

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

A SCIENTIFIC TALK ON COLDS, PNEUMONIA AND

flu

HEALTH reports show that flu, like colds and pneumonia, is generally more prevalent at this season of the year. And authorities are urging everyone to take all possible precautions to protect themselves.

Just what causes flu has not yet been definitely established by science. But authorities agree that a weakened, run-down condition may make us easier prey to flu—just as it makes us easier prey to colds and other dread winter ailments. So they stress the importance of building up our vitality and resistance. Eat nourishing food. Get plenty of rest, fresh air and exercise. Avoid exposure. And start taking a good, fortifying tonic at once.

Doctors advise Scott's Emulsion Scott's Emulsion is recommended by doctors because it brings the remarkable health-building and disease-resisting vitamins of cod-liver oil—in the pleasantest, quickest way. Scott's Emulsion is emulsified. So it's free from that strong "fishy" taste. Easier to

take. Easier to digest. And it's more quickly absorbed into the blood stream.

As a result, Scott's Emulsion benefits you almost immediately. It promptly strengthens and revitalizes weakened systems. It improves your weight and appetite. It increases your resistance against the attacks of pesky colds and other winter ills.

Wonderful for children!

Try Scott's Emulsion for pale, thin children, too. Made of purest, tested Norwegian cod-liver oil, Scott's Emulsion is rich in vitamin A, the growth-promoting vitamin that helps guard against disease. It is rich in vitamin D, the sunshine vitamin that prevents rickets. It also contains vital mineral elements that aid in forming sound bones and teeth. And remember—Scott's Emulsion tastes pleasant. Take a bottle at your druggist's today!

Sales Agents: Harold F. Ritchie & Company, Ltd., Toronto.

SCOTT'S EMULSION OF VITAMIN-RICH COD-LIVER OIL

Builds up resistance against winter ills

Paris Styles

By MARY KNIGHT

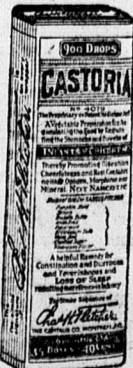
United Press Staff Correspondent

PARIS, March 11.—(U. P.)—Pluque has a way of saying, "Be gay." to a frock that is of navy flannel, or black jersey, when it wraps itself around the neck in a flat little collar that refuses to stop where collars usually stop, but keeps right on going, crosses in the front like a fissure and meets itself in the back over a large navy or black button and buttonhole. There are no cuffs where such a collar-volant is used. The eye therefore centers on the main feature of the dress and is not drawn away from the circular movement of the white pluque to disconnected cuffs.

It is obvious by now that fashion will favor the long street glove reaching to the elbow or higher. If the number of tiny sleeves, medium and half, with and without ruffles and ripples, that have been shown in the collection is an indication of what we will do this summer with our arms, many people who insist on very dignified dressing for the street will wear gloves well over the elbow and will have to have more gloves than they have ever had before. The little sleeve with the kid glove will hold the stage until too hot weather sets in and then the kid glove will retire and gracefully give its place to daintier ones of net and silk and lace in all the light colors for summery frocks as well as the darker ones for the street and somber costumes.

The lace that has been hiding its beauty on "undies" is now coming out in all its glory on the dress itself. Valenciennes and real laces of sheer webbing are more in vogue for spring and summer dress trimmings than has been used in years.

FOR ANY CHILD



baby has a fretful spell, is feverish and cross and can't sleep, let Castoria soothe and quiet him. Sometimes it's a touch of colic. Sometimes it is constipation. Just keep Castoria handy and give freely for any of the above conditions; relief will follow promptly.

CHILDREN are happy and carefree by nature, so when they cry for no apparent reason any careful mother worries. No one can always guess just what is wrong but the remedy can always be the same. Good old Castoria! There's comfort in every drop of this pure vegetable preparation and not the slightest harm in its frequent use. As often as

All through babyhood, Castoria is a mother's standby, and wise mothers do not change to stronger medicines as the child grows older. Just increase the dose of Castoria and keep the youngster's stomach sweet and the bowels in good order. To be sure of getting genuine Fletcher's Castoria you should look for this signature: *W. D. F. Fletcher*

Dorothy Dix Letter Box

How Should the Members of a Family Behave Toward Each Other?—What a Man Wears Tells the Kind of Husband He Will Make

Dear Miss Dix—What should be the conduct in the home of the members of a family toward each other? MRS. L. R.



Answer: The ideal conduct of the members of a family toward each other would be that which they use toward perfect strangers on whom they wish to make a good impression. That is to say, they should be courteous, considerate, deferential, flattering and appreciative.

If mother was father's hostess at dinner, for instance, he would praise the food, and he would listen with an absorbed expression of interest to everything she said, and he would appear to be impressed with her opinions, and he would tell her how young and beautiful she looked and what a charming gown she had on, and mother would be pleased, and a lot of her youthful charm and coquetry would come back to her.

But does father treat mother that way? Not on your life. Father bangs down at the dinner table, and he scowls at mother and says, "What, roast beef again? My lord, woman, haven't you any imagination? Don't the butcher shop carry any other kind of meat except beef? And look at this bread! How in heaven a woman can make bread every day for twenty years and never learn how to make a biscuit that isn't better fitted for artillery practice than it is for human consumption, beats me."

And if mother ventures an opinion, father tells her she doesn't know what she is talking about, and whether she has on a bungalow apron or a Paris confection is all one to him. He never notices her, or if he does he never mentions it. And mother just sort of withers under the way father treats her, and either gets so she is jumpy and afraid of him, or else passes into the "Oh-what's-the-use" state.

And when a strange gentleman is expected to dinner mother puts on her prettiest frock and gets a fresh wave and manicure, and she is gay and alluring, and she laughs at all the guests' stories, though she may have heard them forty times before, and she tells him how wonderful he is to have pulled off that big deal, or won that famous law suit, or driven his car 300 miles in eight hours, and she never mentions any of his little faults or shortcomings to him.

But she doesn't think it worth while to primp up on an evening just for father. And when father comes home she begins to remind him of all the things he has forgotten to do, and to nag him about mistakes that he made ten years ago. And when father starts off on his favorite story mother says: "Oh, for pity sake, are you going to tell that again?" And she doesn't bother to jolly father along and tell him how wonderful and smart he is.

And there is brother. When brother is out with the girls he is the life of the party. So amusing and entertaining, but at home he sits up as silent as a dummy, or is as gruff as a sore-headed bear. He don't waste any of his keen line on his family. When he takes out a little fluffy-haired flapper he lifts her into the car as carefully as if she were glass and he was afraid she would break. He picks up her handkerchief and carries her purse and waits on her hand and foot.

But he lets sister bring in the coal and if she wants a new tire put on the automobile she can darn well do it herself. And he tells Sadie and Mamie how lovely they look in pajamas, but he tells sister when she puts hers on that she looks like a fool scarecrow flapping in the wind, and that if she had a grain of sense in her head she would know that real he-men loathed girls who tried to make imitation men of themselves.

And sister is so mild and amiable that butter wouldn't melt in her mouth when she is out in company, and she is so deferential to all the old ladies and gentlemen, and takes so much pains to entertain them that they think she is a regular angel. But she is sassy as you please to mamma and papa at home and doesn't hesitate to tell them they are back numbers and their opinions ought to be put in an antique among the curios.

And when sister steps out with Tom, Dick or Harry she breaks her neck to please him and agrees with everything he says and flatters him up to the limit and she hangs with breathless rapture on his words, no matter how dull he is or how much he monologues about himself. But she hands brother cold truths without any garnish on the platter. She corrects his grammar and his pronunciation and his table manners. She tells him that anybody with curly hair and a snub nose and a freckled face shows they haven't a y taste when they buy a brown suit like his new one, and how that little Flossy Jones could have fallen for him is something she never could understand, except Flossy never did have any sense, anyway.

So there you are, and it is because families treat each other like families instead of like strangers that homes are what they are and domestic rows are common and divorce increases. It is queer and sad that people who love each other better than anybody else in the world treat each other worse than they do anybody else in the world. But so it is. And it is pitiful to realize that just the use of a little politeness would solve most of the domestic problems and bring about a sort of domestic millennium.

DOROTHY DIX.

Dear Miss Dix—Not long ago you gave men a tip about how to judge women by their clothes. Now tell us how to judge a man by what he wears. US GIRLS.

Answer: A man's clothes are not quite as much a give-away as a woman's because they are so standardized that there is little left to his individual choice, and that cramps his self-expression. The only time that a woman is entitled to pity a man is when she goes shopping.

Hers is the limitless range of every color of the spectrum and she has chiffons and gay brocades and supple velvets and soft woolsens and of endless forms and fashions from which to select. He, poor soul, can only choose from among drag-colored, tubular garments, each the rubber stamp of countless others, that must make buying his clothes an ordeal to him instead of the joy that getting new things is to women.

You can't even tell whether a man's taste is gay or somber, or whether he is original or not by his clothes because whenever he dares to put on anything out of the ordinary he is driven back into the uniform of his sex by the derision of his fellows. However, the way a man dresses does give some tip on his character that a girl does well to consider.

If, for instance, a man is careless about shaving and appears habitually with a stubble of beard on his face, he is bone lazy and self-indulgent and generally lacking in enterprise and ambition. He will make the sort of a husband who will never get along because he will do just as little work as he can to hold down the easiest job he can find. If he marries a business woman he will soon knock off work altogether and let her support him, and if he marries a domestic woman she will always have to wait on him hand and foot.

If a man is careless about his dress and wears a coat of one suit and a waistcoat of another and trousers of a third, he is lacking in taste and judgment, and is the sort of a man who always takes the easiest way and never does anything just quite right. Such a man is generally easy going and

What the Fashionable are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern

By Annabelle Worthington



This model is especially adaptable to women with figures a little

above normal.

It's the wrapped arrangement of the front that does the trick. It creates a lengthened, slimming line. A gathered flounce low lined provides graceful flare and at the same time detracts from breadth across the front of the skirt.

The surplice bodice is the best known means to achieve a narrowing effect.

A small patterned flat crepe silk with plain contrast will prove most attractive, economical and useful for daytime wear.

Style No. 2995 is designed for sizes 36, 38, 40, 42, 44 and 46 inches bust.

You will see one attractive style after another as you turn over the pages of our new Spring Fashion Book.

Styles for children or the miss, the matron, the stou—and a series of dressmaking articles. It is a book that will save you money.

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.

No. 2995. Size Name Street Address City State

For The Cook

CANDIED GRAPEFRUIT OR ORANGE STICKS

Cut the skins of grapefruit or oranges into long, narrow strips. Cover with cold water and boil for 200 minutes; drain, cover again with cold water, and boil 20 minutes. Do this three times. Measure the contents after draining the water, and add an equal quantity of sugar. Cook slowly, stirring constantly, until sugar melts and syrup crystallizes. Roll in sugar, and put on waxed paper to dry. Vary by adding to half the quantity a little ginger or cinnamon when cooking with the sugar. Excellent to serve at afternoon tea or bridge.

Etiquette

By Roberta Lee

Q. Who makes out the list of invitations for a wedding?
A. The bride and the groom together.
Q. Does etiquette require bidding good-bye to one's dinner partner?
A. Yes.
Q. When should a dance program be filled?
A. Either before or during the dance.

pleasant to live with, but he will never make any startling success in the world.

The man who always buys the wrong thing, colors that swear at each other, hats that are last season's style, trousers that are too wide or too narrow, or too short or too long, lacks observation and perception, and he will always be a little behind the procession. He will never be one who sees opportunities, or be the first to adopt a better way of doing things.

But the man who is what we call "a snappy dresser," who is always up to the minute, who knows what to buy and how to wear it, is a go-getter. Especially keep your eye on the young man who will deny himself other things in order to be well dressed. He will get them. DOROTHY DIX.

"As Pure as Childhood"

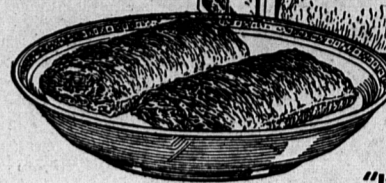
Play SAFE with Milk

DOROTHY Brand Milk is pure, fresh, cow's milk, concentrated and sterilized. Use it in coffee, cocoa or tea. Use it on breakfast cereals. Diluted with an equal quantity of water, use it for all cooking and for drinking. It is a SAFE milk, and more easily digested because homogenized.

DOROTHY BRAND EVAPORATED MILK



Canadian Shredded Wheat is 100% Canadian grain. Eat TWO Shredded Wheat Biscuits a day and help Canada's Wheat growers.



"I'm late—but I have time for Shredded Wheat"

"Oh you don't have to worry about getting to work on time when we have Shredded Wheat in the house.—It's ready cooked, ready to serve—and you'll have plenty to eat. Shredded Wheat is the real energy-food; and whether you prefer it with cream or with hot milk on cold mornings, it's a delicious and satisfying meal."

THE CANADIAN SHREDDED WHEAT COMPANY, LTD.

SHREDDED WHEAT

WITH ALL THE BRAN OF THE WHOLE WHEAT

A Morning Smile

Forgetful Husband (to Friend)—Say, old chap, I want you to help me.

Style Chats

WITH ALMA ARCHER

The soft, snugly Polo type of coat has become a classic in the smart girl's wardrobe, and will continue to be the most popular style of "simple" overcoats.

The same girl who looks poor and like a nobody in a cheap, ordinary coat, will often find her entire appearance changed to a smart, casual, thoroughly American type the moment she dons a Polo coat, even though it may be quite inexpensive for there is no other coat style quite so universally flattering.

For the girl still in the meager-salary, stenographer stage of her business career, there is no other coat which can make a daily trip before the boss' eyes as successfully always being fresh and youthful, whereas the fur on the ordinary cheap coats becomes ratty by the minute and the style more irritating by the season.

Although Polo coats are usually associated with Camel's Hair, they are of course available in soft woolsens, wool plush, velours and in colors from natural to pastels.

A delicious luncheon treat



RECIPE: Place a poached egg on hot buttered spinach in centre of plate and surround spinach with a deep border of Clark's Cooked Spaghetti, thoroughly heated. Garnish with parsley.

CLARK'S COOKED SPAGHETTI

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Establishments at Montreal, P.Q., St. Remi, P.Q., and Harrow, Ont.