

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

The HOUSEWIFE and HER ACTIVITIES

HAPPINESS.

Happy is he who makes a start each morning with a singing heart. Who keeps from deep dejection free.

Happy is he who goes to work prepared no honest task to shirk. Whose skilful hand and willing heart

Happy is he who finds his best soul-satisfying place of rest. When evening comes and work is done.

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HOW TO SLEEP BETTER

Here is a method which may help you to sleep better. It is borrowed from the Yogi, or wise men of India, who use it to control their subconscious minds.

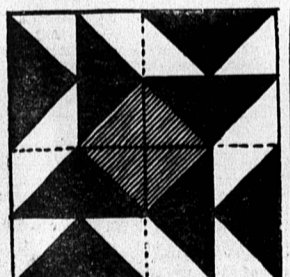
PICTURES IN THE NURSERY

Should there be pictures in the nursery? There seems to be some difference of opinion among the young mothers of Mayfair.

WAR FLOWER GROUPS

Have you realised that only when the King and Queen came to the throne in 1910 was the war flower group under a glass shade being banished from Mayfair.

Grandmother's Quilt Patterns



MOSAIC NO 9

Cut out pieces and set together as indicated on small block. Either print or plain materials may be used.

When ordering give Number 45-1. Send 15c for a book of quilt patterns containing 7 beautiful Grandmother quilt designs - every pattern different.

A CHILD'S INDIGESTION Relieved!

A mother of five children says, "When my eldest baby was four months old he was very ill with indigestion and constipation. My physician advised me to try Baby's Own Tablets."

Dr. Williams' BABY'S OWN TABLETS

Careful... this is the DANGER SEASON!



FIGHT COLDS THIS SAFE PROVED WAY

If your child has a cold - don't neglect it - and don't experiment! These are days when colds so often lead to grippe and pneumonia.

Just rubbed on, VapoRub brings quicker, surer relief because of its double direct action. Through the skin it acts direct like a poultice.

VICKS VAPORUB

THE COOK'S CORNER

MOLASSES SAUCE 1 cup molasses, 1 1/2 tablespoons butter, 2 tablespoons lemon juice or 1 tablespoon vinegar.

YELLOW SAUCE Two eggs, 1 cup sugar, 1 teaspoon vanilla or 1/2 teaspoon vanilla and 1 teaspoon brandy.

ORANGE SAUCE Whites 3 eggs, 1 cup powdered sugar, juice and rind two oranges, juice half a lemon.

CHOCOLATE SAUCE Two cups milk, 1 1/2 tablespoons cornstarch, two squares cooking chocolate, 4 tablespoons powdered sugar, 2 tablespoons hot water, 2 eggs, 2-3 cup powdered sugar, 1 teaspoon vanilla.

STERLING SAUCE Half cup butter, 1 cup brown sugar, 1 teaspoon vanilla or 2 tablespoons wine, 4 tablespoons cream or milk.

BRANDY SAUCE One-quarter cup butter, 1 cup powdered sugar, 2 tablespoons brandy, yolks 2 eggs, whites 2 eggs, 1/2 cup milk or cream.

BUTTERSCOTCH SAUCE One-quarter cup butter, 1 cup brown sugar, 1 teaspoon vinegar, 1/4 cup cream.

TURQUISE BLUE TOUCHES The touch of turquoise blue on beige or white on turquoise is alluring in new-fashioned caped ensembles by Germain Bolly. These are sometimes split up the back as far as the waist and out away in front.

THE NEW EARRINGS Frenchwomen are wearing "jewels" of real flowers in the evening.

WILD SEA-GREEN Among the new colours are wild sea-green, magenta brown, and an Indian red - all rather eccentric.

Are You Run-down, Tired?

All women at some period in life need a strengthening tonic like Dr. Pierce's Favorite Prescription. Read what Mrs. Mabel Murphy of 13 Westinghouse Ave., Apt. 4, Hamilton, Ont., said: "About five years ago I was terribly run-down, had nervous indigestion, could sleep at all, but strength and my weight fell off 20 pounds."

Dr. Pierce's Favorite Prescription

What Pensions Mean to the Aged? Dorothy Dix Discusses True Meaning of Proposed Plan

Old-Age Pensions Promise Vast Spiritual as Well as Economic Freedom to Old Fathers and Mothers. For Between Dependent Parents and Parents Who Contribute Each Month to Family Income is Gulf too Great for Even Loving Children to Bridge

One of the effects of old-age pensions will be to make aged parents more popular with their children. For nothing promotes filial devotion so much as for father and mother to possess a fat pocketbook.

This is speaking in general terms. There are many exceptions to the rule. Not all children are mercenary. There are plenty of men who have foregone having homes of their own to keep a roof over their fathers' and mothers' old heads.

But we have also known plenty of cases where men and women repaid all of their parents' love and sacrifice with bitter ingratitude. We have known fathers and mothers to loathe their children, to deny themselves any comfort of life and to keep themselves impoverished to give their sons and daughters college educations and bitter advantages than they ever had.

Worse still, we have known greedy children who could not even wait for their parents to die to get their grasping hands on their possessions, and who persuaded father and mother to make over all their property to them on the promise that they would take care of them.

And even when the children would have been kind we have seen sons-in-law and daughters-in-law who insulted and reviled them, and who made the old people's last days full of humiliation and tears by making them feel that they were a burden and despised and unwelcome guests in their houses.

It is for these unwanted parents who must buy kindness and tolerance from their children that the old-age pension will prove a god-send. Mother and father who had to be helped and mother and father who can help out the family budget are two entirely different personalities and occupy a different status in the family.

And perhaps no relief of mind and no physical comfort that their pension will bring them will give the old people as much happiness as will the altered attitude of their children to them. For fathers and mothers can starve for lack of their children's love as much as they can for lack of food, and they can be killed by their children's coldness just as surely as they can by lack of physical warmth.

But let us not be too hard on the children whose affections for their parents has a price-tag on it. Human nature is human nature, selfish and self-seeking for the most part, and in thousands upon thousands of cases the margin of living is so narrow that it is almost impossible to crowd an old man or woman on it, and when it has to be done it works great hardships on all.

There is no place in such a household for old parents, no money to care for them, and no matter how much their children love them, nor how tenderly under happier circumstances they would nurture them, they cannot but regard the old people as a burden, as the final straw that breaks the camel's back.

But when grands and grandmas can pay their way with their pension it will be a different story, and instead of regretting to see them come, children will put out the mat with welcome on it.

DOROTHY DIX

White Python

By Mark Channing, Author of "King Cobra"

CHAPTER 24 GYNIA'S BANQUET

The banquet was spread in an oval shaped, low roofed cave, lighted with hundreds of lamps. The walls were encrusted with large faceted crystals which threw back the light of these lamps in vivid flashes of blue, orange, crimson and purple.

On the other side of the cavern was a big natural gallery about twenty feet from the ground in which were gathered some two hundred people - mostly men - dressed in dull green material, wearing gold circlets round their heads and heavy bracelets of gold upon their wrists and upper arms.

That intensely attentive, unseeing gaze made no sound. Their eyes had the mild patient look of the blind.

"Are all the people of this world blind, Gynia?" demanded Gray gazing at them.

"As he spoke, two hundred heads turned quickly in his direction. Their enormous ears moving forward as the pricked ears of an animal move. Gynia shook her head.

"The priests and those who work in the Outer Valley, can see. So can certain of my women. Not many. But they can all see with their bodies. Can you understand that? Sound is not only sound to them. It has form, and some colors."

KING COLE TEA. A Mornin' Smile. Respect for the Cloth. A clergyman and an old major were playing a round of golf, in which the former was very aggravating.

A Mornin' Smile. Respect for the Cloth. A clergyman and an old major were playing a round of golf, in which the former was very aggravating. The major relieved himself by occasional outbursts.

Spring Clothes Fashions. This youthful model you'll find especially simple to fashion. The sleeves are easily sewed to the drop shoulders. You can cut it out in the morning and wear it the same day.

901. A smart blouse can add such a dash of brilliance to your winter wardrobe. And incidentally, it creates a costume.

four young girls (whose eyes could see) were as subtly intoxicating as the perfume of the poison-flower of the Kuen-lun mountains, the scent of which is so exquisite that any man smelling it is unable to tear himself away, and so dies from inhaling its sweetness.

HE KEPT HIS EYE ON IT.

A London Jew invited an Aberdonian to visit him in London. They were both business men on a large scale, and had business relations for years. Both were in the clothing business and exchange of products consisting of English and Scotch tweeds had made their business a lucrative one for each.

"Whence get you such delicious fruits as these?" asked Gray, over whose mind was stealing forgetfulness of everything but the present.

"Let the dancers enter!" she commanded, sharply. Four young girls glittered past the guards and halted in front of Gray, their perfect young bodies swaying like tall flowers in a wind.

As he watched their abandoned, yet exquisitely graceful movements, Gray realized that this forgotten, miniature civilization had plumed sensuality to its depths. Without being gross, the movements of these

"Waffles!" ... OH BOY! Everybody likes them and they're so easy to make we wonder they're not a daily dish in every home. They are not only a treat to jaded appetites but they are easy and inexpensive to make when unexpected company comes. The handsome, new waffle irons with automatic controls maintain even temperature and eliminate overbaking and undercooking. Every waffle is so tasty, so delicious, so golden brown, it fairly melts in your mouth. Aluminum grids require no greasing. Handsome, heavy chromium finish and polished black handles. Waffle Irons Only \$1.45 DOWN and \$2. A WEEK. Come in and see them today. Pay for them with your light bill for 4 months, \$8.95 cash. MARITIME ELECTRIC COMPANY LIMITED Charlottetown P. E. I.