

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

SMART CLOTHES FOR THE HOME DRESSMAKER



Don't you think this is a cunning dress for little school-age daughter? It won't catch on her nose or muss her hair up (so it needs more combing) getting it on and off. She doesn't need any aid from mother, either, to slip into it. One of the new looking wine-red ground cotton prints made the original. The collar and cuffs are white pique. Another delightful suggestion is wool jersey in pottery rust with white linen collar and cuffs made detachable, so as to be readily removed for laundering. Style No. 756 is designed for sizes 4, 6, 8 and 10 years. Size 8 requires 2 yards of 35-inch material with 1/2 yard of 35-inch contrasting. Price of PATTERN 15 cents in stamps or coin (coin is preferred.) Wrap coin carefully.

No. 756. Size ..... Name ..... Street Address ..... City ..... State .....

756

The HOUSEWIFE and HER ACTIVITIES

If you've the gift of Giving for the love of that alone, Expecting no return for gifts or kindness you have shown; If you've the grace of Gratitude, can see when day is done, A vision in the sunset of tomorrow's rising sun; Yours is a fairy garden that is fed by hidden springs, Is lit by fairy sunlight, and fanned by fairy winds. "W. P." in Chamber's Journal.

put the living room in order before we retire and there are times when we rejoice that we employed those few minutes in this fashion, even though we were very tired. "Falling Leaves and Fading Tree"

The true gardener welcomes the falling leaves for the fertility of his garden and he will never burn them. He uses some to cover various plants roots and the others he piles in an out-of-way place so they will soon rot down into the finest kind of compost.

To Stiffen Curtains Many people prefer to stiffen their lace curtains with gum arabic instead of starch. To do so, dissolve ounce of gum arabic in 1-2 pint of boiling water, strain and bottle. Keep well corked. Use 1 teaspoon of the mixture to 1 pint of cold water. Dip the curtains in this and then stretch.

CONTROL OF SELF No man is at his best when he has lost control of himself, and the time of all times when a man needs to be at his best is when he is being attacked. Yet how many men deceive themselves into thinking that they actually gain in force and effectiveness by letting go of themselves—getting mad—and showing it—under provocation! To do so is both to weaken one-self and to uncover that weakness to others. The man who can continue to smile, inside and out, no matter what the provocation to do otherwise, has a weapon that makes him hopelessly invincible to his enemies. The man who "gets mad" hands over his best weapon to the opposition.

GOOD SENSE Good sense is as different from genius as perception is from invention; yet though distinct qualities, they frequently subsist together. It is altogether opposed to wit, but by no means inconsistent, with it. It is not science, for there is such a thing as unlettered good sense; yet though it be neither wit, learn-

Common sense is becoming very uncommon. Beware of the gifts that takes away freedom. A man is doubly ignorant if he is ignorant of his ignorance. Sunshine in your heart will keep wrinkles out of your face. It is a small world—and there's a lot of midgets in it, too. Some bachelors never marry because they have no trouble to share. An optimist is a man who makes the best of it when he gets the worst of it. No matter what it is made of, the new fall hat will make itself felt to the pocketbook. Don't tell your secrets to your friends if you are anxious to keep them from your enemies. If it is true that acting is a mathematical science, some people are certainly pretty poor at arithmetic. A Quick Fix If the wood in the range does not catch readily, try throwing a teaspoon of sugar on it. It will blaze up immediately and is much safer than kerosene, so frequently and unwisely used. Safety First It takes but a few minutes to

Night Coughs Quickly checked without "dosing." Just VICKS rub on VAPORUS

ing, nor genius, it is a substitute for each when they do not exist, and the perfection of all when they do.—Hannah More.

CULTURE No man receives the full culture of a man in whom the sensibility to the beautiful is not cherished; and there is no condition of life from which it should be excluded. Of all luxuries this is the cheapest, and the most at hand, and most important to those conditions where coarse labor tends to give grossness to the mind.—Channing

DISCIPLINE The discipline which corrects the baseness of worldly passions, fortifies the heart with virtuous principles, enlightens the mind with useful knowledge, and furnishes it with enjoyment from within itself is of more consequence to real felicity, than all the provisions we can make of the goods of fortune.—Blair

NINE POINTS FOR WIVES WHO SEEK CANNING TRIUMPH

- 1.—Complete sterilization (entire destruction of all micro-organisms, such as yeast, bacteria, and mold). 2.—See that no seeds, food, grease or juice are lodged between lid and sealing surface of jar. 3.—When using economy jars, use only one clamp and see that it is not too tight. 4.—In oven canning, never set regulator higher than 250 degrees. Do not allow jars to touch each other. 5.—Use no jars which are cracked or nicked from previous use of which have sharp sealing edges. 6.—In using jars see that screw band is turned down firmly tight before processing. 7.—In open kettle canning, fill only one jar at a time. Immediately wipe top of jar and adjust cap. Then proceed to fill the next jar, etc. 8.—Fruit mold is absolutely ended when jar seal air-tight. 9.—Be sure you thoroughly understand procedure in whatever method of canning you use.

HOW TO SAVE VITAMINS AND GAIN IN HEALTH

Vitamins may or may not be changed during cooking or canning, depending upon the vitamin. The yellow and green vegetables and tomatoes are good sources of vitamin A. Practically all fruits and vegetables provide some vitamin B. Cooking and canning have little effect on these vitamins, but, since vitamin B dissolves in water, much of it may be lost if the vegetable water is thrown away. Much of vitamin B is also destroyed if soda is added in cooking green vegetables. Raw fruit and vegetables, particularly citrus fruit, cabbage, and tomatoes, are the principal sources of vitamin C. Some vitamin C is destroyed during cooking or canning process. In spite of this loss, however, canned tomatoes are an excellent source of vitamin C, and some other canned vegetables such as spinach and peas are still good sources of this vitamin. The loss of vitamin C is greater if vegetables are overcooked or if soda is added to the cooking water, than when they are properly cooked. Vitamin A is necessary for growth, but there is too little present in the diet, resistance to infection is greatly lowered. Vitamin B is necessary for growth and for a normal appetite. It prevents beri-beri. Vitamin C prevents scurvy. Too little vitamin C in the diet may result in fleeting pains in the joints and limbs, which may, in severe cases, be rheumatism. Vitamin C apparently helps to maintain the teeth and gums in healthy condition, and allows more rapid healing of bone wounds than would otherwise be possible.

YES, IT'S TOMATO CANNING TIME IT PUTS COLOR INTO DRAB MEAL

For plain canned tomatoes blanch until the skins crinkle, cold dip and remove the skins and hard core. Use whole or cut into pieces small enough to pass through top of container. Fill the jar about half full, then with fingers press the tomatoes down. Continue to pack pressing down to secure a solid pack until jar is full. Add level teaspoon of salt for each quart but no water. Partly seal and process for 25 minutes in the water bath or for 10 minutes in the pressure cooker with 10 pounds of steam. Remove from canner and seal.

CREOLE SAUCE

favorite tomato sauce and very easy to make in quantity. Slice a quart of white onions and a dozen green peppers and simmer in a skillet until soft. Add about twice the bulk in peeled, ripe tomatoes and cook all together slowly until every part is tender, but not gone to pieces. Season to taste, fill into hot sterilized jars and seal. When serving, add a little butter and thicken slightly with flour. Use with beefsteaks, Hamburg steak or fried chicken, or without any meat in a border of boiled rice.

TOMATO OKRA

These two vegetables canned together in equal quantities are excellent to serve just as taken from the can or to add to chicken or beef soup for gumbo. The okra

Are Women More Restless Now Than in Past Years? Dorothy Dix says This is the Best Era in History for Women

Wives No Longer Have to Consider Husbands as Just Meal Tickets — They Are on a Par With Them in All Endeavors

Is the modern woman happier than her grandmother was? A man thinks not. He says that women were never so restless and dissatisfied as they are today and he draws an invidious comparison between their nervous, harried, worried faces and the calm placid countenances of the women of the past.

I think he's quite mistaken and that what he diagnoses as grandma's expression of contentment, was simply the look of resigned despair of those who realize the futility of beating themselves up against the bars through which they cannot break. Life in these times is undubitably harder and less joyous for men than it was in the past, but for women a new heaven and a new earth have been made, and for the first time in all history they are getting their share of the fun of living.

Perhaps women themselves do not realize how lucky they are to be living today instead of yesterday and how much better off they are than their grandmothers were. Often when I hear one complaining about a philandering or a cantankerous husband, or about being tied down by children, or about how tired she is of doing housework I feel like saying to her:

Well, what of it? Do you suppose Grandpa's middle name was always Joseph and that he never had a roving eye or chased a petticoat? If so, do you guess wrong. In those days there were just as many unfaithful husbands as there are now. Just as many wives sat at home alone with jealousy gnawing at their hearts while their husbands stepped out with flappers; just as many wives saw their husbands in the clutches of gold-diggers and the money that should have gone to paying the grocer wasted in night clubs as there are today.

And husbands were just as grouchy and fault-finding and as hard to get along with as they are now, but no matter what sort of husband Grandma drew in the matrimonial lottery, she had to stand him because he was her meal ticket. She could not jam on her hat and walk out on him, no matter how he treated her, for she had no place to go, no way to support herself. A woman couldn't divorce a mean husband and have another try at it, because even if she had left a brute who beat and kicked her about, a divorced woman was a disgraced one.

And if a woman considers two or three children a handicap now because it puts a crimp in her liberty and keeps her from going to as many bridge parties and clubs and teas as she would like to, what about Grandma, who had a dozen children and who, for twenty or more years never knew what it was not to have a toddler clinging to her skirts and a baby in her arms and who was a wreck of an old woman in her 30s from excessive bearing?

And there were no pre-schools in those days, nor cheap ready-made children's clothes, nor canned food to help Mother out. She had to shoulder the whole job of providing for and taking care of her youngsters.

Look at the difference in the housework now and in the old days! Grandmother built her own fire to cook with. She heated all the water for the family baths in a kettle. She scrubbed dirty clothes on a washboard. She did hard manual slave labor to keep her husband and children comfortable. Granddaughter pushes a button or turns on her tap and presto, electricity sends a thousand hands to do her labor for her.

The woman of today is spared what was the blackest horror of the past, and that was dependence. There was no way by which a poor girl could earn an honest living for herself, and so she had to either sell herself in marriage to any man who came along, no matter how distasteful he was to her, or else she had to become a hanger-on to the family of some better-off relative.

Thousands of young girls' hearts were broken as they were driven into loveless marriages for the sake of bread to eat, and clothes to cover them and a roof to shelter them. Millions of Miss Sallies and Cousin Sues have wet their pillows with their tears as they endured the humiliation of being burdens on those who did not want them, and being treated with the contumely of a poor relation.

Contrast this with the happy lot of the modern girl who finds every door of opportunity open to her, who can get her a job, buy her own pretties, establish her own home, and enjoy the sacred privilege of being independent.

The woman of the past had little education. She had few resources within herself. Her world was narrow and if it was unpleasant she had no way to get out of it.

The modern woman has a perpetual source of pleasure in a cultivated mind. She has books to read, a constant interest that never fails. She can get out of her own little worries and troubles by sending her thoughts into pleasant paths of which her grandmother knew nothing.

Of course, to all women come the great tragedies of life, sickness, suffering, disappointments, love that fails, the heart-break of death. That is a common fate of humanity, but for compensation the modern woman has a thousand sources of joy that her grandmother lacked.

No other women have been so happy as the women of today. In proof whereof observe how young and alert they keep, and how often you hear them laugh. And women's laughter is a new sound in the world. DOROTHY DIX.

THE RIGHT SAUCE

The right sauce makes a world of difference in the most homely dish. Reasonable fare like herring, mackerel, or boiled mutton taste as nice again if allied to a good sauce; but, frightened by the elaborate names which appear on restaurant menus or in cookery books many housewives and newly fledged cooks eliminate some of the more exciting sauces from their tables before they have even tried their hand at making them. The basis for nearly all sauces is much the same, and it is not necessary to follow all sorts of complicated directions or to have at hand all manner of expensive ingredients. Keep a small strong aluminum saucepan especially for sauces, and you will soon learn to gauge your quantities without running to your recipe book every time. Put in your saucepan a piece of butter or fresh dripping the size of a walnut, let it melt without browning, then add a small tablespoonful of flour. The butter or dripping should absorb all this flour, but if too dry add more fat, and if too moist add more flour. If a white sauce is required, put the saucepan to one side of the fire and away from direct heat for ten minutes, giving its contents an occasional stir. In a different saucepan have ready about half a pint of boiling liquid—milk, milk and water, fish, meat, or vegetable liquor, according to what you intend serving your sauce with; add to the contents of first saucepan and stir continuously until it boils. Add salt and pepper to taste, and chopped parsley, capers, or anchovy essence, according to what you need. For egg sauce allow one or more hard-boiled eggs cut into dice and add to the sauce. Serve with boiled or steamed fish or fowl. For caper sauce add a generous tablespoonful of capers left whole or chopped in two and a small dessertspoonful of vinegar when the sauce is made. If serving this with fish, the fish liquor should be added to the

ELUSIVE PIMPERNEL BORN IN TEMPLE UNDERGROUND STATION

Stories of London in the 90's—the humors and the calamities of the proprietors scenes the robust entertainment of the theatres and music-halls—were told with gusto one day recently by the Baroness Orczy.

This notable woman writer was to speak on "The History of a gay adventurer," but it appeared that the adventurer was not to be the elusive Pimpernel but the author herself. In time, however, she came to Pimpernel. He was born in the Temple Underground station—"surely the dullest, and most dismal place in the world"—one winter afternoon when the Baroness was waiting for a train. She had a sudden vision of him "with his syzygias and his smile," so she rushed away home to transfix him on paper.

Twelve publishers refused her book, but Fred Terry made a play of it, and finally an old fisherman in Cornwall, to whom a small publisher submitted a manuscript in order to gauge the public taste, gave her approval and the book appeared.



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saucy with boiled mutton, then use some of the meat liquor. For mushroom sauce procure button mushrooms if possible, if not ordinary mushrooms into shreds or small dice, having peeled and prepared them first. Some of the stalk may be used also. Cook the mushrooms in butter, shaking frequently for about ten minutes, drain and add to your white or brown sauce. When brown sauce is needed merely allow the flour and butter to stand over the fire until it becomes brown, then proceed as before.

A curry sauce is made by melting one ounce and a half of butter in a pan and frying it in a small onion until lightly browned. To this add one dessertspoonful of curry powder. Cool and stir gently for a few minutes. Add three-quarters of a pint of good stock and bring to the boil. Add then a sliced tomato and season to taste. Simmer gently for twenty minutes, strain, and serve with sweet chutney and rice.

A Maitre D'Hotel butter sauce is another sauce easier to make than it sounds. Mix well one ounce of butter, one teaspoonful of finely chopped parsley, another of lemon juice, and salt and pepper to taste. Spread on a plate, allow to cool, and use with hot or cold fish as required.

THE COOK'S CORNER

FORK CHOPS WITH ORANGE CHERRY STUFFING

1 small onion 2 tablespoons butter 1 1/2 cups soft bread crumbs 1 orange cut in cubes 1/2 cup canned cherries Salt Pepper 6 pork chops Method: Cook the onion in the butter until lightly browned. Add bread crumbs, orange cubes, cherries and seasonings. Mix well. Have chops cut thick and a "pocket" made by slitting meat side to the bone. Stuff pockets with dressing—but not too tightly. Fasten with toothpicks, and brown chops in a small amount of shortening. Place in a casserole, add 1/2 cup hot water (or milk), cover and bake in a moderate (375 deg. F.) oven about one hour.

POT ROAST WITH ONION GRAVY

4 lbs. beef rump 6 tablespoons shortening 2 cups grated onions Flour, salt, pepper Method: Wipe the meat, rub well with flour, salt and pepper. Brown well and seasonings. Place in a Dutch oven or waterless cooker, add 1 cup hot water and cook slowly until tender, replacing water as necessary. Keep tightly covered and use the smallest possible amount of water. During the last 1/2 hour of cooking, add the grated onions and

A Morning Smile

THE FATTED CALF

The prodigal son had returned. "Father," he inquired, "are you going to kill the fatted calf?" "No," answered the old man, looking the youth over carefully. "No; I'll let you live. But I'll put you to work and train a lot of that fat off."

WHAT GOLF

As he was driving off the tee at a golf course at Geelong, Australia, the strap of Mr. F. D. Walter's wrist watch broke. The watch fell on the top of the ball at the exact moment that the ball was struck by the club. Mr. Walter plucked up his watch 40 yards down the fairway. It was unbroken.

When meat is done, remove to a platter and make gravy from the grease in the pan without removing onion pulp.

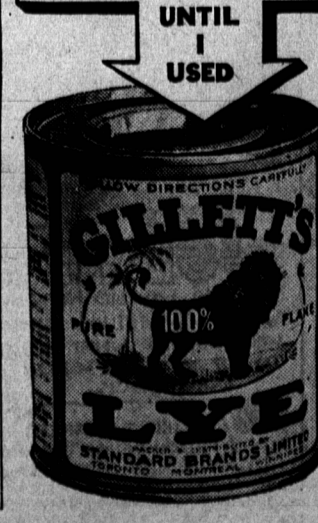
BAKED VEAL WITH SWEET POTATOES

2 1/2 pounds veal steak (cut 1 1/4 inches thick) 1 egg 1/2 cup bread crumbs 1/2 cup flour, salt and pepper 3 tablespoons shortening 1 cup milk 1/4 teaspoon soda 6 sweet potatoes (peeled) Method: Cut steak in pieces for serving. Dip in egg slightly beaten with 1 tablespoon cold water. Then dip in bread crumbs, and again in flour to which has been added the salt and pepper. Melt shortening in skillet and brown meat well on both sides. Place in a baking dish, surround with sweet potatoes, cover with milk to which soda has been added and bake in a slow (275 F.) oven for 1 1/2 hours.

Young Girl is Brutally Assaulted

FAIRFIELD, Me., Oct. 10.—(A.P.)—The bound and gagged body of 12-year-old Annie K. Knight was found tied to a tree stump near here today. Shortly afterward Somerset County authorities took two men in custody for questioning. Dr. W. S. Stonefield, medical examiner, said the child had been criminally assaulted and death was due apparently to strangulation nearby Benton to pick apples.

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