizing and satisfying, as main dishes for hearty meals,—as foundations for dainty summer luncheons—for picnic baskets or camp.



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SWIFT'S PREMIUM COOKED HAM



SWIFT'S PREMIUM FRANKFURTS



SWIFT'S JELLIED BEEF TONGUE

Select your summer menus from the choice variety of Swift Cooked Meats. Your nearest butcher or grocer has them.

Swift Canadian Co. Limited

CH-20

Mothers



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Good because it's just pure, creamy milk combined with the finest Delecto Chocolate... an easily-digested stay for healthy hunger that does not spoil the appetite. Delecto Milk Chocolate is completely nourishing... the best of candy for kiddies. The result of 50 years' experience in chocolate making.

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5¢ Delecto MILK CHOCOLATE

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