

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

## What the Fashionable are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern  
By Annabelle Worthington



The jumper she'll love. Who wouldn't when all the chic little Parisiennes are wearing this very model. And it's so charming and so practical. Mother will love it too for it has a number of good qualities.

It's especially desirable with the main part of the dress made of wool jersey in delightful pilot blue shade with deep blue binding as sketched. The jumper is made of white cotton broadcloth with a soft lustrous finish.

It can also be carried out in sportweight linen and is fetching in coral pink shade. White handkerchief linen with matching coral-pink dots will fashion the jumper. Style No. 2965 is designed for girls of 8, 8, 10 and 12 years. Tweed-like cottons, wool challis prints and pique also smart. You will see one attractive style after another as you turn over the pages of our new Spring Fashion Book.

Styles for children or the miss, the matron, the stout—and a series of dressmaking articles. It is a book that will save you money. Be sure to fill in the size of the pattern. Send stamps or coin (coin preferred). Price of book 10 cents. Price of pattern 15 cents.

No. 2965. Size .....  
Name .....  
Street Address .....  
City ..... State .....

## Etiquette

By Roberts Lee

Q. Is it proper to use initials on the visiting card?  
A. No; the complete name should be spelled out.  
Q. What rule governs the holding of the knife?  
A. It must be held in the right hand.  
Q. What is one of the best ways to cultivate taste in the choice of words and the phrasing of expressions?  
A. The reading of good books of established literary standing is the very best method of acquiring a choice and pleasing vocabulary.

## For The Cook

### FRUIT CAKE

One cup fresh butter, 2 cups granulated sugar, 5 eggs, 1 teaspoon each of baking powder, vanilla and lemon extract, 4 cups plus 1 tablespoon flour, 2 tablespoons shelled and blanched almonds, 1 dozen English walnuts, broken in large pieces, 1 pound seeded raisins, 1 piece each of lemon and orange peel, and 2 pieces of citron peel, ½ cup rich milk cream, butter, add sugar, a little at a time, and cream; then add well-beaten eggs, and cream all together.

## Dorothy Dix Letter Box

### Should a Man Choose a Wife as a Mother for His Children or as a Companion to Himself?—Why Secrets of One's Past Should Never be Told After Marriage

Dear Miss Dix—This letter is just another proof that a man can know too much for his own happiness. I have now reached the age when I wish to marry, but I know so much about women that I am on to their tricks and can prognosticate what they will do next. Now I have always seriously considered the eugenic side of marriage and the girls who have appealed to me subjectively have never qualified eugenically, so I have not allowed myself to fall in love with them. The crux of the situation, however, is that I have fallen in love with a girl who is pretty, magnetic, domestic, tactful, entertaining, a gracious hostess, but she will never be able to have any children. Do you think if I marry her I will regret it? Are people who do not have children happy? The qualifications for maternity and companionship are separate and distinct. Do you think a man owes first choice to a mother for his children, or a companion for himself?

Answer:  
I congratulate you on understanding women so thoroughly. Few men do, and your ability to anticipate how women react to any subject should certainly insure your future happiness, as it will enable you to get along with your wife without friction. For women are simple creatures and easy to work if you know how.

I also congratulate you upon your wisdom in considering what sort of mother a girl would make for your children. To give life is a far more serious responsibility than to take it, and it is a worse crime than murder to bring unfit children into the world. Yet the great majority of men never seem to think of this when picking out a wife.

A man will marry a girl if she is pretty and attractive and appeals to him, no matter if she is a dumbbell herself and comes of a nitwit family. He will marry a girl with a tuberculous family history, or a girl with half a dozen near relatives in insane asylums, and a suicide or two in her pedigree, and then he will wonder why the Lord has afflicted him with idiot and sickly children instead of sending him sons and daughters who take college prizes and are football heroes.

As to whether you will be happy if you marry a woman who can have no children, that depends entirely upon your point of view in the matter. There are men and women in whom the paternal and maternal instinct is so highly developed that they are utterly miserable without children, no matter what other blessings they may have. There are others to whom the lack of children means little or nothing, and there are still others who simply don't want to be bothered with youngsters, and who prefer their quiet and their freedom from care to the best infant that any baby show could turn out.

I have known many happy childless couples, and, generally speaking, husbands and wives who have no children seem to be particularly devoted to each other. The woman takes out whatever mother complex she has on spoiling and babying her husband, and that pleases him, and having no children to interfere with their incomes and outgoings they chum up more together, and are more companionable than are the husbands and wives where the wife has to stay home and mind the children, while the husband steps out alone.

Also, the childless couple are able to indulge themselves in many comforts and luxuries that people with children cannot have. To set up a baby in these days of baby specialists is just about as expensive as setting up a yacht, and if you have one there is mighty little else that you can have unless you are a millionaire.

As to whether a man should choose a wife as a mother for his children or a companion to him, I should say both. For unless he gets a wife who is congenial and sympathetic and of whom he is genuinely fond, her talent for motherhood is not apt to produce any startlingly good results, for the most important element in the making of a happy home, and a happy home is the only one in which children can grow up properly, is the father's love for the mother.

If a man loves his wife, if he admires her, if he enjoys being with her, then the atmosphere of the home will be one of peace and serenity and affection. But if the man is indifferent to his wife, if she bores him and he has to go away from home for companionship, then the home will be full of strife and quarreling, with a bitter, jealous, disgruntled mother and a surly, cynical father who will make a home in which the children will grow up warped in nature and as unhealthy mentally as if they had been reared in a miasmatic swamp.

DOROTHY DIX.

Dear Dorothy Dix—When my husband and I had been married only one week he told me all the details of his past dissolute life. It almost killed me, for I had believed him everything that was fine and clean and noble. It slew my respect for him and dented my love so that although I worshipped him before I have never really cared for him since. From that day to this I have never mentioned to him what he told me, but it has never been out of my mind. Now I have a son who is about to be married. He has had the same wild time his father did, and the girl he is going to marry does not know of his past. Now here is what I want your advice on. Shall I open up my heart to this son and tell him what a terrible mistake his father made by telling me of his past and killing my love for him? Shall I tell my son never, never, never to tell his wife of his past or not.

TROUBLED MOTHER.

Answer:  
Whatever a man and woman are going to tell about their past lives should be told before they marry. That gives the party of the other part a chance to save himself or herself and to draw back if he or she is unwilling to take the damaged goods that are being offered.

Many a girl would turn in horror from the man she thinks a hero if she knew of the life he has lived. Many a good man, who thinks he is marrying a pure, innocent little girl, would turn from her in disgust if he knew that she had been the plaything of other men.

And if a man and woman know that there is some complication in their past lives that can reach out and bring disgrace to a wife or husband, then every instinct of honor and truth bids them make a clean confession of it before marriage. Indeed, it is a crime for such a one to marry at all.

But after marriage, no matter what a man or a woman may have done before marriage, he or she should never, under any circumstances whatever, tell his wife or husband about it. What is done then cannot be undone, and it is needless cruelty to torture a wife or husband with knowledge that poisons the very atmosphere with suspicions and surmises, that kills respect and gives endless food for jealousy.

Many husbands and wives try to drive their own souls by confessing their sins to those to whom they are married, but it is a selfish and a dastardly thing to do, for they buy their own peace at the price of another's

## Happenings of the Week

Do sunflower ain't no daisy, and de mellow ain't no rose; Why is dey all crazy, to be somfin' else that grows? Jes stick to de place you're planted, and do de bes' yo' knows; De de sunflower, or de daisy, de mellow or de rose.

Don't be what yo' ain't, jes you be what yo' is. If yo' am not what yo' are, den yo' is not what yo' is; If yo' jes a little tadpole, don't yo' try to be a frog; If yo' are de tall, don't try to wag de dawg.

Pass de plate if yo' can't exhawt and preach; If yo're a little pebble, don't try to be de beach; When a man is what he im't den he im't what he is; And as sure as I'm talkin', he is gwine to get his.

The Duke and Duchess of York will fulfil their first public engagement this year on February 12th, when they will attend a lecture on Labrador, to be given by Sir Wilfred Grenfell at the Royal Geographical Society.

For the benefit of young men who desire to be fashionable gossip from England re the shopping activities of Prince George before he left for South America reports that he was seen choosing some pale blue silk undies and dark blue silk pyjamas. That sounds a most modest choice but one hesitates to add that when it came to ordering shirts for golf—it was running wild. Cashmere they were to be and in plain colours. So far so good but—the plain colours were chiefly red and blue!

The Monday evening Bridge Club had an interesting game at the home of Mrs. L. D. Murray this week.

Mrs. H. W. Longworth was hostess for the Thursday afternoon club at her lovely home.

Toronto Saturday night of February 7th has a charming photograph of "Bill," young son of Mr. and Mrs. A. H. C. Bearisto, Toronto, formerly of this city, and grandson of Mrs. Bearisto, West Street and Mrs. J. E. B. McCready, Longworth Avenue.

Mrs. (Dr.) Ira Yeo, entertained for her friends at a pleasantly arranged four table Bridge last evening and also at a similar affair, equally enjoyed, earlier in the week.

Mrs. A. A. Bartlett left on Monday for New York en route to Florida where she will visit her friend Mrs. Frederick Gane-Morris.

Viscount and Lady Willingdon, who will shortly travel to India where Lord Willingdon will become Viceroy, spent the week-end as guests of their Majesties at Sandringham, Norfolk. Field-Marshal and Lady Birdwood were also guests. Field-Marshal Sir William Birdwood incidentally has just concluded a five-year term as Commander-in-Chief of India and member of the Viceroy's Executive Council.

Mrs. A. Birtwistle entertained at her pretty home, Harland Apartments, last Wednesday evening when she invited friends in for four tables of Bridge.

For street hats, use flat feathers, stuck jauntily through their left rear sides. For dress hats, try pompons or simulated aigrettes.

Es many friends will regret the serious illness of Dr. W. H. Petrick.

Mrs. A. C. Sinclair was among the Bridge hostesses entertaining for friends this week.

So tell your son to speak before marriage or ever after hold his peace. DOROTHY DIX.

Dear Miss Dix—I know a very charming and cultured young lady who is also very wealthy. As a friend I have enjoyed her company immensely, but I am not in love with her. Lately she has told me that she is greatly in love with me, but with deepest regret I answered that I did not respond to her feeling.

There is a girl with whom I am in love, but she is poor. Business conditions are not good with me and the first girl's money makes me think of her as an easy means to an end. Will love, or the other girl's money make my life happier?

DDISTRESSED.

Answer:  
Of course, when girls exercise their prerogative of popping the question they must expect men to say NO, just as women have always done when they refused a suitor, so that's that.

But don't marry the rich girl for her money. A man makes a poor bargain when he sells himself to a woman, no matter how much he gets, because there can be no adequate compensation for loss of self-respect and independence. So I advise you by all means to stick to your poor sweetheart. Any hustling young man with good health and fair intelligence can make money, but it takes the gods themselves to make love.

Miss Ethel Bagnall, of New York, is the guest of her brother-in-law and sister Mr. and Mrs. J. A. Rodd Ottawa.

Mrs. Ray Tanton, was hostess at a delightful dinner bridge on Monday at her home at the east of Summer-side.

Mrs. A. E. Morrison entertained at Bridge for her friends on Wednesday afternoon and again yesterday. At the tea hour yesterday she was joined by her sisters Mrs. L. A. Hassard and Mrs. Compton who invited additional friends in for a social chat over the tea cups, which was much enjoyed.

Mr. and Mrs. S. A. McLeod entertained at a dinner party Thursday evening for a number of their more intimate friends.

Mrs. J. Wilfred Lecky, entertained for a number of her friends on Wednesday evening at her lovely home on Granville Street, Summerside at a select bridge of nine tables. At the conclusion of play dainty refreshments were served.

Mr. and Mrs. Fred Godfrey of Suffolk are having a pleasant holiday with Mr. and Mrs. Alec Scott in Halifax.

Mr. and Mrs. Donald Nicholson and Miss Emma Nicholson are leaving next week to spend several weeks in Florida.

Mrs. A. Fraser Ross, (nee Florence Allen) entertained a number of her friends for afternoon tea at the residence of her parents, Mr. and Mrs. L. R. Allen, Summerside. Mrs. Ross expects to return to Halifax next week.

Many home friends will be interested to know that Mrs. William Wright of Westmount, P. Q. is leaving this week on an extended visit among friends in California.

The Saturday afternoon Bridges given by the members of the I.O.D.E. are among the social events of the week.

Canon Malone's many friends regret his present indisposition which necessitates his remaining in the Hospital for some days.

Mr. and Mrs. Raoul Raymond are being welcomed home after their delightful holiday among their relatives in Geneva, Switzerland, and other points on the continent.

Mrs. R. B. Richardson, entertained very charmingly at her home in Summerside on Thursday for afternoon tea. Mrs. J. P. MacInnis assisted in serving.

Mrs. Reginald Saunders and Miss Mona Saunders, entertained the Literary Club on Tuesday afternoon at the residence of Judge and Mrs. A. C. Saunders. In the evening they entertained at a charming dinner bridge for members of the mixed bridge club.

Mrs. J. Rowland Paton entertained very delightfully at five tables of Bridge last Wednesday afternoon and further enlarged her party for the tea hour.

Mr. George D. MacKinnon, of Sherbrooke, Que., brother of Mr. J. J. MacKinnon of this city, was host to his McGill classmates of Science 1897, at a reunion supper at the University Club, Montreal, on Friday evening last, there being present: Mr. R. W. Stoull, Mr. W. T. Chamberlain, Mr. D. T. MacLaren of New York; Mr. F. W. McKibben of Syracuse, N. Y.; Mr. H. B. Bornham of Toronto; Mr. Louis Yonston of Pictou, N.S.; Mr. O. S. Finnie, Mr. R. L. Haycock.

## Garden freshness—positively protected



In sealed metal packets—never sold in bulk—'Fresh from the gardens'

## When Vegetables Are Important

In many of these recipes the vegetables serve as the main dish for supper or luncheon, and are a pleasing change from the usual ways of preparing them.

**Carrot Cutlets**  
1 Cup Carrots, boiled.  
1 Cup Carrots, boiled and mashed.  
1 Tbsp. Minced Onion.  
1-2 Tsp. Celery Salt and Parika.  
2 Cups Cold Boiled Rice.  
1 Egg, beaten.  
1 Tbsp. Canned Sweet Pepper, minced.

**Salt to taste.**  
Mix above ingredients together, form into balls and flatten into shape of cutlets. Dip them in crumbs, then in beaten egg, and then in crumbs, and saute them in drippings until they are brown. When ready to serve place a cube of jelly on each cutlet and garnish dish with parsley.

**Stuffed Carrots**  
Scrub carrots and cook until tender. Remove skins, cut off root-end and halve carrots lengthwise. Mix together 1-2 cup ground boiled ham, 1-4 teaspoon celery salt, 1 cup cooked rice, 1 tablespoon butter, and pepper and salt. Pit this stuffing on carrot halves. Sprinkle with buttered bread crumbs and brown in oven at 350 to

of Ottawa; Mr. C. F. Sise, Mr. Graham Drinkwater, Mr. F. L. Packard, Prof. J. W. Bell, Mr. D. E. Blair, Mr. George R. MacLeod, Mr. P. W. Macdonald, Mr. R. E. Balfour, Mr. S. L. McBean, Mr. Clarence Thompson and Mr. W. F. Connal, all of Montreal.

Time rolled back 30 years to-day in Parisian dressmaking salons where Spring styles are being shown. The finery of 1901 is being dishied up for the Miss of 1931, puffed sleeves, ruffled flounces, sweeping trains and picture hats with crowns so shallow that they seem almost flat were paraded before style writers and buyers. Ribbon bows and double ruchings of chiffon and intricate embroidery are all used to recall the fashion days of the early nineteenth century. More than one evening gown is made of satin almost stiff enough to stand alone, while others of moire and lace sweep into trains that wash. Laven-der-flowered chiffon, reminiscent of the mauve decade, is shown in a flounced design trimmed with double ruchings of grey chiffon. A silver grey satin ball gown made on fitted lines with graduated tiers is worn with a three-quarter length grey satin coat pinched in at the waist and trimmed down the back with a garland of white gardenias. Afternoon dresses of complicated cut made of dark flower-patterned silks are designed with puffed short sleeves, Bertha collars and tiered skirts.

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## A Morning Smile

HOPELESS

An Irish motor truck driver was charged with reckless driving in having stopped his truck so suddenly that a car behind him smashed into him. The Judge asked him why he had not held out his hand. Pat indignantly answered: "If the poor fool couldn't see me truck, how could he see me hand?"

400 degrees. Serve with brown gravy or cheese sauce. To make cheese sauce add 1-4 to 1-2 cup grated cheese to 1 cup medium white sauce. Blend and cook until cheese is melted.

**Carrot Loaf**  
2 Cups Ground Carrots.  
2 Cups Bread Crumbs.  
2-3 Cup Chopped Nuts.  
3 Eggs.  
2 Cups Strained Tomatoes.  
1-3 Tsp. Pepper.  
1 Tsp. Salt.  
2 Tsp. Chopped Onion.  
Mix in order given, shape into a loaf, steam 1 hour and brown in oven. Serve with cream sauce.

**Curried Parsnips**  
Melt 1-2 ozs. butter in a saute pan, and fry 3 small onions (thinly sliced) until brown. Then sprinkle in 1 tbs. curry powder and 1 of ground rice. Fry 1 to 2 minutes, then add juice of lemon (strained) and about 1 pint of stock. Stir until onion is cooked, then rub all through a sieve. Put back into stewpan, season with pepper and salt, and put in some cold cooked parsnips cut in neat pieces. When thoroughly hot put in centre of dish and surround with boiled rice.

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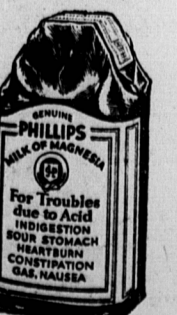
## Women Are Asking

How They Can Regain Loss of Strength and Energy

"Is there anything that will give me back my strength and energy—that will make me fit for the everyday duties that are expected of me?" That is a question asked by many over-worked girls and women. Worry, and in many cases, work beyond their strength has sapped their vitality. They eat little and do not even properly digest that. Weakness increases; the heart palpitates and the nerves become jumpy.

What is needed above all else is good blood—the rich, red blood that in coursing through the veins brings health and vitality. Such blood is supplied by Dr. Williams' Pink Pills. Their whole duty is to make rich, red, health-giving blood.

You can buy Dr. Williams' Pink Pills from all medicine dealers or by mail at 50 cents a box from the Dr. Williams' Medicine Co., Brockville, Ont.



## SOUR STOMACH

JUST a tasteless dose of Phillips' Milk of Magnesia in water. That is an alkali, effective, yet harmless. It has been the standard anti-acid for 50 years among physicians everywhere. One spoonful will neutralize at once many times its volume in acid. It is the right way, the quick, pleasant and efficient way to kill the excess acid. The stomach becomes sweet, the pain departs. You are happy again in five minutes. Don't depend on crude methods.

Employ the best way yet evolved in all the years of searching. That is Phillips' Milk of Magnesia. Be sure to get the genuine Phillips' Milk of Magnesia prescribed by physicians for 50 years in correcting excess acids. Remember—the genuine is always a liquid. It cannot be made in tablet form. Look for the name Phillips'. It is always on the wrapper for your protection. Drugstores everywhere have the 50c bottles.

## HEAD HURT?

WORK won't wait for a headache to wear off. Don't look for sympathy at such times, but get some Aspirin. It never fails.

Don't be a chronic sufferer from headaches, or any other pain. See a doctor and get at the cause. Meantime, don't play martyr. There's always quick comfort in Aspirin. It never does any harm. Isn't it foolish to suffer any needless pain? It may be only a simple headache, or it may be neuralgia or neuritis. Rheumatism, Lumbago, Aspirin is still the sensible thing to take. There is hardly any ache or pain these tablets can't relieve; they are a great comfort to women who suffer periodically; they are



always to be relied on for breaking up colds. Buy the box that says Aspirin and has a Genuine printed in red. Genuine Aspirin tablets do not depress the heart. All druggists.

ASPIRIN