Woman's Realm -:- Social and Personal -:- Fashions -:- Litera ture

The HOUSEWIFE and HER ACTIVITIES

MITHERS LAD

The wee lad rins aboot the braes,
An' schims trees,
He dinna' think o'torn claes
An' scartit knees.
His mither, though, she sits at home
An' patches breeks,
She kens he'll aye pit a the blame On Iron cleeks
But still he's blyth and unco' strong,
The little chiel,
And faither's trousers, though owre long,
Mak' doon dicht weel.

OPERATION ONLY THING TO CORRECT CLEFT PALATE

It sometimes happens during growth that the two halves of the palate don't joint up properly. The result is what is known as a cleft palate.

All degrees of this condition are to be found. Sometimes only the soft little projection at the back of the throat—the uvula—is in two parts; sometimes it is the soft part of the palate which is divided; occasionally the hard palate halv i do not come together.

The speech is affected when the palate is split because it is impossible for the patient to shut off the mouth from the nose. Sounds escape, and this makes it hard to pronounce letters like B, D, F or G. The first three letters sound like M and the fourth like H.

An operation is the only means of putting this defect right. This consists in bringing the edges together or filling up the gap in the cleft in the case of the hard palate. Treatment may be carried out up to any age, but it is best done in early infancy.

WRONG SHOES MAY INJURE THE FEET

A girl came to see me recently, writes a doctor, who looked the picture of health, except for two lines at the angles of her mouth which gave her a suffering expression.

She complained of tenderness in her feet, especially after walking any little distance.

To begin with, her shoes had heels of the high Spanish variety which is quite unfitted for walking. The short vamps and blunt toecaps had thrown both big toes out at joint, though they had not yet developed bunions.

The longitudinal arch of her foot was weakened, so that she was walking on the inner side of her feet.

I advised her to wear medium Louis heels, but not flat heels, as the sudden transition from high to low heeled shoes would stretch the arches still more.

She was shown how to walk round a room barefooted on the tips of her toes. Later she will practise an excellent exercise by walking round her room on the outside edge of her feet while inverting her ankles as far as possible.

These exercises should arrest the damage already done to her poor feet by ill-fitting shoes.

BRITAIN'S MOST MODERN CENTENARIAN

Meet the centenarian with the school girl complexion —Mrs. Sarah Guy, of Freegrove-road, Holloway, England, who recently celebrated her 103rd birthday.

In addition to possessing a creamy complexion which many a young girl might envy, Mrs. Guy is unlike the majority of her generation.

She likes the modern girl. She does not object to lipstick, rouge, powder, silk stockings, long skirts, short skirts, or even shorts for sports. She reads a minimum of six novels a week. She walks up and down stairs by herself. She retains her passion for whist. And she has no formula for old age. "I go to bed late and get up early—I like it," she says.

Her memory is phenomenal: she still remembers a funeral which took place when she was five—ninety-eight years ago.

Her greeting when I called on her recently, writes a London "Daily Express" representative, was characteristic. She was presiding at her birthday celebration attended by her innumerable descendants. "Well, young man," she said, "I look like going on forever."

SHAPE OF FACE SHOULD GOVERN COIFFURE

If you're planning a new coiffure, carefully consider the shape of your face.

A round face is flattered by the new windblown arrangements but the forehead line should be exposed to the length of the profile. Waves should be wide and soft but distinctly slanted to eliminate the broad effect.

The girl with a square jaw can easily wear curls about the back of her neck and her waves should be soft and feminine. For evening, she may be a little more extreme and tuck her fair locks behind her ears.

The pointed face usually need; width and the woman who has one ought to wear her hair quite fluffy about her face. If the hair is bobbed, that makes it simple. If not try letting the waves fall free about the cheeks instead of pinning them in place.

Of course the very first essential for a becoming coiffure is clean shiny, healthy hair that is easy to arrange and which will still be attractive even after your perfect coiffure has become slightly disarranged. Shampoo at least once every two weeks unless you have a special reason for not doing so and always put a towel or bathing cap over your hair when you apply or remove make-up.

THE COOK'S CORNER

SANDWICHES NEVER FAIL TO APPEASE

Fig Sandwiches.

Chop 1-4 pound figs very fine, add 1-4 cup of water, and cook to a smooth paste; add also 1-3 cup almonds, blanched, shopped very fine and pounded to a paste with a little rose water or rose extract, if available, and the juice of 1-2 lemon. When cold, spread the mixture upon lady fingers or small cakes and press another above the mixture.

Rainsins, dates or marmalade may be used in the place of the figs, and bread may of course, be used in place of cake.

Ham And Mustard Sandwiches.

12 slices rye bread
1-2 teaspoon dry mustard
1-2 cup butter
1-2 cup minced pickle
1-2 pound ham, thinly sliced

Spread bread with a mixture of butter and dry mustard and place a slice of ham sprinkled with minced pickle between the slices. Toast and serve at once. Servings, 6.

Egg And Spinach Sandwiches

Use cold boiled spinach, which when hot was chopped very fine or pressed through a colander, and sifted yolks of well-cooked eggs Mix the spinach with sauce tartare and spread on one bit of bread, spread the other with butter and sifted yolk of egg: press together. Garnish the serving-dish with parsley and cooked eggs cut in quarters lengthwise.

Apply Minard's Liniment to cuts.

for DESSERT

THE answer to your dessert problem is simple. Just stop at our shop and you have a wide choice of the very best at the most reasonable prices. Here are our specials for today:

ALMOND COCOANUT LAYER CAKE

LEMON SPONGE CAKE
BROWNIES
SWANSDOWN
COCOANUT CAKES

Two layers of light, delicious cake covered with fluffy, satisfy-cocoanut.

ENJOY SUPPER TONIGHT With
Stewart's Baked Beans
20 CENTS PER QUART

STEWART'S Bakery
PHONE 211 KENT STREET

Dorothy Dix's Letter Box

Here's a Wife Who Kissed the Hand That Spanked Her!—Should Two Marriages be Broken up for Sake of Love That Came too Late?

Dear Miss Dix—Laugh if you must, but here is a spanked wife who loves her husband. I was the kind of wife who, blessed with an adoring and perfect husband and three lovely children, thought more of parties and promiscuous loving with other men than I did of my duty to my family. My house was sadly neglected and my husband and the maid had all the care of home and children. One night the worm turned. My husband followed me to a whoopee party and after severely beating the man I was with, brought me home. When we got in he sat down in the first chair he spied and turned me over his knee and paddled me soundly. It was a very painful and embarrassing experience for me, but angry as I was I could see that he was doing right, and from that time I have been a real wife and mother.

That paddling saved us from divorce and from wrecking my life, as I really loved him and the children. If other men who really loved their wives and know their wives love them, even if they are silly jazz babies, would try this recipe on saving a home there would be fewer divorces and broken hearts. I loathe a wife-beater, but I think any husband has the right to spank a philandering wife before she goes too far. It cured me and I am glad it happened to me. Am I right or wrong in my belief?

MRS. J. Mc. L. R.

Answer:

The proof of the pudding is in the eating, says the old proverb, and if a good spanking brought you to your senses and kept you from wrecking your home it was evidently the remedy indicated for the occasion. Nor are you alone in your experience. Every now and then I get a letter similar to yours from some woman who bears testimony to the efficacy of her husband's good right hand in bringing her to righteousness after all moral suasion had failed.

Like you, I am violently opposed to wife-beating, but every now and then I come across some woman who is simply crying out loud for a good thrashing. She is acting like a spoiled child and needs to be disciplined like a child. You know the kind of women I mean. Women with lots of good in them, but who are fault-finding and complaining and never satisfied with anything; women who won't settle down, but who insist on running around to parties every night; women who keep their husbands in debt with their extravagance; women who neglect their homes, their husbands and their children.

These women are selfish, self willed and determined to have their own way, and they get away with murder because their husbands are so afraid of scenes, but practically every one of them could be turned into a good wife if the men to whom they are married had nerve enough to make them behave themselves. Not necessarily by corporal punishment, though undoubtedly there are many cases in which a razor strop would save a divorce.

Bad wives are just as much their husbands' fault as bad children are their parents', and both are the result of weakness on the part of those who would rather give in and submit to being trampled over than stand up and fight a determined character.

Of course, there are some women who are incorrigible. They lack principle and heart, and love no one but themselves. Nothing can be done with them. But the majority of even bad wives are fond of their husbands and love their children and don't want their homes broken up, but they are determined to go as far as they can in indulging their every desire.

They are lazy. They keep houses that are like pigsties and kill their families with their cooking. They run up big bills for finery they cannot afford. They are gadders who are never at home. But none of these faults is incurable. And they would be cured if the wives knew their husbads simply wouldn't stand for them. Many and many a divorce could be saved if husbands would only realize how often their wives are just spoiled children who only need somebody to make them behave themselves.

DOROTHY DIX.

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Dear Dorothy Dix—People tell me that I take myself too seriously. Just what do they mean by that?

HELOISE.

Answer:

Taking yourself too seriously is the result of vanity, or of a lack of a sense of humor, or a combination of both. People who take themselves too seriously are those who think that everything that concerns them is of monumental importance. They visualize themselves as the chief object of interest to the general public and think that everybody is watching to see what they do.

Apply this to yourself and you will get what I mean. When you have a cold don't you speak of it as coryza, and detail your every symptom to all and sundry, and don't you make ap oint of remembering who called up to ask about your symptoms, and don't you harbor resentment against those unfeling friends who didn't pay any more attention to your cold in the head than they would to any one else's? Don't you say you must have a new evening dress because you wore the one you have last Winter and everybody will remember it, as if people had done nothing else but sit up and think about your gown? And aren't you chagrined if you are not put at the captain's table on a ship, or if you are not the guest of honor at every function you go to?

When you take yourself too seriously you don't see what an infinitesimal mite you are and how unimportant, and how little interested other people are in you or your affairs. You take every casual inadvertence as a premediated insult and believe that people are talking about you when they have forgotten that you are alive.

It is a great mistake to take yourself too seriously. When you learn to laugh at yourself and see yourself as a sort of human joke, you have learned a lot about the art of living.

DOROTHY DIX.

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Dear Miss Dix—About six years ago I was in love with a girl who turned me down when I asked her to marry me. I persisted until I got discouraged and married another girl and now have a young son. The girl married another man and also has a child. But the trouble is that we are madly in love with each other in spite of our being married to others, and we don't know what to do. Shall we go to her husband and my wife and tell them the truth? God knows I don't want to hurt my wife or her husband, who is a good scout, but isn't it better to have a showdown than to go on deceiving them and only meeting when we can decently do so? I am in an awful stew.

UPSIDE DOWN.

Answer:

Why lovers' tiffs so often result in their marrying strangers, nobody knows. It just happens that way. Whether they think they spite each other by tying themselves up for life with some one they don't care for, or whether they think that marriage is a sort of poultice that will take the sting out of their wounded affections, is a mystery that only cupid can explain, but it is a fact that anybody can catch a heart on the rebound.

Certainly it is a foolish and vain thing for a man who is in love with one woman to marry another in the belief that it will solace him. And it is a cruel thing to do because it ruthlessly sacrifices the woman who has a right to expect from her husband the affection that he has given to another.

However, your mistake has been made and it seems to me that the fairest thing would be for you and your former sweetheart to make a clean breast of it to your mates. Perhaps they would not be as unwilling to give you up as you anticipate, because living with a husband or wife who is in love with some one else and feling marriage a prison cannot make for a very satisfactory union.

DOROTHY DIX.

HEADACHES

Persistent headaches, with tired feelings and irritability tell of exhausted nerves—that you are living at too high a tension. Dr. Chase's Nerve Food feeds the blood and the nerves back to health and vigor.

Dr. CHASE'S NERVE FOOD

Happenings of the Week

Eleven Canadian women will be among those presented to the King and Queen at the Royal Court to be held in London on Wednesday, May 18. They are Miss Winnifred Kydd, of Montreal; Lady Kemp, Miss Cynthia Kemp, Mrs. Gorden Bell and Miss Evelyn Noxon, of Toronto; Mrs. Russell Frost, of Hamilton; Mrs. Percy Gordon and Miss Helen J. Gordon, of Regina; Mrs. Crawford Gordon, formerly of Winnipeg, now living in London; Mrs. Bertram Johnson, and Miss Joyce Taylor.

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Dr. Dewar's many friends will be pleased to know that he is steadily improving in health and expects to return home from the P. E. I. Hospital next week.

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Prince George and his comptroller, Major Ulick Alexander, who returned Monday from a long tour of South Africa, received honors from the King. His Majesty's youngest son was invested Tuesday with the insignia of the Grand Cross of the Order of St. Michael and St. George (G.C.M.G.- while Major Alexander, who accompanied the prince throughout, was made a companion of the order.

* * *

Mrs. Kennedy, wife of Mayor Samuel Kennedy was At Home Wednesday afternoon and had the pleasure of welcoming a large number of callers.

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Mrs. A. A. Pomeroy was hostess at a delightful four table Bridge at the Canadian National Hotel last Saturday afternoon inviting additional friends in for the tea hour.

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On Wednesday afternoon, Brighton's official "At Home" day, many ladies took the opportunity to pay their respects to Mrs. Belcher, wife of the new Manager of the Bank of Montreal, who is being cordially welcomed with her family to the social life of the city.

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The engagement of Miss Helena Rogers to Mr. R. Reginald Bell, announced this week, is being pleasantly discussed by their friends.

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Councillor A. McDougall was host at a much enjoyed dinner at the Queen Hotel Wednesday evening at 8 o'clock when he entertained in honor of the Mayor and civic officials of which he is a popular member.

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Miss Elaine Beales is enjoying a holiday with friends in Montreal.

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Mrs. W. P. Atton, Regina, Sask., accompanied by her brother, Mr. J. H. Lawson, Fort Frances, Ontario, arrived last night to be with her sister Mrs. D. M. MacLeod, Charlottetown, who is seriously ill in the P.E.I. Hospital. Miss Bee M. MacLeod, R.N., arrived from Pittsburgh, Pa., by plane on Monday.

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Mrs. A. W. Weeks, Miss Lorna Weeks and Mr. Maurice Weeks left this week on a visit to New York.

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Mrs. J. F. Fraser left yesterday on a month's visit to Toronto where she will be the guest of Mr. Fraser's sister, Mrs. E. A. McAlonen.

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Mrs. Harry Silliphant held a charmingly arranged supper bridge for the members of the East End Bridge Club on Monday evening. Three tables were in play. This was the closing party of the winter season.

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Mr. W. Chester S. McLure, M.P. Mrs. McLure and Miss Lena McLure were among the out-of-town guests from Ottawa in Montreal for the Dupre-Duranleau wedding on Saturday.

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Miss Kathleen Harrington left Friday morning on a holiday trip to Quebec City where she will be the guest of her sister, Miss Carmen.

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Mr. and Mrs. James Paton accompanied by Miss Kathleen Logan, the talented young violinist of Halifax, are leaving early in May on an extended visit to the Old Country.

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Miss Doris Gill is spending the week-end in Montreal with her sister Mrs. Harold Montieth.

* * *

Princess Elizabeth celebrated her eighth birthday last Saturday with King George and Queen Mary and the little Princess' parents, the Duke and Duchess of York, at Windsor Castle. Presents were opened at breakfast time, but the big event of the day was a party at which her grandparents were the leading guests.

* * *

Mr. and Mrs. H. Michahelles left yesterday on a Holiday visit to Detroit.

* * *

Miss Edna Gordon left yesterday on a six weeks trip to Montreal and Boston.

* * *

Miss Lulu Toombs has gone to Montreal on the excursion trip.

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The many Island friends of Mrs. Isabelle M. Hunt will be interested to know that several of her paintings of Prince Edward Island have been on exhibition during the past season. Mrs. Hunt who is a prolific painter and a member of the Boston Art Club spends her summers at York Point where she has a cottage. Many Island scenes have been depicted by her accomplished brush. A beautiful canvas of the old wharf road at Southport entitled "Hauling Seaweed" is included in the current members' exhibition at the Art Club.

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Miss Avila Mathieson is on a short visit to her sister Mrs. Chauvin in Montreal.

* * *

Rev. Dr. Robert Johnson, St. Catherine's, Ontario, former Moderator of the Presbyterian Church in Canada, who has many friends in this city, was made honorary president of the Social Service Council of Canada at the annual meeting in London, Ontario, this week.

* * *

The gentle frou-frou of the petticoat is to be heard once again in the land. Taffeta petticoats are to rustle importantly. Flounced and frilled, they are to be adorned in the Victorian manner with ruching and faggotting. They are also to be composed of a quite Victorian number of yards of material.

Grandmother's Quilt Patterns

FAIR PLAY

Cut out all pieces and set together as indicated on small block. Piece all blocks together and alternate with plain blocks. Finish sige around quilt with 6 inch border of material to match blocks. Use twice the yardage if entire quilt is made of pieced blocks.

Material Required
2 yards material for plain block
1¾ yards white material for pieced blocks.
1¾ yards red material
¼ yard yellow material
½ yard blue material
9 1-3 yards 6 inch material for border.

Allow for all seams when cutting pattern.

Block finishes 9 inches square.
32 pieced blocks.
31 plain blocks
6 inch border around quilt.

When ordering give Number 19-7.

Send 15c for a book of quilt patterns containing 7 beautiful Grandmother quilt designs—every pattern different.

An elderly man approached one of the attendants in a travelling menagerie.

Can you tell me what the hump on the camel's back is for? he asked politely.

What's it for? the man murmured.

Yes; what use has it?

Well, it's pretty useful, sir. The old camel wouldn't be much use without it, you know.

But why not?

Why not! exclaimed the keeper in surprise. Well, you don't suppose people would pay sixpence to see 'im if 'e 'adnt an 'ump, do yer?

A Morning Smile

Mrs. Higgins was an incurable grumbler. She grumbled at everything and every one. But at last her minister thought he had found something about which she could make no complaint—the old lady's crop of potatoes was certainly the finest for miles aroind.

"Ah, for once you must be pleased," he said, with a beaming smile, as he met her in the village street. "Every one's saying how splendid your potatoes are this year."

The old lady glared at him as she answered: "They're not so poor: but where's the bad ones for the pigs"

The total lack of comprehension between the American negro and his Algerian brother will go down in history as one of the outstanding features of the war.

There was for instance, the case of the dusky stevedore at Brest and one of the colored French troops on duty there. Long and laboriously the Yank tried to establish some means of linguistic communication, but there was no response.

Then a brilliant thought struck the boy from Georg'a. He produced a pair of ivory cubes and rolled them enticingly under the Algerian's nose. Intelligence still registered zero.

"Man," said Sam in digust, "you ain't no cullud pusson. You ain't even no human: you is just a corpse."

CHEESE PRODUCING COSTS

Canadian cheese is being made at a much lower cost in the large and efficiently operated factories than in the smaller units, according to an economic survey of cheese factory operations in Ontario, conducted by the Dominion and the Ontario Departments of Agriculture. The cost of manufacturing cheese is closely related to the volume of output. The extreme difference in costs between the higest and lowest cost factories included in the survey was 1.68 cents per pound, or the equivalent of about 15 cents per hundred pounds of milk. At prices prevailing in 1931 this represents a difference of about 20 per cent. The difference between this cost imeurred in the group of factories producing less than 25 tons annually and those of factories with an average out put of 175 tons per year was 1.16 cents per pound, or approximately 10 cents per hundred weight of milk.

There is nothing so refreshing as a cup of good tea—such a cup as you can brew with MORSE'S SELECTED ORANGE PEKOE, Canada's Tea de Luxe.

70 Cents Per Pound

New Spring Smartness

Illustrated Dressmaking Lessons Furnished With Each Pattern

By Ruth Rogers

This darling little dress is one of those happy wee models which can have sleeves attached or not — it's just as you feel about it. In either case, the top of the arm is covered as the top of most smart arms will be this season. Should you omit the sleeves, the voguish drop shoulder forms quite a delightful finish.

The collar with tie that slips through slashed bound openings is so smart. It can be organdie, sheer lawn or one of pique according to the material chosen for the dress.

Almost any of the new cottons, linen, rayons, tub silks, etc., are suitable.

Style No. 674 is designed for sizes 8, 10, 12 and 14 years.

Size 8 requires 2 yards of 36-inch material with 1 yard of 36-inch contrasting.

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

No. 674. Size .....
Name .....
Street Address .....
City State .....

Temperance Notes

(A column of undoubted fact and worthy opinion re the Temperance Situation. Under the auspices of the Sons of Temperance.)

WHAT WOULD THE COURT SAY ABOUT THE CONSTITUTION AND PROHIBITION

"The constitution does not secure to anyone liberty to conduct his business in such a fashion as to inflict injury on the public at large or any substantial group of the people."—U.S. Supreme Court, in recent decision.—World Wide.

It would seem to us that such a decision as that by a court that is so competent to pass judgment in the matter, and the Supreme Court of the United States ought to be competent, denies, so long as our present ideals hold, any moral right to the liquor traffic to a "place in the sun," or upon the earth.

Certainly it takes no argument on anyone's part to prove that the liquor traffic is conducted by those who are willing to have a part in it, in such fashion as to inflict injury upon the public at large, and especially upon a substantial group of the people; to wit, the unfortunate victims of the appetite who cannot say, "No" and women and children in countless numbers.

Gradually the gallows of public opinion is being built for the final execution of this conscienceless business, and the Supreme Court of the United States has given notable assistance in the building through this decision.

In the light of the moral implications of it what a spectacle sight provinces in Canada are making of themselves, in a morally defenceless business, carried on in a manner as to inflict injury upon the public at large, and especially upon a large group of the people just for the money that is in it.

Judas was never as bad as that.

As an athlete Brown was more enthusiastic than successful. On every possible occasion he entered a sports meeting, and with monotonous regularity finished amongst the "also rans."

At last he found himself one of only three starters in a race for which three prizes were offered.

He finished a bad third, and without changing, dashed to the nearest post office and wired to his wife "Clear the sideboard. I've started!"

Ease Pain, Headache in Few Minutes

For Quick Relief Say ASPIRIN—When You Buy

Now comes *amazingly quick* relief from headaches, rheumatism, neuritis, neuralgia... the *fastest safe relief, it is said, yet discovered.*

Those results are due to a scientific discovery by which an Aspirin Tablet begins to dissolve, or disintegrate, in the amazing space of two seconds after touching moisture. And hence to start "taking hold" of pain a few minutes after taking.

The illustration of the glass, here, tells the story. An Aspirin Tablet starts to disintegrate almost instantly you swallow it. *And this is ready to go to work almost instantly.*

When you buy, though, be on guard against substitutes. To be sure you get ASPIRIN'S *quick relief*, be sure the name Bayer in the form of a cross is on every tablet of Aspirin.

WHY ASPIRIN WORKS SO FAST

Drop an Aspirin Tablet in a glass of water. Note that BEFORE it touches bottom, it has started to disintegrate.

What it does in this glass it does in your stomach. Hence its fast action.

MADE IN CANADA

Does Not Harm the Heart