

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

For The Cook

A NEIGHBOR'S RECIPE COCOA CAKE (Without Eggs or Butter) Two cups brown sugar, one cup four-milk, one-half cup lard, one-half cup cocoa, two and one-half cups flour, one teaspoon soda in one-half cup hot water. This makes three layers.

Etiquette

At a bridge party it is permissible for a player to begin arranging his cards before the entire deck has been dealt? A. No; this is crude. Q. If one arrives at a lady's house and finds her just leaving, what must one do? A. If she happens to be coming out of the door or down the steps, merely say, "I see you are going out and I won't detain you."

Household Hints

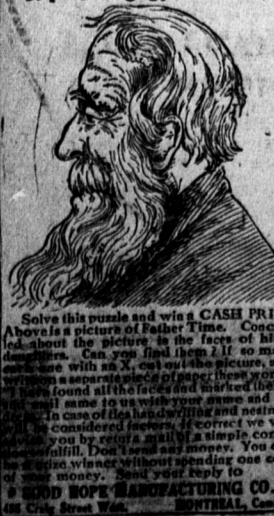
Removing Wallpaper To remove wallpaper brush it with warm alum water, using all the alum the water will dissolve. Apply with a whitewash brush. Let it dry and the paper will come off very readily. Syrup When syrup is coming to a boil add 1-3 teaspoon cream of tartar to every 2 cups of sugar used. It will prevent the formation of icing, or turning back to sugar. The Gums To harden the gums and sweeten the breath, rinse the mouth each day with a little tincture of myrrh.

Character Close-Ups

OUTSTANDING EARS WITH PLENTY OF SKULL ABOVE THEM SHOW THAT THIS YOUNGSTER HAS AN EAR FOR MUSIC AND QUITE LIKELY TALENT AS WELL

PUZZLE \$12,000 GIVEN FREE

The above amount of money has been given away by us in CASH PRIZES. \$500.00 more will be given away as follows: 1st prize \$100. 5th prize \$40. 2nd " \$75. 6th " \$30. 3rd " \$60. 7th " \$25. 4th " \$50. 8th " \$20. 5 prize of \$10. each in cash 10 prize of \$5. each in cash



Milady Beautiful

Exercise to Develop Legs and Bust Dear Miss Leeds—I am 19 years old, weigh 133 pounds and am very tall, 5 feet 9 inches. My legs are too straight and slender. I think if they were more shapely and a little larger that I would not look nearly so tall. Isn't that right? (1) What can I do to make them larger and more shapely? I get but very little walking. (2) What should I do to increase my bust measurements? (3) Is my weight nearly correct? BEBE. Answer—(1) You can increase the size of your legs through exercise and it is quite true that you would not appear nearly so tall if your figure were rounded out more. If possible go swimming twice a week or else practice swimming strokes at home there is no exercise more effective for developing shapely, well-knit legs. Walking is also a good exercise for developing the legs. Can't you arrange to do more of this? (2) To develop the bust take various arm exercises which tend to bring into play those muscles of the chest which are seldom used. This exercise, for instance: Stand erect, with arms held out at each side at shoulder level. Tense the muscles. Slowly cross the arms in front, still at shoulder level, and extend stiffly, with elbows straight. Return to starting position. Repeat. You likely know of many similar exercises which bring muscles of the chest into play. After the exercises pat some cocoa butter or olive oil on the bust and stroke gently upward with the palm of the hand six times; do not use any pressure on the bust. Swimming is also one of the best exercises for developing the bust. Do not neglect deep-breathing exercises. If you could take a daily walk during which you make it a point to breathe deeply I am sure you would find it most beneficial as it would solve many of your beauty problems. (3) You are about five pounds overweight; with your height you could easily carry an extra ten pounds. LOIS LEEDS. Miss Mary H.—Please send a self-addressed, stamped envelope for my leaflet on care of an oily complexion, which tells how to overcome excessive oiliness of the skin in detail. (2) You should weigh between 125 and 135 pounds for your age and height. Try to take more active exercise regularly every day, and cut down on greasy, fried foods and rich desserts and eat more raw fruit and fresh vegetables daily. Ask for my leaflet on beauty exercises which gives a set of exercises that you may take regularly night and morning. LOIS LEEDS. Mrs. L. M. B.—You forgot to inclose your self-addressed, stamped envelope with your request. I shall be pleased to mail you my leaflet on the subject if you will write me again and comply with the above rule. LOIS LEEDS. Marge and Irene—The ideal weight for girls of your age is between 116 and 125 pounds. You are not overweight, so do not try to reduce, but you may take active exercises regularly. I shall be pleased to mail you my set of beauty exercises if you will write for them. Inclose a self-addressed, stamped envelope for mailing. Remember that walking is a good exercise also, so plan to take a brisk walk daily, even if you have to walk part of the way to and from your work. (3) Your girl friend should weigh between 119 and 129 pounds for her age and height, so she is not overweight. Girls of your age should take an active interest in outdoor sports and try to attend a gymnasium two or three times a week. When possible take up skating. It is a splendid exercise for developing poise, grace and a trim, supple figure. LOIS LEEDS. Tomorrow — Bitchy Skins. Great Britain reports that, as far as it is concerned, the trans-Atlantic telephone is self-supporting.

Dorothy Dix Letter Box

Why Compatibility Is the Foundation Stone of Marriage—Does a Husband Prefer a Well-Dressed Wife or Money in the Bank?—Jack-of-All-Trades

Dear Miss Dix—Would it be wise to choose for a life partner one who has the same outlook on life that I have, one who cares for the same things spiritually and materially that I do or one who is of an opposite personality from mine? One who disagrees with me on almost every subject, especially my ideals of life. BETTY.



Answer: Compatibility is the one most essential thing in marriage. With it marriage is a harmonious duet, sweetly sung in tune. Without it marriage is nothing but a jarring discord that rasps the nerves of the two performers beyond endurance.

It doesn't matter how fine and noble and honorable and true and anxious to do his duty a man is, or how good and conscientious and domestic and thrifty and faithful a woman is, unless they are congenial they will make each other wretchedly unhappy if they get married. Each may be a model of all the virtues; they may respect and admire each other's good qualities; they may even love each other, but they will make a failure of marriage unless they think alike and have the same habits and tastes.

Why, it is nothing but the lack of congeniality that makes so many households nothing but a place of strife and quarrels and that sends so many people to the divorce courts. Nine times out of ten there was nothing really wrong with the man and woman who couldn't get along together except that they had nothing in common.

The husband wanted to go out at night to some place of amusement. The wife was an Alice-sit-by-the-fire who desired no livelier entertainment than staying at home and watching the baby breathe. Or the wife was a gay little thing whose feet ached to dance and the husband couldn't be pried out of his easy chair at night. The husband was a dime-nurse who wanted to put every penny in the savings bank, while the wife wanted pretty clothes and to have good times.

The man was a student and loved intellectual discourse. The wife was a Dumb Dora who never read anything more than the society column in the newspapers. The husband loved good food. The wife thought it a sin and a shame to waste time and money in the kitchen. One thought one way about politics, the other the other. One had one creed, the other another.

And so on and on and on. And quarrels and spats and never-ending arguments and discord. Every word the fighting word. Each afraid to speak because they knew it would start something. Disillusion, misery, yet both husband and wife honorable, upright, well-meaning people.

But let these people separate and marry their own kind and they are perfectly happy. The man who likes to step out is happy with the wife who is ready to clap on her hat and gad wherever he wants to go. The intellectually minded man is happy with the highbrow wife who reads the same books that he does and speaks his language. The frivolous wife is happy with a playboy husband and the man who likes to eat is happy with a wife who loves to cook.

It is because compatibility is the very foundation stone of a successful marriage that it is a mistake for people to marry out of their own class either in age or social position or to marry a man or woman of different nationality. Occasionally love can bridge the gulf that lies between the old and young, the poor and rich, the aristocratic and plebeian, but this does not often happen and, generally speaking, people are happiest when they marry those near their own age and who have been brought up with the same tastes and habits and politics and religion and ideals.

The people we like best and whose society we enjoy most are those who agree with us, not those who differ with us. None of us like being with those who never want to do the thing we want to do, who never fall in with any plan, who never enjoy the book or play we are crazy about or like the people we like. They get on our nerves. We get tired of arguing and disputing with them and turn from them to some one who is more congenial.

It is one of nature's little jokes that the attraction of opposites that draws people together before marriage repulses them after marriage. Don't let her play this merry jest upon you, Betty. Pick out a man who thinks as you think and who likes his steaks cooked rare or done as you do. The really happy couples are those who ride the same hobby horses.

Dear Miss Dix—A lot is written about married women getting slouchy after marriage and neglecting their personal appearance, and they are always advised to keep themselves looking as attractive as possible. That means, of course, the spending of enough money to keep well dressed. Which do you think a man would prefer: a wife who spend money on her clothes and the beauty shops or one who goes shabby and saves the money that such things cost? MARIE.

Answer: Both. I think the man would like his wife to look pretty and attractive and well dressed and still put the money in the savings bank, but in as much as this cannot be done and you cannot make a dollar work overtime, the woman is wise who steers a medium course and plays both ends of the game from the middle. By which I mean that she is neither extravagant nor neglectful of her personal appearance, but saves judiciously and spends judiciously.

Looking at the matter from the wife's point of view, it is a matter of business to her to keep her husband in love with her and thinking she is the only woman, and this she cannot do unless she keeps herself looking attractive. Every day and all day long he is thrown intimately, on the street and in his office, with pretty young girls who are manicured and painted and permanent-waved and dressed up to the minute, and if he comes home to a woman who is dowdy and frowsy and looking like heck you can't blame him if he wonders what made him marry her. If a woman wants to be kissed she has to keep herself kissable.

And at such a moment a man is not going to sit down and think that his wife has saved him \$29.39 by not having her hair shampooed or her fingers done or getting a new dress at the bargain sale. He isn't going to be grateful to her for saving his money. He is just going to be disgusted with her for the way she looks. The country is full of deserted wives who went shabby and worked their fingers to the bone and stayed at home and got dull saving the money to help their husbands get a start and who were forsaken for blonde flappers after husband got rich.

So, Marie, the best investment you can make of part of your money is to keep yourself dolled up and in the running with husband. DOROTHY DIX.

Dear Dorothy Dix—Here I am 39, about as husky as a man can be. Certainly with ordinary human intelligence and education, yet I can't make a decent living. I am not lazy and do not drink. I like to go to interesting

Happenings of the Week

It's no in titles nor in rank; It's no in wealth like Lon'on bank; To purchase peace and rest; It's no in making muckle mair; It's no in books; it's no in lear. To make us truly blest; If happiness hae not her seat And center in the breast, We may be wise, or rich, or great, But never can be blest; Nae treasures, nor pleasures, Could make us happy lang; The heart ayes the part eye, That makes us right or wrang.

A correspondent in the Bahamas writes: The Willingtons, Lord and Lady came and saw and conquered. If the official British welcome they received lacked the spontaneity of a Canadian scene the echo of the day shore is "What a couple and what white folks they surely are!" Entertained at the Fort Montague Beach Hotel by His Excellency the Governor of the Bahamas, Sir Charles Orr, K. C. M. G. in the spacious tropical outdoor Pavilion dining-room known as the "Jungle" they met the Executive Council comprised of Sir Kenneth and Lady Beatty, the Hon. Chas. and Mrs. Dundas, the Hon. W. K. and Mrs. Moore, the Hon. G. H. and Mrs. Johnson, the Hon. A. H. B. and Mrs. Pearce, the Hon. Ronald Young, the Hon. Kenneth and Mrs. Solomon, the Hon. G. H. F. Cannon, the Hon. Stafford and Mrs. Solomon, Miss Kopper and the right Rev. the Lord Bishop of Nassau and Miss Sheddin.

Coloured drivers and stevedores aboard the tender, Yankee sea-going men and the few business men of Nassau privileged to meet them went away with Canadian impressions enhanced and Jasper Park has a warm place in the anticipations of many north-bound Bahamians for next summer through the enthusiastic exclamations of Lady Willington to a local photographer Fred Armbrister "If you haven't seen Jasper Park you haven't really lived." Armbrister who travels in Canada during the summer stated he would take an early opportunity to do so.

The luncheon at the "Jungle" was strictly private and no other Canadians were present (that those of the gubernatorial party representing Canada. It was not an official function simply the friendly greetings of one

Influenza's Victims

Left Weak, Miserable and a Frey to Disease in Many Forms One of the most treacherous diseases afflicting the people of Canada during the winter months is influenza. It almost invariably ends with a complication of troubles. Its victims suffer with alternate fevers and chills, headaches and backaches. It leaves them an easy prey to bronchitis and pneumonia. Indeed, the deadly after effects of influenza may leave the victim a chronic invalid. You can avoid influenza entirely by keeping the blood rich and red by the use of Dr. Williams' Pink Pills. If you have not done this and the disease attacks you, you can banish its deadly after effects through the use of this great blood-building, nerve-storing tonic.

Here is proof of the power of Dr. Williams' Pink Pills over this trouble. Mr. F. H. McMillen, Belleville, Ont., says: "Some years ago, following a severe attack of influenza, I was left in such a weak condition that my friends thought I would not get better. I developed nervous indigestion, and my blood got thin and watery. In this weakened condition I began the use of Dr. Williams' Pink Pills, and these did what other medicine had failed to do—brought me back to health and strength. I can honestly say I think them the best blood builder and nerve tonic known, and I shall always praise them."

You can get the pills from your druggist, or by mail at 50 cents a box from The Dr. Williams Medicine Co., Brockville, Ont. Miss Bona Mills, National Girls' Work Secretary, Toronto, is at present spending a week or ten days in various parts of the Maritimes, before proceeding to Toronto. Mrs. F. R. Newsom spent the week end in Summerside with her friend Mrs. M. P. Titus. Mrs. W. W. Owen entertained at a much enjoyed children's party on Monday evening for her young daughter Miss Mary.

The sympathy of many friends will go out to Mrs. F. W. Turner on the sudden death of her father Mr. Smith a prominent business man of Moncton.

places meet interesting people and see interesting things. Am fond of good music, dancing, swimming, horses, all kinds of sports, yet with any limited earning capacity am thrown with people who are congenial, consequently I am as lonesome as a man can possibly be. What is the matter with me? GORDON.

Answer: I guess, I should say that the trouble with you is that you have no trade or profession and do not know how to do anything well enough to command a good salary. You are jack-of-all-trades and good at nothing, and that sort of man never succeeds. Set down and have it out with yourself, man to man. Make a fair and honest survey of your abilities and then settle on some one definite thing and set about making yourself an expert in it. There are night schools and trade schools in which you can improve your technique in any line, and when you have become an expert people will be glad to pay you good money for your work. DOROTHY DIX.

What the Fashionable Are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern

By Anabelle Worthington

Of course you've heard about the who has a small apartment with new apron ensembles that match kitchenette.



one's frock in colouring. They are quite the thing now, particularly with the younger set and for the woman

Miss Berna Huestis has taken over the teaching of the Kindergarten in Trinity Recreation Hall, Miss Nan Read having resigned at the Christmas Holidays, much to the regret of her many friends.

Mrs. C. H. B. Longworth was hostess for the Thursday afternoon Bridge Club this week. Mrs. A. Bartlett Cook entertained the Monday night Club.

Mrs. A. A. Bartlett entertained last Saturday evening a number of friends in for Contract Bridge.

Mrs. Ewen McKinnon pleasantly entertained at her home Wednesday evening at a mixed Bridge which was much enjoyed.

Many friends here will be interested to know that Captain, the Rev. W. H. Leatham, minister of St. Andrew's Presbyterian Church, Ottawa, who Summers at Brockley Beach, has been appointed to the Canadian Chaplain Service. He served formerly with the Scottish territorial forces.

Miss Stevens of Truro sister of Mrs. H. C. Brown, has arrived on a visit and is being cordially welcomed by her wide circle of friends.

Miss Ethel Stewart entertained for her mother on Monday evening on the occasion of her birthday, inviting intimate friends in for Bridge.

Mrs. J. West School St. entertained

The one illustrated in Style No 3225 is in red chintz background that matches perfectly in colour a flat silk crepe dress with which it is worn. The floral pattern is in lighter and darker tones of red. The sash tied at left hip in bow is in plain matching shade red tarric, which is repeated in binding of deep V-neck and armholes and in pleating of cuffs that protect the sleeves. Even friend husband will compliment you on your attractive appearance, for even he will not suspect you are wearing an apron. It comes in small, medium and large sizes and will make a most welcome gift that will be truly appreciated. Plain saten in navy blue is very effective self-trimmed worn over a navy blue frock. Plain gingham, chambray, rayon prints, linen, unbleached muslin, radium silk, cotton and silk pongee printed pique and cotton broadcloth appropriate. Pattern price 15 cents. Be sure to fill in size of pattern. Address Pattern Department. Our Fashion Magazine is 15 cents, but you may order a pattern and a Fashion Magazine together for 25 cents.

No. 3225. Size Name Street Address City State

at dinner on the evening of the 11th in honor of the pastor and organist of Trinity Church, Rev. E. H. and Mrs. Ramsey, Rev. C. N. and Mrs. Brown Prof. and Mrs. Fletcher.

Mrs. Charles Ramsay of Summerside entertained a number of his friends on Monday evening and a pleasant social time was spent. (Continued on page 12)

A Morning Smile

Mrs. McTavish: "O Sandy, look! am heavier than ever!" Sandy: "Never mind. You're getting gold value for yere penny."

Constipated Children

Constipation is one of the most common ailments of childhood and the child suffering from it positively cannot thrive. To keep the little one well the bowels must be kept regular and the stomach sweet. To do this nothing can equal Baby's Own Tablets. They are a mild but thorough laxative are pleasant to take and can be given to the newborn babe with perfect safety. Thousands of mothers use no other medicine for their little ones but Baby's Own Tablets. They are sold by medicine dealers or by mail at 25 cents a box from The Dr. Williams' Medicine Co., Brockville, Ont.

When Babies CRY

Babies will cry, often for no apparent reason. You may not know what's wrong, but you can always give Castoria. This soon has your little one comforted; if not, you should call a doctor. Don't experiment with medicines intended for the stronger systems of adults! Most of these little ones are soon soothed away by a little of this pleasant-tasting, gentle-acting children's remedy that children like. It may be the stomach, or may be the little bowels. Or in the case of older children, a sluggish, constipated condition. Castoria is still the thing to give. It is almost certain to clear up any minor ailment, and could, by no possibility do the youngest child the slightest harm. So it's the first thing to think of when a child has a coated tongue, won't play, can't sleep, is fretful or out of sorts. Get the genuine; it always has Chas. H. Fitch's signature on the package.

