

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

What the Fashionable Are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern

By Annebelle Worthington



around with drape at side that combines with the surplice bodice that fastens at hip with buckle, to give the figure graceful length. The normal waistline is indicated by seaming which makes the tight fit through the hips and moulded line of bodice more prominent. The neckline with surplice vestee is unusually becoming fashion.

Style No. 3279 is distinctly smart in novelty silk and wool crepe in dark plum tones. The shawl collar is of plain faille crepe in blending tone, while the vest chooses white pique.

It is designed in sizes 16, 18 years, 36, 38, 40 and 42 inches bust. It's a model that makes up most attractively in crepe satin for the two surfaces can be nicely worked out for contrasting effect. The dark brown shade is especially popular.

Black silk crepe with eggshell vest is chic for all-day occasions and is favorite with smart women.

Pattern price 15 cents. Be sure to fill in size of pattern. Address Pattern Department. Our Fashion Magazine is 15 cents, but you may order a pattern and a Fashion Magazine together for 25 cents.

Form for ordering pattern: No. 3279, Size, Name, Street Address, City, State.

3279

Ideal interpretation of wrap.

Milady Beautiful

By Lela Leeds

Raise head and shoulders



ROUND SHOULDERS

With so many persons engaged in sedentary occupations, the problem of round shoulders is becoming a more serious one. Letter after letter comes from readers who complain that their shoulders are gradually becoming stooped. Many quite rightly blame this on the fact that their work compels them to sit stooped over a desk or typewriter all day. Aside from the fact that they are a serious beauty blemish, round shoulders have a very bad effect on one's health also, and for this reason alone it is essential that any one who has a tendency to acquire this postural defect should do all in her power to ward it off, or to correct it if it is already present.

There are cases serious enough so that the advice of a physician should be sought. In severe cases it is sometimes advisable to wear a brace during the corrective process. But for the most part it is quite possible to avoid round shoulders or to correct them by systematically taking exercises. Many business girls complain that they lack time for exercising but if they fully realized the benefits to be derived from daily exercise I feel quite sure that they would be willing to sacrifice something else (perhaps the few extra winks of sleep), for even a short daily period of from five to fifteen minutes will do wonders.

In the first place, however, one should try to maintain correct posture whether sitting or standing. It will take conscious effort, but it is quite possible to sit with shoulders well back even in occupations which demand hours at a desk or typewriter. It may seem awkward at first, but there are those who have made it a habit and it surely pays good dividends in both health and appearance.

Here are some exercises which are especially good for straightening round shoulders: (1) Lie face downward on the floor, hands clasped behind your back, legs stretched out and heels together. Slowly raise chest and shoulders from the floor and at the same time raise both legs, knees stiff. Relax slowly and repeat. (2) Lie face downward on the floor with arms stretched above the head and legs extended as in exercise one. Raise arms and shoulders up and back and at the same time raise both legs. (3) Lie face downward on a bed, with head and shoulders projecting over the edge. Raise head and shoulders up and backward as far as you can. Lower slowly and repeat.

Those who can should supplement these home exercises with some gymnasium work once or twice a week. Here they will be given corrective exercises which will do much toward straightening the ugly round shoulders which ruin the appearance of any figure. Swimming, too, is one of the very best exercises for this purpose, and those who have access to a pool should not neglect this form of exercise. If this is impossible, however, the next best thing is to practice swimming strokes at home. Most of the movements can be executed while lying face downward on a bed or by lying over a bench with the body parallel with the floor.

Tomorrow - Beauty Questions Answered.

Deplores Lack of Sense of Value

Dorothy Dix

The Great Lack in Women

"Women Overestimate Some Things and Underestimate Others, With as Little Appreciation of Their True Worth as if They Priced a Flivver Above a Rolls Royce," Says Dorothy Dix

It seems to me that the greatest lack in women is the lack of the sense of values. They may be ever so intelligent about everything else, but when it comes to writing the price tags on the things of life that really matter they are just plain dumb.



They overestimate some things and underestimate others, with as little appreciation of their real true worth as if they priced a flivver above a Rolls Royce and held real pearls cheaper than glass beads.

Take, as an example of this, the value that girls place upon the attentions of men. From the time a girl is 16 until she gets married, or becomes middle-aged, the thing that she considers the most important in the world is having dates with boys, and to get them she is willing to pay any price. She is even willing to buy them with her own self-respect.

If every boy was a Valentino in looks and personal charm; if he was a spellbinder in conversation; if he was a spender who could take his sweetie around to theatres and fine restaurants and joyriding in luxurious cars; if he was a marvelous dancer and had a way with him that made him a fascinating companion, it would be perfectly obvious why girls are mad for the attentions of men and sit themselves down on the walling wall if they don't get them.

But such, alas, is not the case. A boy may be as ugly as the proverbial mud fence. He may be so stupid and dull that a girl has to work like a coal heaver to keep a conversation going with him. He may be so poor that she has to take him out in the family car and pay for the gasoline herself. He may almost make her a permanent cripple by stepping on her feet every time they dance together. Nevertheless she is willing to suffer all this, and more, just to have dates and be seen out with boys.

And if she doesn't have dates life is cinchers, ashes and dust to her, no matter how many pretty clothes she has, no matter how many interesting girl friends she has, no matter how much money her parents spend in buying her sport cars and taking her to Europe to try to amuse her.

And look at the value women put on marriage. Men rate it at its true worth as an A-1 gilt-edge investment if you happen to get in just right, and everything turns out as you hoped and expected. Every normal man looks forward to having this lucky break come to him, and to having a wife and children and home.

But he doesn't consider marriage as the sole thing in the world that is worth having and that if you have missed that, you have missed everything. Neither does he feel that it is a reflection upon him and that he lacked charm if he is an old bachelor. Nor does he spend his days pitying himself because he lives in a club or hotel and has no wife and children.

He knows that ideal marriages are about as rare as hen's teeth and that there are a lot of consolation prizes in single blessedness. And when he looks about him and observes how many quarrelsome homes there are, how many divorces, and how many children are turning their parent's hair gray with anxiety and worry, he concludes that there is no use in putting any fancy price on wedding rings.

But not so women. In spite of all the evidence to the contrary women still cherish the fond illusion that the altar is the gateway to Paradise, and that once they pass through it they will live happily ever afterward. They have seen their mothers and their sisters and their cousins and their aunts putting up with grouchy husbands, and trying to placate surly ones, and wheedling pennies out of stingy ones, and why they are so eager to take on the same life job, nobody can explain. They just are.

It is literally true that the average woman is just bound and determined to marry and she considers her life a failure if she doesn't, no matter how successful she may have been in business or a profession. She would like, of course, to marry a man who was noble and upright and strong and forceful if she could, but if she can't, she will take any poor, weak, makeshift of a man she can get. She would like to marry a man with whom she was romantically in love, but rather than be an old maid she will marry one whom she merely tolerates.

Freedom. Peace. Her own latch key. Her own pocketbook. An interesting, congenial and profitable occupation. All these she will trade off for any kind of a wedding certificate just because of the false value she puts on marriage. Which is a good thing when it is good, but the worst thing on earth when it isn't.

But the most curious illustration that women give of their lack of a sense of value is the estimation they put on their own peculiar calling of wife and mother. Not one woman in a thousand ever thinks of that as a glorious career, or has any pride in it.

She never thinks of making a home that is a place of peace and rest and beauty as an artistic achievement. She never thinks of helping her husband to succeed, and putting fresh hope and courage in him, as being worth while. She never thinks that in molding her children's characters she is deciding the fate of humanity, and that nothing else that any one does is half so important.

No. Talk to a group of domestic women and they speak disparagingly of their life work. They say they do nothing, and they are frankly envious of the women who write, and sing, and act, and lecture and who, as they say, "do things."

Funny, isn't it? And pathetic. Because women would be so much happier and better satisfied if they only had a real sense of values, and knew what was gold and what was pinch-beck.

For The Cook

GENUINE CHOP SUEY

One and one-half pounds beef, chicken or lean pork, cut fine; 4 onions, cut very fine; 1 bunch celery, cut fine; 1 pound bean sprouts, 2 tablespoons Chinese sauce, 2 teaspoons butter. The sprouts and sauce can be bought at any Chinese grocery or restaurant. Get the undiluted (salty) sauce, as the other does not keep well. Melt the butter in a kettle, and brown the meat in it. Add onions

and simmer one-half hour. Add celery and bean sprouts, and simmer until tender. If necessary, add a very little hot water. Add the sauce, and let stand 15 minutes. Add seasonings, if necessary. Serve sauce at table, also.

A federation of French Officers of Educational Cinematography has been created in Paris and will establish film libraries in many cities of France.

A menu card of the V. C.'s dinner signed by the Prince of Wales recently realized \$1,500 at a charity auction held at Glasgow, Scotland.

Some Cook! Mother.

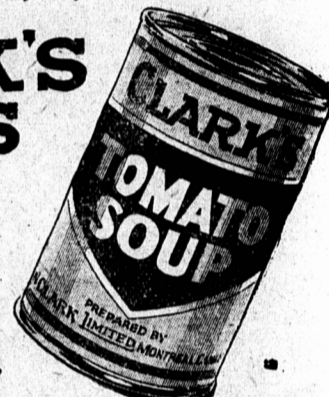


SUCH approval from the family! Such enjoyment of the meal! All when it starts with Clark's Tomato Soup!

For into this soup has gone the excellence of sun-ripened tomatoes, specially grown for us, and the skill of many experts in its making!

Serve it to your family. Everybody'll like it!

CLARK'S SOUPS



Made in Canada

TOMATO VEGETABLE OXTAIL, CHICKEN REA GREEN BEA, MUTTON BROTH SCOTCH BROTH, MOCK TURTLE JULIENNE CELERY, MULLIGATAWNY CONSOMME

W. CLARK, LIMITED, MONTREAL, Establishments at Montreal, St. Remi, P.Q. and Harrow, Ont.

A Morning Smile

KNOT A REMINDER

Wife (to husband with very bad memory): How annoying! The laundry people say they must charge more for your handkerchiefs.

Husband: Why? Wife: They say it takes such a long time to untie the knots in them.

Household Hints

By Roberta Lee

A Shiny Collar

If the coat collar is shiny, sponge it with a cloth wrung out of hot vinegar. Press while damp, using a black cloth for pressing.

Bread Crumbs

To make bread crumbs quickly, cut soft part from a stale loaf, put it in a clean cloth bag, tie the bag at the

Etiquette

By Roberta Lee

Q. What does a bride do with her engagement ring during the wedding?

A. She places the ring on the third finger of her right hand.

Q. When a dinner is given in honor of some distinguished person, must all the guests be presented, or may some be ignored?

A. Everyone present must be presented.

Q. Is it good form to take a little gift of some kind to one's hostess?

A. Yes, when desired; it shows appreciation.

top, and gently rub it between the fingers for a few minutes.

The Garbage Pail

Pour a little kerosene in the bottom of the garbage pail. This will act as a disinfectant and will keep away the odor.



their Standard in flour is the REGAL Standard

They want the highest quality of flour that can be made from the best grade of the best Manitoba wheat.

AND this quality is absolutely assured to them when they purchase

REGAL flour

Character Close-Ups



WATCH THIS ANGLE..... THE FARTHER IT IS FROM THE HORIZONTAL THE MORE AESTHETIC YOU'LL FIND THE OWNER

MT. STEWART NOTES

Mr. Guy Glover, left for Halifax, on Monday to take a six weeks' course in the Fisheries School. It might be mentioned that this course is open to fishermen belonging to the Maritimes, who are desirous of gaining more information on this line of work.

Mrs. W. McKenzie, Brighton, spent the week-end with relatives and friends at Mt. Stewart.

Mrs. Jas. McCarthy, now of Charlottetown, is spending a few days at her old home in Mt. Stewart. Mr. Ernest Palfrey resumed his duties as manager of the Royal Bank, on Wednesday, after spending a three weeks' vacation in Halifax and other parts of N. S.

Quite a lot of excitement was caused on Monday last when Mr. Charles Gurney, of St. Patrick's Road, passed through Mt. Stewart, with his beautiful pacing mare known as "Sycamore Sally," and believe me it was a cyclone, everyone being thankful for the snow being on the ground, as it stopped the dust.

Mr. and Mrs. John McInnis, Plaquid, spent the week-end at their former home at St. Peter's Bay.—W.

MT. STEWART NOTES

Our Mail Couriers deserve great credit for though storm or fine you will see them all start with a happy smile.

Miss Maud Birt, "Mt. Stewart," spent the week-end at her home Peakes Station.

Mrs. Frederick Jardine, "Hd. Hillsboro" spent a few days' visiting friends at Mt. Stewart last week.

A very pleasant time was spent at Savage Harbour, on Friday night last, the night was whiled away in whist and dancing and all enjoyed themselves for it was the small hours of Morning found them on their homeward journey.

Mr. Ernest Coles, Suffolk, paid a flying visit to Hd. Hillsboro recently.

Miss Margaret Martin Mt. Stewart, was a visitor to Charlottetown on Saturday last.

Mr. Alexander MacEachern, Mt. Stewart, spent a few days in Charlottetown this week.

Mr. Harvey Douglas, Hd. Hillsboro has purchased a Raico.

Mr. Guy Glover, Mt. Stewart has left to spend some time in Halifax.

Dr. and Mrs. Martin, Mt. Stewart paid a visit to friends at Grand View recently.

Congratulations to Mr. and Mrs. John A. McDonald, Allsary, on the birth of a baby son on January 19th.

Mr. and Mrs. Gordon Douglas were visitors to Charlottetown this week.

The many friends of Mr. Charles McDonald Allsary, are sorry to learn he is confined to his home on account of sickness and hope for a speedy recovery.

A number of young people attended the Debate at Savage Harbour on Monday night last.

NEW ARGYLE AND VICINITY

Mrs. Mary D. MacKinnon, New Argyle, returned home from Gladstone where she was attending the funeral of her mother Mrs. Richards.

We all join in wishing Mr. and Mrs. Gordon MacEachern many years of happy wedded life.

Among those who attended the talks at Charlottetown on Tuesday last were Mrs. J. L. MacKinnon, Mr. and Mrs. J. M. MacKinnon, Mr. and Mrs. Jack Gillis, Messrs. Malcolm Gillis and Archie Murley.

Mr. and Mrs. J. L. MacKinnon, Mr. John MacKinnon attended the district supper at Canoe Cove.

We are glad to know that Miss Pearl Stewart is improving after her recent illness.

Mr. Thomas Stewart was a recent visitor to Long Creek.

Mrs. Chas. MacKinnon and son Archie is at present in Charlottetown where Archie is undergoing treatment.

The Misses Annie and Beth MacKinnon, New Argyle, paid a flying visit to Long Creek.

The many friends of Mr. John Stewart are glad to see him home after his recent illness in the P.E. Island Hospital.

We are all glad to see Mr. Yeo back again to Canoe Cove with the movie.

Expelled

JERUSALEM, Jan. 22—Sultan Attrache, leader of the Druse tribes men in rebellion against France in 1925 has been ordered expelled from Transjordan, and all other British mandated territories. The Sultan has taken refuge in Transjordan since the suppression of his revolt by the French authorities. Ibn Saud, King of the Hedjaz simultaneously issued a proclamation prohibiting Attrache from staying in the Hedjaz or in Nejd.

WANT PRINCE TO OPEN NEW PORT

WINNIPEG, Man., Jan. 17—The On-to-the-Bay Association, with membership in Manitoba and Saskatchewan, organized some years ago to promote construction of the Hudson Bay Railway, will continue its function.

Until the freight, marine and insurance rates have been fixed and sufficient traffic obtained to justify the building of the Hudson Bay Railway and development of Churchill, by means of pamphlets and literature, the association will take an active part in endeavoring to promote trade from Europe, particularly Great Britain, and will seek increased annual grants for this purpose from the Governments of Manitoba and Saskatchewan.

Decision to maintain the association was reached at the sixth annual general meeting held here yesterday, at which Brigadier-General R. W. Paterson was re-elected president; Clarence F. Graham, Saskatchewan, was elected honorary president and Lieut.-Col. T. J. James, Regina, a vice-president.

If a recommendation, submitted to the executive, is acted upon, the Dominion Government will be asked to invite H.R.H. the Prince of Wales to officiate at the opening of the northern port, the heir to the British throne coming to Churchill by warships. Failing his ability to be present, Rt. Hon. Winston Spencer Churchill would be asked in his stead. Charles F. Gray, Winnipeg, sponsor of the recommendation, remarked that the port was named after one of Mr. Churchill's forebears.

