

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

## Dorothy Dix' Letter Box

### Must Husbands and Wives Pretend Esteem They do not Feel to Make Marriage a Success?—Can Refinement be Judged by Outward Appearance?

Dear Miss Dix—You are always telling people how to live happily together though married, and especially telling a wife how to hold her husband, and the methods you suggest are all insincerities: The wife must show an interest in her husband's profession when she doesn't care a hoot about it except as a source of their income. She must listen with complete boredom as he extols his own virtues. She must make him think he is the finest, strongest, handsomest man God ever created, and all sorts of such false expressions of her esteem for him.

Well, I'm a man who wants nothing but the absolute truth in every way from my wife, and I get it. Incidentally, she receives the same from me and we are extremely happily married. But won't you give hope to those who are yet hoping for happiness in marriage through being able to live by their own true natural consciences, instead of stifling themselves with a forced futility of falsity.

J. B. D.  
I must have expressed myself very badly, Mr. J. B. D., if I have given you the impression that I advocate insincerity between husbands and wives. Nothing was farther from my intention.

My plea is merely for husbands and wives to show to each other the affection and admiration that I believe most of them feel, instead of just taking it for granted that the party of the other part is aware of their sentiments and there is no use in mentioning the matter. In other words, I am pleading with husbands and wives to throw a few bouquets at each other while they are alive instead of reserving them all for the funeral.

What makes the joy and thrill of courtship? Isn't it the mutual adulation that a boy and girl give each other? Nobody else has admitted them very much, or thought them very wonderful, but suddenly the man discovers a woman who tells him how big and strong and handsome and clever he is, and who never wearies of listening when he tells her about his adventures as a small boy with pale-green warts on his hands, and how he put over a big deal and what he said to the boss and the boss said to him.

And the woman is equally entranced by having a man sing a pean of praise to her eyebrows, and tell her how wonderful she is and how different from all other women.

Define the hot air from courtship and it would collapse like a punctured balloon. No man would marry a girl who told him that she considered him a most ordinary-looking person of mediocre intelligence and altogether too egotistical. Nor would any girl marry a man who informed her that she was rather trying on the eyes and slightly dumb as to her conversational line, but that she looked amiable and healthy and as if she might make a good cook.

But the wonder of the thing is that these lovers' flatteries are not perjures, nor are the lovers insincere in saying what they do to each other. How they do it a cold and callous world does not know, but they do see in each other the charms and virtues they extol.

And the thing that makes marriage so often a failure is that when these two people get married they quit telling each other of their love and admiration, which they still feel. For marriage does not always disillusion men and women. Many husbands and wives never realize how fine are those they married until they live with them and see how bravely they meet the trials of life.

But what does it matter to the husband if his wife regards him as a hero if she never tells him so? He hungers and thirsts for her praise. What matters it to the woman if her husband looks upon her as a saint if he never mentions it? She starves for the assurance that he still loves her and puts her above all other women.

I believe that very few marriages would be failures if husbands and wives would keep up the tactics of their courting days, and that is why I urge women especially to make themselves as good-looking as they can, to take an interest in their husbands' affairs and listen to them and tell them that they are still the heroes of their girlish dreams. And there is no insincerity in that, for most women do admire their husbands and do think them wonderful and world-beaters.

As to husbands and wives telling each other the truth, the whole truth and nothing but the truth, the wisdom and even the rightness of that depends on circumstances. Certainly no good can be accomplished by telling each other the truth about their faults. I cannot think that it would make for the peace of any household for the husband to tell his wife that she has grown fat, or that she talked too much, or that she was a dum cook. Nor for the wife to remind her husband that he had lost his boyish figure and most of his hair, or that she had heard his pet story a thousand times.

John Hay once said that the most admired among us would die of chagrin if we knew what those nearest and dearest to us really thought of us.

Dear Dorothy Dix—We are six girls, working in an office, and we have been having an argument about refinement. Will you tell us if we can discern by merely looking at a person if he or she is refined? Is refinement judged by the outward appearance or by manner? If a person is determined and has the means with which to accomplish it, can he or she acquire refinement? Is it fair to judge a person by his appearance?

SIX GIRLS.  
Answer: I suppose you mean by refinement a certain delicacy in appearance and thought and action. This can express itself either by one appearance, or by one's language and conduct, or by both.

It is not always possible to judge a person's refinement by his or her appearance because this look of fitness may be merely the result of one's physical build or taste in dress. For instance, a woman might look refined because she was slight in figure and had on an artistic dress, simple and appropriate to the occasion, while inwardly she might be coarse and vulgar in her nature, even addicted to drink and vile language. On the other hand, a woman might be fat and blowsy and coarse and common-looking and dressed in loud and flamboyant clothes and yet be highly cultured and exquisitely refined in every instinct.

Happily, refinement is one of the graces of life that can easily be acquired by any one who so desires. You can ennoble your soul by thinking beautiful thoughts, you can cultivate your mind and heart, you can acquire gentle speech and exquisite manners and you can learn how to dress. So there is no reason why any girl cannot become a refined lady if she wishes. And it is a fine and worth-while ambition.

DOROTHY DIX.  
Dear Dorothy Dix—I am a young woman who recently married a widower of middle age. He has a son who has been living and studying abroad for the last five years. About four months ago this boy, who is two years my junior, came home to live with us and we have fallen very deeply in love with each other. As we realize what it would mean to my husband to lose both of us, we don't know what to do.

C. V. D.  
Answer: There are just two honest and honorable things you can do under the circumstances. One is to go to the husband and frankly tell him the truth. The other is for the young man to go away at once, and for you to never see each other again or hold any communication. It is a terrible thing for a man to be betrayed by both his wife and his son. Don't add to his misery by carrying on a secret liaison in his own house. Decency and pity alike forbid that.

## GARDENING

### SOW PERENNIAL SEEDS EARLY

Perennial seeds may be sown from now up till mid-June, but the earlier they are sown the more certain will be a display next year. Few of the perennials bloom the first year from seed, the larkspurs and platyodons being two which will give a display from early sown seed this year. Sow hardy perennials with the earliest of hardy annual seed and success is much more certain next year. The longer the growing season, the larger and healthier will be the spikes of bloom next year. While many perennials sown in June or even as late as July will give blooming plants another year, only a portion of them will reach sufficient size to give characteristic display. The peach-leaved bellflower is one of the popular perennials that must be sown early or it will wait two years before giving a display.

Plants which may be sown in June and July with the most certain prospect of bloom next year are the various hardy pinks and sweet williams. Perennial larkspurs sown in June and July are also among those which will be reasonably sure to make good another year.

Galliardias are best sown as soon as the ground is workable. The biennials, such as the foxglove, Canterbury bell, and chimney bell flower need a long season to make strong healthy tufts. The height of the spire of the foxglove is dependent on the size of the rosette of leaves it makes this year so sow it early.

Perennial poppies need an early start and transplanting as soon as they have made two leaves to become bloomers another season. They must be moved when very small or they are almost impossible to transplant without losing a large percentage of them. They must be caught before they have sent their taproot down too far.

Columbines are best started now. Press the ground firmly over the seed and germination will be increased and speeded up considerably. All perennials are better for early sowing, and the order should go in with the list of annual seeds.

### APHIS ATTACKS SWEET PEAS

Watch the sweet pea row and make sure that the plants are not attacked by aphids, which is a small sucking insect that draws the life out of the plant.

### CONTROLLING CRAB GRASS NOT DIFFICULT

Crab grass is an annual which dies out in winter. If your lawn shows brown patches this spring where crab grass grew during the hot weather, last summer, do not be discouraged, but take steps to prevent the same condition developing this year.

In removing the dead grass from these bare places be careful not to spread it over grass or flower beds, for the dead grass may contain seeds. Better burn it. Stir the soil in the bare places to a depth of an inch or two and apply a complete plant food at the rate of four hundred per hundred square feet, working it well into the soil. Level and firm the soil well, so that it will not settle unevenly and develop low spots. Then rake the top again and sow a good mixture of lawn seed, which should be raked in and watered. Do not allow the newly seeded places to dry out until the grass is up and growing vigorously.

Maintain the lawn in a thrifty condition by regular feeding, thorough watering and frequent mowing. Do not make the mistake of cutting grass too short in order to check crab grass. Close cutting will injure the permanent grasses without preventing the crab grass from making seeds. If the lawn is well fed crab grass will stand up where a mower can cut it without being set too close.

During the summer remove crab grass before it goes to seed. If this is done for a few years all of the seed in the soil will have germinated and little trouble will be experienced unless new seed is brought in by water flowing from adjacent crab grass infested areas. One of the principal causes of crab grass in lawns is the use of manure, which is one of many reasons why manure should not be used on the lawn.

It appears nowadays that the people in Germany can do almost anything the Chancellor likes. "Many people nowadays have the itch to write." But few come up to the scratch!

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## FOR THE WOMAN READER

**FAITH**  
My little daughter shuns the shadowy dark  
With childhood's blind, unreasoning fear,  
Yet she will brave the blackest night  
In mine, secure if I am near.

A child of larger growth, I dread dark ways  
Of life I cannot understand;  
And I have also triumphed over fear  
By holding fast a Father's hand.

—Mabel Cornelia Matson

Looking for a new dessert? Place large marshmallows in the hollow of canned peaches. Sprinkle generously with moist coconut... put under broiler until delicately browned. Serve with peach sauce and tiny sponge cakes.

With the return of frilly, feminine clothes there is a decided vogue for more delicate flower perfumes. We found a mignonette fragrance that was sweet, dainty and a bit "heady" all at once.

### SEASONABLE FOODS ARE ALWAYS BEST

It is the responsibility of the home-maker, now more than ever, to acquaint herself with what the markets have provided for her. Knowledge of both food values and human needs coupled with ingenuity and much thought will make it possible to combine economy with nourishment.

Seasonable foods will always be found best and cheapest. Clever seasoning often makes it possible to use the same foods many times in succession without danger of monotony. Baked carrots for luncheon and grated raw carrots in the dinner salad have no suggestion of sameness but healthful and economical food is supplied for two meals. A definite saving is effected by buying in quantity.

### Milk Holds First Place

Milk is the food which stands first on the list of foods essential to health. When supplied in adequate amounts, the diet may be

### Gained Strength and Better Health

Glad Her Neighbor Told Her About Lydia E. Pinkham's Vegetable Compound



"I have been married for ten years. I had one child who would be seven years old now if it had lived. My husband and I are both very fond of children. A neighbor told me about Lydia E. Pinkham's Vegetable Compound and I have been taking it for about two months. It took away the pain I used to suffer and I am getting strong."

MRS. KENNETH COOPER  
63 West St., Halifax, Nova Scotia

very low in meat without sacrificing anything imperative to good nutrition. Foods which give rich yields of more than one food element are a decided economy. For instance, spinach is a rich source of iron and also supplies vitamins in abundance. Milk is the cheapest source of calcium and a fairly economical source of fuel, protein and phosphorus. Eggs are not only a source of protein but are rich in calcium, phosphorus and iron as well as three valuable vitamins, A, B and D.

### Meat Substitute

When eggs are cheap they make an excellent meat substitute. Cheese also can be used in place of meat. The combination of dried beans and milk is as adequate a source of protein as beef-steak and costs about one-fourth as much. And as for minerals and vitamins, the milk and beans are more efficient than the steak.

If fresh fruits and vegetables are of inferior quality involving much waste, canned ones can be used with economy and equal satisfaction. Wilty and imperfect fresh products are of less food value than those canned in perfect freshness and maturity.

### OAT LOST FORTUNE

A cat was to benefit under a bequest made in the will of Miss Evelyn E. Smith, of Park road, Watford, England, whose estate has been valued at \$32,605. She directed that if her cat "Jerry" survived her, all her stocks were to go to her two sisters and be used by them "for Jerry's welfare." Jerry, however, pined for his mistress and died a fortnight after her.

### VEGETABLES—TO MATCH

There are certain vegetable rules to follow when serving different kinds of meat. Peas with lamb; potatoes with beef; string beans with pork. Of course, you may serve other vegetables too, but these are considered best both by dietitians and etiquette experts.

### DRAPED FOX SKINS

Fox skins draped to effect a jacket line, with the tails twisted to form a collar, are the smartest spring furs shown with suits or coat frocks in Paris.

Handkerchiefs play an important role in the new accessory mode; striped ones are stuck in the skirt pocket or tied through the belt for sports. Sets consisting of a plain-colored linen cowboy scarf and elbow sleeves are used as an afternoon trim. Printed crepe mouchoirs forming tie-on aprons transform day frocks. Maggy Rouff's trick of placing a small dark scarf inside the neck of a dress takes the curse off of neutral tints when worn by colorless women. She sponsors plain pinkish turtleneck suede gloves with all neutral tones for afternoon wear. The tailored suit vogue is bringing boutonnieres to the fore. Patou's naturalistic butterfly button-hole ornament of feathers, matching the hat trim, is an amusing novelty.

Metal finger nails of gold, platinum or bronze-gold, matching hair or jewellery, and cemented on add to general glitter of the evening styles.

## THE COOK'S CORNER

### Veal Loaf

Mix well together 3 lbs. finely chopped veal (the neck or forequarter veal is very good) with ½ lb. salt pork. Add 4 common crackers (½ cup) rolled fine. 1 teaspoon black pepper with ½ teaspoon nutmeg and 2 teaspoons salt. Add 3 beaten eggs and make into a loaf. Bake 1½ or 2 hours in a slow oven. Baste with butter. Put on the outside of the loaf a small quantity of the rolled cracker. This loaf may be made with only 1 egg, using ½ cup milk.

### Creamed Veal

Cut enough cold veal into fine pieces to fill 2 cups. Season to taste with pepper, salt, mace, and add a little parsley, according to one's liking; pour over this 1 cup milk, put this on the stove and let it come to a boil, and then stir in 2 tablespoons flour which has been previously rubbed smooth with 2 tablespoons butter. Serve on toast.

### Veal With Sour Cream Gravy

Prepare a loin or shoulder of veal for roasting, cut strips of fat salt pork and lay over the meat and in the bottom of the pan. Baste frequently with thick sour cream, and after the first ½ hour, cook slowly until meat is done. Make a gravy as usual, allowing 2 tablespoons fat and 2 tablespoons flour to each cup, or half-pint of liquid. The cream gives the veal a delicious flavor, and the meat is very white when treated in this way.

## Canadian Sports Week May 20-27

The seventh celebration of Canadian Sports Week is due to take place the week of May 20-27. For seven years now at this season there has been a concerted attempt by sport lovers to bring about a more general application of the many advantages which sport and recreation offers.

Features of the week will be special radio sport talks from various Canadian radio stations, official opening of many tennis and golf clubs, special tournaments and matches in all types of sport in competition for special Sports Week trophies and crests.

From year to year the movement has gained momentum. Last year there was a widespread observation of the event and many communities throughout the country organized a solid week of splendid sport competition. Thousands of people throughout the country were engaged in some kind of competitive sport.

Many new faces came into the sport picture each year through Sports Week, and this is the aim of the movement. Sports Week should meet with Dominion-wide approval, for sport in all its forms has come to be one of the strongest and most powerful influences for the social, physical and mental improvement of the civilized world. It is a virile agent for the promotion of goodwill between nations, and good fellowship among individuals.

## Daintiness With Chic Styles

ILLUSTRATED DRESSMAKING LESSON FURNISHED WITH EVERY PATTERN BY ANNABELLE WORTHINGTON

The pattern provides for both styles pictured. The tailored spirtzy blouse is so simple you could almost run it up before breakfast on the sewing machine. It is red and white striped linen-finished cotton with white pique collar. The little plaided blouse is cotton too, for it seems to be the most popular thing in blouses these days. It is red and white organdie. The collar is plain white. You can make both of them at the cost of one ready bought one. You'll be amazed at the small expenditure. Crinkly crepe silks and taffeta are other nice mediums. Style No. 748 is designed for sizes 14, 16, 18, 20 years, 36, 38 and 40 inches bust. Size 16 requires 1½ yards 35-inch with ¼ yard 35-inch contrasting. Price of Pattern is 15 cents in stamps or coin (coin is preferred.) Wrap coin carefully.



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### "The prettiest rag rugs I ever saw"

"A wealthy lady from the City of Quebec who was visiting here happened to see the rag rugs I had just finished," writes a Three Rivers woman. "She said she had never seen such artistic ones and asked if I bought new materials to get such beautiful color effects. When I told her I had dyed my old scraps with Diamond Dyes, she simply couldn't believe it. Besides being beautiful colors, they are fast and washable." In the popular art of rug making women prove again the real value of Diamond Dyes for permanent dark colors by boiling. No other dyes make old materials look so new and rich in color. For light dainty shades without boiling for lingerie, summer blouses and dresses, use the wonderful new Diamond Tints. All drug stores have both Diamond Dyes and Diamond Tints.

### SPIRITS ARE WRONG, BUT SEER IS PLEASED

NEW YORK, May 22.—Happily for William J. Graves, the spirits were wrong. Accused of telling fortunes, he insisted that he was no fortune teller, but that he merely communed with spirits. "Commune with them now and ask how much ball I'm going to get for you," said the magistrate. "About \$500," said Graves after a pause. "Wrong steer," said the magistrate. "I shall parole you free of charge."

### TOO MUCH SUN ON HEAD WILL DEPRIVE HATLESS OF HAIR, SAYS EXPERT

CHICAGO, May 22.—If you want to keep your hair, don't go collegial all at once. Too much shining sun may produce a shining dome. Said Paul A. Thomas, a trichology—scalp specialist to most of us. "A short period of exposure of the head," Thomas said, "is excellent, but hot sun on it all day long booms the hair treatment business in the Autumn. 'We've pampered our thatches under bowlers too long to expect them to come out and be he-men over night.'"

## FOR GROWING CHILDREN



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