

INTERESTING

A Feature Page of Interest to Everyone

INSTRUCTIVE

Dorothy Dix

How Can the Too-Humble Girl Make Friends?—Must She Disclose Her Prematurely Gray Hair to Her Fiance Before Marriage?—The Girl Who Thinks She Prefers a Career to a Home.

DEAR MISS DIX—How may one overcome the inferiority complex? As a child, when any one praised me, my mother would make some deprecating remark, and she was constantly calling my attention to the achievements of other children, while belittling my efforts. I made along those lines. She says that the reason she did this was to keep me from becoming conceited, but I was a sensitive child and I developed the idea that I was inferior to my associates; that I could never achieve anything and that people only tolerated me through courtesy.



DOROTHY DIX

I am a good-looking girl, college bred, a musician and successful in business, but I feel that my life is a failure. I crave friends, but through timidity cannot make any advances to those I would like to know. I would like to marry, but probably never will, because when I meet a man I instinctively draw into my shell. Is there any way to overcome this sense of inferiority?

ANSWER: Of course, the remedy for what ails you is vanity applied at lib in large and generous doses. Hold the thought, as our Christian Science friends would say, that you are the most beautiful, the most admired and successful woman in the world, and that every man you see falls madly in love with you at first sight.

The only difficulty with this remedy is that it is practically impossible for those with the inferiority complex to kid themselves along that way. Self-conceit appears to be one of the things that it is equally hard to cultivate and to exterminate, and unless you develop a case of swell head in your youth, it is extremely difficult to acquire it when you are grown.

You have my earnest sympathy, Edith, for I was brought up in the same Spartan school and had every spring of self-confidence that showed itself in my character nipped in the bud. It was so firmly impressed upon my youthful mind that I was a poor, miserable worm of the dust that to this day it embarrasses me to death for anybody to look hard at me, and it is a matter of perpetual amazement to me that I have somehow managed to keep out of the Asylum for the Incurably Feeble-Minded.

Of course, when our mothers keep our faults and weaknesses continually before our eyes, while they remain as silent as the grave about our virtues, they are actuated by the noblest motives. They feel that it is their duty to suppress our egotism and cultivate a humble spirit within us, and they never have a suspicion that nine times out of ten they are doing us a deadly wrong by killing our confidence in ourselves.

For we can only do what we think we can do. The limit of our faith in ourselves is the limit of our achievements. We only aspire to the star that we think we can reach.

It is pitiful to think how much talent has gone to waste, how many ambitions blighted, how many fine things might have been done that are never done because families consider it necessary to take all of the conceit out of children. It is because of this that I have heard so continually, "You can't do it," that they sit down supinely and never make an effort at all. And if a child has any defect, such as awkwardness, clumsiness or shyness, to be continually reminded of these faults just intensifies them and makes the youngster that much more self-conscious and deprecating.

Of course, a happy medium is best, but it is better for a child to have an exaggerated ego than to be afflicted with an inferiority complex. The self-conceited are, at times, hard on the nerves of their fellow creatures, but they generally get somewhere.

DEAR MISS DIX—I have just become engaged and my fiance thinks I am wonderful. However, there is one thing I have never confided to him, and that is that I have by prematurely gray hair touched up by beauty expert. He often remarks on my pretty hair. Shall I tell him this secret or shall I let him go on in ignorant bliss, get married and then per-haps have him pour his merciless wrath on me for having deceived him?

ANSWER: A woman's hair and her complexion are a trade secret between her and her dressing table, which she is under no obligation to reveal to any man. How she does it is her own affair, and he is only concerned with the results. I once heard a very famous man say that his ideal of a subtle woman was one who could be married to a man for seven years without his ever finding out whether her hair was her own or not.

Of course, this was in the pre-behobbed days, but the principle holds good as to hair dyes as well as rats and swistles and transformations. However, Emily Jane, you are probably worrying yourself without reason and no doubt your sweetheart already knows that you touch up your locks, for about the only person who is ever fooled by dyed hair is the poor, silly woman who is foolish enough to think that she has deceived other people.

I think that a woman who has prematurely gray hair makes the mistake of her life when she dyes it, because there is nothing so distinguished looking, nothing so becoming, as gray hair above a young face. Try a white wig on the next time you go to your beauty shop and see if it does not add 50 per cent. to your good looks.

DEAR MISS DIX—I am very much in love with a girl who I am sure would make me an ideal wife, but marriage does not seem to appeal to her. She has been trained for a teacher and she appears to feel that she would rather have a career than a husband. She is 20 and I am 23 years old. What should I do?

ANSWER: You are both too young to get married, anyway, so give the girl three or four years to try out her career, and there is every chance that at the end of that time she will be glad enough to scrap her ambitions for a wedding ring.

When a girl has the career germ in her system, the only sane thing for a man to do is to let her work it out. Let her find out by experience that a career is not something her fairy godmother hands her out on a silver salver, all nicely tied up with blue ribbon and garnished around the edges with large checks; but that it is something that a woman buys with her very heart's blood, with work and worry and anxiety and loneliness, and that is never worth the price she paid for it.

A great many men persuade girls to give up their careers to marry them. This is always a mistake, because no matter how good and kind the husband is or how much money he gives his wife, she goes through life feeling that she has made a terrible sacrifice.

She is always looking back regretfully and thinking that if she had only pursued a career instead of permitting herself to be sidetracked into matrimony, she would have been the world's greatest novelist or singer or film star.

Of course, that is mostly a pipe dream, but the woman firmly believes in it as a reality, and it makes things mighty uncomfortable to have a blighted genius around the house.

So let your girl have a go at her career. If she really is a genius and prefers the glad hand of the public to baby hands on her breast, you are lucky not to get her, for careering wives and matrimony don't mix.

But the chances are that she will find that a career for a woman isn't all it is press-agented to be, and she will say "Yes" and thank you, too, when you ask her to devote her genius to homemaking.

Copyright by Public Ledger.

FIRE

AND OTHER INSURANCE PROTECTION
WILLIAM THOMSON & CO., LIMITED
Royal Bank Bldg. 22 King Street

Hints For The Bride



DON'T WEAR A BREAKFAST CAP AND DRESSING GOWN IN THE MORNING TO COVER UP A POORLY APPEARANCE AT THE BREAKFAST TABLE—IT'S BOUND TO NOTICE IT EVERY TIME!

ALWAYS DOLL UP—HE'LL PROBABLY NEVER EVEN SEE YOU—BUT THEN, YOU KNOW, IT'S RATHER A COMFORTABLE FEELING TO KNOW YOU LOOK WELL—AND THERE'S ALWAYS A CHANCE THAT HE MAY LOOK UP!

Menus for the Family

MENU HINT

Breakfast: Baked Apples, Corn Meal Mush, Health Muffins, Cocoa, Coffee, Luncheon: Vegetable Soup, Croustons, Waldorf Salad, Rye Bread, Raisin Rice, Plain Cookies, Milk, Dinner: Baked Salmon, Mashed Potatoes, White Bread, Creamed Carrots and Peas, Pear and Quince Sauce, Bread Dough Cake, Milk, Tea.

TODAY'S RECIPES

Health Muffins—One-half cup white flour, four teaspoons baking powder, one teaspoonful salt, one cup graham flour, one-half cup bran, one cup raisins, cut in pieces; one egg, one and one-quarter cups milk, four tablespoons powder and salt together. Add graham flour, bran and raisins. Stir in well beaten egg, milk and shortening. Beat until thoroughly mixed; pour into greased muffin pans. Bake in moderate oven 20 to 25 minutes.

Bread Dough Cake—When bread is ready to shape into loaves, take a half pint cup full of the raised dough and set aside. Now take one cup sugar, brown or white, one-third cup butter, yolks of two eggs, one-quarter teaspoon cinnamon, nutmeg and allspice, one tablespoon soda sifted in one-third cup sifted flour. Mix well together with spoon. Have one cup of seedless raisins plumped and dry, put three-quarters of them with the bread dough and mix all together with hands until nice and fine like cake batter. Last, stir with a wooden spoon, and put the remaining one-quarter cup raisins over top of cake. Set in a warm place. When bread is baked, bake cake. This may sound like a lot of work, but it is really very simple. A longer process cake is just like longer bread. Both have a much better taste.

Baked Salmon—One can salmon, one cup bread or cracker crumbs, cream with salt, little pepper, moisten well with sweet milk and two beaten eggs. Butter a casserole, pour in the mixture. Sprinkle with crumbs and pieces of butter, bake 45 minutes in a quick oven.

Quince and Pear Sauce means the fruits canned together in the fall. It is

Is this your BIRTHDAY?

FEBRUARY 21—You are studious, serious, and rather reserved, a lover of good books and of the finer things of life. You have excellent reasoning powers, and are somewhat critical in your opinions. You care for men only when they are manly and vigorous. Try to think more of others, and cultivate unselfishness in little things. Your birth-stone is an amethyst, which means sincerity. Your flower is a primrose. Your lucky colors are light blue and yellow.

FEBRUARY 20—You are probably a person who can be trusted to do what you undertake to do; so determined to do it sometimes that you hold on when anybody else would let go, refusing to accept failure. Not ungly cast down over the troubles and trials that come to you, picking yourself up after a tumble and going on again. Happy love affairs are indicated for you. Your birth-stone is an amethyst, which means sincerity. Your flower is a primrose. Your lucky colors are light blue and yellow.

A Thought

I will put my laws into their hearts, and in their minds will I write them.—Feb. 10:16.

TO MAKE an empire durable the magistrate must obey the laws, and the people are magistrates.—Solon.

Farmer Owes \$7,806 And Has \$10 Watch

MIDDLETOWN, N. Y., Feb. 19.—Owing \$7,806, with only a watch as assets free of encumbrances, is alleged to be the financial condition of Guy A. Switzer, a farmer of Castle Creek, Broome county, who has gone into voluntary bankruptcy.

The value of the watch has not been determined, but is said to be about \$10. If that is the value, more money must be obtained from some source in order to compensate for the legal advertising which is required. The farmer lists 89 creditors, seven having secured claims. The unsecured claims total \$4,747. He lists his assets at \$2,410, but the only asset not covered by a chattel mortgage is the watch.

This year marks the seventy-fifth anniversary of the manufacture of ice cream as a commercial industry.

ADVENTURES of the TWINS

by OLIVE ROBERTS BARTON

THE FRIENDLY ALLIGATORS. Jupe, the kangaroo, blew his whistle and twelve large alligators appeared. "Don't be afraid," he said to the Twins. "These alligators won't hurt you. They are different from other alligators. If we treat them kindly they will make a bridge for us with their backs, and then we can get across to Blue Whiskers' castle."

Nancy and Nick tried to ask what he meant, but it was of no use. The right words simply would not come. Their tongues were as twisted as Mister Fink's elephant's pretzels.

By this time the alligators had lined up in a row, watching them sorrowfully. "We haven't heard a story today," said the first alligator taking a handkerchief out of his vest pocket and blowing his nose loudly. "Do you know?" asked the next alligator straightening his necktie and setting his tail in a becoming position. "We'd like to hear about an elephant," said the third alligator, biting the end off a large cigar and patting himself all over for a match.

The other alligators came crowding up, each one anxious to hear a story. "Certainly, I'll tell you a story," promised Jupe. "But first let me introduce my friends here. They are Nancy and Nick, the Twins. If you can keep a secret, they came in search of the Blue Cherry. And I'm going to try to help them to find it."

"How do you do?" said all the alligators bowing gravely. "We are sorry she bit a bottle and that made the blue bottle fly, and then she fell into the lake and that made—" "If you don't mind," said the alligators together solemnly, "we think that we'll take off our coats and make a bridge for you now."

So Jupe and the Twins were soon safe on the other side.

To Be Continued

A Profitable Profession for Women

Paying \$30 a Month and Living While in Training

McLean Hospital School of Nursing offers a three years' course in the care and treatment of nervous and mental diseases, with affiliations that also offer training in medical, surgical and obstetrical work. In room and laundry are furnished and an allowance of \$30 per month. This course is open to young women who have completed successfully one year of high school. Entrance in January and September. For information apply to the SUPERINTENDENT OF NURSES, McLean Hospital, Waverley, Massachusetts.

"It is Easy for Willis MacDonald"

Children are candid: they give you a straight answer.

Office of TOWN CLERK AND TREASURER
Sydney Mines.
The Groller Society Ltd., TORONTO, Ontario.
Dear Sirs:—
Right from the start my young son has taken a keen delight and interest in the Book of Knowledge, with the result that he has held first place in his classes ever since the BOOK OF KNOWLEDGE came into our home.
Recently a classmate of my boy's was taken to task by his parent for not maintaining as high a standard as my son. His reply was: "It is easy for Willis MacDonald to keep ahead—he has the Book of Knowledge."
Yours truly,
J. C. MacDonald
Town Clerk and School Sec'y.

The incident recorded in this letter is not an exception. It is happening almost every day in every school. Some boys and girls keep going right ahead with apparent ease, taking a real delight in their studies, while others, putting forth a greater effort, are making less headway and finding no joy in their lessons. The difference is not in the child, the teacher or the school, but in the home.



Is Your Home Equipped to Bring Your Child Success in Life?

Children succeed only as they make the grades of daily life, in school or at home. Some are so constituted by nature that learning has no fascination for them. Others have a yearning to know, a natural inborn curiosity that becomes stunted unless fed and encouraged.

The Book of Knowledge

arouses the indifferent; directs the ambitious and stimulates the backward. It causes the child to think and trains him to do. Efficiency, the force that makes the grades, attains the goals, begins with thinking and ends with doing. Thought and action are the team that wins every race and solves every problem. THE BOOK OF KNOWLEDGE is an investment that yields joy and interest every day throughout the year.

This free Illustrated Story shows how The Book of Knowledge

Makes learning a delight With 10,000 pictures—300 in colors

Give Your Boy an even break

FREE TO PARENTS

Without obligation on my part, you may send me complete illustrated articles taken from the Book of Knowledge so that I may see how delightful it makes learning.

Name _____
Address _____
The Groller Society Ltd., Publishers, The Book of Knowledge, Federal Building, Toronto, T. S. Feb. 20

Protect the Lips against Wintery Winds

VINOLIA LYPHYL
SOOTHES AND BEAUTIFIES THE LIPS. Accept No Substitutes.