

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



FREE BABY BOOKS Write The Borden Co. Limited, Dept. B 24, 140 St. Paul Street, Montreal for two Baby Welfare Books.

Milady Beautiful By Lois Leeds



NOISE EFFECTS ON HEALTH AND BEAUTY

Those of us who work in noisy surroundings find that, on certain days, the various sounds which go on around us are much more noticeable than on others.

Such a degree of sensitiveness is certainly an indication that we have been drawing too much upon our reserves of nerve force.

Healthy and well-nourished nerves, which can only exist in a body in similar condition, are the best insurance against breakdown due to excessive noise on sensitive nerves.

Many people who work in noisy offices or factories will find that even a brief interval, such as the lunch hour, in a quiet spot will prove a considerable relief to their nerves.

The average city worker or the

What the Fashionable Are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern By Annabelle Worthington



2966

It's sportive! It's the new Parisian coat frock that buttons-down-the-front with circular skirt that dips its hem at centre-front.

city-bred person should plan to spend an hour or two in the fresh air and sunshine every day.

Within an hour's ride from the centre of every city there are inviting country scenes, lake resorts, meadows, streams and woods where outdoor games, swimming, water sports, tennis and a quiet game of golf are available for the city-tired person.

finger's note in deep turnover collar and turn-back flared cuffs or organ-die, of this jaunty navy blue silk crepe.

Style No. 2966 can be had in sizes 12, 14, 16, 18, 20 years, 36 and 38 inches bust.

It is very simple to make. You must include it in your new wardrobe for Fall, for it is just the type of dress one needs so much for all-day occasions to start the new season.

Black crepe satin with collar and cuffs of white crepe de chine is chic. Purple dull silk crepe with collar and cuffs of eggshell silk crepe is ultra-new and smart.

Tiny checked featherweight woolen in beige and brown, with brown bone buttons, piping and suede belt, with collar and cuffs of beige faille silk crepe is exclusive.

Wool jersey, flat silk crepe, printed silk crepe, canton crepe, wool crepe, and featherweight tweed smartly appropriate.

Pattern price 15 cents. Be sure to fill in size of pattern. Address Pattern Department, The New Fall and Winter Fashion Magazine is 15 cents, but only 10 cents when ordered with a pattern.

Form for pattern order: No. 2966, Size, Name, Street Address, City, State.

tant noise and hustle of busy city life.

Tomorrow's—Beauty Questions Answered

For The Cook

Braised Frankfurters With Drawn Cheese

Separate the frankfurters if they are attached at the ends and simmer them in salted water for twelve minutes. Drain and wipe them. Then drop them into a hot frying pan in which there has been placed a small amount of butter to brown the frankfurters.

For Sprains—Use Minard's Liniment

Dorothy Dix Letter Box

Why No Able-Bodied Woman Ought to Go to Live With Her Married Children—Should a Promise to the Dead be Kept if it Means Injustice to the Living?

Dear Dorothy Dix—I was left a widow three months ago and am making my home with one of my sons and his wife and baby. They are very kind to me and want me to stay, but I feel that I would be happier if I were making my own living and had a home to myself.

I advise you, with all the earnestness of which I am capable, to strike out for yourself and make your own way. You will be a million times happier if you do so, and so will your son and his wife.

Nearly all parents quit work fifteen or twenty years too soon and become parasites upon their children long before it is necessary for them to do so.

This works a great injustice on the children because it lays a crushing burden on them at the very time of their lives when they are least able to bear it. The son and daughter are just getting a start in business.

Of course, if the parents are old and feeble and helpless, or if they are ill, the children's duty is plain. They must take them in no matter how great the sacrifice it entails; but in a very large percentage of the cases father and mother are not old, nor sick, nor helpless.

They are selfish. They've got tired of work, and they think it would be easier to graft a living on their children than it is to labor themselves. So father gives up his job and mother breaks up her home, and they wish themselves on Jon or Mary; and poor John or Mary cannot shut their doors in their parents' faces. They have to endure the imposition.

If going to live with their children secured father and mother's happiness, there might be some justification in it; but it doesn't. The result is all-round misery for all concerned. For father and mother are not ready to sit in the chimney corner and spend their time reflecting on their latter end, and preparing to meet their God.

No woman who has ever run her own house is ever satisfied in another woman's house, not even if it is her own daughter's. No man who has followed a regular occupation all his life is contented with nothing to do but kill time.

And so Mrs. M. M. W. follow your own instinct and set up your own home and even your own living. You have probably twenty years of good working life before you. Fill them with your own interests and your own ambitions, and they will be full years instead of the empty barren years they would be if you sponged on your children and knew yourself an unwelcome guest, and that they were all secretly speculating on what a relief it will be when mother passes on, and they won't always have to have her under foot.

Dear Miss Dix—What must I do? I promised my mother before she died that I would take care of my father and grandmother, who live with us. That was seven years ago. I have since married and have two children and we still all live together—if you can call the mess we live in living. I never have a minute with my husband. I never had a cosy meal with just my own little family.

Certainly not. Such a promise is better broken than kept. The dead have no right to rule the living, and if your mother could see how life has worked out for you she would be anxious to absolve you from your vow.

It is a cruel thing for parents to seek to bind their children to any particular line of conduct, because circumstances may arise that make the very thing that seemed the best and wisest at one time a disastrous thing to do at another.

So set up your own independent home where your husband will be happy and satisfied, and where you can rear your children without their being nagged at, and where no one will interfere with your plan of managing them.

And you can have this for your comfort: that your father and grandmother will be just as much relieved to get rid of you and the children as you are to get away from them. Family friction works both ways, you know. If your father fusses at the children, it is because they irritate him and get on his nerves.

Besides, old people yearn for freedom as much as boys and girls do, and resent being taken care of and told what to eat, and what to wear, and all the balance of the family nagging.

A great neurologist told me not long ago that his whole reputation for curing nervous disorders rested on his separating families. He said it would cure almost any case of nervous prostration. So try it.

Dear Dorothy Dix—I am a woman 43 years of age. Have been married fourteen years to a good husband, who is ten years younger than myself. But now my life is miserable, although he is kind to me, because I have fallen in love with a man of 29. I'm just crazy about him and he about me; and he

442 of the 451

important Hollywood actresses use Lux Toilet Soap



BETTY BRONSON, Warner Brothers' star, in the luxurious marble bathroom built in Hollywood just for her charming youthfulness. She uses Lux Toilet Soap not only in her bathroom, but in her dressing room on location—wherever her pictures are being made.

The next time you see her in a close-up, notice how smooth this daintily fragrant white soap keeps her skin.

She says about Lux Toilet Soap: "A star must have smooth skin for the close-up. I find this lovely soap is wonderful for my skin."

Betty Bronson

SMOOTH SKIN is a perpetual attraction," says Allan Dwan, famous director—and sums up what 39 foremost Hollywood directors have learned from the movies.

"The kind of rose-petal skin which can pass the test of the close-up is the kind of beauty that gets the American public every time," he goes on to say.

It is for this reason that 9 out of 10 screen stars use Lux Toilet Soap. They have found that it keeps their skin satiny and soft—always. And all the great film studios have made this white fragrant soap the official soap in their dressing rooms.

Luxury such as you have found only in French soaps at 50c and \$1.00 the cake ... now 10c

Lever Brothers Limited, Toronto 5787

JOBYNA RALSTON, beautiful screen star, says: "A screen star must have utterly smooth skin for the camera. I find that Lux Toilet Soap keeps my skin beautifully smooth and soft."



gives me all the money he makes. Shall I divorce my husband and marry him? MRS. M. M.

Answer: You certainly are a cradle-snatcher, Mrs. M. M., but you seem to like them younger and younger, so I am wondering where you will stop. You married one husband, who is ten years younger than yourself and now propose taking another one who is fourteen years your junior. Perhaps the next will be an infant in arms.

But if I were you and had such a roving fancy, I think I would stick to the husband I had. At least, is a good provider and kind, and I have my doubts whether you would get all of the 29-year-old one's money after you married him. I fear he would leave his old wife in the lurch and blow that in on a fopper. That is the way that young husbands of elderly wives generally do. DOROTHY DIX.

Household Hints

By Roberta Leo

To Keep Quinces

Place quinces carefully in a barrel, using only perfectly sound fruit. Fill the barrel with water, fasten on the head of the barrel and put in a cool place. They should keep fresh all winter.

Playing Cards When a deck of playing cards becomes old they have a tendency to stick together, but if they are sprinkled liberally with talcum, then shuffled, they will have the slick surface of new cards.

Dusting Try using a small paint brush to dust crevices, ornaments or willow furniture. Never use a feather duster.

Etiquette By Roberta Leo

Q. How and when should a bride mail her "At Home" cards? A. They should be enclosed with the wedding invitations. Q. Is it advisable to use a knife or any sharp pointed instrument to clean the finger nails? A. No. An orange-wood stick is the best thing to use. Q. What does "au naturel" mean? A. It means plain, or simple, such as potatoes that are cooked in their jackets.



SILVER SPOONS IN THEIR MOUTHS

And Gold Bands on Their Teeth

Your children—the children of prosperous Canada—are born to luxury. The finest food is theirs, carefully selected, carefully prepared. Yet almost universally, one great dietary need is overlooked. Few modern children have enough food that requires thorough chewing.

Those gold bands on the teeth of growing girls and boys—what do they mean? Simply this: Jaws not developed normally because they have not been sufficiently exercised. Teeth have been crowded—forced out of position. Tediously, painfully, expensively, a gold band is removing the unnecessary evil wrought by excess of soft, mushy and inadequate foods in the diet.

Your dentist will corroborate this. He will advise you to give your young child every day some food that must be thoroughly chewed. He will give you a list of foods he considers best for this purpose. He will place Grape-Nuts high on that list.

Grape-Nuts has a characteristic crispness different from that of any other modern food. It has a delicious, nut-like flavour, delicately tinged with malt sugar. Crispness and flavour combined tempt children to chew—makes them enjoy chewing. This is one reason dentists recommend this food.

There is a second reason—its nutritive value. Made from whole wheat and malted barley, Grape-Nuts supplies varied food elements, important not only for the teeth but for the health of the entire body. Phosphorus for teeth and bones; protein for muscle and body-building; iron for the blood; vitamins, maltose and other carbohydrates for energy; and the essential vitamin-B.

Grape-Nuts is an admirably balanced ration—made easy to digest by the special baking process that brings it to you ready to serve.



doubly good for the children

THE youngsters are sold for Grape-Nuts. You can't give them anything they love better than this crisp, tempting, nut-like food. Nor anything better for them!

Grape-Nuts supplies five vital elements of nutrition. It is specially prepared for easy digestion. Its crispness is so delightful that they enjoy chewing it and thus giving their teeth and gums the exercise which means so much to their health and beauty.

And Grape-Nuts saves you money. Less than one cent's worth is a helping—for four teaspoons is enough. Serve it with milk or cream right from the wax-wrapped package.

Grape-Nuts

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Advertisement for Christie's Biscuits, featuring 'Gold Medal Soda Crackers' and 'Christie's Biscuits' with the tagline 'The Standard of Quality Since 1853'.