

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

## FOR THE WOMAN READER

**MOVEMENT**  
We sleep and wake and sleep, but all things move.  
The Sun flies forward to his brother Sun;  
The dark earth follows, wheeled in her ellipse;  
And human things returning on themselves  
Move onward leading up the golden year.  
—The Golden Year

**A LASTING FOUNTAIN**  
Look inward! For you have a lasting fountain of happiness at home that will always bubble up, if you will but dig for it.  
—Marcus Aurelius

**ADVICE**  
Let no man presume to give advice to others that has not first given good counsel to himself.—Seneca.

**DIFFERENCES**  
The love of the human race is increased by their individual differences . . . each having something to bestow and to receive; . . . humility in each, rejoicing to admire in his fellow that which he finds not in himself.—Ruskin.

**FRESHENING LEFT-OVER ROLLS**  
Left-over rolls may be made quite fresh again if you reheat them this way: Wrap the not-quite-fresh rolls in waxed paper and put the package into a plain brown paper bag. Place it in a luke warm oven for about 15 minutes. The rolls will come out looking and tasting just like fresh ones.

**NEW ZEST TO BEANS**  
If your family is tired of home-made baked beans with salt pork try baking them with pieces of fresh pork. You'll be surprised how much more appealing they are cooked that way. Besides, a pan of baked beans with generous squares of fresh pork scattered throughout, constitutes a whole meal.

**MEATLESS SAVOURY**  
Put a tbs. butter into a pan, add about 8 potatoes cut in very thick slices, an onion finely chopped, salt, pepper, and 1 teaspoon milk or water. Cook the potatoes till tender, then sprinkle in 2 or 3 tablespoons grated cheese and a little parsley, heat and turn out. The dish may be sprinkled with grated cheese and browned, but this does not add to its digestibility. For variety new carrots thinly sliced and peas may be cooked with the potatoes, and lend color and interest. The foods in this dish are very well balanced, giving an excellent result without meat.

**EATING CORN ON THE COB**  
The best way to make certain that the family will eat its corn-on-cob in the most approved manner is to see that long ears of corn are broken in two before being sent to the table. Usually an ear no longer than four inches can be managed with one hand in an unobtrusive way; and even if two hands are required to steady the ship, the effect is less barbarous when the ears are short.

Little silver forks may be provided, but they are not necessary. Often we see people start upon an ear of corn and go up and down and all around it before stopping, champing all the while. This smacks strangely of the barnyard and should be avoided. To butter and season a strip of corn not more than an inch wide at a time will protect the lips from irritation . . . and protect the napkin.

**FAMOUS WARDROBE**  
**MISTRESS DEAD**  
Mrs. Field-Wait, wardrobe mistress at the famous old Drury Lane Theatre, London, and aunt of Nelson Keys, the comedian, has died at the age of seventy-eight, after fifty years' connection with the London stage, beginning with the first night of "Iolanthe" at the Savoy in 1882. Until a few days ago she had for

**COLIC AND CRAMPS**  
**PAINS IN THE STOMACH**



has been on the market for the past 88 years; its action is pleasant, rapid, reliable and effective and relief from cholera, colic, cramps and pains in the stomach comes promptly.  
Price, 50c. a bottle at all druggists or dealers; put up only by The T. Milburn Co., Limited, Toronto, Ont.

fifteen years climbed the 200 steps to her office at the top of Durylane Theatre.  
She had previously worked at the Adelphi, the Gaiety, Daly's, and the Palace, and among the many stars whose dresses she looked after were Mrs. Langtry, Marie Studholme, Kate Outier, Marion Terry, and Lily Elsie.  
Nelson Keys, as a boy, gave his first imitations in her drawing-room.  
Mrs. Field-Wait, who was known in the theatre as Mrs. Florence Field used to look back fondly on the days of the "show girl." George Edwards, the famous Gaiety chief, gave her a diamond brooch, but she had to sell it in 1914 when she went to Canada, started a business and lost all her money.

**DANGERS OF CHILL**  
Children are easily chilled and parents should be careful at the seaside not to let them bathe or paddle in the water so long that their skin becomes "goose-flesh," or they begin to shiver. Should those symptoms appear it is high time they were taken out of the water, well dried, made to run about and given some hot milk to drink.

**SCANTY EYEBROWS NEVER ADD TO EYE BEAUTY**

Hold yourself in line when it comes to the line of your eyebrows. Most women lose their sense of proportion when they get eyebrow tweezers in their hands. Don't lose yours!

Fashion in the ways to wear your eyebrows have changed. You no longer tweeze them into a thin, straight line if you would be smart. Their own natural line is much more becoming.

However, don't discard eyebrow tweezers altogether. You'll need them to remove straggling hairs which grow down too far on your eye lids and the ones that have grown too closely together in the middle.

You should have a smooth, unlined brow. Eyebrows which grow close together in the middle mar their appearance. Tweeze those hairs often. If your eyebrows are unusually thick and have a shaggy appearance, thin out a few hairs occasionally.

Don't try to change the natural line. Leave them in the line in which they grow—just be sure to keep that natural line smooth with no rough edges.

Tweezing your eyebrows until only a few hairs remain defeats your purpose. Instead of enhancing the beauty of your forehead and eyes, the excessive tweezing will serve to disfigure them.

If your eyebrows aren't thick enough, you might use a little plain white vaseline on them at night. Don't forget to brush them with a small, soft brush after you powder your face. They won't be shining and beautiful if they are allowed to become encrusted with powder dust.  
Eyebrow pencils may be used to darken eyebrows that are too light colored. But use it sparingly, especially in the daytime.

**TOO MANY MILK PUDDINGS**  
Milk puddings for children are sometimes overdone, especially in the case of so many children who frankly dislike them. As the result of forcing them to have milk puddings or nothing they no longer look forward to meals, lose their appetite and get indigestion.

**MANIPULATION OF HANDS REVEAL CHARACTER**

If you are curious to find out what sort of person a woman is, watch the way she uses her hands. Miss Helen Liedloff, New York sculptor, suggested recently to a New York World-Telegram reporter. The artist whose modelled collection of celebrities' hands has been sent to the Century of Progress fair in Chicago believes that card index files could be filled with characteristics of people simply from studying their unstudied manipulations of hands at work or in conversation.  
"Impromptu movements of hands reveal far more than their shape or size," Miss Liedloff said. "Their contour, the length and shape of fingers, the general plan of palm and knuckles, and even the type of wrist from which the hand hangs, are part of the physical ensemble we have inherited from our ancestors. But the way we use them is all our own and is far more of a give-away than the average person realizes."

Two pairs of hands that to the casual observer look about the same may by their movements proclaim that one woman is gentle and generous, while the other is revealed as cupations onto the people she sees,

## Take A Course In Marriage Dorothy Dix Predicts Success From Study

**Too Long Have We Married on the Grab-Bag Principle — College Courses in Matrimony Will Be Worth Their Price if Only They Tell Boys and Girls How to Distinguish Between Real Love and Physical Attraction**

Several of our leading universities are establishing courses in matrimony in which they will make an attempt to teach the art, science or system, as they say in Monte Carlo, of winning out in the greatest gambling game on earth. This is well. All too long have we married on the grab-bag principle and trusted to luck instead of skill and knowledge in selecting our mates and getting along with them afterward. And if the learned professors can teach the boys and girls any certain formula for solving their matrimonial problems as they do for working out their sums in arithmetic, they will be benefactors to the human race.

Assuredly they have a wide field of knowledge to explore, for virtually nothing definite is known on the subject. Those who succeed in marriage and those who fall do not know why nor how they did it. Even experience seems to teach nothing, for the divorced are notoriously repeaters. Nor does age and knowledge of the world help, for graybeards and adolescents make the same matrimonial blunders and fall into the same matrimonial trap.

Admitting, however, that in its very nature marriage is always bound to be a foolhardy adventure, and the way to make a success of it one of the things for which there is one rule and a thousand exceptions, still there are many things about it that the young can be taught which will make it a less hazardous enterprise than it is at present.

And the most important of these, it seems to me, is to try to teach boys and girls how to distinguish between physical attraction and real love, how to tell the difference between a transient sex appeal and the grand passion that comprises love of the soul and mind as well as the body, and that never dies.

If we could do that, we could save innumerable wrecks of the lives of the youngsters who are blown together on some vagrant gust of passion and who marry only to find that they have nothing in common; that their attraction for each other has died out as suddenly as it began, and who quarrel and part with the bitter taste of a marriage that has been a failure in their mouths. To say nothing of the half-orphaned little children who must pay the price of their mistake.

And this tragic error, into which they are fooled by nature itself, of thinking that a mild case of infatuation is enduring love is one that any ignorant boy and girl are likely to make. For they are at the time of life when they are in love with love and when they can see a Fairy Prince or the maiden of their dreams in any commonplace lad or lassie.

Particularly is this the case with girls, who are soaked in romance from their cradle up and who begin to think of love and lovers and plan their trousseau while they are still in the kindergarten. They can't wait to grow up. They can't wait for the right man to come along. They can't stop even to take a second look at the boy on whom they are lavishing their affections. They are like the heroine in the old Florida opera, who sang "I must love somebody and it might as well be you."

So the poor little creatures, drunk on their own emotions, which are the headiest of homebrew concoctions, rush into marriage and spend the balance of their lives regretting it, or trying to get out of it.

From this fatal blunder parents cannot save their children, because all boys and girls believe that their fathers and mothers are so old and desiccated that they have even forgotten what love is like. But probably the college can do what the parents have failed to do, as many a girl majors in domestic science who couldn't be dragged by wild horses into her mother's kitchen.

Maybe when love and marriage become high-browed scientific studies in college, youngsters will learn to make laboratory tests of their feelings. And noting the reactions that have taken place as regards their affections for Maud and Arabella or Percy and Archibald, without whom they thought they could not live last year and whom they cannot endure this year, it may warn them in that their tastes are still in a state of flux and that calf love is as unstable and subject to change as the weather.

Furthermore, great will be the gain if girls and boys can be taught in college to use their heads as well as their hearts not only in picking out their husbands and wives but in dealing with them afterward. Perhaps boys may even be taught to give as much serious thought and intelligence to choosing a wife as they do to picking out an automobile and girls may be brought to see that it is as important to choose husbands who become them and suit their lines and whom they are crazy about as it is a hat.

And certainly both boys and girls could be taught how to treat husbands and wives as they are instructed how to treat dumb animals in the school or animal industry. Half the husbands and wives in the world don't know that there is any code of domestic etiquette which they should observe in dealing with each other, and half of the divorces will be stopped when they find out that it is as bad form to use the hammer on each other as it is to eat peas with a knife.

Undoubtedly the colleges will teach youngsters how to deal suavely with the partners of their bosoms, with special reference to all the niceties of diplomacy, and when that happens the higher education will be justified and the domestic millennium begin. DOROTHY DIX.

## Institute News

FAIRVIEW W. I.

On the evening of June 10th the Fairview Women's Institute called on Mr. and Mrs. James Cavanagh to welcome them to the community. Mrs. Allison McMillan on behalf of the Institute, at first voiced the sentiments of the people by extending a welcome to Mrs. John Currie on her return to her old home in Fairview after spending the winter with her daughter Mrs. Geo. Wilson of New Dominion and then in a few well chosen remarks explained the object of their visit. She then called on Mrs. Stanley Taylor to read the address which is as follows:

Dear Friends:—We the members of Fairview Women's Institute have come here tonight to welcome you to our community. You have left behind your old neighbors and friends, but we hope the new ones will prove congenial, as

**"Now I'm schoolgirl complexion all over"**  
Youthful, radiant skin is the result of Palmolive's gentle olive oil care

PALMOLIVE, and no other soap, is the daily rule in thousands of homes where there are children. For their delicate skins . . . and yours . . . no ordinary soap can hope to give Palmolive results. For nothing has ever been found to equal the mild, gentle care of this blend of olive and palm oils.

Use this treatment for bath and face. Massage a thick lather of Palmolive Soap and warm water gently into the skin. Rinse, first with warm water, then with cold.

Buy 3 cakes of Palmolive today! Follow this beauty care and see for yourself how your skin responds with new youth, new beauty.

*"It's olive oil that makes Palmolive green"*

MADE IN CANADA

## A Morning Smile

It was a chilly day and the fruit vendor was not feeling in the best of tempers. An old lady who stopped at his cart was critical of his bananas.  
"These don't look ripe," she said.  
"Course they're ripe," returned the vendor.  
"I tell you they're not," she persisted. "They are hard to skin."  
The vendor gasped.  
"Crikey!" he ejaculated. "What do yer expect for three for two pence—bananas with zip fasteners?"

Two ladies who had not seen each other for years, recently met in the street. They recognized each other after a time, and their recognition was cordial.  
"So delighted to see you again. Why, you are scarcely altered!"  
"And how little changed you are! Why, how long is it since we met?"  
"I should say five years."  
"And why have you never been to see me?"  
"Oh, my dear, just look at the weather we have had."

large crock. Slice 30 pounds juicy rhubarb into small pieces. Place in crock and pour six gallons of boiling water over it. Stir frequently for 10 days, then strain juice into a pot; dissolve 2 1/2 pounds of sugar in each gallon of juice and pour into crock or tub. When liquid is blood heat add a broken-up fresh yeast cake. Allow juice to ferment until it stops working then strain and bottle. The wine should be undisturbed for 12 months.

## GARDENING

Some garden makers have been inquiring about standard roses, which are to be seen in more pretentious rose gardens, where they make a very attractive appearance. They are sometimes called tree roses because they have one long stem or trunk, with all their flowers borne at the top. These standard roses are useful in large gardens to break up the somewhat flat and monotonous appearance likely to be found within them. Moreover they are said to be less susceptible to black spot and mildew than the bush roses, probably because they are more open to the air. In protected gardens it may be possible to carry these standard roses through the winter by wrapping a little straw or burlap around them, but the best way to handle them, and the only way in cold sections, is to lay them down when winter comes. This can be done by loosening the roots at one side and then pressing the plant over to the ground, where it can be covered with a little soil and left until spring.

**Rhubarb Wine**  
It is important that the wine is made in a wooden tub or barrel or

## Daintiness With Chic Styles

ILLUSTRATED DRESSMAKING LESSON FURNISHED WITH EVERY PATTERN BY ANNABELLE WORTHINGTON

Today's model is just perfect for hot weather wear. Besides being unbelievably easy to make, it's surprisingly inexpensive. The pattern includes clear instructions as to how to cut it out and put it together. The scalloped treatment is optional. The pattern also provides for the neckline, sleeves and neckline to be cut with a straight edge.



Carry it out as the original in a sheer dimity print in dusty pink tones — you'll love it. The white organdy vest gives it a dainty touch. It's a dress you can wear and wear and it will tub beautifully. Striped batiste can be worked out very effectively in this model, an old smart in blue and white or black and white.

Tub silks in white and pastels are charming too. Style No. 867 is designed for sizes 36, 38, 40, 42, 44, 46, 48 and 50 inches bust.

Size 36 requires 3 1/2 yards 35-inch and 1/2 yard contrasting. Price of PATTERN 15 cents in stamps or coin (coin is preferred). Wrap coin carefully.

No. 867. Size .....

Street Address .....

Name .....

City .....

State .....

## THE COOK'S CORNER

Cocoanut Crispettes

3 egg whites  
1/2 cup shredded cocoanut  
1 cup sugar  
2 cups corn flakes  
1 teaspoon vanilla  
Beat egg whites stiff and add other ingredients. Drop by teaspoons on a greased baking sheet. Bake in a moderately hot oven. Time in oven, 15 minutes. Temperature, 375 degrees. Servings, 24.

Cocoanut Meringues

2 egg whites  
1/2 cup sugar  
1/2 teaspoon salt  
1/2 cup dates, cut in small pieces  
1/4 cup walnut, chopped  
1/4 cup cocoanut  
1 teaspoon orange extract  
Beat egg whites stiff and beat sugar into them. Fold in other ingredients. Drop from teaspoon on greased tin. Bake in moderate oven. Time in oven, 30 minutes. Temperature, 300 degrees. Servings 36.

Cocoanut Date Cookies

1 egg  
1-3 cup cooking oil  
1/2 cup sugar  
1-3 cup dates, cut in pieces  
1-3 cup cocoanut  
2 teaspoons lemon extract  
1/2 cup milk  
2 cups flour  
4 teaspoons baking powder  
1/2 teaspoon salt  
1-3 cup nuts, if desired.  
Beat egg very light and add shortening, sugar, dates, cocoanut, and flavoring. Mix well. Add milk and flour which has been sifted with baking powder and salt. Drop from teaspoon on greased tin. Bake in a moderately hot oven. Time in oven 12 minutes. Temperature, 375 degrees. Servings, 36.

Cocoanut Butter Drops

1/2 cup butter or margarine  
1 cup sugar  
2 eggs  
1 cup milk  
2 cups flour  
1/2 teaspoon salt  
2 teaspoons baking powder  
1 cup shredded cocoanut  
1 teaspoon vanilla  
Cream butter, add sugar, and



# Listen! — get hungry



DR. WILLIAMS' **BABY'S OWN TABLETS**  
Make and Keep Children Well—As Mothers Know

## Laid low by "Summer complaint"

Poor little child! How mother's heart does ache to see him lying there so weak and sick! Can you tell her what she should do for her precious darling?

Here is one safe course: Give him **BABY'S OWN TABLETS**, the famous prescription that has brought quick relief in millions of cases of "summer complaint" and restored babies and children to health and happiness.

These tablets contain medicinal ingredients that cause his bowels, liver and kidneys to act together to expel the germs or poisons that are causing his diarrhoea, cramps, chills and fever. The dosage is in the correct proportions for safe administration to him and to other children, which is extremely

ly important in cases of "summer complaint". Just how effective "BABY'S OWN TABLETS" may be gathered from Mrs. Hazel Allard's experience. She writes: "My baby was so bad with summer complaint we despaired of saving her. A friend advised Dr. Williams' **BABY'S OWN TABLETS**. After the third dose baby fell asleep. By noon the next day she took the usual bottle feeding." Why not get a box of **BABY'S OWN TABLETS** and have them ready in case your child suffers an attack of summer complaint? These sweet, easy-to-take tablets are also recommended for constipation, indigestion, teething troubles, fretfulness, sleeplessness and simple fevers.

DR. WILLIAMS' **BABY'S OWN TABLETS**  
Make and Keep Children Well—As Mothers Know