

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

WHEN YOUR DAUGHTER COMES TO WOMANHOOD

Most girls in their teens need a tonic and regulator. Give your daughter Lydia E. Pinkham's Vegetable Compound for the next few months. Teach her how to guard her health at this critical time. When she is a happy, healthy wife and mother she will thank you.

Sold at all good drug stores:

Lydia E. Pinkham's Vegetable Compound

A Morning Smile

They were "sitting-out" at a dance, and for ten minutes he had sat gazing at her without uttering a word.

"Obviously," she thought, "he wants to kiss me, but is too shy. I'll give him a lead."

So she murmured: "I believe I can read your thoughts."

"Then why don't you use your powder puff," he said. "I think nothing makes a woman look more unattractive than a shiny nose."

Mrs. Jones: "And did your James pass his school examinations, Mrs. Smith?"

Mrs. Smith: "No, he didn't, poor kid. Why how did they expect him to answer questions about things that happened long before I was even born?"

THE COOK'S CORNER

Canadian Meat Pie

- 1 1/2 pounds top round steak
 - 3 lamb kidneys
 - 1/2 sliced onions
 - 2 1/2 tablespoons butter
 - 1 1-3 cups boiling water
 - 1/4 tablespoons Worcestershire sauce
 - 2 tablespoons flour
 - 1/2 teaspoon salt
 - 3/4 teaspoon pepper
 - Plain pastry
- Wipe steak, remove fat and cut lean meat into 1/2-inch cubes.
- Soak, pare, trim and cut kidneys into small pieces.
- Heat the fat removed from steak, add onion and stir constantly until well browned. Add 1 tablespoon butter, beef and kidneys and stir constantly until entire surface of meat is well seared and browned, remove to steppan.
- To fat remaining in pan, add boiling water, Worcestershire sauce, salt and pepper. Pour over meat, cover tightly and let cook over low heat until meat is tender. Strain off liquid remaining in pan and thicken with remaining butter and flour mixed together.
- Turn into baking dish, pour over half the sauce, reserving the remainder to serve hot with the pie. Cover with plain pastry and bake in hot oven (450 degrees F.) This will serve five.

Purée of Cauliflower

- 3 tablespoons butter
 - 3 tablespoons diced pork
 - 1/2 tablespoon flour
 - 1 tablespoon chopped leek
 - 2 tablespoons celery
 - 2 bay leaves
 - 6 cups veal broth
 - 1 head cooked cauliflower
 - 4 cups milk
 - 2 egg yolks
 - 1/2 cup cream
 - 1/2 tablespoon sugar
 - Salt and pepper
- Melt butter in a pan, add pork, leek, celery, bay leaves and flour. Brown carefully, stirring constantly about eight minutes. Then add soaked cauliflower broken into flowerettes and veal broth; let boil a few minutes longer. Pass through a sieve, saving one flowerette for each soup plate for decoration. Then add milk and bring to a boil. Beat egg yolks with cream and add to soup just before serving. This makes eight to ten servings.

Blueberry Soup

- 3 cups blueberries
 - 6 cups water
 - 1 stick cinnamon
 - 1/2 cups sugar
 - 2 tablespoons potato flour
 - 1/2 cup water
- Pick berries carefully and wash them well. Add water, cinnamon and sugar to them and cook over a medium fire until berries are soft. Strain and put back on fire. Add one-quarter cup of water to potato flour and mix well. Pour into soup, stirring continually. Cook about two minutes. This will make eight servings.

Dorothy Dix's Letter Box

Why Does Widow Get Her Man Where Girl Fails? Youth Who Values Happiness is Advised to Give up Girl Who Would Have Him Stop Studies

Dear Miss Dix—One of your correspondents wants to know what magic formula a widow uses to enable her to marry more quickly than a single girl. My husband contends that widows find it easy to remarry because of the same qualities which attracted the first husband. I think this is true because I have been married twice and I am not aware that I used any different tactics as a widow than I did when I was a girl. It is just that some women attract men and others don't.

AVON.

Answer: Doubtless you are right, to a degree at least. There are women who have sex appeal and those who totally lack it. There are women who have winning ways and who know instinctively how to rub men's fur the right way, and there are those who are born antagonistic to men and who never learn the trick of pleasing them. And the arts and graces that captured one man will practically capture as many more as she desires.

One little girl will have swarms of boys around her from her kindergarten days. She will have dates galore. She could marry any one of a dozen men, and, if she widowed seven times over, there is always some man waiting and anxious to step into her husband's shoes. And there are other girls just as pretty, just as amiable, just as attractive in every way, so far as the observer can see, who never have a beau or even a chance at a wedding ring. And why this is thus is one of the mysteries of nature that we cannot fathom, and one of the tragedies for which there is no remedy. For if a man doesn't love a woman it is neither her fault nor his fault, and there is nothing to be done about it.

But all the same, in addition to the widow being possessed of the necessary amount of "IT," as she has proved by having married one man, she also has a technique that enables her to win out over her spinster sisters.

For in a sense she is a professional, while they are mere amateurs. For she has had a husband and, like Mr. Kipling's hero, she has learned about men from him.

She knows, as no inexperienced girl can, how to please men, how to get around the angles in their dispositions, how to jolly them along, and when to talk and when to keep silent. The young girl thinks only of herself when she is dealing with a man. The widow puts the spotlight on herself and smiles on the brasses over the man. The young girl expects a man to devote his time to pleasing and amusing her, but the widow pets and coddles the man.

When a man calls, the young girl comes down in her hat ready to be taken out somewhere and shown a good time, but the widow knows that no background is so attractive and becoming to a woman as a home, setting, and none which so inclines his thoughts toward matrimony, so she says: "Let's stay at home and have a little dinner that I prepared with my own hands." And it is all over but the wedding announcement.

Furthermore, a widow doesn't demand so much of a man as a girl does. She isn't always calling him up over the telephone in business hours. She doesn't make scenes when he is a little late in keeping an appointment. She is good-natured and sensible and easy to get along with any knows how to make allowances for a man, and that makes men think her a preferred risk in matrimony. As, indeed, she is.

Dear Dorothy Dix—I am a college boy, 21 years of age, very much in love with a girl of 18. We were in love before I started to college and I thought she would co-operate with me in my plans to work my way through. But she seems to have grown indifferent to me. Her letters are short and infrequent, and when I go home on a week-end she is always datt'd up. She says she loves me and would marry me in a minute if only I would quit school and go to work. But, if I do, will she be happy living on my small earnings? Will we regret it if we marry so young? Will it be best in the long run to sacrifice present happiness for merely contemplated future happiness? I value your advice. What would you do?

Answer: Well, Jim, if I were a boy, I wouldn't marry any girl who would not be faithful to you when you are out of her sight, and who wants you to give up your chances at an education to dance attendance upon her, and who is willing to force you into a marriage for which you are not ready.

A woman makes or breaks her husband. If she is willing to stand behind him and fight with him, if she is willing to deny herself present pleasures for his future good, if she backs him up with her hope and faith and courage, he will win out if there is anything in him at all. But if she works him to death to get the present pleasures she desires; if she drags him around at night and robs him of the sleep and rest he needs because she wants to dance; if she discourages his plans and throws cold water on his dreams and whines and complains because he can't give her fine clothes and good times, she is a millstone around his neck that drags him down into failure.

And that is the kind of wife this girl would make, this girl who can't be faithful to you when you are out of her sight, and who wants you to give up your chances at an education to dance attendance upon her, and who is willing to force you into a marriage for which you are not ready.

You may be very sure that she would run back home to mother, or leave you for some man who had more money, when she had to go through all the privations that a poor man's wife must endure.

Anyway, a boy of 21 and a girl of 18 are too young to marry. They are not fit for it in any way. They are not capable of an enduring love, one that will stand the hardships of poverty and meager living and babies and a dull domestic routine that they would not have the money to fight.

Take my advice and don't let any girl stampede you into a premature marriage. Go ahead with the career that you have mapped out for yourself, and when you are well established in business and are able to marry pick out some girl who suits your mature taste and who will be a real helpmeet to you.

Dear Miss Dix—Do you think five years is too long for an engagement? Do you think there is a probability of either changing during that time. Does it matter if the girl is a year older than the boy?

Answer: A year's difference in age does not make any difference in the suitability of a marriage, but I think five years is entirely too long for an engagement. It wears itself out and generally both the man and the woman get tired of it and disillusioned with each other, because an engagement is not like a marriage. It puts a couple in an unnatural position toward each other. They are neither bound nor free.

Wedding cake should be eaten hot to get its finest flavor.

DOROTHY DIX.

... BUT THE JOKE WAS ON HIM!... by Timm 'n's

THESE LIFEBOUY ADS. AMUSE ME. I ALWAYS READ THEM — BUT I CAN'T BELIEVE SO MANY PEOPLE HAVE "B.O."

YOU'RE WRONG, "B.O." IS A COMMON FAULT AND CAN WRECK A MAN'S HAPPINESS. I KNOW THAT ONLY TOO WELL.

I WAS IN LOVE WITH A CHARMING GIRL, SHE SEEMED TO LIKE ME — YET SHE TURNED ME DOWN. TOO LATE I DISCOVERED WHY... I HAD BEEN CARELESS ABOUT "B.O."

I TELL YOU THIS BECAUSE I DON'T WANT YOU TO MAKE THE SAME MISTAKE I DID

YOU MEAN... I'M GUILTY SOMETIMES? THOSE "B.O." ADS. I LAUGHED AT — IS THE JOKE ON ME? IS THAT WHY EDNA IS OFTEN SO COOL TO ME?

MY ADVICE IS — PLAY SAFE WITH "B.O."! ADOPT LIFEBOUY — AND HE TOOK THE ADVICE!

"B.O." GONE — everything rosy! ISN'T IT FUN GETTING THINGS FOR OUR OWN HOME! WE'RE GOING TO BE THE HAPPIEST COUPLE IN THE WORLD, EDNA

Get the facts STRAIGHT about "B.O." (body odor)

EVERY normal person perspires. Perspiration gives off a germ-laden odor-causing waste daily. We never know the moment "B.O." (body odor), may offend. Play safe — bathe regularly with Lifebuoy. Its pleasant, quickly-vanishing hygienic scent tells you, "There is no ordinary toilet soap!" Lifebuoy gives extra protection. Its creamy, penetrating lather purifies and deodorizes pores — stops "B.O." (body odor).

Great for the skin

Massage Lifebuoy's bland, creamy lather well into the pores; then rinse. Do this nightly — watch your skin clear and freshen! Adopt Lifebuoy today.

A PRODUCT OF BROTHERS BROTHERS, TORONTO

FOR THE WOMAN READER

FOR BETTER DAYS

If you can see what some folks call "depression" As nothing but a spin of Fortune's wheel; If you can keep your poise and self-possession No matter what you think or how you feel; If you can rise above the mess and muddle, If you can glimpse a rainbow through the clouds When doubt and Dread and Fear are in a huddle And Hope is being measured for a shroud; If you can keep a saving sense of humor For stories that are slightly inexact; If you can disregard Report and Rumor And not accept a statement as a fact; If you can spread the gospel of successes, If you can stir the spirit that instills The latent lift in lathes and looms and presses And lift the stream above a thousand mills; If, briefly, you can spend an extra dollar; If you can pry the sacred Roll apart And buy another shirt or shoe or collar And act as if it didn't break your heart; If you have faith in those with whom you labor, And trust in those with whom you make a trade; If you believe in friend and next-door neighbor And heed examples pioneers have made; If you expect the sun to rise tomorrow; If you are sure that somewhere skies are blue— Wake up and pack away the futile sorrow

For better days are largely up to you.

—Georgetown (Illinois) News.

ENORMOUS FAMILY OF SNAPPS HAVE REUNION

More than 1,000 members of the Snapp family in at least 24 states are expected to gather at the old Snapp home place at Opequon, near Winchester, Va., for the first annual reunion of the clan. According to family tradition, John and Barbara Snapp settled at Opequon in 1750 and they were the first Snapps in the United States. Genealogists claim that there are now nearly 5,000 descendants of this family in the United States.

GIRL TRAVELS ROUND BRITISH ISLES IN CANOE

With a small dog as sole companion, Fraulein Fridel Meyer, a twenty-four year old Bavarian girl is travelling round the British Isles in a canoe, attempting to establish a world's record in sea mileage.

Inflamed Spots on Arms and Limbs. Healed by Cuticura.

"My trouble started with little red spots that broke out on my arms and limbs. The first day of the breaking out they itched an awful lot, and when I scratched them they became inflamed and turned sore. At night when I got warm they became inflamed and turned sore, and I became uncomfortable."

"I tried two other remedies but they did not help me. I began using Cuticura Soap and Ointment and in a short time I was completely healed after using one cake of Cuticura Soap and two boxes of Cuticura Ointment." (Signed) Earl Henneberry, Devils Island, Nova Scotia.

Soap 25c, Ointment 25c and 50c. Talcum 25c. Sold everywhere. Sample each free. Address Canadian Dept: Lyman Agencies, Limited, 256 St. Paul Street, W. Montreal.

for that type of vessel. She carries no provisions of any kind, and when she becomes tired she takes a rest ashore at any seaport or fishing village where she can manoeuvre her small craft with safety.

"The biggest danger I have encountered so far," she said when interviewed "is the back-wash" from large vessels. I had an exciting experience when my canoe got amongst a school of porpoises. I shipped a lot of water, and the dog became so afraid that he jumped overboard and swam ashore."

Off Lowestoft, Fraulein Meyer came across a man who had been thrown out of a boat while he was fishing. She secured his boat, and was able to rescue him just in time.

CAULIFLOWER BOUQUET FOR VEGETABLE DINNER

Cold vegetable plates are about the nicest things to serve on a hot, midsummer day. Vegetables supply enough nourishment for the body, but do not overtax the stomach.

Vegetables plates are best served on 1 large platter, placed right on the table. Everybody helps himself. A few fresh vegetables with an appetizing dressing, crisp rolls and some kind of a sweet dessert constitutes a whole meal.

Your lettuce must be crisp and cold. After washing, wrap it in a clean cloth and put it in the ice box until you are ready to prepare the platter of cold vegetables. In this way it is sure to be crisp and fairly dry. Lettuce, dripping with water will spoil the appearance of the salad and dilute the salad dressing.

IF YOU PLAN TO SERVE A COLD VEGETABLE PLATTER FOR LUNCH, GET YOUR VEGETABLES ALL CLEANED AND COOKED IN THE EARLY HOURS OF THE MORNING BEFORE THE KITCHEN GETS UNBEARABLY HOT.

Here's what you'll need for a vegetable luncheon. Other vegetables may, of course, be substituted for the ones listed here.

One large tomato, 3 tablespoons of diced chicken and celery salad, 1 large head of cauliflower (quartered), 2 whole beets, 6 fresh asparagus tips, lettuce, sweet pepper and chopped egg for garnish.

On a platter lined with lettuce, place a peeled fresh tomato stuffed with diced chicken and celery mixed with a teaspoon of mayonnaise.

At each end put a bundle of three fresh asparagus tips covered with a ring of sweet green pepper. Around the tomato place a fan of sliced beets topped with the quartered cauliflower bouquet. This recipe serves two people adequately.

Daintiness With Chic Styles

ILLUSTRATED DRESSMAKING LESSON FURNISHED WITH EVERY PATTERN BY ANNADELLE WORTHINGTON

All patterns 15 cents in stamps or coin (coin preferred). Wrap coin carefully.

No. 532—Smart Day Wear. This style is designed in sizes 36, 38, 40, 42, 44, 46 and 48 inches bust measure. Size 36 requires 4 1/2 yards of 35-inch material with 1 yard of trimming for neck.

No. 790—Sun-Tan Dress. This style is designed in sizes 14, 16, 18, 20 years, 36, 38, 40 and 42 inches bust measure. Size 16 requires 3 1/2 yards of 35-inch material.

No. 808—Dainty Home Ensemble. This style is designed in sizes 14, 16, 18, 20 years, 36, 38, 40 and 42 inches bust measure. Size 36 requires 3 1/2 yards of 35-inch material with 1 1/2 yards of 35-inch contrasting.

No. 290—Charming Model. This style is designed in sizes 8, 10, 12 and 14 years. Size 8 requires 1 1/2 yards of 35-inch material with 3/4 yard of 35-inch contrasting.

No. 330—Cute Pajamas. This style is designed in sizes 4, 6, 8 and 10 years. Size 8 requires 2 1/2 yards of 39-inch material with 3/4 yard of 35-inch contrasting.

THE WOMEN WHO SUFFER PAIN

Month after month, she must stay away from her work, break up treasured dates, be disappointed. ASCO Tablets bring immediate relief to the women who accept them. They banish all such pangs, and if you take them in time, the pain need not start at all. And they are perfectly harmless! Is it not folly to suffer?

ASCO takes the pain off the calendar. Try this scientific and certain relief next time.

Price of PATTERN 15 cents in stamps or coin (coin is preferred). Wrap coin carefully.

No. Size

Name

Street Address

City