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

Women's Ability To Kid Themselves

Dorothy Dix

Finds Is Consolation Prize To Women

A Woman's Gift of Self-Hypnotism is Blessed Faculty That Enables Her to see Herself, Her Husband and Her Children as She Would Like Them to be, Instead of as They Appear to Others

The most amazing thing about women is the ability they have to kid themselves into believing anything that they want to believe. Every woman possesses the gift of self-hypnotism and can put herself into a trance at will in which she can see herself and the world as she desires to behold them.

As a proof of this you have only to take the way women lie about their age. A noble Christian lady, who runs the church and is a power of righteousness in the community and who otherwise is Veracious Jane, will calmly cast twenty birthdays into the discard because she has convinced herself that she still looks like a deubutante.

When you see a stout, elderly woman dolled up in flapper clothes and rolling her eyes at men and lisping baby-talk to them, you feel like crying out in the slang of the day: "Oh, for Heaven's sake be your age!" But she is being her age the way she sees herself, for she has kidded herself into believing that she still looks like an ittsy-bittsy cute girlie.

Another illustration of the miraculous power women have to pull the wool over their eyes is that no woman ever gets a close-up on herself, or a line on her defects. She always sees herself glorified and never suspects that the general public isn't as enraptured with the picture as she is herself.

A woman will go around with hair the color of strawberry jam complacently believing that she has every one fooled into thinking she was born with Titian locks. There are 10,000 mirrors on every side and yet she will plaster her mouth with lipstick until it lookss like a gory gash across her face. And no stout woman ever beholds another stout woman without thinking: "Thank goodness I'm not fat and haven't lost my figure."

Any woman, no matter how homely she is or how little appeal she has for men, can kid herself into the belief that she is a vamp who puts Cleopatra and all the remainder of the sirens into the also-ran class. Plenty of women who, you would think, might travel from here to Timbucktoo without any man glancing at them except with pity will tell you that they cannot venture out beyond their own doorsteps without being accosted by strange men.

There is never a day that I don't get a letter from some woman saying that she knows a certain man is wildly, passionately in love with her. He has never asked her to marry him or mentioned the state of h's affections to her, but she knows he is in love with her because he comes and eats Sunday dinner with her, or because of the look in his eyes. She never stops to consider that it may be love of good food and her mother's cooking and not matrimonial intentions that bring the man to her house and that all any woman ever sees in a man's eyes is just the reflection of her own desire.

The angelic ability that so many wives have to forgive their philandering husbands and to pity them instead of divorcing them is due also to this beneficent power women have of kidding themselves into believing what they want to believe. The wife wants to believe that her husband still loves her and prefers her to all other women, and so she convinces herself that her husband was a poor, unsophisticated, innocent little lamb who was stolen out of the domestic fold by a female wolf in sheep's clothing.

Husband may be an elderly Lothario and the girl he has been stepping out with may be a 16-year old flapper, but nevertheless wife is sure he wasn't in the least to blame, and that he was the victim of the arts and wiles of a seductress who cast over him spells that no man could resist. Also, wife convinces herself that when husband says that he will never look at another fluttering petticoat again he means it and will keep his promise and so many a marriage is kept from going on the rocks.

Women's ability to kid themselves however, finds its most glorious expression when they come to dealing with their children. For then, indeed, does it become a God-given talent that leaves us gasping in awe and wonder at its scope and power. For nature has wisely ordained that no mother shall ever see her children as they actually are, but only as she wants them to be. Always she beholds them as beauteous swans. Never as ugly ducklings.

Mary may be afflicted with carroty hair and a snub nose and pale eyes and a lumpy figure. Mother wonders if she would fiml well and if she wouldn't knock Greta Garbo off the screen if she went into the movies. Sally may be dumb as an oyster. Mother is convinced she is one of those great silent geniuses. John may be stupid an uncouth. Mother never sees it. She beholds in him only originality and force.

And no matter how selfish and impudent and inconsiderate to her her children are, or how wild and dissipated, mother kids herself into believing that they love her in spite of the way they treat her, and that some day they will appreciate her and give her the affection she craves and they will turn into fine men and women.

Wonderful is the ability women have to kid themselves. Maybe it is God's consolation prize to them for being women.

DOROTHY DIX

LITTLE GIRL WOULDN'T EAT

YESTERDAY she only toyed with her food—and of course Mother was concerned. But today, she has a bowl of Kellogg's Rice Krispies and milk—just see the difference!

Kellogg's Rice Krispies actually crackle in milk or cream. The very sound fascinates youngsters. And how they love the flavor!

Serve for breakfast, lunch — fine for the children's supper. So easy to digest, Rice Krispies invite restful sleep. How much better than many hot, heavy dishes.

Sold by all grocers. Always oven-fresh. Made by Kellogg in London, Ontario, *Quality guaranteed.*

A Morning Smile

"Kings Cross," said a countryman of a "tube" booking office as he put down a half-crown.

"Change at Holborn," said the clerk.

"Eh?" exclaimed the countryman, pushing back the ticket.

"Change at Holborn," repeated the clerk.

"Look 'ere," said the countryman. "I want my change 'ere, else there'll be trouble!"

GOOD THINGS TO EAT

Home-Made Chop Suey

Try making it at home some time and you will find a very pleasing result. Trim and cut 3 lbs. of beefsteak into small pieces. Brown in chicken fat or butter. When nicely browned add 2 cups finely cut celery and 4 chopped onions, salt, pepper and water to cover. Cover and simmer for one hour. The water will be almost gone when done. Add 1 tablespoonful Chinese soy sauce and serve with boiled rice.

Red Beets With Vinegar Sauce

Wash 2 bunches of small beets and cook in boiling water until soft. Remove skins and cut beets in thin slices. Mix together 1-2 cup sugar and 1-2 tablespoon cornstarch. Add 1-2 cup vinegar and boil for five minutes. Pour sauce over beets and let stand in a hot place without cooking for half an hour. Just before serving bring to a boil and add two tablespoons melted butter. A very savory way of serving this healthful vegetable.

Spiced Cantaloupe

One quart cantaloupe pulp cut into cubes, 1 1-2 cups brown sugar, 1 cup vinegar, 1 tablespoon cloves, 1 tablespoon cinnamon, 1-2 teaspoon mace, a small piece of ginroot. Boil sugar, vinegar and spices for five minutes, then add the cantaloupe and simmer until tender. Remove cantaloupe to sterilized jars with a skimmer and fill jars with boiling syrup. Seal immediately.

Lobster Salad

A deviation from the customary lobster salad but one that will go further and not prove so expensive. One cup lobster meat, 1-2 cup diced celery, 1 tablespoon finely minced onion, 1 tablespoon capers, 1 tablespoon chopped sweet pickles, 1 cup mayonnaise dressing. Mix all together, chill and serve. If preferred the ingredients may be stirred together, except the mayonnaise, which may garnish the salad after it is on its bed of lettuce.

Chicken With Green Peas

Melt 1-4 cup butter and saute a young chicken in it until all the pieces are well browned all over. Add 2 tablespoons flour and brown lightly. Add 2 cups of stock and stir until slightly thickened. Add 1 teaspoon chopped parsley and cook until the chicken is half done. Then add 2 cups of green peas and cook, covered, until both the chicken and peas are tender.

Ox Tail Soup

Just touches the spot on that cold, rainy spring night. One ox tail, 2 onions, 2 carrots, 1 turnip. Cut tail into small pieces, removing fat. Put in kettle with water to cover and bring to a boil. Skim carefully and then add chopped vegetables and simmer for three hours. Strain stock and chill so that all fat can be removed. Season with salt, pepper and add little joints of the tail. Serve piping hot. May be thickened a little with flour and butter rubbed together if desired.

Private Bath Sets For The Family

Where one small bathroom must serve a large family it is sometimes hard to find space for hanging individual towels and other washroom necessities.

One inventive housewife solved the problem by attaching to the inside of every bedroom closet door one or more towel bars and hooks, depending upon how many shared the closet.

Each one of these sets was chosen to match the colors that various members of the family had selected for their bathroom "ensembles." Thus it became a simple matter to keep individual towels and wash cloths conveniently placed and yet separate from each other.

What the Fashionables are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern

By Annabelle Worthington

No. 219—Refreshingly Youthful. This style is designed in sizes 14, 16, 18, 20 years, 36 and 38 inches bust measure. Size 16 requires 3 3-8 yards of 35-inch material with 5-8 yard of 39-inch contrasting and 4 1-2 yards of binding.

No. 179—Tiny Tot's Needs. This style is designed in sizes 1, 2, 4 and 6 years. Size 4 requires 2 3-8 yards of 39-inch material with 1-2 yard of 32-inch contrasting.

No. 482—Snappy Model. This style is designed in sizes 16, 18, 20 years, 36, 38, 40 and 42 inches bust measure. Size 36 requires 3 yards of 39-inch material with 3 yards of binding.

No. 870—Decidedly Smart. This style is designed in sizes 16, 18, 20 years, 36, 38, 40 and 42 inches bust measure. Size 36 requires 3½ yards of 39-inch material with 3 yards of binding.

No. 378—For the Junior. This style is designed in sizes 8, 10, 12 and 14 years. Size 10 requires 2¼ yards of 35-inch material.

Be sure to fill in the size of the pattern.

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

Name .....

Street Address .....

City State .....

For The Cook

STRAWBERRY SNOWBALLS

Cream together one large tablespoon butter and one-half cup sugar. Add one-quarter cup milk alternately with one cup flour, sifted with two teaspoons baking powder and a pinch of salt. Fold in the stiffly-beaten whites of two or three eggs. Fill greased moulds three-fourths full with this mixture, cover with waxed paper, and steam for one-half hour. Turn out on individual service plates, heap on top and around each snowball crushed sweetened strawberries and serve with cream.

AS HE SAID "GOOD-NIGHT"—

How you thrilled . . . knowing how alluring you were! The smooth beauty of your skin enhanced by the clinging, velvet texture of Pompeian Beauty Powder . . . your natural colour heightened by a touch of Pompeian Rouge . . . how could he help loving you?

Today, as always, you may pay more for beauty preparations, but you cannot buy better than the NEW

Beauty Powder (5 shades) 60c. Rouge (6 shades) 60c. Night Cream (Cleansing) 60c. Day Cream (Vanishing) 60c. Indelible Lipstick 60c. Talc 25c. Dusting Powder $1.00. Massage Cream 60c.

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LONDON—PARIS NEW YORK—TORONTO

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Brush Your Hair And Bring Out Its Loveliness

SUMMER HAS ITS GOOD AND BAD POINTS WHERE YOUR "CROWNING GLORY" IS CONCERNED

The new styles fairly make your hair into a crown of glory again, provided you do your part.

Whether you know it or not, the condition of your hair and the way you fix it has more to do with your appearance than any other single feature.

There is something psychologically uplifting about embarking on a training course for your hair. Go into it with the same high purpose with which you reduce or that an athlete enters training to get into prime condition for a big meet.

You have summer against you in one way. Sun dries your scalp. Salt water makes it brittle. The call of the great outdoors makes you loathe to spend much time inside "beautifying."

But, on the other hand, summer has its good points. Your scalp will get thoroughly aired and sunned, which it seldom gets when stuck under a tight felt hat in winter. And, considering how much more yuor hair shows outdoors in summertime, isn't the urge to have it lovely just a little stronger?

You probably have lost patience long ago with anyone who tells you to brush your hair. But, do you do it? I know many girls who don't even own a brush!

If you're feeling a little guilty about now, go buy one. Not a cheap, flimsy affair. Put some money into it, get a deep-bristled, a firm brush, preferably one with the centre bristles a bit higher than the outside ones.

Get it home and use it! Never mind your wave, just start in and brush your hair thoroughly. Tip your head over, brush your hair in the opposite direction from which it usually lies. Learn to use your left hand as well as your right, so you won't tire. Brush it morning and night. You remember the good old 100 strokes? Well, see that that hair of yours gets at least that many twice a day.

Drab Hair

IS UNINTERESTING AND UNBECOMING; DO REMEDY IT!

The platinum blonde, though passe now, did her bit for all women. That bit, the important bit, consisted of establishing the fact that a girl can affect any artificial color she likes in her hair and flaunt it, not hide it or be ashamed of it.

Why not profit by the example? I don't mean to advocate going platinum. Don't misunderstand me. That particular type of bleaching is particularly hard on the hair.

That Dreaded Time Of Life

Mrs. Brockhank Tells Why She Recommends Dr. Williams' Pink Pills of Women of 40 to 50

Color and Appetite Returned

"My age was 48—which every woman knows is a critical time of life — when I derived such benefits from Dr. Williams' Pink Pills," writes Mrs. Brockhank, Hamilton, Ont. "I felt so tired and depressed; could not sleep; my appetite was impaired; my skin and lips were pallid. I could not make any headway with my housework. I got discouraged, as tonic after tonic did not better my condition. My sister, a graduate nurse, advised Dr. Williams' Pink Pills. After taking a few boxes my condition greatly improved. My sleep was restful and my natural color and appetite returned."

Dr. Williams' Pink Pills rebuild health by creating new blood and increasing the red blood cells, which, restore the wasted tissues and revitalize the exhausted system. They remove the cause of run-down or nervous conditions. Try them. At your druggists in the new protective glass containers, 50c a package.

GREAT BETWEEN SMOKES

Inexpensive Satisfying ..

Ask for WRIGLEY'S

Hardly worth the effort.

What I do mean is—why not look your hair over and if it is drab, do something about it?

When summer comes every girl should have lovely hair. Drab hair isn't pretty. It isn't the least bit attractive.

The same hair, rinsed with one of the golden rinses, may take on an amazingly lovely character. Or perhaps you look better with something not the least bit reddish, but just a lemon rinse which bleaches just the least bit and brings out your color.

Camomile shampoos can be had which are particularly good for the girl with light hair that is just naturally light, not red, not gold. Way back before your mother was born ladies appreciated the effect of camomile and used it.

Women in the old country have continued using it while we have practically forgotten how beautiful the herb can be. Why not try it?

There are several tested rinses on the market that don't hurt your hair. Most of them do dry it out a bit. But you can counteract that by using an oily tonic. It comes out even and you look better for the bargain.

Be "At Ease" On Way To Beauty

See That Your Stockings Are Sufficiently Large and Avoid Round Garters

If your face has a worried, strained expression, there is a chance that your stockings have something to do with it. Or that your shoes are causing it by not showing you the right steps to beauty.

Shoes and hose that are too short are uncomfortable. They make you feel that you are confined in a prison. The yearning to be free is written all over your face in a hundred petty lines. More and more women are watching the last of the shoes they buy. They are insisting on plenty of room so the foot will move forward without being cramped when they walk. But they have a habit of forgetting that half an inch is a pretty important factor in the comfort that a stocking provides.

PROPERLY FITTING HOSE

In buying hose make sure that the foot is long enough to permit you to move your toes comfortably but not long enough so that the unwanted room will be crowded into a lump or a layer of wrinkles. You want the stocking to fit your foot so satisfactorily that you will forget it is covered, no matter how much you may be walking.

Secondly, buy stockings with legs that are long enough. Ask the sales girl to measure the various lengths until she finds the one that suits you. Stockings that keep slipping away from their garters are as annoying as they are unattractive. Even if the garters you wear are long enough, the fact that a stocking doesn't make the knee grade is distasteful. Since stocking manufacturers are remembering that a few inches may make a lot of difference in the comfort of a stocking, and endeavoring to adapt their remarks to all kinds of legs, you wil l be able to find what you want if you search long enough.

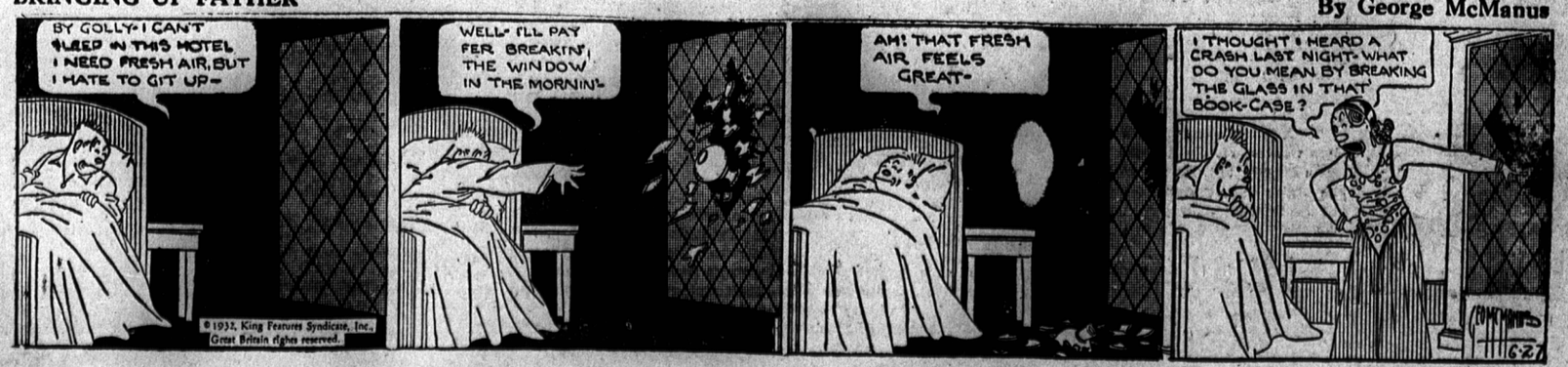
A PROFITABLE ROSE DAY

TORONTO, June 25—(By The Canadian Press)— Alexandra Rose tag day netted $12,268 for the benefit of child welfare institutions to which the funds of the Imperial Order of the Daughters of the Empire are devoted. Forty primary chapters, a friend and the Municipal Chapter returned boxes with sums all the[illegible]033 to $14,50.

Try Lydia E. Pinkham's Vegetable Compound

Flying Into a Temper

Touchy . . . irritable! Everything upsets her. She needs Lydia E. Pinkham's Vegetable Compound to soothe her nerves and build up her health by its tonic action.

BRINGING UP FATHER

By George McManus