

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

## Expectant Mothers

During the pre-natal period be sure that your strength is maintained, your nerves are steady, and your vitality is high. Then you will pass the ordeal with a minimum of trouble and danger. Baby, too, will have the best possible start.

Fellows' Syrup will raise the tone of your system; enrich the blood, strengthen the nerves, and remarkably increase vitality.

## FELLOWS' SYRUP

Prescribed by physicians in 53 countries for over half a century for Loss of Appetite Nervousness Fatigue Anemia Malnutrition Retarded Convalescence Bronchial Troubles

## What the Fashionables are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern

By Annabelle Worthington



sash of sheer velvet toned with the dress. Decorative clips trimmed the unusually attractively cut neckline. And don't you like the bustle sash? Lace, sheer crepe and rough crepe silk are stunning for this model. It is quite as suitable for the youthful type of woman. Style No. 2627 is designed for sizes 14, 16, 18, 20 years, 36, 38 and 40 inches bust. Size 16 requires 3 3/4 yards of 39-inch material with 2 yards of 10-inch ribbon. Be sure to fill in the size of the pattern. Send stamps or coin (coin preferred). Price of pattern 15 cents.

Name ..... Street Address ..... City ..... State .....

## A Morning Smile

A bond salesman temporarily out of a job ran into a friend who owned a circus and asked him for something to do. "Well, the gorilla recently died," said the friend, "and if you want to get into his skin, swing on the trapeze, growl a bit and frighten the children, you can have the job." The man filled the bill well until one day the rope on which he was swinging snapped and he was catapulted into the lion's cage. The lion, seeing him, let out a

## For The Cook

### NUT CABINET PUDDING

Cabinet pudding is one of those fine old-time desserts that have come down to us with a never-dimming aura of distinction about them. But modern culinary thought has dared even to paint this lily, and the addition of moist coconut to the delicate mixture is just one more delight. Do try this for a Sunday supper treat or for your next guest dinner. 5 egg yolks, slightly beaten. 5 tablespoons sugar. 1/4 teaspoon salt. 2 cups milk. 1 tablespoon gelatin. 1/4 cup cold milk. 1/4 teaspoon vanilla. Lady fingers or strips of cake. 1 1/2 cups apricots, sliced. 1 can moist coconut. Combine egg yolks, sugar and salt with 2 cups milk, and cook in double boiler until mixture coats the spoon, stirring constantly. Soak gelatin in 1/4 cup milk 5 minutes, and add hot custard. Stir until gelatin dissolves. Add vanilla. Strain custard into mold, filling 1 1/2 inches deep. Chill until firm. Dip lady fingers into part of custard mixture and dilute sides of mold. Fill centre of mold with alternate layers of apricots, remaining custard, and coconut. Chill until firm. Unmold. Garnish with additional apricot halves, whipped cream and strips of angelica. Serves 8.

What Girls Should Work For in Marriage

## Dorothy Dix

Suggests Add Tests for Suitors

## The Girl Who Plans to Marry Should Make Sure That Her Fiance is Madly in Love With Her, That He Has Her Tastes and the Kind of Disposition She'd Like to Live With, and a Sane Attitude Toward Money

### WHAT A GIRL SHOULD LOOK FOR IN MARRIAGE

Continued From Monday

Not all men are husband-material, daughter, no matter how slick their hair, nor how nimble their feet in a dance, nor how much they resemble a collar advertisement in a magazine. Some men are domestic animals, easily tamed. Others are wild by nature and can never be housebroken. So look well to any youth before you say "yes" to him when he pops the question.

First, ascertain if he is wildly, madly, frantically in love with you. This is vital, because a man starts out in marriage with practically all of the supply of sentiment and romance he is ever going to have, and he does business, as it were, on a limited capital in a falling market that is more likely to go sour than it is to go sweet. Few men ever idealize their wives, but happily the man who marries a girl believing her to be the most beautiful creature in the world and an angel and a paragon seldom finds out that she isn't.



Women are always complaining that their husbands don't notice what they have on or how they look. If they were wiser, they would know that this is God's mercy to them, for most men go on seeing their wives the way they looked in their bridal finery and never notice that they have changed.

Next consider the man's disposition, because that is the thing you are going to have to live with and which will make you either happy or miserable.

Some of the best men in the world are the meanest husbands. A man may be sober, moral, honest and upright, yet make his wife's life a torment to her by his grudgingness and fault-finding. On the other hand, a man may have half the faults on the calendar and yet be adorable to live with because he is affectionate and amiable and cheerful.

If a youth is sullen and morose and has always to be petted and humored to keep him from taking offense; if you have to handle him with gloves; if he is critical of you, or argumentative and given to taking the opposite side of any question in which you are interested; if he lacks enthusiasm and any joy in life, pass him up. He will be a total loss as a husband.

Then observe his attitude toward money. Almost equally undesirable as a husband is the man who has holes in his pockets or a Yale lock on his wallet.

If a boy throws his money away without ever getting the value of a dollar; if he is an easy mark and lets himself be held up by every Jane; if he never saves anything, he will make the kind of husband whose wife and children are always practicing pinching economies because he has spent the money that should have gone for rent and groceries and shoes in buying a floral emblem to send to the Firemen's Ball, or because he has lent his next month's salary to an old friend. He will never be worth a cent, and when he dies he will leave his family on the parish. He is the soul of generosity, but he never has anything to be generous on at home.

On the other hand, the woman who marries a tightwad spends her life trying to corset her pennies out of him. He expects her to toil like a slave for her board and clothes and makes the first of the month when the bills come in as much of a terror to her as the Judgment Day. No husband is more anathema to his wife than the stingy one. So observe a boy's manner with small change, whether it slips through his fingers or whether he has a death grip upon it.

Ask yourself how he rates as a companion. What sort of line of conversation does he carry that will keep a modern, educated, intelligent woman interested during the many long years they are undertaking to spend together.

Does he read anything except the sports page and the comic strip in the newspapers? Does he know the difference between a leitmotif and canned goods? Is the only thing that really thrills him the baseball score or the stock market? Has he a sense of humor and is he pleasant and chatty, or one of those great silent men who never speak at home and are just about as chummy as a sore-headed bear? More love is bored to death than is killed in any other way. So before you undertake to be the bedside companion of a man make sure that he has the gift of gab.

Then there is congeniality. Whether your marriage will be a grand sweet song or an avil chorus depends altogether on whether you and your husband sing in the same key and have the same taste in everything from politics to pie. If you like to do the same things and go to the same places; if you enjoy the same books and plays and people and amusements, you will live together in peace and harmony. Otherwise, you will fight like the Kilkenney cats.

Nature, which cares nothing for the happiness of the individual and is only concerned with the good of the species, has ordained a fatal attraction of opposites, but often the very qualities that drew people together before marriage rend them asunder after marriage. A girl who is intrigued by a roue's dark and wicked life nags the life out of him because he won't go to church with her after they are married. The man who married little fluffy ruffles just because she was so naive yawns his head off after they are married because she is so stupid and dull.

Two golfers can have a perfectly grand time improving their game and holding post mortems together, but let one be a golf maniac and the other hate the game and you have the loud laments of golf widows and widowers. Two thrifty people can get a marvelous thrill out of pinching pennies, but let one be a saver and one a spender and there is a battle royal over every dollar. So don't marry any man who doesn't ride the same bobby-horse that you do and by whose side you can't canter amiably and pleasantly.

These are some of the acid tests that girls may well apply to any youth who comes a-courting. If they do, and the men assay good metal, they will live together in peace and happiness to their golden wedding day. DOROTHY DIX.



lusty roar to which he offered a timid yelp. The lion roared more menacingly. The pseudo-gorilla lost his nerve and becoming entirely human, backed into a corner yelling, "Help! Help!" The lion thereupon came closer and said in a hoarse whisper: "Shut your mouth, you fool, you are not the only bond salesman out of a job."

WILLING Clerk—"See here, little girl I can't spend all day showing you penny candies. Do you want the earth with a little red fence around it for a penny?" Little Girl—"Let's see it."



NANCE O'NEIL. Who would dream, looking at this photograph taken in 1920, that she would "Stage and screen stars cherish, complexion beauty, etc."

# "I'm over 45!" SAYS NANCE O'NEIL

Famous stage and screen star tells the secret of keeping Youthful Charm

"I'm over 45—you see I admit so much," says Nance O'Neil. "Perhaps I should admit more, but it is said that a woman is as old as she looks, and a man as old as he feels. "For my part, I don't think anyone, especially women, should tag themselves with dates, and I believe the world in general would be happier and better if birthdays were never recorded, for as time goes on it cannot but bring with it a sense of limitation from which I am sure we all want to be free. "Constructive thought and care of the skin

are certainly two things that always help one to escape the marks of time. "Any woman who knows how to keep her complexion youthful can be charming at any age! "Stage and screen stars know that a skin softly smooth and aglow always has appeal. Several years ago, I discovered that regular care with Lux Toilet Soap would do wonders for my skin, and now I am among the scores of stage and screen stars who use it regularly."

Of the 613 important Hollywood actresses, including all stars, 605 agree with this beautiful star! So regularly do they use this fragrant white soap to guard complexion beauty, it has been made official in all the great film studios.

## LUX Toilet Soap 10¢

Lever Brothers Limited, Toronto. Soapmakers by appointment to their Excellencies the Governor-General and Comtesse of Desborough.

## Outdoor Living Room

Garden planning takes a great deal of thought and it is not easy to find time for careful thought in the busy spring season. Then tasks crowd upon us, always more than there is time to do. We understand then what an advantage he has who plans his season's work in detail during the winter, when there is time to think. The first step in planning, we are often told, is to form a comprehensive idea of the garden you will make. Just what does this mean? You would know, if it were a house you were planning—how many rooms, what style of architecture, the chief materials to be used. All would be decided definitely. A house is standardized; our ideas are well fixed, but the function of the garden is less well known to us. Just what part do you wish your garden to play in relation to your home? Is it to be merely the ornamental exterior of the house, the outside dress of the home? Or is it to be the outdoors of the home, a living room with a carpet of grass, a ceiling of the blue sky, and decorations of flowers, into which one's family and one's guests can enter without the feeling that they are going outside. The owner's attitude toward his garden means everything to its development. The conception of the garden as an intimate part of the home is growing. It is coming as the use of screened porches came, in our house architecture. We moved from the inside rooms to the screened porch in summer, and now we are moving from the porch to the garden and finding it possible to live outdoors in comfort and pleasure amid surroundings of ordered beauty. This is the modern American conception of the home garden. The garden owner who accepts this conception and determines to build an outdoor living room will still have to compromise with the older idea, however, and decorate one portion of the home grounds for public display. This is the front yard, which in our American suburbs is to all practical purposes part of the street, as much so as the parkway. To introduce privacy in this portion of the grounds is usually impossible. It should be developed in harmony with the neighboring yards and in such a manner as best to emphasize the house design and present at all seasons of the year a dignified and inviting appearance. Having surrendered his front yard to purely ornamental purposes, the home owner seeking outdoor comfort, coolness and privacy, turns naturally to the back yard; and it is here the outdoor living room has been developed. The private garden is a room primarily for the owner's enjoyment and in that essential requirement it is to be found the reason why the modern style treats lightly questions which have sometimes been thought of great importance, such as the relative merits and fitness of formal and naturalistic planting. An outdoor room, like an indoor room, calls for designs. It requires definite boundaries. It must be in balance, for which purpose its axes need to be indicated, so that its occupants may not be made uneasy as in a house interior with unmatched windows and uneven walls. For purposes of privacy and appearance the garden room needs to be screened from outside view and from many views out; since there are few back yards where the surrounding spectacles are all attractive. This screen may be provided by trees and shrubs, or by a wall or fence.

## Children's COLDS

Mothers testify that BABY'S OWN TABLETS are invaluable for children's head colds and feverish colds.

"At the first sign of a cold," writes Mrs. Isaac Kellar, 4 Shaftesbury Place, Toronto, "or if the children have been out in damp weather, I give Baby's Own Tablets, and they are all right again the next day." Mrs. Albert E. Knowles, R. R. 3, Granton, Ont., writes: "Baby's Own Tablets relieve colds so easily—I wouldn't be without them if they cost twice as much." Mrs. James O'Connor, Godfrey, Ont., writes: "Baby's Own Tablets are wonderful for children's colds and fever." DR. WILLIAMS'

## BABY'S OWN TABLETS

Make and Keep Children Well—As Mothers Know

## For FULL-FLAVOURED COFFEE This Question Must be Answered



WHEN buying coffee, ask yourself this question: Is there ANY air inside the tin or package or can any air get in? If so—coffee deteriorates, loses flavour. If not—coffee keeps its full flavour indefinitely.

### Vita-Fresh Process Removes Every Trace of Oxygen

Maxwell House is the only coffee packed by a method which removes and excludes all traces of oxygen from the sealed tin. Such protection afforded the famous quality of this old Southern blend ensures rich flavour and satisfying smoothness—more than you've ever enjoyed in any other coffee before.

Get a tin from your grocer today. Look for the words "Vita-Fresh" marked on the sealed and locked tin.

It's the Air Inside the Tin or Package That Ruins Coffee Flavour Loose or bag coffee loses 65% of its flavour in 9 days after roasting. Coffee in old-fashioned tin or cardboard cartons loses 45% of its flavour in 9 days after roasting.

## MAXWELL HOUSE COFFEE ROASTED AND PACKED IN CANADA

Old people are invigorated by OVALTINE TONIC FOOD BEVERAGE