

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

Dr. Wood's

Contracted Bad Cold Believed Getting Pneumonia



Norway Pine Syrup

Miss Marguerite Croft, R.N., Chester Basin, N.S., writes: "Last winter I contracted a very bad cold. Nothing I tried gave me any relief from the severe pains in my chest, and I believed I was getting pneumonia. My father told me one night he had a new cough medicine for me to try. Before I had taken a half bottle of Dr. Wood's Norway Pine Syrup the pain was greatly relieved. I took two bottles and my cold had disappeared." Price 35c. a bottle; large family size 65c.; at all druggists and dealers; put up only by The T. Milburn Co., Ltd., Toronto, Ont.

What the Fashionable are Wearing Illustrated Dressmaking Lesson Furnished With Every Pattern

By Annabelle Worthington



how to dress up to the minute at very little expense. It contains most attractive Paris designs for adults and children, embroidery, Xmas suggestions, etc. 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.

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ROYAL AIR FORCE TO BE SPEEDED UP

LONDON, Dec. 15.—(By The Canadian Press)—Experts are busy studying the statistics piled up on the great air exercises of the Royal Air Force recently, when most types of craft were in intensive use. The chief impression gained in one of great mobility. The tremendous distances covered by the "conflicting" air forces show dramatically the swiftness and unexpectedness of the new weapon and bring back memories of the campaigns waged by Hannibal and Napoleon before the reign of mud in Flanders brought warfare to a standstill. Another great war, should it ever come to pass, might well see the emergence of a Napoleon of the air. The air ministry has already approved re-equipment of the Air Force which will mean an increase in speed of the standard service types, of 50 miles an hour. During the next 15 months new day bombers, fighters and, probably, army co-operation craft, will substitute earlier types while now fighters and reconnaissance aircraft are scheduled for service in the Fleet air arm. More than 200 Hawker aircraft will be secured, the largest number being day bombers, a two-seater with a speed of 180 miles an hour at 10,000 feet, undoubtedly the fastest machine of its class in the world. Fighters selected for re-equipment are the "Fury" and "Nem." The "Fury," chosen for interceptor fighter squadrons, far surpasses all foreign aircraft in speed and rate of climb—better than 200 miles an hour with service load, and a climb of 20,000

Etiquette

By Roberts Lee

Q. Is the formal or the informal entertainment a greater compliment to the guests?
A. The informal entertainment.
Q. What should follow the serving of fruits at dinner?
A. The finger bowl.

A Morning Smile

A tourist had been shown round a small Far Western township by two brothers who had built the entire place during the past 10 years or so. He was shown with pride the town hall, the free library, and numerous other buildings. Seated with his hosts at luncheon subsequently, he remarked: "By the way, I didn't notice the church. Where is that?" The brothers looked at each other for a moment, then one remarked: "There you are, Abe! I've told you all along I was sure we had forgotten something!"

For The Cook

PUFFS

Three cups flour, 1 teaspoon salt, 2 tablespoons sugar. Sift three times. Cream together 4 egg yolks, 1 tablespoon butter, then add 1 pint sour milk into which 1 teaspoon soda has been dissolved. Add this to the flour mixture, and then fold in the four stiffly beaten egg whites. Fill muffin tins half full with this mixture, and bake in a moderately hot oven. Serve hot with butter for breakfast.

HARD WORK

Millie: "What does he do for a living?"
Tillie: "He's an animal trainer."
Millie: "My word!"
Tillie: "Yes, he pets dears."

NOW THAT WE HAVE RADIOS

Customer: "Do you carry B eliminators?"
Clerk: "No, but we have some mighty fine roach powder and a fine line of fly swatters."
feet in 10 minutes. The "Norm" is the sea edition of this craft, only five miles an hour less speedy. The decision to obtain these machines in numbers was undoubtedly formed as a result of the air exercises when day bombers out paced the single-seaters sent to intercept them on imaginary raids from the coast to London.

Sore throats
Quickly relieved
by
VICKS
VAPORUB

Dorothy Dix Letter Box

Warning to Wives Who Neglect Their Husbands for Their Children — Can Expensive Tastes be Overcome? Why Second is Usually Better Than First Sight in Love

Dear Miss Dix—I was very much interested in what you wrote about a wife sacrificing her husband to her children, because that has been my sad experience. I have always loved my wife dearly and done everything in my power to make her and my children happy, but she has absorbed herself in her children and I have existed only as a provider for them. We have two sons and two daughters between 7 and 19 years of age. Ever since the eldest boy was 15 years old his mother has made him her companion to exclusion. She has gone everywhere with him, and they were always together, while I was left out. Recently he got married, and his wife naturally needs him as a companion, and his mother is lost. Soon the rest of the children will no doubt marry and then their mother will be very lonely, for we have become so alienated we are almost strangers to each other. I would advise all brides to make companions of their husbands if they want to keep them.

I call this letter to the attention of every woman reader of this column, and especially do I commend it to the prayerful consideration of all young mothers with their first babies.



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Answer: I call this letter to the attention of every woman reader of this column, and especially do I commend it to the prayerful consideration of all young mothers with their first babies.

It sounds a note of warning that they will do well to heed, for there is no other error that women are more apt to fall into than that of absorbing themselves so much in their children that they forget they have husbands to whom they have any duty at all. Men almost invariably resent this. It hurts their vanity to have their noses put out of joint by the first squirming, red-faced little infant that comes along. Because they are fathers they have not ceased to care for their wives nor to desire their society nor to enjoy going about with them, and they cannot understand why their wives have suddenly lost interest in them and prefer the company of a squalling brat to theirs.

Of course, the explanation of this is that in many women the maternal instinct is stronger than the love instinct, and after the arrival of the first child they never think of their husbands again as men. They are only the children's father, whose sole purpose in life is to provide the youngsters with food and clothes and sports cars, and they are perfectly willing to work their husbands to death to do this if it is necessary.

Such women never make an effort to be attractive to their husbands. They never dress up for them or try to amuse them. They spend their evenings watching the baby sleep. They wear clothes that the babies can't hurt. They have the kind of food on the table that is suitable for infantile digestions. They run their houses and their lives to suit the children and not their husbands.

And when the children grow up they make a sort of closed companionship with them that excludes the husband. In many homes the mother and children are chums and the husband and father is made an outsider. Mother and children go off on larks together and leave father behind. Mother always gets the credit for giving the children what they want, though father pays the bill, because she impresses on the children that she is getting what they want out of father.

The mother calls this chumming up with her children, and is filled with self-righteousness because she does it, and she never once thinks of the injustice she is doing her husband in having excluded him from her life and in having failed to give him the companionship and understanding and sympathy that he has a right to expect from her.

But in the end retribution overtakes her, for in a few years, twenty or twenty-five at most, her children are grown and leave her and then she is left desolate because she has alienated her husband, she has lost touch with him and she has nobody to fall back upon when her children are gone.

Just as a matter of self-protection a woman is wise who spends more time on her husband than she does on her children, who gives him some of her caresses and petting instead of bestowing it all on the baby and who hires some one else to look after the baby while she pals around with him, for you can hire plenty of good, safe nurses to look after the baby, but no nice, trustworthy woman to look after your husband.

Dear Miss Dix—How can a person who has been used to luxury acquire habits of thrift without feeling sorry for herself all the time? I have been trying to figure this out for the last ten years. Until my father died when I was 18, I had everything my heart desired. Then, suddenly, my mother and I found ourselves with barely enough income to feed and clothe one of us. I had to go to work, and I have finally got to the place where I earn a good salary, but no matter how much I get we can't seem to save, and I am beginning to lie awake at night wondering what would happen if some emergency should arise. Yet, on the other hand, I would be very miserable if we didn't have a little car and a radio and if I couldn't go horseback riding or golfing or wear silk underwear and smart-looking clothes and take a good trip once a year. What's the answer?

Answer: The answer is that you can't have your cake and eat it too. Evidently your father belonged to the eat, drink and be merry today school of thought, and that was why when he died his sole bequest to you was the curse of luxurious tastes and nothing with which to gratify them.

And if a parent can wish any worse luck on a child than that I don't know what it is. Malice itself can invent nothing crueler than to rear a child up with habits that it cannot indulge, with desires that it must forego. What we have never had we do not miss. If we have never slept soft we do not mind a hard bed. If we are accustomed to plain food we do not crave subtle sauces. If we have never had anything but cheap clothes we do not writh at having to wear hand-me-downs. But if we have been accustomed to the elegancies of life, luxuries become necessities and we are wretched when deprived of them.

Therefore, I hold that parents are criminal when they indulge their children in things that they cannot afford and when they cultivate in them chiffton tastes and habits and leave them no money with which to buy summeres.

But, my dear Peg, it seems to me that you have learned nothing from the bitter lesson that you have had, because you also are spending everything you make and laying up nothing for that rainy day which is sure to come. You have suffered from the improvidence of your father. You are preparing to suffer a second time through your own improvidence, and this time your sufferings will be greater because your power as a money-earner will have ended and you will have no way to retrieve your fortune. Then you will look back on your car and your radio and your pretty clothes and think that you paid too high a price for them.

Everything in life is a matter of adjustment, and it seems to me that you will be far happier now and certainly happier in the future if you will,

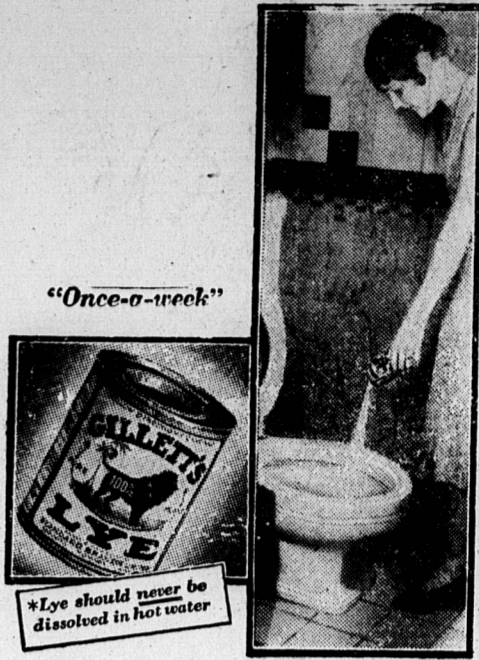
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*Lye should never be dissolved in hot water

as the homely old phrase goes, cut your pattern according to your cloth and bring your expenditures down more within the limits of your income. No doubt you will miss many of the luxuries you now enjoy, but you will also miss the fear of what would happen to you if you got sick or lost your job. And that will be a great compensation.

And, fortunately, human nature is more adaptable than we give it credit for being. Kings have been happy in exile. Millionaires have lost their fortunes and have got a kick out of counting their pennies. Every day you see people who are maimed or crippled or blind or deaf who are cheerful. You even find people on a diet who have learned to like spinach.

And so you can find a thousand consolations and amusements in saving your money instead of spending it. Suppose you try it and suppose you deny yourself the greatest of all luxuries, which is self-pity, and adopt a brave attitude toward life and be thankful you can make a living instead of weeping over having to do it.

Dear Miss Dix—Do you believe in long engagements? If not, why? How long would you suggest being engaged? Do you believe in love at first sight? INQUISITIVE.

Answer: No, I do not believe in long engagements. I think they are too much of a strain mentally, emotionally and morally. A long engagement wears out love and before it ends in a wedding one or the other of the parties has nearly always tired of it. I think an engagements should be long enough for a couple to get acquainted with each other and not so long as to get on each other's nerves.

I think that occasionally a couple fall in love with each other and recognize each other as their mates at sight, but, generally speaking, the wise thing is for them to look each other over long and carefully before they make up their minds.

MURRAY HARBOR INSTITUTE

The December meeting of Queen Mary Institute was held on December 8th in the tea room of hall. The meeting opened by singing Institute Ode and repeating of Creed. Thirty-five members answered roll call with a Christmas verse. The Secretary reported \$104.65 collected by Institute members for Mount Herbert Orphanage. A hearty vote of thanks was tendered Mrs. Gerald Prowse and Mrs. Luther Herring for decorating the tea room for meeting. Sick and School Committees were appointed. A generous box of clothing and toys was packed for the orphanage. Exchange of Christmas gifts among the members proved very interesting and amusing. The meeting closed by singing the National Anthem, after which lunch was served and a social hour enjoyed by all.

THE REASON

A giddy young poet sent a poem to a magazine. It was entitled, "Why Am I Alive?" The editor returned with a slip, on which was typed, "Because you sent this instead of bringing it to me personally."

FOR LIGHT FLUFFY! CAKES



When Madam starts a cake she makes sure that her eggs are fresh, the milk sweet, the butter good, and, if she is wise, she insists on Five Roses Flour, the most important of them all. Made from the best grade of Canadian Hard Spring Wheat, under clean, sanitary conditions.

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