

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

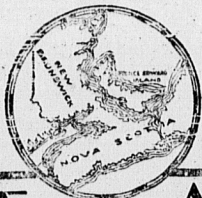
Women of the Maritime Provinces



The flour that suits others may not suit you . . .

It is no secret among Canadian flour millers that your standard is very high, nor that the flour which is acceptable to the home bakers of many other countries may not satisfy you.

But there is one Canadian flour that should always satisfy you, for it is made from the best quality of the best wheat that Canada produces, and it is milled up to the very highest standard of your requirements. Its popularity among the women of the Maritime Provinces is now widespread and increasing.



REGAL FLOUR



When Bobby and Beryl

Were little tots they were cranky and irritable. But they're great pals now because they feel good—they're happy and full of energy. The change is due to another pal—Nestlé's Evaporated Milk.

And here's the Reason! Nestlé's Evaporated Milk is just the best of fresh cow's milk with part of the water removed—then sealed and sterilized in air-tight containers. Add water again and you have absolutely pure, safe milk—but more readily digestible than ordinary milk because the large fat globules of the milk have been broken up into small ones of the same size as in Mother's milk. Also, the curds which form in the stomach when Nestlé's Evaporated Milk is used are soft and flaky and therefore easily digestible.

Use Nestlé's Evaporated Milk for Your Baby. Use it in coffee—in cocoa—in tea. Use it in all cooking and as a beverage by diluting with one to two parts water.

NESTLÉ'S EVAPORATED (Unsweetened) MILK

TENDERS FOR ERECTION OF BRACE BLOCK

Tenders addressed to Donald McKinnon, Royal Bank Building, Charlottetown, will be received up to twelve o'clock noon on Monday, the 25th day of August instant for the erection and completion of Brace Block to be erected of brick and stone on the east side of Queen Street, Charlottetown, according to plans and specifications which may be seen at the office of Messrs. Chappell & Hunter, Architects, Charlottetown. The lowest or any tender not necessarily accepted.

By Order—Trustees, Brace Block. 5889-8-16-8.

FOR SALE

Rotary threshing crusher and other small belts. Also rubber and leather traces all at half price.

CLINTON MORRISON, Fredericton, P. E. I.

Special Tickets For Exhibition

The new season ticket for the Exhibition of 1920 is now ready and can be obtained at all Drug Stores. The price is \$3.00 each and this ticket admits one person morning, afternoon and evening to the Grounds. Not only can you see everything connected with the Exhibition, but also the four days horse racing and vaudeville. It is equal to \$6.00 worth of admission all for the price of \$3.00. 5751-8-11-1f.

AUCTION SALE

I am instructed by Mr. Finlay Matheson, to sell by his premises Darlington, on Monday, August 25th, at one o'clock p. m., his farm consisting of 29 acres land with buildings and each situated one half mile from North Wiltshire Station. Also Crop, Implements, Household Furniture, etc.

For further particulars see hand bills.

ALEX McRAE, Auctioneer.

THE WIFE-SHIP WOMAN

Bah! Who cares? I cried. "Not I have lived in the woods so long I am known as the White Indian. I will never be cooped up in a settlement again, even if free to come and go as I pleased. All I wish now is to find Steur de Bineville."

"Then you will go to Ship Island, for his excellency went there this morning to await the coming of the wife-ship," said Jules.

I rolled my robes in a pillow and stretched out in the bow and fell asleep almost at once. When I awoke it was to see the stars overhead. I slept again, and on my second awakening found we were behind ship island and making for the anchorage on the north side, where the masts of a ship were silhouetted against the morning sky. As I surveyed the Bay of Bixoli, the islands and the man, I could not blame Bineville for his impatience with the government for insisting on a gulf port. Shoaling of the port on Dauphine had driven the seat of government from Mobile to Bixoli, but those who dwell in Bixoli learned that the reflection from the sand was evil to endure, and that boats left unused were soon destroyed by the worms.

However, it was the unloading of the cargo-ships that supplied the

Etiquette

By Roberta Lee

Q. Should one ever conduct a lady around the room and introduce her individually to each stranger? A. No; it is very bad form. Q. With what should celery be conveyed to the mouth? A. With the fingers. Q. At what age should children be introduced to guests? O. At four or five; it is good training.

For The Cook

ORANGE DRINK

Take the juice of six oranges and the grated yellow rind of three, the juice of three lemons, two ounces of citric acid, three pounds and a half of white sugar, and to this add three pints of boiling water. Let this stand over night, strain and bottle. Two or three teaspoons of this mixture, in a glass of water, makes a satisfying, refreshing, as well as a pleasant drink.

A Morning Smile

"It's surprisin'," said Mike to Pat, as they gazed at a brick cottage that was being built, "how mortar binds the bricks together."

"Whenever will ye get since?" replied Pat. "The mortar doesn't bind bricks together—it keeps them apart."

War Time Premier Sails For Geneva

QUEBEC, Que., Aug. 21.—Rt. Hon. Sir Robert Borden, who will be Canada's representative at the forthcoming meeting of the Council of the League of Nations at Geneva, sailed today from Quebec on board the S. S. Empress of Scotland for Cherbourg.

Canada's war time Premier was recently appointed by the Dominion Government to succeed Hon. Raoul Dandurand as Canada's member on the Council of the League.

Gas On Stomach Is Dangerous

TELLS HOW TO STOP IT

Gas, Pain, Bloating and a feeling of fullness after eating are almost certain evidence of excessive hydrochloric acid in the stomach.

Too much acid irritates the delicate stomach lining, frequently causing chronic gastritis and dangerous ulcers. Food ferments and forms a gas that distends the stomach and often seriously affects the heart.

It is genuine folly to neglect such a condition or to treat with artificial digestive aids that cannot neutralize the stomach acid. A better way is to get from any reliable drug store some Bismarated Magnesia (now in water after each meal. Bismarated Magnesia will stop the worst gas attack quickly and without embarrassment. Taken right after eating, it prevents formation of gas and acids so there is no sourness, bloating or pain. Pleasant and perfectly harmless to use—Bismarated Magnesia does give wonderful relief in nine out of ten cases. Ask your Doctor or Druggist. Try it today.

Shall We Ignore Mrs. Grundy? Dorothy Dix Would Maintain Normal Balance

We Are Wise to Accord Proper Deference to Our Neighbors' Opinions, But We Are Foolish to Be Slaves to Them; for No Matter What We do, We Will Not be Able to Please Everybody

There is no more difficult question to decide than how far we should be ruled by our neighbors and where we should draw the line between snapping our fingers in Mrs. Grundy's face and grovelling in the dust before her.

A millionaire's insolent dictum, "The public be damned," very nearly wrecked a railroad, and certainly it will wreck any man or woman to flout the opinion of the community in which he or she lives. For our reputations are in the mouths of our acquaintances, and we stand or fall by what they say about us.

It isn't enough for us to be good; we must look good to those about us and act in accordance with their conventions. There is an unwritten law that we may not do certain things without subjecting ourselves to gossip, and we defy this at our peril.

The married woman who goes joy riding with slick-haired youths may be, in reality, a devoted wife and mother and faithful to her husband; the young girl who indulges in petting parties in automobiles parked in front of her house at 3 o'clock in the morning may be merely indiscreet. The married man who takes his stenographer out to lunch may be actuated by only the most altruistic motives, but their clear conscience avail them nothing.

Their neighbors cannot see into their souls. They can only judge by the outside and make such deductions as appearances seem to warrant. Therefore, we are foolish if we think we can defy our neighbors, and do as we please, and live our own lives regardless of them.

Every now and then you find some intrepid individual who tries this experiment: A young girl who thinks she has a right to comfort and console some married man and receives his attentions. A couple who decide to live together without benefit of clergy. A man who scorns to follow the dictates of fashion, and who comes to your parties unshaven and unshorn and wearing a flannel shirt and baggy trousers. But, sooner or later, the juggernaut of public opinion rolls over all of these people and leaves them crushed and maimed. They find themselves ostracized, balked of their ambitions, dropped out of everything and left to go their self-elected way alone.

Now this fear of what "they will say" is the beginning of righteousness. It is the hangman's whip that keeps many a weak, tempted brother and sister in the strait and narrow path. And it is a good wholesome thing for us to entertain a proper respect for our neighbors' tongues and so to conduct ourselves that we are not afraid of being the subject of conversation when two or three of them are gathered together.

But while we are wise to accord proper deference to our neighbors' opinions, we are foolish to be slaves to them, and to be so afraid of what they will say about us that we sacrifice all of our independence to them. For we may be sure that, no matter what we do, we will be discussed and criticized, and that we will not be able to please everybody.

The Joneses will think we stay at home too much; the Robinsons that we go out too much. The Smiths will opine that we are extravagant; the Thompsons that we are tightwads. The Johnsons will hold that we spoil our children; the Grahams that we are too hard upon them. If we have an automobile, the O'Reillys will wonder how we can afford it. If we haven't one, the O'Tooles will wonder why we don't get one. If our household is a devoted one, some of the neighbors will hold us up as an example of a happy marriage and others will suspect it of being a bluff.

And so it will go. Others will discuss us as we, in our turn, discuss them, and in the end we have to fall back upon the philosophy of the old Dutch merchant who suddenly acquired a fortune and who, knowing that his origin would be a matter of speculation among his friends, carved over the doorway of the fine new mansion that he built: "They say. They will say. Let them be saying."

Unfortunately, this fear of "what they say" makes such cowards of many people that they will ruin their lives rather than do something that they think the neighbors might criticize. It is at the bottom of what makes men starve along at what they call "white-collar jobs" when they might be making fortunes in some trade. It is what crowds the professions with the unfit who would make successes as carpenters, bricklayers, or plumbers.

For years the fear of what the neighbors would say kept women threadbare in genteel poverty and eating the bitter bread of dependence, who were just aching to get out and work and make money for themselves. This dread of what the neighbors will say is keeping thousands of women who have a genius for cookery that they would love to express, and who thrill at the sight of a pan and pot, out of the kitchens that they long to be in. They

were coming to the valley. The more desirable they were the more aroused the Atlantic provinces would become.

"I have some hard Spanish money for you, Monsieur Mattor," I remarked as I sat upright.

God hear me! But hard money is a fairy hard to catch, now that Monsieur L'as has covered the world with his paper money!" exclaimed the father.

The very packet seemed to sniff the prospect at silver and leaped more buoyantly through the shallow waters.

At Ship Island, where the boats anchored—the Mattors called it Isle Francoise—there was twenty feet of water. As we drew nearer we saw the ship was discharging merchandise

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Division of Illustration Stations will hold the following FIELD DAYS

Wood Islands, Monday Aug. 25th at 2 p. m. Red Point, Tuesday, Aug. 26th at 2 p. m. St. Peters, Wednesday, Aug. 27th at 3 p. m. The Superintendent of the Experimental Farm, and the Superintendent of Illustration Stations will be at each meeting. Other members of the Provincial and Dominion Departments of Agriculture will also be present. Mr. F. F. Baird, of Live Stock Branch will put on a Lamb Grading Demonstration at each place. All interested are cordially invited



Summer Health, and Summer Happiness

IN summertime nothing is more refreshing than a glass of COLD OVALTINE. It makes children and grown-ups healthy and happy. Ovaltine is the original and supreme tonic food beverage, supplying all the nutritive elements of fresh eggs, creamy milk and ripe barley malt in just the right proportions to nourish brain, nerves and body. Ovaltine contains all the essential vitamins.

For summer fatigue; after motoring, shopping, or sports; or when hot and tired at night, take a glass of cold Ovaltine. It restores energy, soothes and refreshes.

OVALTINE COLD

Prepare Ovaltine Cold This Way Add two teaspoonsfuls to a cup of cold milk. Shake in shaker, or stir well, until dissolved.

Builds-up Brain, Nerve and Body At all good stores in 50c, 75c, \$1.25, and special \$4.50 family size tins; also served at soda fountains.

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

By Anabelle Worthington



Smart folk are wearing tubular frocks for all-day occasions.

A smart practical dress of printed sportswear linen in Nile green print shows preference for lingerie trim in handkerchief weight linen. It matches the ground of the print and appears in vest, collar, cuffs and belt. The scalloped detail is chic and is echoed in skirt with box-pleat effect at front.

Cotton pique of pale pink cast is lovely medium for its development.

White shantung with vivid blue dots with vest and belt of self-material is swagger. Make the collar and cuffs of plain white shantung with bias binding at edge in blue.

Pale blue flat washable crepe is flattering.

Style No. 2594 comes in sizes 16, 18 years, 36, 38, 40 and 42 inches bust.

Pattern price 15 cents in stamps or coin (coin preferred). Be sure to fill in size of pattern. Address Pattern Department.

No. 2594. Size

Name

Street Address

City State

EXHIBITION OF QUILTED WORK

LONDON, Aug. 21.—Miss Margaret Bondfield, Minister of Labor,

would a million times rather go out to domestic service than work in factories or clerk in stores, if they weren't terrorized by the thought of what their neighbors would say.

Worst of all, this fear of what "they say" makes men and women ruin themselves by extravagance. They feel that they have to keep up with the Joneses. They haven't the courage to live according to their means. They think they will be criticized if they don't give the sort of parties their friends give and wear the same sort of clothes and have as good a car. So they run into debt and come to disaster in the end.

And the queer part of it all is that when we are brave enough to be independent and choose the sort of work we are fitted for by nature, when we roll our own baby carriages and make our own frocks and ride in a flivver and live within our means, our neighbors all praise us for it and say kindly things instead of ridiculing us as they do when we pretend and pose.

The moral of all of which is that we should live so that we may not be afraid of what "they say" about us and, having done that, not care a hang what they do say.

recently opened an exhibition of quilted work done by women in the distressed mining areas at the show-rooms of Country Industries. She said there was a great need today of stimulating individual effort and capacities which might otherwise be neglected in the stream of industry with mass production on a scale undreamt of 50 years ago, there was danger of shutting out from our lives the originality and creative power of the old craftsmen. She was glad that they were able to save among the Durham and Welsh women those roots of pride in the old designs, which had been handed down to them for generations.

The exhibition is particularly interesting for the number of new ways in which it has been found possible to use quilting. Besides beautiful quilts made in traditional patterns such as the church window, the feather, and designs showing Celtic influences and carried out in washable material, there were tennis coats in good designs, motoring rugs, boudoir sets, cot covers scarves, bags, and a black satin coat trimmed with fur which attracted much attention. Dressing jackets and a dressing gown quilted in the hammock design, were also shown. The object of the exhibition is to keep the 200 women who are on the books of the Rural Industries Bureau employed over the autumn months.

Mr. C. Noel Wilde, Canadian Trade Commissioner in Mexico City has arrived in Canada with the object of undertaking a tour of the Dominion in the interests of Canadian trade with his territory which includes the Central American Republics. He is beginning his itinerary at Montreal, where he is to remain from August 15 to August 27.

Pile Sufferers

You can only get quick and permanent relief by removing the cause—congestion of blood in the lower bowel and a weakening of the parts. Nothing but an internal medicine can do this—that's why cutting and salves fail. Dr. J. S. Leonard's HEM-ROID covered a real internal Pile remedy after prescribing it for 1000 patients with success in 950 cases. It is now sold in 800 cases. It is HEM-ROID, Druggists everywhere now sell it and Hughes Drug Co., Ltd., guarantees money-back if HEM-ROID does not end Piles in any form.

Be Rid of Roaches



Whiz Fly Fume

The quickest, surest way to kill roaches, flies, mosquitoes and other insects in your kitchen is to use Whiz Fly Fume. The odor is pleasant, it won't stain and is absolutely harmless to humans, pets and food. Try Fly Fume today. Sold by leading dealers everywhere.