

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

What the Fashionable Are Wearing Illustrated Dressmaking Lesson Furnished With Every Pattern

By Annebelle Worthington



silks and printed lawn make up smartly. Pattern price 15 cents. Be sure to fill in size of pattern. Address Pattern Department. The Summer Fashion Magazine is ready! It contains most interesting styles for adults for town or vacation wear. Also darling styles for the kiddies. It is 15 cents a copy, but may be obtained for 10 cents if ordered same time as pattern.

No. 3360. Size
Name
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For The Cook

GINGERBREAD

One-half cup brown sugar, ¼ cup butter and lard mixed, ¼ cup molasses, ¼ cup boiling water, 1½ cups flour, 2 eggs, 1½ teaspoons soda, 1½ teaspoons ginger, ¼ teaspoon salt. Sift flour and measure a scant cup and a half. Then add ginger, soda and salt, and sift again, and add to other ingredients. Put water in last thing, but be sure it is boiling. Bake in slow oven for 30 minutes

A Morning Smile

"How old are you, little girl?"
"Six."
"What will you do when you get to be as big as your mother?"
"I don't let myself get that big. Mother was foolish to lose her finger."

Minard's Liniment for all strains.

Dorothy Dix' Letter Box

Can Marriage Change a Man's Nature? — Unthinkable Cruelty of Sons Who Don't Write to Their Mothers — Wisdom of Disciplining Infants

Dear Miss Dix—I am a young man who has lived a very gay life. About eight months ago I met a beautiful and wonderful girl, not of the dancing-hall, wild women crowd that I had been running with, but a noble, splendid woman. We fell in love with each other, and she straightened me out. I had been conceited, vain, lazy and didn't care how I made money, but this girl made me see what a worthless fellow I was, and I went to work and we were very happy. Last week a fellow invited me to a party and I went back to the old crowd. They made a great fuss over me. I got drunk and had a wonderful time. Well, since this party I have had no peace of mind. I love dancing and flattery and the company of wild girls, but I love my fine, pure girl, too. What shall I do? If I marry her, do you think I will settle down and be content with a quiet life?
JULIO.

Answer:
No, I don't, and I think under the circumstances you would be doing the girl a great injustice to marry her. The trouble with men is that they make the mistake of thinking that matrimony is a sort of cure-all for whatever weakness ails them.

They labor under the delusion that having a priest or preacher mumble a few words over them will work some sort of a miracle that will change their whole nature; that it will make a lazy man industrious; that it will quench a drunkard's thirst and make a man with dancing feet want to put them in slippers and sit by his own fireside every evening.

Nothing of the kind happens. A man's tastes and habits and desires are not altered by a march up to the altar. The things you enjoy doing before marriage you will enjoy doing after marriage. The places you like to go before marriage will still attract you after marriage. The crowd that allured you to them before marriage will draw you to them after marriage.

And that is where the trouble begins, because after marriage you are not free to indulge yourself and follow your inclinations as you were before marriage. You have a wife to consider and you will make her very miserable if you do the things of which she does not approve.

No man has a right to get married until he is ready to settle down, until he is done with dance halls and dan-o-hall girls, until the very sight of a wild old fills him with loathing, until a home and a good woman look better to him than anything else on earth.

You can't run with the hare and the hounds at the same time, Julio. You can't have the love and honor and respect of a good woman and the blandishments of bad ones.

You have to choose between them. Don't marry until you make up your mind which one you really want.
DOROTHY DIX.

Dear Dorothy Dix—Will you please tell me why my son almost never writes to me. I often do not hear from him for months at a time and then he writes just little notes. I worry so when I don't hear from him, for fear he is sick or something is the matter with him. ANXIOUS MOTHER.

Answer:
I think, Anxious Mother, that when many a man goes up to the judgment bar the blackest score the recording angel will have charged against him will be, "He didn't write to his mother."

For there are thousands upon thousands of sons like yours. Men who have got so absorbed in their own affairs, who are so self-centered and selfish, that they have forgotten their old mothers.

It isn't that they have ceased to love their mothers. Oh, dear no. Mother has a shrine in their heart where they worship in secret. But they are busy and tired and rushed with work and burdened with anxieties and so they put off from day to day writing to mother.

They forget how lonely she is back in the old home from which all the children have gone; how long are the days in which nothing happens; how dull is the life that has no longer in it any hopes or plans or aspirations for itself. They forget that to mother they are still children, unable to take care of themselves, and that she is always worrying about their health and whether they remember to change their shoes when they get their feet wet, and if they have the right things to eat and enough covers on their beds these cold nights.

They forget that mother's life is merged in theirs, and that there is no detail of their lives in which she is not vitally interested and which she would not love to hear about.

They forget how she watches for the postman's step of a morning, how hope springs eternally in her breast that this day will be a red-letter day in which she will get a letter from her boy and the despair and the leaden heart with which she turns away when the postman passes her by and leaves her still looking for the letter that never comes.

It is only after mother is gone where no letter can reach her, and no remorse or repentance can avail, that many a man remembers with bitter tears the letters that he forgot to write to his mother. DOROTHY DIX.

Dear Miss Dix—My wife and I are a young couple who have twin boys about 5 months old. Every time they howl my wife runs and picks them up, thereby encouraging them in their temper. I tell her that she is running them, but she says that they are sick. If they were sick every time she thinks they are, they would be dead, but they are the healthiest-looking kids you ever saw. Am I right or is she right?
THE FATHER OF SPOILED TWINS.

Answer:
Your wife is making a lot of trouble for herself and doing the children an injury by taking them up every time they cry. Get her a baby book and let her read what the authorities say on the subject.

You can't begin disciplining children too early. The foundations of character are laid in the cradle, and you can never undo the training a child gets in its babyhood. It is marvelous how early you can teach a child self-control and obedience.

Women give in to their babies and spoil them because it is easier to spoil them than it is to discipline them, but a man should have more firmness of character.

I am glad to see that you are going to be a father who recognizes his duty to help rear his children, instead of turning over the job entirely to their mother. DOROTHY DIX.

In sections where they can be raised, pecan trees yield a greater revenue than any other tree. Early Spanish explorers called the Mississippi river the "River of the Holy Ghost".

July Receipts For Amateurs

During early summer fish dishes are considered. Lemon, the standard accompaniment for fish, is an essential for the most attractive servings. In choosing fruit for garnishes it should be remembered that appearance is a vital consideration.

Fish Salad California
(Individual service)
1½ tablespoons lemon pulp and juice.
1-3 cup shredded lettuce
1-3 cup canned salmon
3 tablespoons minced pimiento
Pare lemons, saving all juice, and cut in small pieces, as free as possible from membrane. Scissors may be used or a sharp knife. Mix lemon with lettuce. Add fish, which has been flaked, and pimiento. Mix thoroughly. Serve with mayonnaise.

Avalon Salad
(Individual service)
2 tablespoons lemon pulp and juice
1-3 cup flaked tuna
1-3 cup shredded lettuce
1-3 hard-boiled egg, chopped
Combine and serve with mayonnaise.

Cooking Kernels
A chilled half-cantaloupe is rice filled with red raspberries. Summer squash is tasty sliced quite thin and fried like eggplant. A little tomato juice gives a nice flavor to the chicken when cooked en casserole.

If the applesauce seems tasteless, add a pinch of salt, some cinnamon and a little grated lemon rind. Sprinkle the creamed potatoes with parsley occasionally for a change in color and flavor. Just before serving a baked or broiled halibut steak, pour over it a half cup of melted butter and a little lemon juice. It will give a delicious flavor.

Stuffed Tomato
A substantial salad that can form the main food on a platter luncheon. Scoop out the centres of ripe tomatoes and chop, adding chopped celery, cubes of loaf, chopped olives in mayonnaise dressing. Refill tomato shells. Serve on a bed of lettuce or watercress. French fried potatoes will complete this very interesting platter.

Pounded Steak
Buy a thick steak from the round, weighing 2 to 2½ pounds. With the edge of a dish pound flour into it on both sides. Brown in butter in a deep frying pan until well-browned on both sides. Then cover with raw sliced onions and add water to cover. Cover and let simmer on the top of the stove for two hours. The meat will be tender and delicious with a lovely gravy.

Butter Cakes
A delightful little sports cake that does not require frosting. Beat ½ cup butter to a cream and add slowly 1 cup sugar, the well-beaten yolks of 3 eggs and beat for 5 minutes. Add 1 teaspoon water and beat for 3 minutes longer. Now add 1-3 cup sifted flour and 2 teaspoons baking powder and add to the batter alternately with the stiffly whipped whites of three eggs. Beat until smooth and bake in greased gem pans in a moderate oven.

Scallops a la Cingales
Wipe the scallops and cut in halves Season with salt and pepper and then dip in a mixture of oiled butter and lemon juice. Drain on a cloth and then dip in beaten egg and bread-crumbs. Fry to a golden brown in deep hot fat. Drain on brown paper and serve, garnished with slices of lemon dipped into parsley alternating with slices dipped into paprika.

Roquefort Salad
Cream 1 cup Roquefort cheese with 2 tablespoons butter and mold into small balls. Skin and remove centres from desired number of tomatoes, inserting a cheese ball in each tomato. Sprinkle the tops with chopped green peppers. Serve on crisp lettuce with French dressing.

Curry Buns
They just seem to melt in your mouth. Mix ½ yeast cake into 1 cup water and then stir into 3 cups milk.

Add enough flour to make a soft sponge. Let rise over night. Next morning add one cup sugar, 1 cup butter and ½ teaspoon soda dissolved in 1 tablespoon water. Let rise until very light, then add flour and 1 cup currants. Knead and make into buns. Put into tins and let rise again. Bake until lightly browned. Rub tops with butter while baking to make them shine.

Cheese Souffle
A lovely Sunday night dish that goes delightfully with cold cuts of meat. One-half pint milk, ¼ cup moist bread-crumbs, 3 tablespoons flour. Cook until a smooth paste. Add 2 beaten egg yolks, ½ pound grated cheese, ¼ teaspoon salt, a dash of pepper and last of all the stiffly whipped egg whites. Cook in a quick oven for 20 minutes and serve immediately.

One pound of granulated sugar equals two cupsfuls. One pound of powdered or confectioner's sugar equals two and a half cupsfuls.

To thoroughly clean iron muffin-pans: Before using them, get them on the stove with a piece of mutton fat in each compartment. Let them stay on the back of the stove three or four hours. Then let the fat get cold and heat it again. Wash with hot water and soap.

WEDDING BELLS

An attractive June wedding took place on June 30th ult. at 7 p. m., in Quincy, Mass., when Miss Anna Shreenan, of Mt. Stewart, P. E. Island, became the bride of Peter Fleming, of East Boston.

The bride was dressed in pink silk crepe chiffon gown with picturesque hat to match. She carried a bouquet of pink roses and baby's breath. The Rev. Father Crane, performed the marriage ceremony.

The bridesmaid was Miss Katherine Fraser, of Georgetown, P. E. Island, who was attired in flowered silk chiffon on yellow background, with hat to match. The best man was Mr. Leo Hanlon.

Following the ceremony Mr. and Mrs. Fleming received the bridal party and members of the immediate family, and numerous other guests, at the home of Mr. and Mrs. George Ford, of Quincy, Mass., where all sat down to a wedding supper. The bride was the recipient of many gifts including a cheque from the groomsmen.

Groom's gift to the bride was a substantial cheque. A very pleasant evening was spent with violin selections and singing. All join in wishing Mr. and Mrs. Fleming many happy years of wedded life.

A surprise shower was held at the home of Mr. and Mrs. Frank Ford, East Boston, in honor of Miss Anna Shreenan. The room was decorated in pink and white trimmings and flowers. The gifts were opened by Miss Anna Shreenan and her intended Mr. Peter Fleming. The gifts consisted of linen, silver, cut glass, kitchen utensils and many others too numerous to mention. A lunch was served in the hostess' best style the table was decorated in pink and white with cut flowers.

The remainder of the evening was spent in violin selections by the McDonald Bros., of P. E. I. J. M. Steele played many beautiful selections on the violin accompanied by Mr. Simington, on the harmonica. (Patriot please copy.)

CHERRY VALLEY

The many friends of Mr. Jerry Murphy, are sorry to learn of his recent illness.

Mr. and Mrs. William D. Sherren and son Fred and Mr. and Mrs. Stewart Dixon, were recent visitors to Cherry Valley.

Quite a number of our young people have returned from the U. S. A. to spend their holidays vis: Misses Vera Irving, Ina Docherty, Evelyn Nelson, Mary Morrissey, Marlon

Ings and Mrs. Earl Sherren and children and Mrs. George Irving.

Miss Lettie Carrier who has spent the past week in Mill View has returned to her home in Cherry Valley.

The annual school closing was held in the school on Thursday, June 26th., with quite a number of parents and visitors present. The pupils were examined in the various subjects by their teacher assisted by Mrs. Louis Hayden, Mrs. J. L. Nelson, Miss Tillie Hayden, Miss Bertha Wood and Miss Patricia Murphy, and showed by their prompt answers the careful training of their teacher Miss Frances Wood. There were prizes awarded to most industrious boy and girl of the school and were given to Lettie Carrier and Billy Hayden. An interesting program was carried out by the pupils assisted by their teacher and Miss Bertha Wood. At the close a generous treat of ice cream and cake was enjoyed by all present. The teacher was then presented with a gift from five of her pupils.

We are all sorry to learn of the recent illness of Mr. John Doyle, of Earnsccliffe and wish him a speedy recovery.

Summer Strains
For all the strains the flesh is heir to during the summer months—use Minard's. Popular for fifty years.



Minard's Liniment for all strains.

SUMMER'S SAFER NOW FOR BOTTLE-FED BABIES

Summer brings its wealth of health-radiating sunshine, but it also brings a danger that casts a cloud over the heart of many a mother of a tiny bottle-fed baby.

For summer is the danger time for milk. Even in the cities where the milk supply is closely watched by the health authorities, many babies suffer from intestinal infections that come from bacteria in the milk. The best home refrigeration, the most careful home pasteurization, are often powerless to insure the perfect purity of the baby's food.

Science finds a germ-free milk. But now this problem, so important to countless mothers, has been solved by the discovery that there is a germ-free milk which is, at the same time, equal from every nutritional standpoint to the best bottled milk.

This unsweetened evaporated milk, which, as you probably know, is pure whole milk with part of the natural water removed, with nothing added, and with its purity absolutely insured by sterilization in air-tight cans. There can be no disease-carrying bacteria in this milk. An unopened can of it will keep its purity indefinitely in the hottest weather, without ice.

The food value of this milk has been approved by some of America's greatest authorities on baby feeding. Unsweetened evaporated milk contains all the elements that make milk a perfect food. It contains all the vitamins that any milk is dependent on to supply, and the only supplements required are those now prescribed with

milk in any form, such as orange juice and cod-liver oil. Much easier to digest. Another reason why unsweetened evaporated milk is in such favour is that it is more digestible. Because of the heat treatment that it receives it forms very fine, soft curds, almost exactly like those of mother's milk. And its butterfat globules are broken up into such microscopically tiny ones, by a process called "homogenization" that the baby's stomach assimilates them easily.

Mothers who use unsweetened evaporated milk are delighted, not only because their babies do so well on it, but because the feedings are so easy to prepare. This milk is already sterilized. It is simply mixed cold and poured into bottles—with no tedious pasteurizing, no straining, no tricky, filling of hot bottles with hot milk, no slow cooling off afterward.

In buying evaporated milk for baby feeding it is important to choose a brand that is known to stand for highest quality—such as Carnation Milk, the well-known milk "from contented cows". The unusual care which protects this milk all the way from dairy farm to grocery is the mother's guaranty that her baby's milk is surrounded by every scientific safeguard.

The Carnation Baby-Feeding Chart will tell you more about this good milk, and your own physician will prescribe the correct formula for your baby. To obtain the chart, also the Carnation Cook Book, address Carnation Co., Limited, Aylmer, Ont.



And remember

Baby's milk is always safe if it is Carnation Milk. It is free from all bacteria, high in food value, and more digestible than milk in any other form.

The Safeguarded Milk "from Contented Cows"



DESIGNED BY WOMEN FOR WOMEN
NEW LOW PRICES
The simple bodice is sleeveless. The capelet collar of plain yellow crepe is most unusual, opened at front displaying round neckline. An applied band of the printed crepe provides smart trim. The simple bodice is sleeveless. The capelet collar of plain yellow crepe is most unusual, opened at front displaying round neckline. An applied band of the printed crepe provides smart trim. Style No. 3360 is very effective for parties made of pale blue georgette crepe with collar finished with picot edge. Printed batiste, dimity, voile, tub.

NEW APARTMENT MODEL of World's Fastest Electric Range

No matter how small your kitchen, this compact Hotpoint Hi-Speed Range will fit in admirably. And it offers you not only the cleanliness and convenience of electric cooking but also unsurpassed speed and economy. Exclusive Hotpoint features include stain-resisting porcelain enamel with harmonious shades of cream white and dove grey... indestructible Hi-Speed Elements (fastest and most economical by actual test)... and sturdy All-Steel Construction. Hotpoint Hi-Speed Ranges are priced as low as \$85 and you may buy any model on convenient terms.



For Sale by Associated Gas & Electric Systems CANADIAN GENERAL ELECTRIC Co. Head Office Toronto

Hotpoint HI-SPEED RANGE
For Sale by Associated Gas & Electric Systems CANADIAN GENERAL ELECTRIC Co. Head Office Toronto

Miss Sarah Smith Tells How Cuticura Healed Pimples. "My trouble began as a rash of small pimples which later formed larger ones that were hard and red. They affected my face and back. The pimples festered and scaled over, and my clothing aggravated the ones on my back. They were very itchy and sometimes the irritation prevented me from sleeping. They caused disfigurement and lasted about two years. "I began using Cuticura Soap and Ointment and they helped me, and after using two cakes of Cuticura Soap and one box of Cuticura Ointment I was completely healed." (Signed) Miss Sarah Smith, Tantallon, Sask., July 13, 1929. Soap 25c. Ointment 25c and 50c. Telcum 25c. Sold everywhere. Sample each free. Address Canadian Depot: J. T. Watt Company Limited, Montreal.

Baby's milk is always safe if it is Carnation Milk. It is free from all bacteria, high in food value, and more digestible than milk in any other form. The Safeguarded Milk "from Contented Cows"