

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

The HOUSEWIFE and HER ACTIVITIES

FRIENDS I count myself in nothing else so happy...

THE MIND Our minds are as different as our faces...

A TRUE FRIEND A true friend unbosoms freely...

FORTUNE Fortune is ever seen accompanying industry...

VEGETABLES AND VITAMINS Good fresh vegetables from the home garden...

While medical men differ on many points, they agree that fresh vegetables are the best source of supply for vitamins...

cabbages, carrots, corn, Swiss chard, beet greens, lettuce, green peas, spinach and tomatoes contain this vitamin.

Irritability and in extreme cases nervousness, too little vitamin C. It is to be found especially in cabbage, and the cooked root crops.

"Will it rain tomorrow?" This is a question, says Sir Napier Shaw, that has "thrilled humanity throughout the ages."

The famous meteorologist sees the heavens as a vast stage, across which is forever moving, with more intensely dramatic action than is to be seen in any human play...

At the same time he deals with the ever changing yet eternal "plot" of the weather in a delightfully original way which the least scientific reader will enjoy.

Speaking of the "human interest" of weather, Sir Napier says: "None will deny that it is the weather that molds the life of man."

"The human race may have realized its primary existence in the rank growth of torrid vegetation, needing no protection and no food but that which the forest or the jungle would naturally afford..."

One "weird tradition" Sir Napier notes associates impending rain or fair weather with the moon on its back.

Daintiness With Chic Styles

Illustrated Dressmaking Lesson Furnished with Every Pattern

BY ANNABELLE WORTHINGTON



Isn't this an attractive little apron? It's fashioned so quickly too, with its edges merely bound in a contrasting colour.

For daintier wear, loads of other materials suggest themselves as dotted swiss, pongee, organdy, etc.

Style No. 433 is designed in sizes small, medium and large. Medium size requires 2 yards of 36-inch material with 3/4 yards of binding.

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

An English railway is experimenting with coaches painted several different colors, and after year will adopt as standard the hue most popular with passengers.

To garnish a steak cut a lemon in thin slices and sprinkle each slice with paprika. Surround steak with watercress and lay lemon slice on cross.

Advertisement for THERMOGENE, a medicinal product for various ailments like neuralgia, neuritis, rheumatism, etc.



goes through its regular sequence with the year.

He quotes other long cherished "proverbial prognostics" which are to be regarded simply as "the vague expression of experience."

Rain before seven, fine before eleven. Rain from the east, twenty-four hours at least.

A red sky at night is the shepherd's delight. A rainbow in the morning is the shepherd's warning.

If the sun goes pale to bed, 'twill rain tomorrow, so 'tis said. The north wind doth blow and we shall have snow.

Sir Napier reveals the interesting fact that in the summer of 1914 clouds were to have been filmed as part of the study of weather in this country.

The private swimming pool at the St. Mary's Hospital Medical School, London, is sterilized by this method and demands from every part of England are pouring in to the installers of the process.

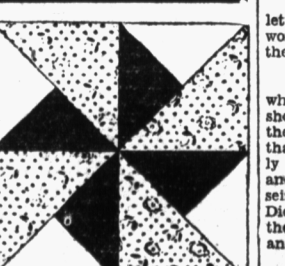
The St. Mary's pool holds 56,000 gallons and the same water has been in constant use for four months.

It is continuously filtered and warmed, and then sterilized by ultra-violet rays whose barrage no germ can survive at the rate of 240 gallons a minute.

A prominent member of the L. C. C., who has ascertained that the installation cost of the new system would not be prohibitive, is seeking to give its protection to the 6,750,000 bathers who attend the London baths every year.

It is understood that the ministry of health may promote a bill to bring about uniformity in the sanitation of swimming bath water in London and other parts of the country.

Grandmother's Quilt Patterns



There are almost as many names for this pattern as there are variations in the design and the popularity and simplicity of the pattern makes it extremely difficult to trace its origin.

60 Plain Blocks. 6 inch border all sides. Set blocks together with alternate blocks of plain white.

MATERIAL REQUIRED: 5 yards White. 3/4 yards Plain Color. 2 1/2 yards Print.

Any small design, diamonds, squares, or the small feather design will do for quilting the plain blocks. Use your piece design, however, for a really lovely quilt.

One hundred pairs of Hungarian partridges will be brought from Alberta shortly and released in the Eastern Townships of Quebec by the provincial association for protection of fish and game.

Dorothy Dix's Letter Box

Youth Who Regrets Marrying Older Woman Might be Surprised to Learn Wife's Feelings on Subject. Letters of Introduction Are Modern Form of Torture

Dear Miss Dix—Six years ago I became infatuated with a widow ten years my senior. She told me she could never be interested in one so much her junior, and besides was engaged to a very wealthy man older than she.

Now, after five years, I find the marriage a failure. She has done much to further my interest, paid my debts, keeps her young son away at boarding school, endeavors in every way to retain her youth and good looks, never nags or complains, but I realize that she is too old for me.

I don't see why the case is hopeless. In spite of the one moment of maudlin sentimentality in which she married you against her better judgment, your wife seems to be a woman of good, sound sense.

But the cool, gray light of the morning after must have come to her soon enough and made her realize her mistake when she found that instead of having a man to lean on she had a temperamental and emotion-drenched boy whose debts she had to pay.

Don't imagine that your wife has been happy. She may have been good enough sport to stand by her bargain without a whimper, she may have never nagged nor complained, but her heart must have ached for the child she had to send off to school because you didn't want him around.

In cases where a man marries a woman much older than himself, the presumption always is that he will tire of her first, but the reverse is actually the truth. The old wife gets bored to tears with the young husband long before he has time to get weary of her.

And she wants as a companion a husband who talks her language and has her memories, and who would rather stay at home and read a good book than go gallivanting around in search of thrills.

So, Dan, my advice to you is to go frankly to your wife and tell her that you are tired of her and have fallen in love with a young girl, and will she please give you a divorce. I'll bet my new hat that she will hit the first train to Reno, singing a glad song of great joy.

Dear Miss Dix—Is there anything that any one can do to stop the pernicious practice of giving letters of introduction? On an average of once or twice a month the year round some man or woman I never heard of descends upon me with letter of introduction and I have to spend my time and money entertaining people who have no claim whatsoever upon me, and who bore me to death.

Let me weep upon your breast, for I am a fellow sufferer from the letter of introduction, but indeed who is not? Who escapes? For the world is filled with the moans and groans of those who are victims to their friends' mania for inflicting their friends and acquaintances on you.

Why people who are otherwise kind-hearted and considerate, and who apparently are motivated by no malevolent intentions in the matter, should indulge in this peculiar form of torture on us, nobody can say. But they do. They meet up with some Tom, Dick or Harry who mentions that he is going to Oshkosh or San Diego or Rabbit Track, and immediately they say: "Oh, I've got a friend, dear old John Smith, living there, and I'll give you a letter of introduction to him, and forthwith they send their fountain pens and get busy."

The most that any one should do is to write to a friend and say that such and such a person will be in your city on such and such a date at such and such a hotel, then leave it to the individual to follow it up or not as he pleases.

Dear Miss Dix—I am a boy of 18 and do not go out with girls because my hearing is somewhat impaired. My friends tell me this will not make any difference if the girls are nice.

Take your friends' advice and go about with the girls. Don't let your misfortune make you sensitive and turn you into a recluse. If you have difficulty following a conversation, why do you not get one of the many artificial aids to hearing that help so much? There is no more reason why one should be ashamed of using one than why a lame man should be ashamed of using a cane.

Too often do we thoughtlessly limit our choice in furniture to oak, mahogany or walnut. Why shouldn't we have hand-painted furniture, on the mahogany, the yellow pine, the ground, on which can be painted little posies? Such is the suggestion made by Esther Murray in a popular magazine.

A Morning Smile

HE MEANT THE BIRD A man once received as a present from a sea captain a fine specimen of a bird known as the 'laughing jackass.'

"That's a laughing jackass," explained the owner, genially. "The Irishman, making me as being made fun of, was equal to the occasion, and responded, with a twinkle of the eye, 'It's not yourself—it's the burrd, I name, sorr!'"

OVERWORKED An old crofter went to a horse sale where he met a dealer who showed him "just what he wanted."

"A grand worker, sound in wind an' limb, w' no 'faul' about him," said the dealer. "The last man that had him tell me he had a contract for the pit seven hunder tons of refuse in a quarry hole, an' this beast did it a' an' another man had him afore that said he drove near a thousand ton o' sand w' him tes a 'hoosin' scheme."

THE COOK'S CORNER

ORANGE CREAM 1 tablespoon gelatine 4 tablespoons cold water 1/2 cup boiling water 1/2 cup sugar 1 tablespoon lemon juice 1/2 cup orange juice 1 egg white 1 cup cream whipped

Soak the gelatine in the cold water for 5 minutes. Make a syrup of the lemon juice, boiling water and sugar and dissolve the gelatine in the hot syrup. Add the orange juice.

When partly set fold in the beaten egg white and the whipped cream mould. Serve garnished with orange sections.

RICED BUTTERSCOTCH DESSERT 1-3 cup rice 2 cups scalded milk 1/2 teaspoon salt 1 cup brown sugar 3 tablespoons butter 1 egg

Cook rice in milk to which salt has been added till nearly tender. Combine sugar, butter and beaten egg and add to the rice. Complete cooking in the top of the double boiler or in a 350 F. oven till set.

If baked in the oven, place the pudding dish in a shallow tin of water.

WHAT A DAY!



What a day it is when a child is born. Is it a boy or girl? Is its head well shaped? Are its little legs straight? Has it a lusty cry? What joy if all is well!

Scott's Emulsion is so fine for babies it's the very best Cod Liver Oil, emulsified like mother's milk for baby's delicate digestion. It is rich in Vitamins A and D, both so necessary for proper growth and development of bone and teeth. It prevents rickets.

SCOTT'S EMULSION RICH IN VITAMINS

Advertisement for Christie's Soda Wafers, showing the product box and a wafer.

SODA WAFERS

Large advertisement for Carnation Milk, featuring a can of milk and text about its benefits for babies and cooking.