

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

The HOUSEWIFE and HER ACTIVITIES

BRAVE MEN Brave men can't die, whose candid actions are...

RISE HIGHER Those who live on the mountain have a longer day than those who live in the valley...

THE BEST I am aware that the age is not what we all wish, but I am sure that the only means to check its degeneracy is heartily to concur in what ever is best in our time...

TRUTH'S HOUSE To truth's house there is a single door, which is experience. He teaches best, who feels the heart of all men is his breast, and knows their strength or weakness through his own.—Bayard Taylor.

ASKS GERMAN WOMEN TO DRESS MORE SIMPLY German woman are being asked to dress in more simple fashion in order to prevent waste of textile materials and, it is suggested, to achieve that "much coveted slenderness."

CLOCHES IN STRAW Descent is showing new models in papyrus straw. This is used in cloches with a top of the crown flattened by a group of tucks which form shells or blisters. Cream and lacquer red felts are another feature in Paris.

THE THERMOMETER. A thermometer, besides being a useful device, is a never failing source of interest and discussion. Hang one outside your living room window, where you can interpret its meanings as you stand snugly inside. If you hang it on a window where you have a fascinating view of house plants, it will do your double duty, leading you frequently to that source of joy. Here you can loiter and see the children skipping by to school, your neighbor's sweeping their front steps, the winter birds picking up the crumbs you have thrown to them, or the postman bringing your mail.

Grandmother's Quilt Patterns. Out out all pieces and set together as indicated on small block. Either print or plain material may be used. Arrange pieces to suit diagram. Finish quilt with 3 inch border to match plain blocks.



NEW STAR. Out out all pieces and set together as indicated on small block. Either print or plain material may be used. Arrange pieces to suit diagram. Finish quilt with 3 inch border to match plain blocks.

thermometer drops very low it will make you more grateful than ever for home shelter and security. If it rises encouragingly you will feel less shivery and be more brave to don your coat and hat, and strike out into the open.

VANISHING CREAM. A cosmetic expert says that no one with a dry skin should ever use a vanishing cream, as it has an alkaline base and has a tendency to make the skin even drier. Notwithstanding the advertisements, no cold cream will "nourish" the skin. It will clean and lubricate and keep it soft and pliable but the skin cannot be fed from without. Skins differ in their requirements and it is wise to try different products until you find one that suits you—then stick to that particular brand.

FASHION TIPS FOR TALL AND SMALL WOMEN. If you are tall... watch out against "striking" clothes. It is a mistaken idea that the tall woman can get away with daring colors and daring lines. The writer understood this while talking recently to a well known designer about a tall, elegant woman client.

High Necklines. Patou is still for high front necklines day and evening with square and oval dips in the back. Shirts-waists are very feminine in chiffons and rich laces, with black skirts and jackets.

To DYE OR NOT TO DYE IS WIDELY-DISCUSSED QUESTION. The day a woman discovers her few gray hairs have multiplied and becomes patches of white, she simply has to make a widely discussed-to-dye-or-not-to-dye decision. If she's going to color her hair at all, this is the time to do it. If not, she should plan a coiffure that will be flattering and then do all she can to keep the gray hairs as white as snow.

MAGGY ROUFF CREATION IS BLUE AND BLACK. A 1935 success from Maggy Rouff is an evening gown that has a knee-length tunic of pale blue satin and a square décolletage in front, finished with draped folds that are held in place with two triangular clips of straw and crystal. It has a long double scarf hanging from the left shoulder with ends tapering down over the black velvet under dress that has a pointed train, slit at the centre of the back.

THE COOK'S CORNER

Fruit-Nut Divinity Has An Especial Appeal It Seem

The place cherries are the easiest to use (familiarily called candied cherries) or you may use well-drained, bottled maraschino cherries in the red color or the green-tinted. Put cover on pan and boil these are the bottled red and green grapes.

Remove from heat when this stage is reached, and allow syrup to cool somewhat. Beat the egg whites stiff, and very gradually beat the syrup into them. Continue to beat until the mixture begins to thicken, well then add vanilla, nuts and cherries (which all are already prepared).

Savoury Tomato Toast With Bacon. 1 tablespoon flour, 1 tablespoon butter, 1/2 cup fresh mushrooms, 1 can tomato soup, 1 crisp bacon slices.

Threatening Gestures. Little Bobby has been taken to a concert by his father. It was the first he had heard, and his mother was eager to learn how he liked it.

Double Loss. Outside the station the rain fell in torrents and the one passenger who had alighted from the last train gazed dismally around. There was no help for it; he would have to take a taxi home.

White Python. "I don't see any connection at all Do you?" "I don't, Gray, you wouldn't be dining with me! This Mont-rache's good, don't you think?"

General. "I've an idea they knew something, Gray. Something that would make it reasonable than to suppose they were murdered for the sake of some hypothetical curio. Look at the facts. A murderer kills three well-known connoisseurs—rifles the shops of two of them, and then disappears. Well, and if they had to do with a pin."

General Dalsiel smiled and Gray stopped speaking. For the next fifteen minutes, cookey held the field.

General Dalsiel pushed his plate from him. "Apropos of what you were saying about Ceylon, Gray. Have you read that 'Decay of Buddhism' correspondence in The Times?"

Gray's first impulse was to reply "Certainly not!" Rapidly he reviewed the facts. A man named Sigurd Hellstrom had attacked what he had called "the effete and corrupt Buddhism of Tibet," urging that Tibet ought to be taken over by a certain Great Country in the interests of the Tibetan people. These letters had drawn vehement and equally learned replies from a pro-Tibetan signing himself S. Dod-Chambers.

Quicker Relief. Big Saving! So Easy! No Cooking! This famous recipe is used by millions of housewives, because there is no other way to obtain such a dependable, effective cough remedy. It's so simple to mix—a child could do it. From any drugist, get 2 1/2 ounces of Pinex, a highly concentrated compound of Norway Pine, famous for its healing effect on throat and bronchial membranes.



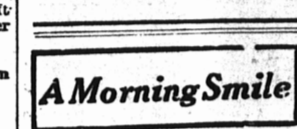
Keep on the SUNNY SIDE. Haven't you noticed that your happiest hours occur on days when you feel your best?

Have more of these happy days. You and all your family. Guard health while you have it. Keep on the sunny side of life.

The greatest enemy of health is common constipation. It may cause loss of appetite and energy. Certainly it kills enthusiasm! Yet it can be banished by eating a delicious cereal.

Laboratory tests show Kellogg's All-Bran supplies "bulk" and vitamin B to relieve common constipation. Also iron for the blood.

The "bulk" in All-Bran is much like that in leafy vegetables. How much pleasanter to eat this delicious ready-to-eat cereal than to take potent medicine. Two table-spoonfuls daily are usually sufficient. Chronic cases, with each meal. If not relieved, see your doctor. Made by Kellogg in London, Ont.



A Morning Smile

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Dorothy Dix's Letter Box

Does Nature Provide Mate for Each of us, or Must We Hunt Up Our Own?—Straight Talk to Wife Who Complains Husband Wants Her to Get Breakfast

Dear Miss Dix—Do you believe that there is a certain mate created by Nature for every person, or do you believe that it is up to us to select our own mates?

Answer: I am sentimental enough to believe that there is a mate for each of us somewhere in the wide, wide world, some one who is our counterpart, who would satisfy our every need of soul and mind and body. But I am also very certain that our chances of ever finding our affinity are so remote as to be negligible.

Occasionally a man and woman who are predestined mates do meet, and when that happens we have what we call love at first sight. They recognize each other unerringly at once and are drawn together irresistibly. They have no need to get acquainted. They have known each other always. They do not need to test their feelings. They know they are seeking and the quest is at an end. Such marriages are, as the old phrase goes, made in heaven.

The happy marriages are those of the lucky people who have found their mates. The unhappy marriages are those in which the husband and wife are mismatched. The whole problem of the success or failure of a marriage is bound up in getting the husband or wife who is the right one or the individual.

The intrinsic worth of the person has very little, if anything, to do with it. Every day we see fretful, discontented women married to men who are model husbands, who are tender, kind, considerate and provide them with every comfort. And we see men who are unfaithful to wives who are beautiful, intelligent, amiable, domestic—paragons of wives. And we see women happy and content with husbands who fall off the wagon now and then, who are high-tempered and irritable, who are shiftless and lazy and poor providers.

And we see husbands crazy about wives who are homely or dumb or extravagant or sloppy and slovenly housekeepers. The explanation is that the happy married people are those who have found their mates, the ones who had the qualities that satisfied them, and that outweighed all their faults. Whereas the mismatched found even their husbands' and wives' virtues intolerable because they answered no corresponding need in themselves. For proof of this theory you have only to notice how often second marriages are happier than first.

Inasmuch, however, as our chances of winning out in the matrimonial lottery by finding the mate which Nature intended for us are about a million-to-one shot, it is not safe to sit down and fold our hands and trust to Lady Luck to bring our prize to us—that is, if we want to get married at all. Nor is it feasible to wander about with a cork lantern in our hands searching for the Right One, as Diogenes searched for an honest man.

The best we can do is to look 'em over as carefully as we can, and to try to deduce from this and that whether he or she fills the bill or not. It is, of course, a procedure in which one is liable to make mistakes, but it leaves us an opportunity to at least exercise our own taste and discrimination.

Unfortunately, however, very few people take the trouble really to select their mates. They leave the most important thing in their lives to chance. They let the girls or men they work next to in an office or the girl or boy they met on a week-end, without any reference whatever to whether they come up to their ideals or satisfy their tastes or not. So it is no wonder that we have so many mismatched husbands and wives.

Dear Miss Dix—I am married to a man who is good and kind, without any bad habits, and who is a good provider. But we are unhappy with each other and quarrel over little things. He complains because I like to stay up late at night and read and sleep in the morning and he has to get his own breakfast. He has to work early, but I leave the things in our house to him to do. He does not clean his feet properly and tracks in dirt, and when I scold him he only says: "What harm does it do?" And he leaves his shoes on the floor for me to pick up. Don't you think that he is unreasonable in these matters?

Answer: No, I don't. I think you are making mountains out of mole hills and that if all you have to complain of in your husband is that he leaves his shoes on the floor and tracks in a little dirt when he is trying to make your work easier, you are blessed among women.

If you had a husband who beat and mistreated you or one who was a drunkard who had to haul in the door because he couldn't find the keyhole or if you had one who was a philanderer who kept you awake

though he won't see anyone (we've tried it), I've an idea you may have better luck. The sudden death of the Dalai Lama will precipitate things, of course. You've got to track down Chortreff and undermine his propaganda—all coast.

"I still can't see any connection between those letters and the murders," insisted Gray. General Dalsiel removed his monocle and polished it carefully. "That you'll find out when you get to Tibet, Gray," he said.

"And replaced the monocle. Colin Gray stared at him. "By Jove, do you mean that I'm to go there? Why I've wanted—"

"I most certainly do mean it. Two others were in the running, but I'm giving the job to you, Gray, because of the excellent work you have done for us; also you're the only fellow we have who holds an advanced degree in Tibetan and Russian." He glanced at the great spread of his guest's shoulders.

"And I could add: Physically, you're the strongest man we've got!" The steady eyes winked. "Gray, you ought to go far. I've an idea that you'll shortly have to use the both, quite a lot."

"The fellow behind all the trouble in Tibet is a man named Chortreff. He wants Tibet to cut loose from India and throw in its lot with the Buriat Tartars—which obviously would suit the Government of India. K. B.—our man in Tibet—says that Chortreff has terrorized the country. In addition to that, he's now given it out that he'll invade

of water a few moments, until dissolved. It's no trouble at all, and takes but a few minutes to make. Put the Pinex into a 16 oz. bottle and add your syrup. This gives you 16 ounces of cough remedy, far superior to anything you could buy ready-made, and you get four times as much for your money. It never spoils, and is very pleasant—children love it. You'll be amazed by the way it takes hold of severe coughs, giving quick, lasting relief. It soothes and heals the inflamed membranes, loosens the germladen phlegm, and clears the air passages. Money refunded if it doesn't please you in every way.

SMART FROCKS FOR FASHIONABLE PEOPLE

Illustrated Dressmaking Lessons Furnished With Each Pattern

Here's a delightful little dress of simple tailored styling, the type smart women fairly live in for conservative day wear.

The attractive buttoned bodice and skirt closing in wrapped arrangement gives the figure grace and slenderness.

The model is easy to make, so will appeal to the beginner as well and expert worker alike. It's particularly lovely as sketched in lightweight woven mixture of angora finish in rich rust coloring. Or perhaps you'll like a plaided or checked woolen. Heavy pebbly crepe silk in purple, monk brown or black is another attractive choice.

Style No. 962 is designed for sizes 16, 18 years, 36, 38, 40 and 42 inches bust. It requires 3 1/2 yards of 38-inch material and 3 yards of binding.

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

No. 962. Size... Name... Street Address... City... State...

Charladies was a bad enough word, but now we note with dismay that a Toronto factory employs foreladies as well as foremen. It looks as if we are going to be swamped by a wave of gentility which will turn our cabmen into postgentlemen and our middle men into middle gentlemen.

wondering what pretty young girl he was out with, then you would have a right to bewail yourself, but you have no cause to weep over a pair of shoes or a mud or snow stain on the floor.

Also, it seems to me you are giving your husband a mighty raw deal when you won't get up and get his breakfast for him on a morning, and if he were not as patient as Job he wouldn't stand for it. If a man is willing to toil hard all day to support his wife, she might at least be willing to cook the food that he brings home. It must make a man feel pretty sore to have to get up in the cold gray dawn and cook himself up some sort of mess between dressing and shaving, while his wife snuggles down into her warm bed for a couple of hours' more sleep.

Any woman who isn't sick—and I mean good and sick, not slightly ailing—is a quitter if she doesn't start her husband off in the morning on the job of a perfect husband, and keeps you from giving him his breakfast! Why don't you read in the day and sleep at night, since it will add to his coziness and your efficiency?

Evidently you are one of the women who think marriage is a graft. It isn't. Every successful marriage has to be played fifty-fifty. Try this proportion and see if yours doesn't work out better.

Dear Dorothy Dix—Every girl dreams of getting an ideal husband. I have one. However, life is not so rosy as you would think. Every time he has a pain I am scared blue for fear I am going to lose him.

Answer: I regret you say. There is nothing for nothing in this world and what we get we have to pay for. And only too often the price of happiness is heart-break. Many a woman who has known twenty or thirty years of bliss in a perfect marriage has spent the balance of her life in loneliness and desolation.

Enjoy your ideal husband while you have him and don't worry about losing him. Goodness is not a fatal disease and the mortality among faithful husbands is no greater than among rounders.

ing as dawn tomorrow; but I want you to give a day or two to Mr. S. Dod-Chambers.

The January meeting of the Strathcona Women's Institute met at the home of Mrs. Henry Burdett, on Wednesday evening January 9th with an attendance of eight members and three visitors. The meeting opened by a verse and chorus of "Old Kentucky Home" followed by roll call answered by each member playing a nickel. Two new members joined.

Mrs. Helen Burdett and Sadie Farquharson were appointed co-chairmen for next month: Sick Mrs. Russell Hunter and Mrs. Alex MacKay, Programme, Mrs. John MacKinnon and Mrs. William Taylor.

Mrs. Herbert Ross read a paper on "How does home management affect Child Welfare?" and also asked the members to give some ideas on poultries.

A dainty lunch was served by the hostess, and the National Anthem played by Miss Emma Wood was sung in closing.

(Patriot Please Copy.)

A Lovely Skin is one of nature's greatest gifts. Preserve its soft texture with a soap that contains the choicest products of nature. Dry Cuticura Soap Today