

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

FOR THE WOMAN READER

A friend is just the missing part that fits in every human heart. Without one, life is incomplete. But when we find one, life is sweet.

COD LIVER OIL FOR BRONCHIAL TROUBLES

Of the various symptoms complained of by sufferers from chronic bronchitis, the cough is probably the most irritating.

But if expectoration is free, coughing assists to keep the lungs clear. This symptom is usually most distressing in the morning, but considerable relief may be had from taking a glass of hot lemon before breakfast, instead of the usual cup of tea.

The patient often fears bedtime, for he becomes breathless after lying down for even a short period. It is a great help in these cases to prop oneself up with pillows.

Too much sleep should be avoided if there is much expectation as the lungs tend to get "waterlogged."

Vitamin A has a protective effect on the lungs, therefore the diet should contain plenty of fats rich in this. About this time of year it is a good plan to begin taking cod liver oil every day. This gives additional protection against an attack.

EARL WITH FIVE MANSIONS LIVES IN COITAGE

The Earl and Countess of Wemyss, who owns 62,000 acres of beautiful woodlands, complete with lily ponds, waterfalls, rivers, and five mansions, are living quite contentedly in a little cottage on the shores of the Firth of Forth, Scotland.

The Earl has named his cottage "Hastones", and through a belt of trees can see his palatial mansion, Gosford House, in which he cannot afford to live.

Servants from Gosford House attend to all the needs of the Earl and Countess, who spend much of their time walking through the estate.

HOUSEHOLD HINTS

When making a cake by creaming add grated lemon rind (if used) at the beginning of the process to extract its full flavor.

Thin rind and clear pale flesh denote pork which will be tender and of good flavor.

Fried apples make a pleasant change with bacon or sausages for breakfast.

If a milk pudding becomes scorched on top remove the blackened skin, clean the edge of the dish, beat in extra milk, and return to the oven to finish cooking.

INVISIBLE SPECTACLES MADE IN LONDON

The person who has bad eyesight but hates wearing frames, or pince-nez glasses, now may have invisible spectacles made for each eye.

This entirely new departure in optical wear is now on the market in London, Eng. Each eyepiece is a tiny, shell-like slip of glass, slightly larger than a dime, fitting directly on top of the cornea of the eye, under the lid, and adhering to it by suction. "Contact glasses" is the name of the new invention. They positively cannot be seen.

even at the closest range. The average eyepiece costs about \$25 each, but prices vary according to the lens required. It is impossible, however, to just walk in to the opticians and buy a pair right away. They are supplied only to the prescription of an ophthalmic surgeon.

The adoption of these contact glasses would be quite a delicate business at first. Each eyepiece is gripped by the suction of a little rubber bulb which comes away when pined, leaving the eye covered with the thin, transparent scrap of glass which cannot be felt, even with the eyelid. The glass is withdrawn in a second by means of the rubber bulb. It is claimed that after a little practice a wearer would be able to slip the glasses in and out easily.

CLASSIC PEARLS

The cultured pearl is a genuine pearl, produced by introducing a foreign particle into the oyster shell, such as a tiny piece of mother-of-pearl. The irritation thus commenced is counteracted by a protective covering which in time becomes a pearl. It is a lengthy process and a really staggering number of years are necessary to the final production of a finely matched string of cultured pearls. It takes 333 oysters nine years to produce one perfect pearl. For a necklace of 148 pearls it takes 45,000 oysters nine years.

Pearls are perfect complements to the elegant fabrics for Fall and beautiful jewels play an important part in the new version of Edwardian elegance which is influencing evening fashions.

BUTTONS REPLACE CLIPS

Buttons that really function are now replacing trick fastenings for day-time costumes. Double-breasted closings for tailored suits are favorites this autumn.

Martial et Armand sponsor the Oriental influence in many an ensemble. Appliqued motifs have a distinctly Japanese touch, some of the models bearing embroidery in various colors of Chinese or Japanese hieroglyphics.

COAT LENGTHS

Three-quarter coats have for the most part lost their swagger now. But they share popular favor in the collections with the jacket and the full-length coat.

Bruyere advocates the tunic silhouette and wool and fur express his creations, the fur gilt being smartly used by this artist and invariably odd touches of buckles and stitching make the models interesting.

TABLOID

Using golden syrup for cooking will be far easier if the spoon is first dipped in boiling water. The syrup will then come away from the spoon cleanly, without leaving trails, and it is also possible to get a level spoonful instead of a heaped one.

A well shaped head
A fine, full chest
Sound, even teeth
Straight legs

He needs special help to build them.

Every day in the year, babies need the sunshine Vitamin D. But never more than in these "shut-in" days.

That is why doctors regularly recommend *Bottled Sunshine*—good cod-liver oil—to supply the extra amount of Vitamin D essential to perfect bone development and sound teeth.

So give your baby good cod-liver oil daily. Always insist on Squibb's for Squibb's is guaranteed to supply an abundance of both the sunshine Vitamin D and the essential Vitamin A which helps babies grow and keeps their resistance high.

And Squibb's is more economical. Being so rich in Vitamins a smaller dose is equal to a larger dose of inferior oils. So always ask your druggist for Squibb's—either Plain or Mint-Flavored.

SQUIBB COD-LIVER OIL *Bottled Sunshine*

It is safe to specify!

Barbour's SPICES

A Morning Smile

"Golf hose? Yes, sir," said the shop assistant in reply to the customer's request.

Presently he placed a number of laden boxes in front of him. "Here you are, sir," he said briskly, "wonderful value. Worth double the money. Latest patterns, fast colors, won't shrink, and it's a good yarn."

The customer nodded a little dazed.

"Yes," he said, "and very well told, too."

QUICKEST, SAFEST way to STOP HEADACHES



ASCO acts fast! Doesn't dope, deaden or drug. Soothes away pain and aches. No harmful or habit-forming drugs. Breaks up a cold over-night. Not constipating. Won't upset your stomach. That's why it differs from others. Each tablet stamped ASCO. Red, white and blue boxes. All druggists.

THE COOK'S CORNER

Chop Pickle

One quart cucumbers, 1 1/2 quart green tomatoes, 1 1/2 pint onions, 1 large cauliflower, 3 large red-skinned apples, 12 cois corn, after it has been cooked.

Put all ingredients (except corn) through the chopper, then sprinkle with salt (about 1/2 cup); let stand overnight; drain in the morning and add it to a dressing made as follows: 6 cups yellow sugar, 3 pints vinegar, 1/4 ounce mustard, 1/4 ounce mustard seed, 1/4 ounce turmeric, 1 tablespoon curry powder, dash cayenne, 1 teaspoon black pepper, 1 cup flour.

Bring to a boil. Add the above ingredients and bring again to a boil, but do not cook. Seal while hot. This keeps well and makes a nice sandwich spread and takes so little preparing, as all vegetables except the onions are put through the chopper with skins on, the red apple skins add a touch of color. The corn should not be sprinkled with salt as it toughens it. One can put any favored vegetable in this dressing except beetroot, as it discolors it.

Cheese Custard

2 cups bread crumbs
1 cup grated cheese
2 cups hot milk
2 tablespoons butter, melted
1 teaspoon salt
1/2 teaspoon cayenne
2 eggs
Mix bread crumbs and cheese. Add milk, butter and seasonings. Add eggs, well beaten. Turn into a buttered baking dish; oven-poach until firm.

Chinese Rarebit

1 cup boiled rice
4 well-beaten eggs
4 tablespoons milk
2 tablespoons butter
1 1/2 teaspoons salt
1 teaspoon Worcestershire sauce
1/2 teaspoon pepper
1 cup cheese
Sauté rice in butter, add the eggs with the milk, and cook slowly. When nearly thick enough, add salt and pepper. Worcestershire sauce, and the cheese grated. Just allow the cheese to melt. The mixture should be of the consistency of thin scrambled eggs. Serve on toast or crackers.

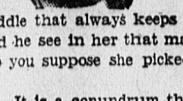
New Solution to Marriage Problem Dorothy Dix Acclaims Man Who Let Friends and Neighbors Pick Out His Wife

Hail the Wise Man Who Let His Friends and Neighbors Pick Out His Wife for Him. Never Will He Lie Awake Wondering Why He Did It: He Can Always Blame His Advisers

The world's great altruist and optimist has appeared in a California man who has permitted his friends and neighbors to pick out his wife for him. This was accomplished by the unimpassioned Romeo lining up the seven candidates for his heart and hand and permitting the winner of the wedding ring to be elected by popular vote.

Furthermore, apparently the best woman won, for the crowd selected a 52-year-old widow as the bride for the 58-year-old bachelor bridegroom which, as far as human judgment can go in matrimonial matters, seems an almost inspired choice, and got the wedding off to a running start.

This very unusual marriage is notable in several ways. For one thing, it answers the



riddle that always keeps the guests whispering at every wedding: "What did he see in her that made him marry her?" "For Heaven's sake, why do you suppose she picked THAT out for a husband?"

It is a conundrum that is never guessed, for nobody ever knows why any man and woman marry the ones they do. Nor, for that matter, are many of us much wiser about how it happened that we got our own yokemates, and when we try to figure out why we are united in the holy bonds of wedlock to Eliza instead of Hannah or to Thomas instead of Jeremiah, we are confronted with a problem that we cannot explain even to ourselves. It just is that way and that's all we know about it.

But here is a man who will never have to lie awake at night wondering why he did it, because he didn't do it. His neighbors wished his wife on him. Also, they saved him the trouble of making a choice, which is one of the reasons why many men never marry at all. They are so torn between the counter-charms of different women who attract them in diverse ways that they cannot make up their minds which to take for keeps and so dilly-dally along until old bachelorhood overtakes them.

Mamie fires their fancy. Sara comes up to their ideal. Flapper Betty is so cute and has such a way with her. Staid Jehimah has a master hand at the gas range. Violet is a living picture that would be so easy on the eyes. Juliette has such a comfortable fortune in gilt-edged securities. They could be happy with either dear charmer were 't other dear charmer away, but with one charmer pulling one way and the other charmer pulling the other, they are hopelessly befuddled and doomed to celibacy unless, like the hero of our story, some one settles the matter by saying: "Take this woman. She is what you need, and God bless you, my children."

But what makes this marriage really historic is that it has put into actual execution a theory that most of us have entertained, but that we never expected to see tried out—that of having the general public pass upon the eligibility of a man and woman and the suitability of a marriage.

A lot of us have felt that if in every community there was a sort of matrimonial advisory committee that could lend people a helping hand in picking out their mates it would do much toward stopping divorce and promoting happy and successful marriages. Especially if it had a strong veto power that could prevent the marriages of those obviously headed for destruction, such as girls marrying drunkards to reform them, and old men espousing gold-digging flappers.

The idea is, of course, that while boys and girls are suffering from the temporary madness we call love, their eyes are blinded and their judgment clouded so that they are not able to see the real character and disposition of those whom they are anxious to marry, nor to form a clear and dispassionate opinion as to the kind of wives and husbands these said parties will make, nor even if the said parties heretofore mentioned are really what they want in the mates with whom they propose to spend the next forty or fifty years.

It is while suffering from these hallucinations that poor and ambitious young men wreck their futures by marrying selfish, spoiled, pampered girls who do not know how to do a thing on earth but spend money and amuse themselves; learned, cultivated men with intellectual tastes marry pretty little morons who have never even read a sixth best seller; domestic-minded men marry women who hate home and who are set on careers; widowers with a household of children marry debutantes younger than their own daughters; girls elope with their chaffeurs; girls marry men who can't even make a living for themselves; girls marry men who are gamblers and rouses and philanderers; girls marry men with whom they have not a taste nor habit nor thought in common.

These mismatches, we have said, could be avoided if a matrimonial committee could pick out the husbands and wives people should have, instead of the ones they thought they wanted until they got 'em home and found out that they didn't suit their needs at all. And, curiously enough, in this one case where the experiment has been tried it appears to have worked out successfully.

For what wife could be more suitable to an old bachelor, doubtless with cranky ways, than a widow who had learned how to manage men in her first marriage, and who is far more adaptable than any young girl or spinster could possibly be?

And, anyway, what fun that man's friends and neighbors must have had in picking out his wife for him! It must have been SOME picnic. DOROTHY DIX.

MAGIC BAKING POWDER
—costs not quite 1/4 of a cent more per baking than the cheapest inferior baking powders. Why not use this fine-quality baking powder and be sure of satisfactory results?
"CONTAINS NO ALUM." This statement on every tin is your guarantee that Magic Baking Powder is free from alum or any harmful ingredient.
Made in Canada



The Art Gallery played an important part in the social life of half a century ago. There society viewed the latest pictures brought over from England or the Continent. To be able to discuss the latest Whistler or Millet from first-hand knowledge was part of their education.

There Were Fewer Leisure Hours in the Eighties . . . before SURPRISE SOAP was made

- Many new labour-saving aids have come to us since then, but hundreds of thousands of housewives still rely on Surprise to free them from the back-breaking hours of wash day.
- The gentle Surprise suds reach and loosen every particle of dirt, so that rinsing leaves the washing fragrant and beautifully clean. And a soap that washes thoroughly in less time means more leisure for the housewife.
- You can trust even your finest things to Surprise Soap. Its rich, penetrating lather cannot possibly harm even the most delicate fabric.

Daintiness With Chic Styles

ILLUSTRATED DRESSMAKING LESSON FURNISHED WITH EVERY PATTERN BY ANNABELLE WOERTINGEON



Here's a charming day dress for all occasion wear. It has exceptionally smart lines and much practicality.

Falle crepe silk is a lovely medium for this model, though naturally other materials can be used. There is satin crepe, rough canton crepe, soft hairy woolsens, sheer woolen, velvet, etc., all of which are suitable.

Falle crepe is eel-gray as the original will make you look as pretty as a picture. The simple becoming collar introduces a smart touch in white falle crepe.

Style No. 612 is designed for sizes 14, 16, 18, 20 years, 36, 38 and 40 inches bust.

Size 16 requires 3 1/2 yards 36-inch material with 1/2 yard 36-inch contrasting.

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

No. 612. Size

Name

Street Address

City

State

ADDRESS AND PRESENTATION

Mrs. Gordon Ross, Carleton, on the occasion of her marriage, was presented with the following address:
We, the officers and members of Three Sisters Lodge, Borden, extending to you, our Worthy Mistress, our best wishes for your future happiness in this, your new pathway of life. We feel we could not let this opportunity pass without expressing our appreciation to you.

We are very glad that kind providence, which has moved you from one home to another, has not removed you from our Lodge room, where your presence is so much appreciated. We ask you to please accept this small gift as a token of love and appreciation, and we assure you that our best wishes will follow you to your new home.

Signed on behalf of the officers and members of Three Sisters Lodge, Borden.

Here's a New Recipe for a Creamed Rice Pudding

- 4 tablespoons rice
- 1/2 cup sugar
- 1/4 teaspoon salt
- 3/4 cup St. Charles Milk
- 1 1/2 cups water
- Nutmeg

Wash rice, add with the sugar and salt to the milk diluted with water. Pour into buttered baking dish add a sprinkling of nutmeg. Set the dish in a pan of hot water and bake three hours in a slow oven (300° F.) stirring several times first hour to prevent rice from settling to bottom.

There is a great difference in evaporated milk. Be sure you use Borden's St. Charles, not only for this recipe but whenever a recipe calls for milk.