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

Keep Incense On Altar Of Love | **Dorothy Dix** | Tells How To Get Along With Husbands

## When Wives Start Transferring Their Cooing and Gurgling to Their Children Their Husbands Begin Seeking Other Women to Hold Their Hands and Make a Fuss Over Them

"My dear," said a mother to her daughter on her wedding eve, "I know you are going into marriage just sloshing over with intentions of being a good wife to Jim. That's fine and noble, but it won't get you anywhere if you are irritable and fretful and suspicious and nagging and gloomy.

"The woods are full of divorced women who were model wives and did their full duty by their husbands, but who are so disagreeable their husbands couldn't stand them. What a man wants is a PLEASANT wife, a wife who is easy to look at and good-natured and amiable and who has a laugh hung on a hair-trigger. And if you are easy to live with, you needn't bother about the major and minor domestic virtues. Your husband won't know whether you've got 'em or not.

"Bear in mind, my child, that what a man really marries for is to get a claque. The reason he assumes some girl's food and lodging and shopping ticket for life is because she has made him believe that he, alone in all the world, looks upon him as an oracle and a spellbinder and sees how wonderful and handsome he is. And all goes well as long as she gives him the glad hand.

"Never have I seen a wife forsaken by her husband who was an adept salve-spreader. No woman who can mix a heady brew of home flattery need ever fear the Other Woman. So leave it to those who do not have to live with him to tell your husband of his faults, correct his grammar and pronunciation and yawn over his stories. You keep the incense burning and great shall be your reward.

"All men are afflicted with the head-of-the-house complex. It is a hereditary complaint. The best way to treat this hallucination is to humor it. Make the gesture of obeisance that will keep the poor creature content, and do you no harm. Listen with bated breath to his views on politics. Request his advice on whether the library shall be papered in red or brown. Ask his perimssion to go down town shopping or to the movies. Husbands don't really care what their wives do in reason. They only wish to have their authority recognized and if you do this publicly, you can privately do as you please without ever having to fight for your rights.

"Don't forget that men like to be babied and chucked under the chin and told they are the 'boofulest fing' on earth. It is only after women transfer their cooing and gurgling and silly talk to their children that their husbands start out to hunt for other ladies to hold their hands and make a fuss over them.

"Remember that men like their wives to press-agent their good qualities and turn the spotlight on them and show them off before company, so if your husband thinks he can sing, or fancies himself as a ranconteur, or does tricks with cards, call upon him to perform at parties. It may bore others, but it is a knockout for you. And always lead the laughs when your husband tells a funny story, no matter how many times you may have heard it. There is nothing that makes a husband sourer than for his wife to listen to his pet jokes with the expression of an early Christian martyr.

"Don't be a wet-blanket wife. Don't be one of those wives who can't step out of an evening when husband feels like going places and doing things because she is afraid to leave the baby with a nurse, or because she has put the bread to rise, or because she isn't dressed. Get a frock you can drop into and jam on your hat whenever he says 'go' and make just as much effort to be gay and entertaining as if you were a date instead of a wife. Don't spoil the fun of every party by counting up the cost and wondering if you can afford it. Save up the price on the butcher's bill and say nothing about it. If you want your husband to take you out, you have got to add to the hilarity of the occasion, not spoil it.

"Don't expect too much of your husband. He is human and has his faults for which you must make allowance, as you expect him to make allowance for yours. Don't expect him to change his tastes and his habits to coincide with yours. He won't do it, and it will make endless friction between you. We interfere with any grown person's ways at our peril. And don't expect him to be a combination money-making machine, a romantic lover, taxi driver and second cook. Take his "as is" and make the best of him.

"And finally, my dear, drive with a light rein. Don't make marriage oppressive. Don't deny your husband every bit of freedom. Don't argue. Don't quarrel. And keep up the love-making. Before marriage the man does the courting. After marriage the woman has to do it, if it is done. But, if she does, she never has to go to Reno." DOROTHY DIX.

## Ramsay-Harrington Wedding Party

Pictured above are the principals of the Ramsay-Harrington wedding party as they left St. Thoams Aquinas Church at 11.30 o'clock Thursday morning February 6th. From left to right FRONT ROW: Miss Mildred Harrington, (sister of the bride), Maid of Honor; Mrs. Charles William Ramsay, the former Carmen Ida Harrington, Halifax, the bride; Charles William Ramsay, Ottawa, the groom and U. J. Harrington, brother of the bride, groomsman. BACK ROW: Mrs. E. P. Harrington, Halifax, mother of the bride, Miss Virginia Harrington, sister of the bride. The former Miss Harrington is a daguhter of the late E. Peter Harrington of Charlottetown and Mrs. Harrington (formerly of Charlottetown). She is a niece of the late Rt. Hon. Sir William Wilfrid Sullivan, Chief Justice and Atorney-General of Prince Edward Isiand.

## THE BLUE DOOR

by RACHEL MACK

CHAPTER IV

The big bus shook the lights of New York from its gleaming sides and plunged onto the darkening highway. Finally it turned its nose west and held the course. Ruth Woodson, sitting in one of the deep seats, felt a thrill of excitement. Off into the unknown.

A porter went through the car, offering pillows to the passengers. When he came to Ruth she said, "No, think you," firmly. As elbow prodded her side .It be.onged to the large, gray-haired woman beside her. "Take it," the woman advised. "It don't cost anything—"

"Thank you so much," Ruth said when the clean pillow was adjusted under her head. "I didn't know it was free service." She closed her eyes to discourage further conversation, for she was very tired. In a moment the had drifted off into delicious sleep.

When Ruth awakened there was a confused moment of locating herself, then a feeling of being rested and alert. Dawn was in the sky.

The woman beside her was awake, too, arranging her hair in a pocket mirror and uttering little groans of annoyance. Catching Ruth's eye, she smiled at her and said, "I always wish I was a man at a time like this. A woman's clothes are hard to tidy. My collar looks like I'd slept in it."

"You have," Ruth said, and they both laughed, "Are we almost to Buffalo? I'm getting off there."

"We'll be there soon," the woman answered. "I'm changing buses there. I'm on my way to Huntington, to visit my sister-in-law. I haven't ever been this far west before."

"I haven't either," Ruth replied. Her seatmate had a kind, childlike face and was as eager to be nice as a friendly puppy. Ruth felt grateful to her for telling her about the pillow.

The woman was studying Ruth with interest. "A young girl like you will enjoy visitin' in Buffalo," she offered. "There's plenty to see there—Niagara Falls and all—"

Ruth decided to gratify the stranger's curiosity. "I'm not going there to visit," she told her. "I'm going to look for a job. Buffalo just happened to be the first large city on the route, so I bought my ticket for there. I'm being a sort of gambler, you see."

The woman exclaimed. "Well now!" She was silent for so long that Ruth hoped it was to be permanent. But after a bit she remarked thoughtfully, "I had a niece by marriage that went there last year from Jersey. She and another girl. They tried to get jobs there but they couldn't. They had to leave " • • •

Ruth was now attentive. "You mean they couldn't find any work to do?" she asked. "Not either of them?"

"No, they couldn't," the woman replied, "My niece said most towns have a way of looking after their permanent residents before they give jobs to outsiders. She and this other girl stayed five weeks and then gave it up and left. They were hitch-hiking," she explained.

"Oh," said Ruth. She lapsed into silence and misgivings.

"I don't mean to discourage you." the woman remarked. "I guess I should've kept my mouth shut. My name's Mrs. Tillie Cogly—" she paused to introduce herself. "I'm always saying the wrong things to people, so you mustn't mind me. Maybe you'll do fine in Buffalo "

Ruth smiled at her. "Thank you, Mrs. Cogly. My name's Ruth Woodson. I think you did right to tell me your niece's experience. Where is she now?"

"Well replied Mrs. Cogly, "that's the nice part of it She and the girl went on to Pittsburgh, it was Hitch-hiking, you know, and lucky all the way. They got a place in Pittsburgh called the Girl's Industrial League and they live there now. Or they did the last time I heard, which was two or three months ago. This place is a big old residence that somebody donated to the welfare people. They take in girls that can't afford to pay them—something like those camps Mrs. Roosevelt started. I guess. I recall my nieces said they were all doing hooked rugs at the time, and getting paid for it. The welfare people sell the rugs, see, and that helps keep the League going—"

Ruth said, "It sounds like a good idea, It would enable a girl to live decently until she could get her bearings."

"Yeah," Mrs. Cogly replied in a loud, cheerful voice and looked out of the window at the brightening landscape.

There was a 20-minute silence, broken at last by Ruth. She said, "I've decided to go on to Pittsburgh, on account of what you've just told me. Can I catch a bus from Buffalo this morning, do you think?"

"Sure, you can," Mrs. Cogly assured her. "Some time before noon. I'm going to take that bus myself. But first I'm going out to see Niagara Falls. That's why I came this way. You ought to see Niagara yourself, dearie."

"How much will it cost?" Ruth inquired cautiously.

"I've heard there's a local bus takes you there and back for $2," Mrs. Cogly answered.

"Well," said Ruth, the adventruous, "I believe I'll go."

• • • •

Seeing Niagara Falls with Mrs. Cogly was an experience Ruth was never to forget. There was Mrs. Cogly at her elbow to point out such obvious items are souvenirs for sale and honeymooning couples and hotel flower beds and raincoated tourists about to go under the cataract. And there was Niagara itself, detached and thunderous and terrible and gorgeous, roaring its merciless way to the sea. Moreover, returning there was that magnificent street shaded by four rows of towering elms, which is one of America's own wonders.

Back at the bus station, Ruth said, "It's hard to think in dimes and pennies after looking at old Niagara, but I've got to do a little calculating. It's going to cost me $5 to get to Pitsburgh. Now let's see how much that leaves to for a change of clothes and a toothbrush."

"Land's sake!" shrilled Mrs. Cogly in consternation. "Did you come off without any clothes? I thought you were checkin' your bags while I was checkin' mine."

"I haven't a stitch with me except what I've got on my back," Ruth confessed. "I came off that suddenly—"

There flashed back to her mind her amazing telephone call to the Lawrence home just before she boarded the bus. Cecil had answered and she had told him, her voice shaking a little, "I'm just taking a bus for Buffalo, eCcil—" He kept saying, "Huh?" and she had to repeat it three times. She said to him, "No, don't call Letty or your mother—I'd rather talk to you. I'm getting a job in Buffalo. Tell your mother she's not to worry. Everything's going to be fine. I'll write later, and you can send my clothes on—"

Another "Land's sake!" from Mrs. Cogly recalled Ruth to the present. She looked around and located a cheap store nearby. She pointed it out to Mrs. Cogly. "You go on and get a seat in the bus," she advised. "I'll join you as soon as I've bought what I have to have."

• • • •

The shopping was quickly consummated. She bought a cheap blouse, a pair of stockings, a change of lingerie, a nightgown, and some toilet articles. She ran for the bus and caught it just as it was about to pull out. Mrs. Cogly was waving to her excitedly from one of the rear windows, but she had not been able to save a seat for her. Ruth had to sit beside a sour-faced little man, up near the front.

It was mid-afternoon when Ruth was startled by a sudden energetic shake of her shoulders. She looked upand saw Mrs. Cogly gazing down at her, wild-eyed.

"I told you wrong about tha' Girls' League place," she sputered agitatedly. "It ain't in Pitsburgh at all. It's in Cleveland! Get off at the next stop. Get off right here where the bus is stoppin'! You can catch one going to Cleveland—"

The bus was rumbling to a pause before the station of a small, sleepy town. Ruth, dazed by the turn of events and impelled by Mrs. Cogly's hurricane determination, put on her hat, collected her parcels and abediently got off the bus.

"Can she catch a bus for Cleveland here?" Mrs. Cogley was excitedly asking the bus driver, the passengers and half the inhabitants of the village in which they had paused.

From several sides she was assured that the Cleveland bus would "be along in a few minutes."

"Then sit here," said Mrs. Cogly to Ruth, and pushed her down onto a bench just outside the station door. "Keep your spirits up, dearie, whatever comes! There little mistakes happen to everybody —"

Mrs. Cogly, the arbiter of Ruth's destiny, the unwitting changer of her life's course, got back into the bus and was borne away. Ruth could see her waving and looking anxiously back until the big car turned a corner and disappeared from sight.

It was not until then Ruth burst into hysterical laughter.

(To Be Continued.)

## The HOUSEWIFE and HER ACTIVITIES

**IMPERISHABLE**

Alone in power, supreme in grace,
With the wings of an eagle,
the voice of a dove;
Outlasting death, and time and space—
Love —William H. Hayne.

This prayer was found in the late Dr. Bethun's Bible at the time of his death.

"Lord, pardon what I have been, sanctify what I am, and order what I shall be, that Thine may be the glory and mine eternal salvation."

**The Tablecloth**

Fold the tablecloth three times lengthwise before any cross folding, and it will avoid the center lump, so often seen.

**FOR THE MANTEL**

It has become a sort of "old American custom" to have a mirror or picture centered above the mantel, a pair of something or other on either end and a clock or bowl of fruit or flowers in the middle. Basically, this is a perfectly good arrangement. The systematic way it is used, however, may be faulty. Try a pair of pictures on either side of the wall and a set of porcelain figures in the center of the mantel. Or try sconces on the wall just to the far side of the mantel and bowls of trailing ivy on the shelf for variety.

Luck isn't considered when a man's successful.

Our virtues are usually nothing but disguised vices.

If other people weren't bad, we'd never know how to be good.

Money may talk, but lack of it causes plenty of conversation too.

The most important step toward improvement is the desire to improve.

No person ever rid himself of trouble by trying to wish it on someone else.

The only man who can afford to look like a nickle is the fellow with a million.

The chronic grouch never goes where he's told until the undertaker gives him a start.

Although the world is round, there's no use waiting for snow to slide off without shoveling.

Every man should train his memory cells to retain only the happy events of life,—forgetting the sad ones.

**After Moving**

If you are unlucky enough to find bedbugs in the house or apartment to which you have just moved, you will have a more comfortable feeling if you set the legs of your bed or baby's crib in jelly tumblers half-filled with kerosense while the exterminating process is going on. Then you know your bed is safe, even if the bugs should be in the woodwork surrounding it. Pull all beds about six inches from the wall.

**Housekeeping Lore**

Leave the oven door open when lighting the oven, just for safety's sake.

Repapering a room or two will sometimes make the whole house seem more attractive.

Probe the outlets of the laundry tubs with a long-handled buttonhook to remove the lint that collects there.

It is said that four or five whole cloves on top of the jelly after it has hardened will prevent the formation of mold.

Sprinkle salt in the coffee pot and rub well all around the inside with a damp cloth. Rinse with boiling water. It will keep the coffee pot sweet.

**FRENCH PASTRY**

Haven't you often wished you could make some of these very delicious, very "professional-looking" French pastries in your own home? Here's a recipe for "Choux a la creme," which the Pastry Chef at the Vanderbilt Hotel (famous for its excellent French pastry) has devised especially for the use of housewives working in their own kitchens: 1-4 cup milk, 8 tablespoons butter, a dash of salt, 1 cup flour, 4 or 5 eggs. Place the milk, butter and salt in a saucepan, and bring to a boil. Add flour, mixing while on the fire. Remove from stove, and allow to cool a little, then add the eggs one at a time. With the help of a soup spoon, dish out the batter into "puff" shapes, and bake slowly in a 250 degree oven. When browned allow to cool, then fill with whipped cream.

Think of serving these cream-puffs at a party, and being able to proudly say, "I made them myself."

**TINTED MOLESKIN USED ON WINTER ENSEMBLES**

Not long ago it appeared that dyed furs would be restricted to evening clothes alone as the pastel shades in fox furs look their best at night. Furriers, however, have found other skins which are suitable to be tinted the soft tones which are so smart this season.

Moleskin is well adapted to tinting and is used considerably on the winter ensembles consisting of a woollen dress and a short tailored jacket of full finger-tip swagger coat. Although the fur trimming is sometimes used in contrast to the color of the ensemble, it is considered smarter to have the fur dyed the exact shade of the dress. Blue moleskin on soft blue tweed, green moleskin on a green dress and grey lamb for the mixed dark grey tweeds are three favored combinations.

Muffs are back in style again, and they, too often are used in colored furs to match an ensemble. Here again, moleskin and lambs are used frequently.

Fur hoods continue to be worn, particularly for evening. The hoods are in woollen materials, as well, on heavy coats which are usually fur trimmed.

**A SAGGING CHIN**

After cleansing and massaging both face and neck, wring a pad of cotton wool and in cold water and witch hazel. Place this beneath the chin, arranging it to reach halfway up the cheeks, and tie in place with a bandage. Lie down to rest, and if possible to sleep.

**THE KING'S HOMES**

The simplicity of character which endeared the late King to his people has been inherited by his son, King Edward VIII, writes Elizabeth Carlisle in the London Daily Mail.

Just as his father loved best the homelike surroundings of Sandringham, where he returned to die among his own people, so the new Sovereign was happiest when he could slip away from the mangnificence of Buckingham Palace to the quiet of his own rooms in York House, St. James' Palace, or Fort Belvedere, his lovely old house at Sunningdale.

From his earliest youth he has known the beauty of a quiet home, for he was born at Royal Lodge, Windsor Great Park, now the country home of the Duke and Duchess of York. Until he was 25 years of age he lived with his parents at Buckingham Palace. In 1919 he moved, with his household, to York House—so called because King George, when Duke of York, occupied it—and there he has remained. although it was expected that, on the death of Queen Alexandra, he would move to Marlborough House.

It was in 1919 that he delighted the hearts of Canadians by purchasing a ranch in Alberta, which he promptly stocked with horses, cattle and sheep which were sent from England. And it was there he snatched some of those keenly appreciated holidays which will never be his again, often working with his men among the cattle.

**LOVES THE COUNTRY**

The new King has always longed for a country home near. London, where he could live the life of a country gentleman undisturbed by too many formalities. Sunningdale was his choice.

He had rented one or two houses there for various golfing holidays, and he acquired in 1920 Fort Belvedere as a permanent residence.

Crown property, this beautifu 18th century house has a romantic history. While quartered in Windsor Forest after the 1745 rebellion which ended in the defeat of the Young Pretender ,the Duke of Cumberland's troops were set to build a fort—Fort Belvedere—and this became a house occasionally used by royalty.

George IV, converted it in 1827 into a country retreat, but it might have fallen into decay had it not been for our late King, who, at considerable personal expense, enlarged and improved the old building. On its austere battlements are still mounted the old guns, relics of Culloden, which, during Queen Victoria's reign, were still used for firing salutes on such occasions as royal birthdays.

It is unlikely that King Edward VIII, will give up this pleasant country seat, where he loved to don an old suit and indulge in a few hours' gardening. But he must say farewell to the home in St. James's Palace which he has occupied for nearly 20 years. As King, his official residence will be Buckingham Palace, where he will probably occupy the apartments of his late father.

These pleasant rooms, which look out on the lovely gardens at the back of the Palace, will be home to him.

**SPARK PHOTOGRAPHY**

Some of the most remarkable photographs ever made have been taken with the light of an electric spark. A large spark can give a lot of light; lightning is an example which, however, is beyond man's power to reproduce.

Large sparks can be produced by electrical apparatus in a laboratory, and these have been used to photograph a bullet in flight. The firing on the gum sets off the spark. The camera is set with its shutter open and pointing at the muzzle of the gun, but to one side of the path of the bullet. The light given by the spark is given for such a short period of time that this times the exposure of the film in the camera. The result is a perfect picture of a bullet coming from the end of a gun.

The fact that this feat is possible draws our attention to the fact that most people think bullets travel much faster than they actually do. The fastest airplanes go more rapidly than a revolver bullet

## THE COOK'S CORNER

**LAMB CHOPS EN CASSEROLE**

2 pounds shoulder lamb chops, 1 inch thick
Flour, salt, pepper.
1 small onion (optional)
1 can (No. 2) tomatoes
Flour

Trim fat from lamb chops and render out fat over low heat, in a heavy frying pan.

Coat chops with seasoned flour. Brown well on both sides with the chopped onion, in the hot fat. Transfer to a deep baking dish and add canned tomatoes. Cover closely and bake in a rather slow oven, 325 degrees F., until chops are very tender—about 1 to 1½ hours.

Lift chops to heated platter. Turn liquid from chops into a saucepan, taste and season as necessary. Thicken with flour, smoothed to a paste with cold water. Pour over chops on platter and garnish with parsley.

**DATE CREAM PIE**

2¼ cups scalded milk
¼ cup sugar
3 tablespoons cornstarch
1-3 teaspoon salt
2 egg yolks
1 tablespoon butter
2-3 teaspoon vanilla
1 cup pitted dates
Baked pie shell
2 egg whites
3 tablespoons fine sugar

Combine ¼ cup sugar, cornstarch and salt thoroughly. Stir in scalded milk, return to double boiler and stir and cook over boiling water until the mixture thickens smoothly. Cover and cook with occasional stirring until no raw flavor of starch remains. Stir slowly into beaten egg yolks, return to double boiler and stir and cook until egg thickens. Remove from heat and add butter and vanilla.

Line baked pie shell with pitted dates. Turn in slightly cooled cream filling. Cover with meringue made by beating egg whites stiff but not dry, then gradually beating in 3 tablespoons fine sugar. Brown in a slow oven, 300 degrees F. Cool and chill to serve.

## A Morning Smile

**UNAPPRECIATED**

She was a vigorous and kindly woman, and, seeing on a street corner a man with hat pulled well down and holding a dog on a lead, she acted with characteristic promptness.

"Come on, my good man." And she piloted him through the traffic to the other side of the street.

Then said the man: "It's very kind of you lady, of course; but I am not blind—and I didn't want to come over here, anyway."

**INTERPRETER**

A little Scotch boy, having become an uncle at the age of four, was taken to see the new baby.

"What's she saying, Sandy?" asked his sister, as the infant made the usual gurgling noises.

Sandy cast a wary and inquiring eye round the room and then replied: "It sounds like, 'Gie Sandy an apple'."


**A Face Covered With Pimples Causes Much Embarrassment**

BURDOCK BLOOD BITTERS

There is little doubt but that impure and impoverished blood is the soil on which those red, white, pus filled pimples develop and thrive, and that nothing short of a vigorous, persistent blood purifying treatment will eradicate them from the system.

Burdock Blood Bitters banishes bad blood and with the bad blood banished the skin becomes free from pimples.

Try a few bottles and be convinced.



**"WORN OUT" AND WORRIED**

Dragging around each day, unable to do housework — cranky with the children — feeling miserable. Blaming it on "nerves" when the kidneys may be out of order. When kidneys fail the system clogs with impurities. Headaches — backache, frequently follow. Dodd's Kidney Pills help clear the system, giving nature a chance to restore health and energy. Easy to take. Safe. 116

Dodd's Kidney Pills



**School Absences Due to Colds Cut Almost One-Half**

**Famous Colds-Control Plan Tested in Three Series of Clinics Among 5,118 School Children.**

**FURTHER PROVED IN HOME USE**

School absences due to colds have been reduced nearly one-half (40.20%) by following Vicks Plan for Better Control of Colds. This is shown in records of clinics among 5,118 school children.

Mothers and teachers alike welcome Vicks Plan as a practical guide to fewer and shorter colds. This commonsense, medically sound Plan is based on three simple steps:

**1. To Help Build Resistance to Colds**

Live normally—avoid excesses. Eat simple food and keep elimination regular. Drink plenty of water. Take some exercise daily—outdoors preferably. Get plenty of rest and sleep.

**2. To Help Prevent Many Colds**

At the first warning nasal irritation, sniffle or sneeze, use Vicks Va-tro-nol—just a few drops up each nostril. Va-tro-nol is especially designed for the nose and upper throat—where most colds start. Used in time, Va-tro-nol helps to prevent many colds—and to throw off head colds in the early stages.

**3. To Help End a Cold Sooner**

If a cold has developed, or strikes without warning, rub throat and chest at bedtime with Vicks VapoRub. VapoRub acts two ways at once: (1) By stimulation through the skin, like a poultice or plaster; (2) By inhalation of its penetrating medicated vapors, direct to inflamed air-passages. Through the night, this combined vapor-poultice action loosens phlegm, soothes irritation helps break congestion.

What Vicks Plan can do for others has been indicated not only in clinics, but also in the further proof of everyday home use by thousands. What it can do for you and your family can be proved only by trying it. Directions for following the Plan come in each package of Vicks Va-tro-nol and Vicks VapoRub.



**Headaches and Backaches Stopped Entirely—**

**Used Fruit-a-tives for just a few weeks and feels like a new woman.**

"I did not seem to get better at all until I started Fruit-a-tives. Then my headaches and backaches came less and less until in a few weeks they stopped entirely."—Mrs. A. J. Schwartz, Galt.

After 15 years research a famous Canadian doctor created Fruit-a-tives by combining extracts of APPLES, ORANGES, FIGS, PRUNES and HERBS. The result is a remedy truly natural in action. It tends to strengthen all the organs of elimination. Its tonic effects help give *lasting*, complete good health.

FRUIT-A-TIVES
Nature's Fruits and Herbs


## SMART CLOTHES FOR THE HOME DRESSMAKER

Smartly slender in every line, is this charming crepe silk print dress. It will freshen your mid-season wardrobe and you'll wear it all spring.

The fact that it's a one-piece affair and easily made as well should commend it to even a novice at sewing.

Thin woolens are also delightful in this model in black, beige or grey. The flattering collar is caught with deorcative clip at centre-front.

Style No. 1616 is designed for sizes 36, 38, 40, 42, 44, 46 and 48-inches bust. Size 36 requires 3¾ yards of 39-inch material with ⅝ yard of 39-inch contrasting for collar.

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

No. 1616. Size

Name

Street Address

City State

1616


STOPPED-UP NOSTRILS due to colds

Use Mentholatum to help open the nostrils and permit freer breathing.

MENTHOLATUM Gives COMFORT Daily


**BIRTHS**

BRUCE—At Pownal, Feb. 22, 1936, to Mr. and Mrs. Albert A. Bruce, a son.