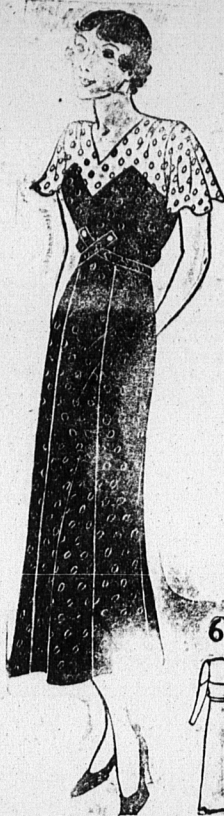


Woman's Realm :- Social and Personal :- Fashions :- Literature

Daintiness With Chic Styles

ILLUSTRATED DRESSMAKING LESSON FURNISHED WITH EVERY PATTERN
BY ANNABELLE WORTHINGTON



It's so cool and summery looking for town or for resort.

It's simple and so easy to wear with flattering details that reveal feminine charms.

It's a model you can make in a jiffy at an unbelievably small cost.

Sporty sheer twin cotton print in blue and white made this attractive dress.

It's especially nice to pack into your week-end vacation bag. It's a dress that fits into almost any daytime occasion.

You'll enjoy making it. Just a few major parts to the pattern. It will cost you next to nothing.

Style No. 656 is designed in sizes 14, 16, 18, 20 years, 36 and 38 inches bust. Size 16 requires 2 1/2 yards of 39-inch material with 1 yard of 33-inch contrasting.

Price of PATTERN 15 cents in stamps or coin (coin is preferred). Wrap coin carefully.

No. 656, Size

Name

Street Address

City

State

part of the population which is living dangerously near, or even under, the line of bare subsistence. The pamphlet is meant to apply to them, and, incidentally, should prove of great value to social service workers and public health officials.

HELP FOR THE HOUSEKEEPER

Family Food Budget Thirteen Cents Per Head Per Day

At no time in the history of Canada has wise expenditure of money by the housekeeper been more necessary than it is today. As every woman knows, in order to obtain the highest food values and to ensure health when food money is limited, the housekeeper must have a special knowledge of the foods that will best supply the needs of the family at lowest cost. It is to meet this problem of the harassed keeper of the home that the Dominion Department of Agriculture has issued a pamphlet on healthful meals at low cost, written by the dietetic experts, Edith L. Elliot and Laura C. Pepper.

Among the many helpful hints is a schedule of the minimum food supply for one week for a family of two adults and three children over two years of age at 13 cents per day per person, or a total expenditure of \$4.65 per week. Adjustments, of course, may be necessary as prices vary as to locality, but the principle remains the same. This food supply is aimed to meet emergency needs such as are unfortunately prevalent among that

The mystery of the word vitamins is dispelled in language so simple that the youngest school child would understand, the substances vitamins A, vitamin B, etc., being disentangled in such statements as milk and its products, liver, and green vegetables are good sources of vitamin A, which builds up resistance to disease and promotes growth, while most foods, especially whole grain cereals, leafy vegetables, milk and yeast, contain vitamins B and C, which stimulate appetite, promote good digestion, and prevent disorders of the nervous system.

No postage stamp is required on the envelope containing a request for the pamphlet, which is sent free of charge by the Publications Branch, Department of Agriculture Ottawa.

"Your methods of cultivation are hopelessly out of date," said the youthful agricultural college graduate to the old farmer. "Why, I'd be astonished if you got even ten pounds of apples from that tree." "So would I," replied the farmer. "It's a pear tree."

A Morning Smile

A northern farmhand went to work for a Texas rancher. There had been an unusually long drought in the region and everyone on the ranch was hoping for rain. One day it did start to sprinkle, and the farmhand, to show his delight, proceeded to dance in the rain.

"Come in out of that rain," the rancher shouted.

"Oh, I don't mind these few drops," replied the man.

"Who cares about that!" bellowed the farmer. "We want every bit of that rain to fall on Texas!"

"Well," said the cheerful wife, who labored under the delusion that she had an operatic soprano voice, "if worst were to come to worst I could keep the wolf away from the door by singing!"

"Undoubtedly!" was the instant response.

THE COOK'S CORNER

FRIED CHICKEN

Take enough flour for the chicken you have to fry and season it well with salt and pepper, sifting it into a small platter.

Cut the chicken for frying, cover with salt water for half an hour, then drain and dry thoroughly with a clean cloth. Roll in the flour until well coated.

Into your skillet put a large tablespoonful of grease, heating, and when it is smoking hot lay in the chicken—as much as may be easily handled. Cover your pan closely and cook, turning the chicken from time to time so that it may be thoroughly cooked without becoming too brown. By covering your pan closely you get the benefit of the inclosed steam and the chicken is much more apt to be done through. If desired, when the frying is over, the chicken may be put into a pan, a half cup or so of water put in the bottom, the pan closely covered and the chicken steamed for half an hour. However, this is unnecessary if the chicken is tender and the frying properly done.

Cream gravy for fried chicken is made in the usual way, by browning as much flour as is needed in the grease left from the frying, adding milk instead of water—or half milk and half water, stirring until smooth and thick and cooking up well, then seasoning to taste. A little minced parsley adds to the flavor of cream gravy.

ENGLISH GRAVY PUDDING

Mix thoroughly 2 cups flour, a little salt, 1/4 cup suet (chopped very fine), and add water to make it suitable for rolling out on a planed board. Roll about 1/4-inch thick and line in a deep bowl with this pastry. Fill the bowl with beef steak or stewing beef cut into fairly small pieces. Then season with salt and pepper and fill with water. Over this put a cover of the pastry in which incisions have been made to allow the escape of steam. Cover all tightly with a cloth and tie the tightly around the top of the bowl. Immerse the entire bowl and contents in a kettle filled with boiling water. Cover and boil hard for 3 hours. This is especially delicious served as a supper dish on a cool evening.

FLOW OF CANADIANS TO U. S. FALLS 91 P. C.

WASHINGTON, Aug. 23.—The number of Canadians who emigrated to the United States during the fiscal year just ended, the Department of State reported yesterday, dropped 91 per cent below the "last normal fiscal year," 1925. During the last year, 4,523 native born Canadians received immigration visas for admission to the United States, compared with the 51,498 in 1929. The department credits the drop on the enforcement of the "likely to become a public charge" provision of the Immigration Act.

Doctor: "I hardly like to mention it, but that cheque you gave me has—er—come back."

Patient: "That's funny, doctor; so have all my symptoms."

When Your Daughter Comes to Womanhood

Give Her Lydia E. Pinkham's Vegetable Compound

Most girls in their teens need a tonic and regulator. Give your daughter Lydia E. Pinkham's Vegetable Compound for the next few months. Teach her how to guard her health at this critical time. When she is a happy, healthy wife and mother she will thank

Dorothy Dix's Letter Box

Heart-Broken Husband is Urged to Give Repentant Wife Another Chance — Can Reformed Youth go Straight if Parents Keep Reminding Him of Past?

Dear Miss Dix—I have discovered that my wife has been unfaithful to me for several years. She has told me that she did not know why she did this, asked me to forgive her and said that I could always trust her in the future. For the sake of our son, now about 11 years old, and our parents I am trying to think this thing out carefully. Since I learned this I have been in a sort of daze, have come close to a nervous breakdown and find it impossible to get my mind on my business, or to be my old self. I am sure that my love for her which has stood so much for years, for she has been cold and unsympathetic with me, has finally died. She has seen this and has become panicky in her plea of "why cannot I care for her again as I used to?" I feel awfully sorry for her, but it seems to me that a separation is the only solution. She has been a good wife and mother except for this.



Answer: Many women forgive their husbands for being unfaithful to them. Why should not a man now and then extend the same mercy to a wife for straying off the strait and narrow path?

Many women for the sake of their children and because their husbands have many good qualities to offset a single weakness stifle their outraged pride and smother down their sense of the wrong that has been done them and try to forget the ache in their hearts at their husbands' disloyalty, and somehow, some way, knit up the broken and tarnished threads of their domestic life and carry on. They realize that divorce isn't a panacea that heals the wound that the hand you love has dealt you, and that if they broke up their homes they would only make a bad matter worse. They would deprive their children of a father and the advantages and the place in the world he could give them.

They would do themselves out of a good home and the support of a husband and the place in society they occupy. They have seen too many women who, in homely phrase, have jumped out of the frying pan into the fire when they exchanged a philandering husband for a decree absolute, not to realize how futile a divorce is as a cure for unfaithfulness.

And also many a woman has sense enough to realize that a man may sin with the flesh and not with his soul; that he can be unfaithful to her and still love her; that he can be swept off of his feet by some purple moment; that there can come upon him a craving for romance and adventure that he cannot resist, and that when the mad moment is over he will return in sackcloth and ashes to her and be more devoted to her than ever.

I have known a number of cases like this in which a wife was big enough to forgive her husband's early indiscretions and he "ranged" himself, as the French say, and they afterward spent many beautiful and happy years together. Both far happier than they would have been if the woman had broken up the home. And infinitely better for the children.

Believe me, brother, all of these arguments apply equally well to a man forgiving his wife. Consider them well and try to see how you will ease your pain; how you will benefit yourself; what advantage it will be to your son for you to break up your home and divorce your wife.

A man is a lonely creature without a wife. He is a forlorn creature without a home. He is a helpless creature with a child with no one to look after him, no one to make a home for him, no mother to love him and cuddle him and give him the ceaseless attention that children need.

Of course, infidelity is a hard thing for me to forgive in one's mate. It is a particularly hard thing for a man to forgive in his wife, because when a man marries he puts his name and his honor in his wife's hands and he expects her to keep them clean. But often forgiveness is better than revenge and brings a man more happiness in the end.

Often a woman is swept from her moorings by some sudden storm of passion just as a man is, and when it is over she creeps back to her husband, battered and bruised, and spends the balance of her life licking his hand in gratitude if he does not shut the door in her face.

Sometimes she, too, hungers for romance that her husband fails to give her and when she has eaten of forbidden fruit and found it dust and ashes in her teeth, she ever afterward eats the plain bread and butter of domestic life on her knees.

So suppose you give her another chance. None of us are so perfect that we should deny that to any sinner.

DOROTHY DIX.

Dear Miss Dix—I am a boy of 16 just about to graduate from junior high school. Until a year ago I was a member of a petty thieving gang, but I recognized that I was doing a wrong and I broke away from them and started and am still going straight. But my trouble is with my parents. Mom had me put in the county jail once for three days and she says that she can put me back in whenever she wants to and I can't do anything about it. We are always in a quarrel about something and when I ran away she had the police bring me back. I have an offer of a good job away from here, but I am afraid to tell dad about it. He would tell the man not to give it to me and say I was irresponsible or something of the sort. Can you help me?

EDWARD.

Answer: I have never heard of such unnatural parents, or of a situation in which a father and mother did not try to help a son who was trying to go straight instead of fixing upon him the stigma of prison, and handicapping him with a reputation that will make it hard for him to run the race of life. The only explanation of your mother's conduct that I can conceive is that she is one of the high-tempered women who do things in their rages to gratify their spite without counting the cost.

If this is the case, as long as you are a minor, all you can do is to stand from under as well as you can and avoid doing things to rouse her anger. Don't argue with her and you will avoid quarrels. Give in to her because it is the only way to get along with her. You will soon be grown and can leave such an uncongenial home.

But it is a pity that your mother and father do not understand the power of suggestion, and that if they keep before you the idea that you are wayward and untrustworthy they will make you so. If they continue to hold over your head the threat of prison, they will drive you into one, for they will destroy all of your self-respect and pride and make you feel that you are an outcast and a criminal.

We all unconsciously live up to people's ideals of us, and especially do children live up to parents' ideal of them, and if fathers and mothers are forever telling their children that they are dull or bad or hoodlums, the children give up the struggle to be anything else and drift into being the characters their parents have assigned to them.

DOROTHY DIX.

Dear Miss Dix—I am a widower with three children and

FOR THE WOMAN READER

OPPOSITION

Of fret, of dark, of thorn, of chill, Complain thou not, O heart; for these Bank in the current of the will To ureas, arts and charities.

—Lanier.

EASILY PRESERVED PARSLEY

It is annoying in an emergency to find that there is no parsley in the house, and it is useful to have a supply of preserved parsley on hand. It may be preserved quickly and simply in the following manner. Fill an old saucapan with strong salt water and bring it to the boil. Throw in the previously washed parsley, having removed any unnecessary stalks and bolt gently for a few minutes. Drain on an absorbent cloth, and finally place in a warm oven for a few seconds before storing for emergency use.

BRAISED BROCCOLI

One head of broccoli, 1 teaspoon salt, 1-2 cup grated cheese, paprika.

Prepare broccoli, soaking in salt water, then removing all green leaves and tough portions of stems. Boil in salted water till tender—about 10 minutes. Do not overcook. Drain carefully, so as not to break stem. Place on pan, sprinkle with cheese and paprika, and place under broiler until cheese is melted. Serve at once.

STRAIGHT LINE CLOTHES ARE SHOWN IN PARIS

Straight line clothes, which heretofore have received scant notice, have made their debut in Paris in a varied winter style picture when Lauvin displayed a new clean-cut straight silhouette.

The most outstanding models were wool ensembles with three-quarter length coats hanging loose in the back and flaring out slightly from the figure.

They were collared to broaden the shoulder line and often were banded down the front with furs such as beaver, astrakhan and Indian lamb. The chief colors were light green, bright green, grey, navy blue and black.

Hats were small and featured high-crowned felt with narrow brims rolled up on one side and down on the other, and the fabric toques rising to a high point in the back. They were worn pulled well over the forehead.

woman, a widow with one child, and we are thinking of getting married. Our relationship is very congenial, but I am not strongly in love with her. She thinks more of me than I do of her. Is it not likely that after marriage I might meet some woman with whom I would really fall in love?

PERPLEXED.

You would be practically sure to meet the "other woman" because your letter shows that you are already looking out for her, so why tie yourself up beforehand? Divorces are messy and expensive things. Also Lady Loves me high. But any man with children who would marry a woman with a child and thus mix up two ready-made families is certainly out hunting trouble. Children do not mix. Nor do women with children of their own make good stepmothers. They can't be fair to the little steps.

DOROTHY DIX.

KNITTING COMPETITION FOR WOMEN OF EMPIRE

Fifty organizations of Australian women, urban and rural, are making busy preparations for the Centenary Celebrations beginning in October next year. They are raising fifty thousand pounds by a shilling drive and hope to gain much more by selling little books and certificates giving biographies of women pioneers and graphic scenes from their lives. A bronze statue will probably be erected bearing memorial panels to women pioneers. Country nursing colleges, a cancer hospital ward, extensions of children's welfare work, a college of social science, civic beautification schemes—proposals like these make up an extensive programme. One of the features will be an Empire Knitting Competition with Australian wool, for which there will be rich prizes open to every woman under the British flag.

STOCKINGLESS WOMEN AT FAMOUS CRICKET MATCH

For the first time fashionably-dressed young London women without stockings were seen at Lord's classic cricket ground. And at Bletley, famous rifle ranges, a woman competitor wearing flannel trousers walked on to the platform where prizes were being distributed.

INFANT BORN ON BOAT DIES OF MALNUTRITION

Little Rosemary Wilson died after two months of bare living on a Mississippi river boat. And the story of her short span of life may well parallel old narratives of the covered wagon days when the plains country first saw white men and women.

Her father, Fred Wilson, is an experienced vaudeville trouper. Both he and his wife were born at Louisville, Ky., and there he started his three-day career. Little Rosemary had six brothers and sisters.

Trouping is a grand profession, Wilson says, but who wants trouper to play on hollow boards in empty theatres? The rent was due, the cupboard was bare, the "kids" needed clothing and shoes—and the booking offices offered nothing. An old automobile was the height of the family's assets. The car was sold and two boats purchased, and the Wilsons packed up—for a trip down the Mississippi from an Indiana city. Rosemary was born on the river.

TEMPTING RECIPES PICKLED ONIONS



PACK IN JARS

Having skinned 1/2 peck of silver skin onions, sprinkle cup of salt over them and let stand for 2 hours. Now pour off brine and pack in bottles. Pour on some strong, cold vinegar with a teaspoon Colman's Mustard mixed in. Add 3 tablespoons whole spices. Seal and put away for few weeks before using.

You'll like the flavour of these "Pickled Onions." That subtle, appetizing tang will delight every member of the family. But—on no account forget that teaspoonful of Colman's Mustard.

Colman's D.S.F. Mustard AIDS DIGESTION

In one of the boats. After two months, the little girl who through her short life had never known anything but hunger, was taken ashore at Fort Madison. Kindly police officers and a king's daughter nurse took her to a hospital where doctors "malnourished."

A few days later she died. Her body was buried in Fort Madison. Then, as the Wilsons said, they continued their trip downstream—"as dad looks for a job."

FEMINE CURVES ARE AGAIN THE MODE

Well-rounded feminine curves are again the mode. The boyish figure with its lean angular silhouette is out, for the new fashions all emphasize the natural curves of the feminine figure.

Style interest in coats and suits is still centered in the shoulder, but it is not so pronounced, and there is a tendency to a flatter treatment for all details.

Postmaster—"Did ye hear about Lem Huggins gettin' a telegram?" Farmer—"Not Lem?" Postmaster—"Yep, Lem." Farmer—"By giddy, it do be all the way the young fellers are forg'in' to the front."

WISH I COULD THINK OF SOMETHING NEW FOR SUPPER

WELL! HAVE YOU TRIED THOSE WONDERFUL NEW HEINZ SOUPS?

SO SHE SERVED HEINZ SOUP—AND AFTER SUPPER—

I HOPE YOU LIKED THE NEW HEINZ SOUP GEORGE

IT WAS WONDERFUL SUE. YOU DESERVE A TREAT LETS GO TO THE MOVIES

HEINZ SOUPS Ready to Heat and Eat

Heinz Cream Soups: (made with real cream) Green Pea, Celery, Asparagus, Corn, Tomato.

Other Varieties: Beef Broth, Vegetable, Mock Turtle, Chicken with Noodle, Mutton Broth.

SOME OF THE

MADE BY HEINZ AT LEAMINGTON, CANADA

BIGGER SAVINGS THAN EVER

By Using

YOU'VE known for years that savings can be made in your cream bill by using double-rich Carnation Milk for creaming coffee, fruits, cereals—and for whipping. At today's low prices—you'll find Carnation a greater economy than ever.

Carnation Milk
"From Contented Cows"
A CANADIAN PRODUCT

Two valuable booklets free—"100 Creamed Recipes" and "Contented Babies". Address Carnation Co., Limited, Toronto, Ontario.