

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



FOR THE WOMAN READER

THE HEART THAT DARES

Oh, the string and rough and impetuous song— The song of the heart that dares, That keeps to its creed and gives no heed To the faces that fortune wears!

RUB OIL INTO SCALP AFTER PERMANENT WAVE

New permanent waving inventions make you want to go right out and buy a new fall wave. It used to take a great deal of time to find a reliable operator who really knew how to wind hair. But not nowadays.

The whole process of getting a permanent wave has become simple and painless. Go to only reliable people and insist on having as operator who will stay in the room with you during the "baking." Many a good head of hair has been ruined because operator left the room after turning on the electricity.

Gray hair doesn't take kindly to permanent waves unless extra careful attention is accorded it. A minimum of heat is required and a test curl should be made to determine just how much heat the gray hair will stand without turning yellow.

Once you get a new permanent wave rub oil into your scalp occasionally.

OCTOGENARIAN GROOM REQUIRES POLICE ESCORT

A police escort had to be provided for an octogenarian bridegroom at a Gatshead (Eng.) wedding.

A dense and excited crowd gathered to see the couple—Mr. William Bernard, aged eighty-two, and Mrs. Bella Wilson, aged seventy-six.

USEFUL WRINKLES

When sewing buttons on clothes (particularly men's garments) place a match between the button and the cloth. A good base for winding the thread round will be left after withdrawing the match.

When airing your mattress lift the centre up to form an arch. This will give it a thorough airing.

Whole clothes sprinkled through a trunk will keep out moths.

Use wooden pulleys for your clothes line. These are noiseless.

Old rubber hot water bottles that leak make fine kneecap pads for the house or garage.

A cloth soaked in coal oil and rubbed over a wire clothes line means it and keeps the clothes from sticking to the line.

The colors will remain fast in colored handkerchiefs if you let them stand for 20 minutes in tepid water to which has been added a

Blood Test Led Run-Down Girl To A Sure Remedy

Saying that she lacked pep and didn't feel like working, a pale young office-worker recently had her blood tested by a reputable physician. This test indicated an anemic condition, as the haemoglobin content of the girl's blood was only 60%, instead of 90% to 95% which is normal for a woman, and her red blood corpuscles count was only 3,700,000, instead of a normal count of 4,800,000.

The physician explained that the red corpuscles carry throughout the blood stream the haemoglobin, which conveys the life-giving oxygen from the lungs and nutrient from the digestive organs to every cell in the body, thereby building tissues and clearing the system of poisons. Hence the health can be normal only if the haemoglobin and red corpuscles are.

To increase the haemoglobin and red corpuscles, the physician prescribed Dr. Williams' Pink Pills. After a month's treatment the young woman returned for a second blood test. This test showed a remarkable improvement in her blood stream—she felt full of energy and vigor.

Ten other run-down people, blood-tested at the same time, had similar experiences. The physician's records of these cases furnish absolute proof that Dr. Williams' Pink Pills are remarkably efficient in revitalizing impoverished blood streams. They will do that for you. Try them. 50 cents at drug stores.

teaspoonful of turpentine. A piece of lemon peel placed in the water when washing up dishes that have had fish or onions on them will remove all taint.

HINTS FOR THE HOME COOK

Tissue paper dipped in milk, tied over jam while the jam is hot, will dry and be stiff like parchment.

PARIS DECREES RUCHES, LOW HEELS AND BELTS

Here are some of the secrets of the season's Paris fashions.

Spots blouses will be laced in front with gaily colored silk cords. Ruches will adorn both the shoulders and skirts of low-necked gowns.

Shoe heels will be much lower than ever before. Wide leather belts with wavy edgings will be worn with woollen costumes.

CHEMIST DISCOVERS NEW GLAND EXTRACT

AKRON, O. Nov. 8.—Dr. Oliver Kamm of Detroit, yesterday described to a gathering of chemists a newly discovered gland extract which he said would make it possible for any mother in normal health to nurse her babies at the breast.

"I don't want to say from this platform," he said, "that fathers will be nursing their babies, but it is entirely within the realm of possibility."

Dr. Kamm made his announcement before the Ohio-Michigan Chemical Society and described the discovery as "sensational." He said a report of exhaustive experiments with 50 mothers in a large hospital would be printed soon by the American Chemical Society and predicted the development of the extract will be of tremendous importance in the treatment of maternity cases.

"A single injection of the gland extract," Dr. Kamm said, "will stimulate the lacteal glands of mothers and provide a flow of milk sufficient to feed her child and the flow will continue as long as the child is nursed."

Dr. Kamm said the extract had been injected in any number of animals, particularly rabbits and cats. "Providing the dormant lacteal glands of the male are in good health," he said it had been found, "anywhere from 24 to 48 hours after the injection the tom cat nursed kittens."

Minard's Liniment for Colds.

GARDENING

NARCISS-GROWN INDOORS

Be careful of one thing when growing Narcissi indoors. Always keep the atmosphere in a healthful condition, for if it becomes too hot and dry your buds may blast, resulting in a failure. It is well to notice that living narcissi are a criterion of a healthy atmosphere, and indicate conditions in your home which might affect your health if not corrected.

When all the ingredients are thoroughly mixed mold into a loaf and place in a baking pan. Put into a rather hot oven uncovered until the loaf is brown. Then add 1 cup of water and cover and finish baking. About 1 hour in all.

There are other varieties of the living-room, or cluster-flowered narcissi which are as easily grown as the paper white. The Chinese lily is one of these. It is becoming more popular every year, chiefly because of the ease with which good results can be obtained.

Among the others, trumpets are the easiest to grow, and there is no reason for any one failing to have daffodils in his front window if he will follow the rule against the hot, dry atmosphere. The old Emperor fits into this category. Also, the King Alfred, which oftentimes can be grown better indoors than in the garden. All of these bulbs are hardy creatures, ready to bloom without any coddling if they are only kept in a cool spot. Select the coolest room in the house for them; it will be well worth your while.

There are others besides the trumpets and the polyanthus which can be grown inside, although more perfect conditions are necessary. The flat cups and Leedsli, for instance, must be carefully handled to prevent their blasting, and the poeticus must have a cool greenhouse to be raised with assurance. Choose the easier varieties, set them out a week apart, and you will have a house full of blossoms all winter through. No need to

THE COOK'S CORNER

BEEF LOAF

Mix: 1 1/2 pounds of ground beef (ham or) and 1/2 pound of sausage with 1 cup of bread or cracker crumbs. Add 3/4 cup of milk and 1 tablespoon of chopped onion and 1 teaspoon salt and 1/2 teaspoon pepper and 1 egg unbeat.

When all the ingredients are thoroughly mixed mold into a loaf and place in a baking pan. Put into a rather hot oven uncovered until the loaf is brown. Then add 1 cup of water and cover and finish baking. About 1 hour in all.

SANDWICH LOAF

1 loaf sandwich bread 1 cup grated carrots 1 cup shredded celery and lettuce, mayonnaise 1/2 pound cream cheese 1/2 pound snappy cream cheese Seasonings Salmon is desired

Remove crust from bread and slice lengthwise in thirds. Place one slice of bread on platter and spread with mayonnaise. Cover this with second slice of bread and spread with celery and lettuce moistened with mayonnaise. Cover with third slice. Mash cream cheese, press yellow cheese through sieve or grate it and mix with cream to make a spreading consistency, season with salt and paprika. Spread on the outside as you would ice a layer cake. Chill thoroughly. Cut in slices and serve on individual salad plates.

A Morning Smile

"We shall reside at the Old Manse," said the bride. And the reporter wrote: "When they return from their honeymoon, the newlyweds will live with the bride's father."

"Be careful with the dinner tomorrow, Manuela. We are having guests."

"Very well, madam. Are they guests you want to come again or do you want them not to?"

worry about the soil if the drainage is adequate, and there are no fertilizers necessary except a teaspoon of bonemeal in a five-inch pot. A moist atmosphere is essential, however, and oftentimes an open pan of water sitting beside your pots will be precaution enough against any undue dryness.

Disillusions of Matrimony Inevitable Dorothy Dix Finds Truly Mated Ignore Them

No Wife Has Right to Complain When Beef-steaks of Matrimony Replace Violets of Courtship—Nor Should Any Man Find Peachblow Complexion of Youth More Alluring Than Wife's Cheeks Ruined Over Family Cookstove



We hear a great deal about the disillusions of matrimony. Wives complain that their husbands no longer keep up after marriage the delicate attentions they showed them before marriage. Husbands complain that their wives lose their looks and get frumpy and fat and careless about their dress at home, and whereas before marriage butter would not have melted in their mouths, after marriage the things they say would blister a sheet of asbestos.

"Before we were married," sighs a disgruntled lady, "my husband never came to see me without bringing me flowers or a box of candy. If he should bring me home a single rose now or a nickel's worth of gumdrops, I should fall dead with surprise."

"Before we were married," says another peevish wife, "if there had been earthquakes and cyclones and revolutions and scandals in high life with headlines a foot high in the newspapers telling about them, my husband would barely have glanced at them. Now he sits up with a paper glued in his hand every minute he is in the house, and when I try to talk to him he just grunts by way of reply."

"Before we were married," laments another wife, "my husband was always paying me compliments and telling me that I was his ideal of womanly perfections and a saint and an angel and a living picture and so on. Now if I want a compliment from him I have to extract it with a corkscrew, with more expenditure of time and labor than it is worth."

And these ladies and others of the same ilk demand to know why this is thus and why a man is so changed by matrimony that his wife scarcely knows him and feels as if a strange bridegroom had, somehow, been rung in on her at the altar. For assuredly she never picked out this unsentimental, unappreciative, dumb creature with whom to spend the balance of her days.

The explanation is simple enough. Matrimony is not courtship. It is the plain bread and meat and mashed potatoes of life, not the flubbed whipped-cream dessert. When a man rolls up his sleeves and goes to work to support a woman he is metamorphosed from a hero of romance into the family provider and his symbol is no longer a fairy prince, but a cash register.

The woman who waits that her husband is not always bringing her flowers and showering theatre tickets on her and taking her to places of amusement as he did in the days of courtship, ignores the fact that he didn't at that halcyon period have to stand for her board bill and shopping ticket.

In all good truth, a beefsteak is just as sincere a token of affection as a bunch of violets.

The woman who knows that her husband is bringing home every dollar he earns and straining every nerve to keep his family comfortable is an ingrate of contrast the boiled turnips of matrimony with the chocolate creams of courtship or to complain that her husband no longer lays poetic offerings at her shrine as he used to do.

The wife who considers the daily paper a barometer of her husband's waning affection and who fancies herself neglected because her John reads the paper in her presence after marriage when he never did so before, is equally unreasonable. She forgets that John has no other place in which to read his paper now except when he is with her.

When he saw her only two or three times a week, or perhaps for a little while every day, he had leisure elsewhere in which to read. He reads at home now because that is where he lives and where he has the right to expect to do what he pleases.

As for the woman who feels herself a poor, unappreciated creature because her husband no longer deluges her with flattery after marriage, let her console herself with the thought that her husband is not unkindful

Daintiness With Chic Styles ILLUSTRATED DRESSMAKING LESSON FURNISHED WITH EVERY PATTERN BY ANNABELLE WORTHINGTON

Today's pattern includes all the items illustrated. Remodel your dress by giving it a new monk collar as illustration "A." It's delightfully smart and young. Make it of white or toning bengaline silk or satin.

"B"—A stunning tailored jacket collar of white silk pique, bengaline or satin, studded with rhinestone buttons.

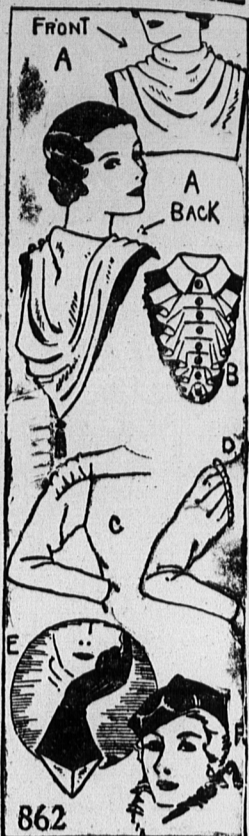
"C" and "D" are two new sleeves for your choice showing smart use of shirring, now so modish. The youthful beret illustration "F" is woolen fabric with matching gloves "E." It's sportive in vivid red or vivid green for spectator sports.

Style No. 862 is designed in sizes small, medium and large. See pattern envelope for material requirements.

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

No. 862. Size Name Street Address City State

Minard's Liniment removes stains.



of her charms. He has only come to accept them as a matter of course as we do any other blessing. We are not forever exclaiming over the sun rising every morning or our good health or our prosperity. It is only when it rains or we are sick or we lose our money that we become vocal and rend the heavens with our complaints.

Men are equally unreasonable in expecting their wives to keep up after marriage all the allure and romance that they possessed before marriage.

The man who complains that his wife has lost her beauty and that she no longer looks like the lady-love he married forgets that she burned out her complexion standing over the cook stove for him; that walking the babies with the colic that he might have unbroken sleep put wrinkles around her eyes and that the reason why her hands are not soft and white and kissable is because she has made corns on them tolling for him.

And the very man whose esthetic sense is shocked by his wife's appearing at breakfast in a soiled kimono is the last man who would want to pay the price of pink silk and lace negligees. Before marriage, when a woman has nothing to do but to cultivate her looks and plenty of money with which to dole herself up, it is easy enough for her always to present a pleasing appearance to the man who is courting her. But it is a different story when she has to squeeze the pennies and nurse sick children and do her own housework.

Because husbands and wives are different before and after marriage is no sign that they are failures as husbands and wives. The really and truly mated couple can take a lot of things for granted and do without many outward observances. Such a man doesn't have to bring his wife home flowers to prove that he remembers her. Nor does such a wife fear to lose her husband's love by letting him see her when she hasn't on all of her warpaint.

Heaven help those husbands and wives who have to be always polite to each other, and who cannot sink into a blessed restfulness in which neither has to take especial account of the other because they see just one!

DOROTHY DIX.

MORTGAGED WIFE MILDRED BARBOUR

CHAPTER 9 FANNING THE SPARK

Jeanne's tea was a huge success. She had been fortunate enough to get just the right people. Bonnicetti was her lion and he roared with flattering eagerness.

While the exquisite strains of his violin floated through the corridors of the fifteenth floor, passing hotel guests lingering frankly outside the door of Jeanne's suite asked one another who its occupant might be, capable of securing the talent of the great virtuoso. Those with adjoining rooms left their windows open to admit the melodies that swayed

Backache Gone Neuritis Stops

Mother of Four Praises Dodd's "I am 24 years of age and mother of four children," writes Mrs. D. R. Judd, Glen Sutton, P.Q. "When I was 14 I fell from a horse and bruised one of my kidneys. Consequently I suffered a good deal from a severe pain in my back. My mother gave me Dodd's Kidney Pills and I felt better. After my three children were born I again suffered terribly from Backache and Neuritis in my arms and shoulders so I could not work. I again used Dodd's Kidney Pills and I soon felt fine, thanks to Dodd's."

She was glad that the tea service required her attention before she made a fool of herself in her own thoughts

"I wish I had some parlor tricks," said Barstowe in a low voice, as he assisted her with the tea-brewing. "Women always fall for these long-haired virtuosos, or any other chap who can perform."

Jeanne gave him a fleeting, half-absent smile. "I doubt very much, Mr. Barstowe, if you have ever suffered from lack of feminine attention."

"I'd be a rank ingrate if I denied that some few women have done me the honor to like me," he admitted frankly; "but what can a poor chap do when he finds himself completely outdistanced by some one else in a race for a certain lady's attention?"

"He might perhaps—try again," suggested Jeanne demurely. "May I?" he asked eagerly. "Tomorrow?"

She shook her head. "I am having tea with the Barclay's tomorrow."

He looked disappointed. "Friday then?"

Again she smiled her refusal. "The Forbes are having a house-warming for their new place in the country."

"Jove! I'm playing in tough luck!" he muttered. "Are you by any chance without a dinner engagement this week?"

She shook her head smilingly. "My engagement book happens to be rather filled."

"I dare say a chap has to date you up a fortnight in advance," he shrugged. "And I have to go out of town next week for a few days."

Jeanne was taken back at this announcement. She didn't fancy having her game interrupted. He might forget by the time he returned, and there were other attractive girls.

to disappointment, I can tell you in advance!" laughed Canby. "It's all I can do to make a date with her these days, and Jeanne's sort of protege of mine so its only fair to give me preference."

Bonnicetti was leaving and Jeanne turned her attention to him. "You've been so kind," she told him with sincere gratitude. "Will you come some time again?"

"If the Signorina will give me her gracious permission," he replied, bowing over her hand. "She has but to summon me and I will appear like the genii of the lamp."

The other guests began to show symptoms of departure. All, that is, except Adele Parkinson. She ensconced herself in the most comfortable chair in the room and swung her supple feet onto a foot-stool.

"I'm going to stay for a bit and chat with Miss Dare, about coming to this hotel. I don't like my present abode. They threaten not to let me keep my darling dog, Fancy! May I give him a biscuit?" she asked Jeanne. "The poor little darling has been eyeing the tea table longingly all afternoon."

"By all means," Jeanne offered a cake to the Peke. "Good night! I'm going!" muttered Canby disgustedly. "Coming, Vic?"

Barstowe shrugged assent said plainly as words: "I might as well." Jeanne knew that he took a reluctant departure, disappointed in his hope that he could outstay her other guests, and she rejoiced inwardly at the knowledge.

(To be Continued.)

LIMEWASHING KEEPS WESTMINSTER FRESH

LONDON, Nov. 9.—Various works of cleaning and limewashing now in progress at Westminster Abbey belong to a policy which began 27 years ago, when in 1906 the late W. R. Lethaby was appointed surveyor of the fabric. He had advocated a system of cleaning and limewashing as opposed to restoration for some years before he became officially connected with the church. He had been diligently studying both the fabric and the original records bearing upon its history since 1875, when he made a drawing of the 13th century tracing which then existed in the gable of the north transept above the rose. A few years later it was destroyed, and that which is now seen looking fresh in its new cast of limewash was built.

It is due to his sustained efforts that the Abbey authorities have been converted to the ancient custom of protecting their masonry with limewash. Furthermore, they are using it white—to tint the wash takes away a certain percentage of its value as a preservative.

The ideal would be if the whole

Keep the Children Healthy There must be iron and vitamins in a child's diet, for, without them, no child can thrive! "BEMA" Barbados Molasses ranks high among the iron-containing foods; it is also rich in vitamins. You will find it good for all the family. Use it on the table, and in cooking. It is the most economical molasses you can buy!

AUCTION SALE AT SOUTHPORT MONDAY, NOVEMBER 13th

All Stock, Crop, Farm Implements (two Cars and Household Effects). ESTATE, LATE EWEN MARTIN By Order. J. A. MacDONALD, Auctioneer.

H. F. McPHEE, Solicitor.

church could be treated at once. There are many parts badly in need of washing, especially the outer wall of the south transept, but the immense cost of the necessary scaffolding and of the little army of skilled workmen (for limewashing is highly skilled work, if it is to be effective) makes such a course impossible.

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