

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

From Youth To Old Age

THERE are three trying periods in a woman's life: when the girl matures to womanhood; when a woman gives birth to her first child; when a woman reaches middle age. At these critical times Lydia E. Pinkham's Vegetable Compound helps to restore normal health and vigor. Countless thousands testify to its worth.



Lydia E. Pinkham's Vegetable Compound

LYDIA E. PINKHAM MEDICINE CO., Lynn, Mass., U. S. A. and Colborne, Ontario, Canada

A Fashion Hint



SIMPLY FLATTERING

Here is one of the smartest slenderizing models that Paris has ever sent us. It is a charming afternoon or dinner dress interpreted in sheer black lace. The deep V-shaped vest of black chiffon that terminates at waistline adds considerable length to figure. The snug hips have trimming bands of grosgrain ribbon. The skirt is circular with graceful fullness at hem. Style No. 543 is designed in sizes 16, 18, 20 years, 36, 38, 40, 42, 44 and 48 inches bust. Flowered chiffon, georgette crepe in toasting shade, printed silk crepe with bright small pattern on dark background, shantung, printed rajah, printed voile, and handkerchief linen in gay print, are very attractive suggestions. For youthful type, tomato red crepe de chine or chateausse green chiffon is chic. Pattern price 15 cents in straps or coin (coin is preferred). Wrap coin carefully.

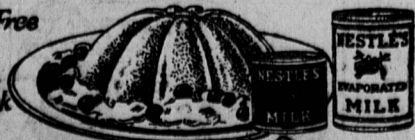
We suggest that when you send for this pattern you enclose 10 cents additional for a copy of our Spring Fashion Magazine. It's just filled with delightful styles, including smart ensemble and cute designs for the kiddies.

Misard's Lintment for Coughs & Colds.

Nestlé's makes delicious Spanish Cream

One of 111 attractive recipes from Nestlé's Milky Way Recipe Book. We will gladly send it to you free. Nestlé's Food Company of Canada Limited, Toronto, Ont.

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NESTLÉ'S MILK CANADA'S KOW

Milady Beautiful

By Lois Leeds



BEAUTY QUESTIONS ANSWERED

Unsymmetrical Legs

Dear Miss Leeds—(1) My left leg is larger than my right. Could you suggest some exercise to reduce it? (2) I am 16 years old, 5 feet 6 1/2 inches tall and weigh 140 pounds. Is this right? (3) My face sometimes appears rather yellow. I eat at least one green vegetable a day and am rarely constipated. My hair is blond beginning to darken and my eyes are a very dark brown. What colors would suit me? (4) Would you recommend a bleach for my skin?

IMPATIENT.

Answer—(1) It is not unusual for one leg to develop faster than its mate. When you have grown up I think both legs will measure the same or nearly so. I would not worry about it if I were you. The types of exercise that will reduce excess fat on the calves include heel-raising, heel and toe movements as in clog dancing, bending and stretching the foot at the ankle, rotating it, stair-climbing, skipping, heel-raising with knee bending. The same movements are used to develop muscle in the calves, but when done often enough they also tend to reduce excess fat. (2) You are a little above the average weight for your age and height, but this is no doubt due to your having heavier bones and muscles than the average. Your weight is probably correct for your type. (3) Choose pinks with a yellowish tinge, like peach and creamy flesh. Bronze and medium tans suit your type. Among the reds choose dull brick, rust, burnt orange or Argentine red. You may also wear old blue, navy, dark green, reseda, cream and the popular sun-tan shades. (4) I do not think you need a bleaching lotion, but you do need to stimulate your system. After your morning bath rub your body hard until the skin is in a glow. Exercise hard enough each day to cause sweating. Walk four or five miles a day outdoors. Eat some raw vegetables daily, as lettuce, celery, tomatoes, grated carrots. Besides this eat fruit and two kinds of cooked nonstarchy vegetables in addition to your regular diet of bread, starchy vegetables and proteins. You should have a thorough physical examination by a doctor to see if there is any internal cause for the yellow tinge of your skin; if there is you may need a special diet. Buttermilk is a good, mild skin bleach. LOIS LEEDS.

Nose Massage

Dear Miss Leeds—(1) My nose has become too fleshy lately at the curve. Do you think that massage and pulling will improve it? (2) My hair is black and straight, and I wear it parted on one side. Can you suggest another coiffure, besides a center part with bangs, for a round face? (3) I am 5 feet 2 inches tall and weigh 98 pounds. Is this correct? (4) I have numerous freckles and am tanned now. Do you think that my freckles will brighten as the summer comes? VILMA V.

Answer—(1) Yes. Be very careful, however, not to massage too hard or you will make your nose sore. (2) You might try brushing your hair straight back for a change, but the side-part coiffure is usually most becoming to a full face. You might have narrow bangs at the beginning of the part and have your hair looped up at the temple with a barrette. (3) You forgot to state your age. If you are 14 years old you should weigh about 100 pounds to conform to the average standard. (4) Probably. Before going out in the hot sun you might protect your skin by rubbing on a mixture of six ounces olive oil and one-fourth ounce tincture of benzoin. Rub the lotion on exposed parts of the skin, then wipe off the excess so that your skin will not look greasy. For extra protection, you may dust with face powder or stearate of zinc. Wear a wide-brimmed hat. LOIS LEEDS.

Tomorrow—Stockings or Socks

Describing himself as a "bank banger," a man at Ashby, England, was found by the officials to be foreman on a coal pit bank.

Considers Autocracy Ancient History Dorothy Dix Can the Domestic Czar Come Back?

"The Good Old Times of the Subservient Wife and the Lord-and-Master Husband Are Gone, Never to Return—The Modern Woman's Ideal of Marriage is Not Serfdom; it is Equality"

I have an interesting letter from a man who says that men have changed their tactics in dealing with women. He declares that the modern man is done with the old, played-out goddess-on-a-pedestal stuff and that henceforth he is going to dominate his wife and be the unquestioned head of the house, as his grandfather was.

I hate to throw cold water on this rare and beautiful optimism, but I feel in duty bound to warn my correspondent that the good old times of the subservient wife and the lord-and-master husband are gone, never to return. They have taken their place among the picturesque archaic relics of the past and are museum curiosities along with tallow dips and the covered wagon and the parlor mellophon. All that men can do now is to gather their little sons about their knees and tell them the legends of the far-off days when wives were meek and husbands the ones who must be obeyed.

Patient Grieselda, alas, is dead, and none of her flapper grand-daughters seems to have inherited her humble spirit. Besides, this particular period of the world's history is not an auspicious one for re-establishing an autocracy. Thrones are rocking everywhere. There is revolution in the air and the domestic czar has just as little chance of climbing back upon his throne as the political one has.

When women achieved financial independence they emancipated themselves from the control of their husbands. The woman who could not earn a dollar, and who was dependent upon her husband for the roof over her head and every mouthful of food she ate and every stitch of clothes on her back, was absolutely in his power. She had to kowtow before him. She had to put up with whatever sort of treatment he accorded her. She had to ask his permission to buy a spool of thread, or to go to see her mother. She had to have his sanction before she could join a club, or express an opinion.

But that is all changed. Most women of today can support themselves. Every girl now is being trained to some trade or profession and will be just as capable of earning her own bread and butter and jam as a boy, and the man befools himself who thinks that this free and independent creature is ever going to submit herself to the tyrannies of an overbearing husband, or suffer herself to be the slave-wife that her grandmother not infrequently was.

The modern woman's ideal of marriage is not serfdom. It is equality. She wants to be his partner and she feels that she has qualified for this position by her past performances, for very often the wife has a better education than her husband has, and has had better social advantages and in many cases has held down as responsible a job as he has.

Naturally such a woman feels that she has a right to as much authority in the domestic partnership as she would have in a business partnership if she had invested all of her money and brains and labor in it. Her services to the firm of Benedict & Co., are just as valuable as her husband's. Her interest in its success as great. If it goes to smash, she will be ruined even more completely than he is, and so she sees no reason why she should not have an equal voice in directing its policies.

I believe that the clinging of men to the old ideal of a wife as an inferior, some one who must look up to her husband and obey him, some one whom he had a right to dominate completely, and men's refusal to regard marriage as a partnership, is at the bottom of much of the domestic unhappiness that we see all about us.

It is the ever-potent source of arguments and quarrels because it is the clash between the new ideal and the old, the wife's struggle for her rights and the husband's fight to withhold them from her. It prevents teamwork between husbands and wives because they can never consult and talk things over as equal partners. They cannot even discuss matters of vital importance, like the rearing of the children, because the husband feels that he should arbitrarily settle every matter and the wife resents having her opinion ignored and its starts such a family row that they learn to keep silent and play against each other in the dark.

And it is the fact that men refuse to treat their wives as partners that fills women with bitterness over the money question and drives them into extravagance by way of revenge. The wife works as hard in the home as the husband does out of it. Her hours are longer, her work duller and more monotonous than his. She pinches every nickel harder than he does. She denies herself as much, or more, than he does, and she naturally feels that she has earned the family income as much as he has and has as good right to it as he has.

Now the woman doesn't mind her work nor her economics. She is perfectly willing to work her fingers to the bone and trim her hat one more time if she feels that her husband is giving her a square deal and treating her like a partner. What she gets redheaded over is when he doesn't tell her one word about his affairs; when she doesn't know what he makes, whether the firm is prospering or not, and when he refuses to give her any part of the money she earns as a just return for her labor.

It is curious about this head-of-the-house complex that so many men have. And it is about the most pitiful exhibition of human vanity that you ever see, because it is the desire of the small-minded man, who has no authority over other men, to boss the poor, helpless woman who is in his power. You can't imagine a big man who is doing big things, a man who commands armies, or is at the head of a great enterprise, bothering about whether his wife obeys him or not, or assumes any authority in the household.

Women who are married to men who are wiser, broader, who have more knowledge of life than they have, will always defer to their husbands' opinions, but they will do so because they want to, not because the man arrogated to himself the right to be the head of the house.

DOROTHY DIX.

For The Cook

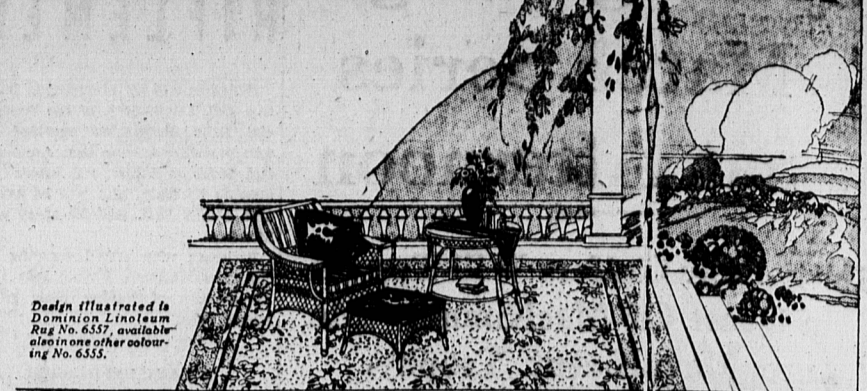
MEAT LOAF Two pounds Hamburg steak, 1 cup of corn flakes, 1 egg, 1 onion, salt and pepper. Mix Hamburg, corn flakes and onion, minced fine. Add beaten egg and seasoning. Mould into loaf. Bake in moderate oven one hour. Nice hot or cold.

A Morning Smile

EASY TO FIND Jiggs—Thanks to a labor-saving device, I have far less trouble finding my collar-studs now. I always find them in one certain place. Miggs—Go on! Where is that? "In the vacuum cleaner."

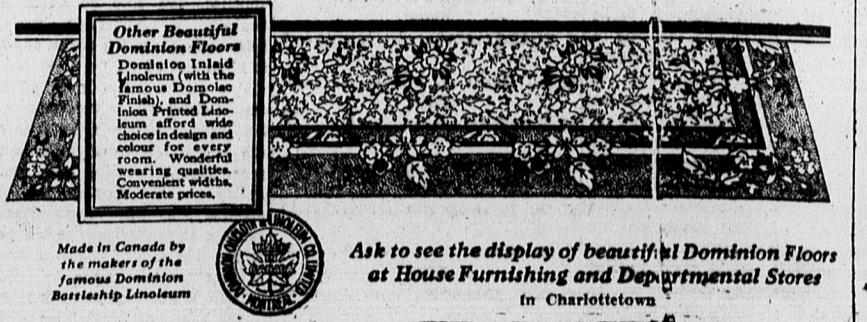
Misard's Lintment For Sore Throat.

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4th Biennial Conference Churches of Christ

And annual P. E. I. Convention Churches of Christ Meets in Charlottetown, June 12 to 16.

The Fourth Biennial Conference, Canadian Churches of Christ and combined with it the Annual Prince Edward Island Convention of the Churches of Christ, in this Province meet this year in this City, commencing Wednesday morning, June 12th, and closing Sunday evening, June 16th. All the sessions will be held in the Central Christian Church, and it is expected there will be delegates from all the Provinces in Canada. Among those who will attend will be prominent preachers from Canada and the United States. The Chairman of the All-Canada Conference is Mr. Geo. H. Stewart, Winnipeg, Man., a prominent merchant of that City, who is the owner of Messrs Hollingsworth, Limited, a large Ladies Garment Store. He is also connected with several other large financial organizations of that City. The Secretary of the All-Canada Conference is Rev. Hugh B. Kilgour, Toronto, Ont. Mr. Kilgour has made several visits to this Province, in connection with his work. He is an outstanding Preacher. The Treasurer of the All-Canada Conference is Mr. R. B. Butchart, Toronto, Ont. He is also Editor and Manager of "The Canadian Disciple," the official church publication. Mr. Butchart is a writer of considerable note, and has published several books. The President of the Prince Edward Island Convention is Major G. L. MacKay, of this City. The Secretary-Treasurer of the Prince Edward Island Convention and Missionary Society is Miss Bertie L. Stewart, of this City. Besides the above there will also be attending this Conference and Convention, Mr. Chas. L. Burton, Toronto, Ont., Vice President and General Manager of the well known firm of Robert Simpson Co. Limited who is Chairman of the Trustee Board of the College of Churches of Christ at Toronto, Ont. Rev. W. C. MacDougall, M. A., B. D., Ph. D. the Principal of the College Churches of Christ, Toronto, Ont. Dr. MacDougall is no stranger to our people. He was acting Pastor of the Central Christian Church, in this City for three months during the fall of 1927. He also held a College Extension Course in the same church during the month of January of this year. He is an outstanding Educationalist, and was a Missionary to India for twenty years, where he held important appointments under the British Government, and was also Principal of one of the Colleges there. Miss Marion V. Royce, Toronto, Ont., is head of the Young Peoples Work, of the Churches in Canada, she is also Superintendent of Religious Education of the Religious Education Council of Canada. Miss Royce is well and favourably known here, having visited this Province several times in connection with her work. Rev. J. H. Mohorter, Secretary Department of Benevolence, Indianapolis, Ind. U. S. A. Rev. Mr. Mohorter is a preacher of eminence, and it is interesting to note that he dedicated the Central Christian Church of this City nearly 30 years ago, he being pastor of the Church in Boston, Mass., at that time. The above are a few of the visiting delegates who will attend the Conference and Convention in June. There will be many others from different fields, prominent in their particular line of work who will also be in attendance. It may be stated this will be the first time in the history of the Churches of Christ in this Province, that such an important and notable gathering from the other Provinces. Continued on page 12

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ARCHGRIP SHOES FOR WOMEN. ARCHGRIP Shoes keep your feet "youth-fashioned" with comfort and firm support. Wear ARCHGRIP Shoes and enjoy glorious foot comfort. ALLEY & CO., Ltd Fashionable Footwear Charlottetown, P. E. I.