

SCHOOL-DAYS ARE JOY-DAYS FOR PROPERLY NOURISHED CHILDREN

SHREDDED WHEAT

With all the bran of the whole wheat



After a warm, nourishing breakfast of Shredded Wheat and hot milk, the youngsters are off to school with bounding energy and mental alertness. They like the crisp, crunchy shreds of baked whole wheat and it's so good for them. It's ready-cooked.

What the Fashionable Are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern

By Annebelle Worthington



sewing. Several dresses can be made at the cost of one ready-made dress of same quality in shop.

Nile green chambray with white collar and green crystal buttons on front closing trimming band of white pique is very smart.

Red and white printed pique with white pique collar, yellow shiny finish cotton broadcloth with soft brown pique. French blue dimity with white dots with white organdie, cocoa brown linen with white geometric print with white linen collar, and wool jersey in beige with brown trim are choice of the wee fashionables who know smartness.

Pattern price 15 cents. Be sure to fill in size of pattern. Address Pattern Department. The New Fall and Winter Fashion Magazine is 15 cents, but only 10 cents when ordered with a pattern.

Household Hints

By Roberta Lee

Velvet

To steam velvet, hang the article in the bathroom and turn on the hot water in the tub until the room steams. Let it remain an hour or two. Then hang the garment out to dry thoroughly. This method restores the lustre beautifully.

Fresh Eggs

Eggs can be kept fresh for a much longer time if, while fresh, each egg is rubbed thoroughly with either butter or glycerine.

Garbage

When the garbage is burned in the furnace or stove, throw in a handful of salt and it will avoid any odors.

The number of ships passing through the Panama Canal between January 1 and August 15 this year was 115 more and the tolls \$970,413 greater than in the same period of last year.

Dorothy Dix Letter Box

How Can the Middle-Aged Wife Keep Her Husband, Who is Fed up on Domesticity? Folly of Believing in Cocktail Love

Dear Miss Dix—My niece is married to a business man who is in his 40s. She has been a devoted wife and mother, a good housekeeper, amiable and pleasant and considerate of her husband's tastes and wishes and she has stood by him through some very lean times, although they are prosperous now. Even her husband finds no fault with her except that she is "so darned respectable." But, anyway, he is tired of her and wants to travel around the world and be free instead of being hampered with a wife. Therefore, he is planning to rid himself of his wife when their one child will be through college. He has established a trust fund for this boy, but frankly says that he intends to give his wife only \$2000, and he has fixed the balance of his property so she cannot get any more.

Now my niece hasn't the slightest suspicion of her husband's intentions toward her, and I am troubled about whether I should tell her about what I have found out or not. By the time he proposes to leave her she will be a woman of 50, and it isn't easy for a woman of 50 to change her way of living. What should I do in the circumstances?



AUNT BETTY.

Answer:

If your niece's husband is going to take several years to think over his plan of abandoning a wife against whom he has no real cause of complaint, the chances are that he will never do it. The idea of being free and untrammelled and able to wander the wide world over without any wife hanging on to his coat-tails is just a sort of Castle in Spain that many a man builds in his day dreams without ever trying to live in it. It is just like the camping or the fishing trip he is always going to take next summer that he talks about and plans for all winter, but somehow he never gets off on it. But he has a lot of fun in thinking he is going to do so.

When a man gets along in the late 40s and the early 50s, they reach a restless age when everything they have been doing suddenly palls upon them and they have a morbid craving for change. Their business or profession becomes distasteful to them and they feel that they cannot try another law case or see another patient or sell another bill of groceries. It seems to them that it would be heaven just to have nothing to do, and so if they can afford, if they retire and die of boredom in a few years.

And more than all does domesticity get upon a man's nerves at this age. For the moment its monotony seems unendurable to him. No matter how perfect a woman he is married to, she is the same old wife he has had for twenty-five or thirty years and he is tired of looking at her, tired of listening to her talk, tired of coming home every night even to the same good dinner, tired of having to consider the children, tired of everything appertaining to and concerning matrimony.

What he wants, or thinks he wants, is a wild life of gay adventure. He wants painted women instead of a respectable matron. He wants wild parties instead of quiet evenings by the fireside. He wants to be a laughing, irresponsible boy again, and he thinks that if he could just get rid of his wife he would be a joyous lad once more without a worry in the world. Very often while this mood is upon him he tries it, but he finds that divorce doesn't set back the hands of the clock nor restore to him his lost youth. He is still 45 or 50 and not 20. He can't go the pace with the youngsters.

He finds out to his dismay that he doesn't look the romantic hero that he thought he would to the girls and that he regard him merely as a sugar papa instead of a sheik and that he has to pay for all the kisses he gets, and he wearies of restaurants and longs for meals that he doesn't have to order, and he wants somebody to be worried over his rheumatism instead of laughing at him for it.

Evidently your nephew is crossing over this bridge between the 40s and the 60s that most men pass over. It is a dangerous place and one where their feet are mighty apt to slip, but once they negotiate it safely they are ready to settle down thankfully enough and be home companions the balance of their lives.

The only way that wives can help at such a time is by keeping out of the way, and if every woman when she saw her husband was getting restless and bored and beginning to stay out at nights would go away and take a year's vacation it would save many a divorce.

For when a man begins to wander ninety-nine times out of a hundred it is just because he is fed up on domesticity. He wants to feel free and to do what he wants to do without having to furnish an alibi. The lure of the other woman is that he isn't tied to her apron string. So if wife would go away and let him find out that home means something besides a jail and that lady loves are just as hard to get along with as wives and quite as tiresome and that running around hunting amusement of an evening can get to be more monotonous than going home, why he would be glad enough to come back again.

So I think, Aunt Betty, I would tell my niece of the danger that threatens her and advise her to talk the matter over with her husband and offer him a year's respite from matrimony. Very likely he would jump at it and still more likely he will be glad to come back to a wife who has helped him make his money and who is so "darned respectable" after he has tried the others who will show him how fast they can spend his money and who are not hampered with respectability.

At any rate if your niece's husband has it in his mind to abandon his wife she should know it as soon as possible so that she may begin to prepare herself for it and at least acquire some trade by which she can support herself if he throws her out without a living.

DOROTHY DIX.

Dear Miss Dix—I am a girl desperately in love with a young man and I don't know whether he loves me or not. He drinks some but not excessively and when he has had two or three drinks he makes ardent love to me and tells me that he loves me better than life itself and that he wants me to marry him and that if I don't he will never marry any one and that we are made for each other and that nothing but death can separate us. But when he is sober he doesn't make love. He is just nice and polite and never says a thing about marrying me. Do you think this boy loves me or not?

M. M. V.

Answer:

Of course he doesn't love you and you are foolish to waste another thought on him. It is the liquor that speaks, not his heart. Drink affects men differently. Some men it makes amorous. They make love to any woman who happens to be near them. They swear undying friendship to a perfect stranger over their fourth cocktail. Other men it makes belligerent. They beat up their wives and little children and pick a fight with everybody who comes in contact with them.

Put no faith in the old saying that in wine there is truth and that when a man is drunk he expresses his real sentiments. What a drunken man says are the maunderings of a man who has temporarily taken leave of his senses. Never believe a man loves you unless he tells you so when he is cold sober. The only love that lasts is that which is backed up by a man's reason and judgment and good, hard sense.

Milady Beautiful

By Lela Kault



MOTH PATCHES AN LIVER SPOTS

It seems that milady has her beauty problems at every age. The young girl is worried about removing the freckles which are apt to sprinkle themselves so generously over her nose. And along the same lines comes the older woman whose problem is often how to remove moth patches and liver spots. These blemishes, through similar to freckles, are deposited in the deeper layers of the subcuticle. A bleach or lotion will in many cases fade them, but only an irritant strong enough to remove the skin will entirely eradicate them.

Any one troubled with moth patches or liver spots would be wise to see a physician to ascertain whether or not there is an internal condition causing them, for it is very foolish to spend time and money on local treatments for such ills without first trying to find the cause. True, they may often be bleached without their cause being known but the relief is only temporary. They will return unless the cause is removed.

The following treatment is often very helpful in bleaching these dark-pigmented areas when they are not of the stubborn variety: After cleansing the skin at bedtime, massage with a lemon or cucumber bleaching cream for several hours. Wipe off the excess cream and pat on a little lotion of one dram of zinc sulphate and four ounces rosewater. Allow this to dry on the skin. Next apply zinc ointment to the dark spots and let it remain on all night. In the morning wash off the salve and put on more of the lotion. Dust with face powder.

This treatment should be repeated daily for at least two or three weeks before results are expected. At the end of this period the spots will probably be lighter in color, but the treatment should be continued until they seem to be bleached as light as possible. It is not likely that they will disappear entirely.

Another simple treatment for liver spots which many find helpful is to bathe the parts well with one pint of warm water mixed with one tablespoonful of baking soda. Bathe for several minutes at night, dry well and apply old-fashioned zinc ointment thickly. Wash off in the morning. Use a bleaching cream regularly and a weekly bleaching pack made of one-half ounce borax, two ounces glycerin, one ounce rose-water, four ounces strong sulphur water, one ounce lemon juice, one-quarter ounce powdered alum and two ounces elderflower water. To make the sulphur water, cover one and one-half ounces flowers of sulphur with four ounces boiling water and allow it to cool, stirring occasionally. Mix in the other ingredients.

Any one troubled with liver spots should look well to her diet. Make sure that plenty of raw fruits, especially orange juice, are partaken of daily, and drink plenty of water between meals. A careful diet, plus daily outdoor exercise, is often better for removing the cause and thus

Personally, I can think of no greater insult than a man can offer a girl than to ask her to marry him when he is drunk and ignore the subject when he is at himself. Have enough pride to send this cad packing.

DOROTHY DIX.

Dear Miss Dix—Do you think I will make a mistake in marrying a man I have never seen? I got his address through the Exchange Club, and if what he writes is true I know I could love him, but he is a Mason and I am a Catholic. He wants to come and marry me in August and take me back home with him, but I hate to think of being more than 2000 miles away from everybody I know.

DOROTHY R.

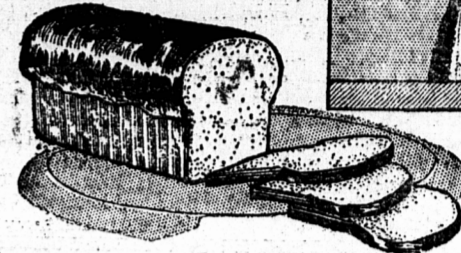
Answer:

Good gracious, child, aren't there enough risks in marrying a man you do not know without taking any chances on tying up with a perfect stranger whom you have never seen?

Consider you don't know a thing about this man's life nor what sort of a family he comes from nor whether he can make you a living or not. He may have another wife for all you know. He may be diseased. He may be shiftless and ne'er-do-well. He may have a repulsive personality. There may be a million things to make him undesirable as a husband.

If he doesn't want you badly enough to come on and look you over and let you look him over before marriage, say "no." Don't be fool enough to buy a pig in a poke.

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As the first link of the service between Batavia, Java, and Singapore, Straits Settlements, an air mail and passenger line has been established between Batavia and Palembang, Sumatra.

A Morning Smile

The tall, angular woman was regarding the fisherman, as he unloaded his boat, with an expression of deep disgust. When at last he took out a fish rather smaller than the rest she could contain herself no longer. "You cruel, wicked man!" she shrieked. "How could you let a poor little thing like that swallow your nasty, sharp hook?"

The fisherman looked up. "You attend to yer own affairs," he said, "and don't go interferin' with mine. I should 'ave thought this 'ere fish would 'ave bin an example for you. If 'e'd kept 'is mouth shut, 'e wouldn't 'ave gone an' got 'imself in to this trouble."

On the same day recently Gerald, youngest son of Princess Mary of England, celebrated his sixth birthday and his grandfather, the Earl of Harewood, his eighty-fourth.

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