

INTERESTING

# A Feature Page of Interest to Everyone

INSTRUCTIVE

## Dorothy Dix

Those Who Love Someone They Cannot Marry are Foolish to Think They Can Find Happiness by Marrying Someone They Do Not Love—It Takes Love and a Lot of It to Make Any Marriage a Success.

A CORRESPONDENT asks: "If a man, loving one woman, marries another, will he find such a marriage—a companionship—satisfying?" "What are the chances that he will learn to love his wife?"



DOROTHY DIX

I should say that the man who marries one woman, loving another, would be just about as likely to be satisfied with his wife as he would be with a silver when his heart was set on a Rolls Royce.

IT MAY BE an awfully good, useful, reliable little tin Liasie; it may get the biggest possible mileage out of every gallon of gasoline, and negotiate the roughest roads without a balk; it may be much more suited to his needs and his purse than the de luxe car was, and, anyway, he could get the one and he couldn't get the other. But, all the same, he never cares a rap for it. It never raises a thrill in his breast. He never appreciates its many virtues because it lacks the stream-line effects and gorgeous upholstery that ravished his fancy in the other, and that his soul craves.

So with wives. You can't substitute one woman for another with a guarantee that she will be just as good and fill the place of a wife just as well as the man's first choice, because nobody knows just what quality it is in a woman that makes her the perfect mate for some particular man.

BECAUSE Susan is amiable and healthy and a good cook and thrifty, is no sign whatever that she would exactly suit John, and that they would get along in peace and harmony together. On the contrary, her very virtues may bore him to extinction and send him philandering as a life-saver, whereas Maud's very frivolity would hold him bound to her to the end of the chapter.

It is what a man sees in a woman, not what is really there, that matters. And if she does not look good and desirable to him before marriage, she will come to seem undesirable to him after marriage. For marriage is the great dispeller of illusions. It is no fosterer of dreams. It is the terrible awakener.

IT IS frequently said, with grim humor, that marriage is the only cure for love, but this is sardonically true only when men and women marry those for whom they have a temporary passion. Matrimony is death to romance, and not a great deal of affection survives the wear and tear of everyday living; of the dash of different temperaments; of fights over bills and personal habits; of the disenchantment of kimonos and curl papers, and cold creams and soiled collars and three days' stubble of beard.

But while marriage may kill our love for the one we do marry, it does not slay our passion for the one we do not marry. Liasie, it breathes into it fresh life and strength, for it puts the Beloved One among the unattainable blessings on which we waste our lives in vain longings and yearnings.

IF JOHN had married Amariyllis, he would have found in her a thousand faults and weaknesses. She would have gotten on his nerves many a time and oft. They would have had the usual number of family spats, and she would have told him what she thought of his conduct when he came home late at night, and he would have expressed himself freely about her extravagance. He would have seen her stripped of the chiffons in which his imagination had draped her, just an ordinary human woman, with all of the shortcomings of her sex heavy upon her head.

But just because he did not marry her, she will be his ideal woman as long as he lives, and he will be so certain that if she had married they would have lived in an earthly Paradise without a flaw in their bliss. And, worse still, it is inevitable that in his thoughts he should continually compare the woman he did marry with this paragon of perfection, and contrast his scrappy home with the blissful abode he might have had if he had only gotten the woman he wanted, instead of having taken the woman he could get.

Therefore the man and woman who cherish a hopeless passion are foolish to think that they can cure it by marrying some one for whom they have no real love. The remedy only aggravates the malady.

OF COURSE, not even the most sentimental can spend thirty or forty years in continuous billing and cooing, and there comes a time when even the most romantic love settles down into a Darby and Joan friendship. But, curiously enough, this companionship to be perfect and complete, must have underneath it the smoldering fires of a love that was so strong in youth that it will keep the hearthstone warm through all the long years of old age.

Enforced companionship does not make for comradeship. It is only those to whom we are drawn by the mysterious attraction of the heart to whom we open the secret doors of our souls.

I do not believe once in a thousand times that a man or woman ever falls in love with his or her wife or husband if he or she entered marriage without love. Respect, gratitude, friendliness he or she may come to feel possibly, but often it is hatred for a jailer, for marriage without love is nothing but a prison against whose bars one beats oneself continually.

WHEN one sees how easily men fall out of love after they are married and how domesticity irks them, it is obvious that they need to start into matrimony geared up to the highest pitch of passion. With a woman the case is not quite so bad, because she has more compensations in a material way to gain from matrimony than a man has, and, like the canary, having been bred in a cage, she is better contented to have her wings clipped.

Moreover, all the circumstances of a woman's life tend to concentrate her interest on her husband, and if a man is good and kind to her she makes better shift to be content with him than a man does with a makeshift wife.

But marriage without love is always and under all conditions a risky experiment. It takes love and a lot of it to make matrimony endurable.

DOROTHY DIX.

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I am a retailer of food. I select the best of everything for your table. For your baking I carry Purity Flour. Of all Canada's finest brands of flour my choice is Purity, because I believe it is your choice.

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## ADVENTURES of the TWINS

by OLIVE ROBERTS BARTON

MISTER HAVALOOK

Off to the Land of Hidy Go went the Twins, after talking Nora not to forget to put crumbs on every morning for the birds, in case they were away from home.

Nora thought they had "one of their notions" again, as she called them. But she promised.

The Twins slipped into the magic shoes, and this time, instead of being whisked off through the air, they fell themselves, sinking right down through the ground.

It was like being in an elevator that was going down very, very swiftly past floors, and floors and floors in a high building. It made you feel queer in your stomach just at first, and a bit dizzy, too.

But she and Nick kept on falling, and after a while they got accustomed to it.

Indeed, they began to talk to each other. Nancy found herself saying to Nick: "It is going to be hard to get back. I hope there won't be stairs to climb."

"If there are," laughed Nick, "there wouldn't be enough numbers in the arithmetic book to count them. We must be down a mile now."

Suddenly they noticed that they had company. Another person was falling right beside them. Easily, gracefully, comfortably falling, and taking it all quite for granted.

"How do you do?" said Nick.

"What's that? What's that?" asked their companion, putting an enormous ear-trumpet up to his ear like a telephone receiver. "Just what did you say?"

"I just said how do you do," answered Nick.

The little man put his ear-trumpet back into his pocket. "It's no use," he muttered. "I hear much better without it."

"Now once again, will you please say it all over again," he remarked, putting his hand behind his ear. He had on an enormous pair of goggles which gave him an owl look, and under his arm he carried a huge bundle.

"I said how do you do," said Nick again politely.

"Oh, how am I? Is that it?" remarked the queer little man. "Well, it's a long story. But as we have five more miles to go before we reach Hidy Go Land, I'll have time to tell you, I suppose. Are you going to Hidy Go Land?"

"Yes," said Nick. "We both are."

"Both?" remarked the man. "Is there another of you? I can't see. Just wait until I take off these pesky goggles."

And off they came and went into his other pocket. "Now I can see and hear," he exclaimed. "Oh yes, there you are, little girl! Glad to have you both for company, I'm sure. I always hate to think of this long fall alone. It wouldn't be so bad if you had windows to look out and see the country."

"But you asked me how I was and I'll have to tell you. You didn't ask who I was, but I'll tell you that anyway."

## Fashion Fancies



By Marie Belmont

The abbreviated coat above is made from soft black velvet, and is trimmed so it will be warm enough for the coldest days.

There are shaped seams from the shoulders, and in the lowest curve of these are placed small pockets made of woven strips of the velvet. The cuffs repeat this basketweave trimming.

I'm Mister Havalook, the King of Hidy Go Land. Yes, I'm a king, but just call me 'Mister.' I've been up getting my laundry. I have it here in this bundle. I'm having trouble with my subjects and they won't do my washing."

"Oh, dear!" exclaimed Nancy. "That's too bad. It's always so hard to let it get two weeks ahead. Mother says, 'Perhaps I can do it for you,' she offered. 'I know how to do up doll clothes, but I'm not much good at starching.'"

"Most kind, I'm sure," remarked Mister Havalook. "Perhaps I shall accept your offer. But I haven't told you how I am yet. I'm quite well, thank you, but worried."

To Be Continued

## Is this your BIRTHDAY

JANUARY 22—You are independent, tactful, and self-reliant, fond of dressing well, and generally careful of appearances. You are secretive in your dealings, but never to the extent of trickery. You are loving and lovable, and care a great deal for the good opinion of your friends and acquaintances. Be very careful in your speech, and never gossip.

Your birth-stone is a garnet, which means faithfulness.

Your flower is a snowdrop.

Your lucky colors are navy blue and black.

SHE—Won't you read to me while I sew?

HE—Why don't you sew to me while I read?—Answers.

**All Three Vitamines**

The three mystery foods that nobody has ever seen, but which Science knows exist, must be in what we eat or we perish. Vitamine A, B and C—we have to have a regular supply of all three in our diet. If we don't get enough, no matter how heavily we eat, we cannot thrive.

All three Vitamines are present in three-fold measure in that extra wholesome

**Butter-Nut Bread**



## Join in your children's fun!

Don't let ill health rob you of your children's or your own pleasure. Many mothers say that they are too tired to join in their children's games, and it is usually because they have allowed themselves to become nervous and run down.

Medical research has definitely proved that one of the causes of a run down condition of the body is a shortage of certain mineral elements, including iron, potassium, calcium, sodium and phosphorus, and until a sufficient supply of these minerals is restored to the body, good health is impossible. Wincarnis contains every one of these elements in addition to other health giving ingredients, and in a form in which they are most rapidly absorbed into the blood and carried to every part of the body to be converted into vital force.

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## A Thought

Hell and destruction are never full; so the eyes of man are never satisfied.

—Prov. 27:20.

AS THERE is much beast and some devil in man, so is there some angel and some God in him. The beast and the devil may be conquered, but in this life never destroyed.—Coleridge.

MAUD—Why look at that girl, she's hardly got anything on.

Robert—Well, it says on the tickets that "dress is optional."—London Mail.

## EVEN LIVERS GET LAZY!

You get lazy—everybody gets lazy—even your liver gets lazy now and then. When you get tired, lay-me-down-and-if feeling take 15 to 30 drops of Seign's Syrup in a glass of water. Does the trick and safely. You'll feel like new!

## MENUS FOR THE FAMILY

**MENU HINT.**

Breakfast.

Stewed Peas with Raisins

Cooked Cereal (cream)

Poached Eggs on Toast

Dinner

Cold Sliced Meat

Candied Sweet Potatoes

Celery

Hot Slaw

Bread

Butter

Pumpkin Pie

Coffee

Jelly

Supper

Angel Cream

Toasted Wafers

Tea Biscuit

Butter

Fruit Salad

Honey

Cake

Cocoa with Marshmallows

## TODAY'S RECIPES.

Angel Cream—Take two medium sized white potatoes, pared, sliced, cooked soft and mashed. Add one-half teaspoon salt, one-half cup cream. Beat 15 minutes. Then gradually add one and one-half cups cream. Heat to boiling point, but do not boil.

## N. B. Girl Admitted To Bar In Toronto

TORONTO, Ont., Jan. 22—Two young women were called to the bar at Osgoode Hall yesterday. They are Miss Margaret Hyndman, formerly of Palmerston, Ont., and Miss Ruby Wigle, daughter of Rev. Dr. Wigle, of Sackville, N. B.

Miss Wigle is a graduate of Victoria College and librarian of the Phillip Stewart library at Osgoode Hall.

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## HELP YOURSELF TO HEALTH

W. K. Kellogg



## Tired in the morning—tired all day

IN THE morning when vitality should be at its peak, she was listless, tired, aching in head and heart. She was young, yet she was defeated. The cold, vile hand of constipation was dragging her down, destroying her health, robbing her beauty and charm. Women! be rid of constipation. Kellogg's ALL-BRAN is the sure, safe, pleasant way.

When Kellogg's ALL-BRAN travels through the system, its fiber remains unchanged. It can absorb and carry moisture through the intestinal tract and stimulate it to natural, healthy action. ALL-BRAN is what doctors call a bulk food.

Its delightful nutty flavor makes it good as a cereal. Serve with milk or cream or with fresh or preserved fruit; sprinkle over other cereals or cook with hot cereals; use in soups or make into the many recipes given on every package. If eaten regularly,

it is guaranteed to bring permanent relief or the grocer returns the purchase price. Eat two tablespoonfuls daily—in chronic cases, with every meal.

Be sure to get Kellogg's ALL-BRAN. Only ALL-BRAN brings sure results. You can see that a part-bran product can, at best, be but partially effective. Insist on Kellogg's ALL-BRAN—a 100% bran product.

Kellogg's is the original and only ALL-BRAN. It is the bran which doctors recommend. Accept no other if you would be sure. All grocers sell it. Leading hotels and restaurants serve it. Buy a package of Kellogg's ALL-BRAN today.

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**Kellogg's ALL-BRAN**

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## FIVE YEARS RECORD

THE CONFEDERATION LIFE ASSOCIATION				
1920		1925		
HAS	From	To	Increase	
INCREASED	Total Insurance in Force	\$135,624,925	\$206,717,691	52%
INCREASED	Total Assets	27,213,246	45,179,252	66%
INCREASED	Total Income	6,488,307	10,796,685	67%
INCREASED	Amount Paid Policyholders and Beneficiaries	2,461,857	4,094,239	66%
INCREASED	Total Held and Paid for Policyholders and Beneficiaries	62,459,214	97,336,711	56%

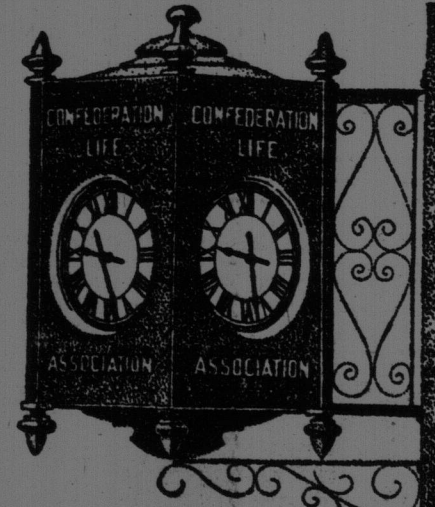
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