

Dorothy Dix

If You Desire to Live in Peace and Avoid Wrinkles and Nerves, Never Establish a Reputation for Excellence in Any Particular Line," Says Dorothy Dix; "There's Great Comfort in Mediocrity."

NEXT to a bad reputation, there is nothing that is such a handicap to one's pleasures and happiness as a good one. Indeed, it may be questioned whether a good one isn't worse than a bad one, for while a reputation for being wicked may lead the foolish to regard you as interesting, the reputation for being good elects you to martyrdom.



DOROTHY DIX

IF YOU desire to live in peace and comfort, and avoid wrinkles and nerves, never establish a reputation for excellence in any particular line. If you do, you are its bond slave for life. You cannot run away from it, or leave it behind. Go where you will, it will follow you, and you cannot rid yourself of it.

Every one of us who has a reputation for anything has to pay for it, because we have to live up to it.

THE beauty must take much more care of her appearance than the homely woman. She must dress with more lavishment and taste than the woman who has no reputation for her and they are quick to notice the least falling off in looks and the first sign of approaching age, whereas the plain woman can go through all the gradations from youth to middle life without any one being the wiser.

IT IS one of the consolations for never having been a beauty that nobody ever tells you how you have faded.

IF YOU acquire a reputation for conspicuous excellence in any line, it establishes a precedent that you have to live up to, and in consequence you become a shining mark for criticism.

Take the woman, for instance, who is a notable housekeeper. Hasn't she let herself in for a life sentence of hard labor? Other women may have a picked-up dinner; other housekeepers may draw a blind down hastily to hide where the maid neglected to sweep in the corner; other cooks' cakes may be said now and then and their bread heavy, and we think nothing of it. We don't expect perfection of them.

BUT no such blessed privilege is hers with a reputation. If everything in her home isn't spic-and-span and done to the minute, we say: "We don't see what people find in Mary Jones' housekeeping to be forever talking about. Of all the heavy, indigestible stuff we ever ate, that angel food of hers, etc., etc." And poor Mary Jones knows that we are going to say it, if there is a single peg in her housekeeping left to us to hammer. So she works herself to death, trying to live up to the blue-ribbon prize standard that she has inaugurated.

IT IS sad to think that we have to guard against our most amiable impulses, but it is a fact nevertheless. A familiar example of this is afforded by the attitude we are forced to take toward children for the sake of our self-preservation. There isn't any one with a heart as big as a nickel who doesn't love little children, but if you are rash enough to let this become known, your life will be made a torment to you.

EVERY time your neighbor gets busy making a new dress, or wants to go off and spend the afternoon playing bridge, she bundles her nursery in on you. "Of course, I wouldn't do this with anybody else," she says, "but I know how fond you are of children." Fond! Bah! When you had planned a nice restful afternoon with a new novel. You feel like a female Herod. It is your fatal reputation for being fond of children coming home to roost.

EVERY one likes to entertain friends, but once get a reputation for hospitality, and you had as well hang out a sign for free entertainment for man and beast. People you never heard of write and tell you they are coming to see you. People you have met at summer resorts and on railroad trains descend upon you. Relatives who forget you until they see an opportunity to dodge a hotel bill look you up when they come to your town.

"YOU see," say these dead beats, "I am perfectly unceremonious with you, because I know how hospitable you are." And there you are, because you haven't the nerve to stand up and repudiate the reputation that is going to land you in the poorhouse.

THEN there is the terrible thing of getting the reputation of being generous. Once give to a poor family, and you have established their claim upon you for life. Henceforth you are merely a dairy that they feel they have a right to milk at pleasure.

YOU can't give what you can afford to give and then stop. Your pensioner not only feels that it is your duty to support her, but to send her boys to college and to give her girl a debut party. You are slated for life to toil for the lazy and idle and support the shiftless, because of your reputation as a philanthropist.

A FUNNY phase of this subject is that after you once acquire a reputation for doing a thing you never get any credit for virtue in doing it. People seem to think that you have a moral mania for work and self-sacrifice and that you enjoy it. They actually give themselves credit for gratifying your peculiar taste.

AND the queer part of it is that once you have established your reputation for being unselfish and patient and kind and generous, nobody appreciates your self-sacrifice or your goodness. They think you are built that way and can't help it. And they give all of their plaudits and throw fits of gratitude before the people who only occasionally are good and kind or give anything away.

THE moral of all of which is that we have to live up to our blue china, and if we once get a good reputation we have to break our necks keeping up to the standard we have set.

THEREFORE the only safe and comfortable plan is not to establish a precedent. There is great peace and happiness in mediocrity.

DOROTHY DIX

ACHING HEADS AND "SPOTTY" EYES
Kellogg's ALL-BRAN brings lasting relief from constipation

Don't submit to the terrible inroads of constipation. Read Mr. Davidson's message of cheer: "Kellogg's ALL-BRAN has been a God-send to me. I have spent hours of dollars and suffered untold agony, and this is the first relief I have had. Believe me, I will sure be a booster for ALL-BRAN as long as I live."

Constipation is at the bottom of more than forty harrowing diseases. Unpleasant breath, blotchy complexion, spots before the eyes are forerunners of worse to follow! Conquer constipation with Kellogg's ALL-BRAN.

Blackened Lamps Waste Current!
REPLACE THEM WITH

EDISON MAZDA LAMPS

A Canadian General Electric Product

Goat-Getters



Fashion Fancies

Checked Woolen Overblouse and Velvet Skirt for the Junior Girl.



The youthful mode of woolen overblouse or skirt jacket and velvet skirt is affected by all ages, but it is especially appropriate for the school girl in her teens.

Above is seen a smart costume in green and black. The upper part is rough green and black checked woolen material, and the skirt is of green velvet.

The vestee, which shows at the front, is cream silk, with the belt, collar and cuffs of the velvet in green.

Flapper Fanny Says



Father can tell you what makes the wheels go 'round. He pays so much per gallon for it.

Little Joe

WHEN YOU RUSH YOUR WORK YOU GET THROUGH IN TIME TO DO IT OVER AGAIN



SPRING COLORS

Orange and yellow are putting in a strong bid for favor in the Palm Beach and early spring costumes that are just being shown.

BEHIND THE SCREEN



Mme. Celeste Sorel

"Bennie," with Colleen Moore wearing long trousers, is to be the star of the next picture. She will be seen as a minor but important member of a financially crippled theatrical troupe touring the small towns. Later she appears as a printer's devil in a country newspaper office.

"Here 'Vare Brother," being filmed at the First National studios, has been restricted to "Three in Love."

"Heaven and Earth," Milton Sully's next starring vehicle, offers some interesting possibilities in background and artistic effects since the action is not confined to the earth, but touches that of several planets as well. Just which astral bodies are concerned has not been announced.

MENU

For the Family

MENU HINT.

Meals during the busy Christmas season should be planned so as to make as little work as possible for the cook—especially if mother does the cooking—and at the same time be sufficiently nourishing and hearty to help withstand the extra fatigue of the holiday season.

Broiled Steak.
Baked Sweet Potatoes.
Lettuce or Cabbage Salad.
Currant Jelly.
Crackers toasted with Cheese.
Tea or Coffee.

TODAY'S RECIPES.

Baked Potatoes—If you are planning for a day's shopping, scrub the sweet potatoes and boil them for a few moments when you are doing the morning work. Then when you come home, light the oven, put the potatoes in, and half an hour will be ample time in which to bake them.

Broiled Steaks—The steaks, if purchased in the morning, should be wiped with a damp cloth and kept cold until the broiler is hot, then put on, seared with a hot fire, then broiled more slowly until done, seasoned, put on a hot platter with a lump of butter on each, and the gravy in the pan poured over them.

Salad—The lettuce will be washed, picked apart, put in a bag and kept in a cool place until ready to put on the plates and have the dressing added. The cabbage salad may be made in the morning and kept cool until time to serve.

Toasted Cheese Crackers—Spread softened cheese on crackers and put in the oven until the cheese melts.

FEW PASTELS

Brilliant rather than pastel shades are desirable in millinery this season, though there is a grayish blue felt that is very popular because it blends so well with gray furs.

The Rhyming Optimist

By ALINE MICHAELIS.

The days I love are not the days of power with hopes fulfilled, ambitions gratified, there are not days that bring a splendid dower of tasks achieved or crown of worldly pride. Though it is good to know the flush, the thrill which comes when victory is won, at length, there yet are penalties the mighty will must pay, the costly forfeiture of strength. The days I love are quiet, sun-filled days that idly drift upon the stream of time, like lily-pads that float on tranquil ways whose jade-green waters stir in liquid rhyme. Then, far from all the tumult of the throne, those only whom a hold most dear must move to make a little world untouched by wrong, a little world to fill the days I love.

A Thought

Her ways are ways of pleasantness, and all her paths are peace.—Prov. 3:17.

HONOR women! They entwine and weave heavenly roses in our earthly life.—Schiller.

The use of brilliants and jewels on footwear persists. There are lovely yellow satin slippers with buckles of topaz, black satin sandals outlined with rhinestone straps, and red satin ones heavily incrustured with pearls.

From Santa's Sack to You,

MADE IN CANADA

Sold the World Over

MOFFATS

Electric Ranges

LEA & PERRINS

SAUCE

People say, Sir—

what's in a name?

Everything—I say!

Why, you can't even be

certain of getting the

genuine Worcester

Sauce unless you ask

for it by its name—

Lea and Perrins!

LEA & PERRINS

SAUCE

MOFFATS

Electric Ranges

Your Own Hydro

Canterbury Street

MOFFATS, LIMITED—WESTON, ONTARIO.

HEALTH SERVICE—Fruit Juices In Milk Make Baby Stronger

By DR. MORRIS FISHBINE

AS modern studies of the value of various food substances in nutrition have continued, it has become apparent that milk, the main food of infants and children, varies in its vitamin content, according to the kind of food that the cow has received and the kind of life that the cow has lived. Much depends on whether the cow has been in the sunlight or in the stable, and on whether it has been fed on fresh greens or stored hay. There may be more to the phrase "milk from contented cows" than appears on the surface. A healthful cow is a contented one, and a healthful cow yields more and better milk.

TESTS OF QUALITY

Recently, investigators in the University of Missouri, Mrs. Eva M. Davis and Hannah A. Stillman, have attempted additional tests to find out what proportion of vegetable and fruit juices would be equivalent to oranges in growth promoting qualities. They found that physicians were justified in substituting carrot, spinach or tomato juices for orange juice in promoting growth and in supplementing the diet.

Cabbage juice, however, was not adequate when winter cabbage was used. When the fresh summer cabbage was employed, it was found to be equal in most respects to orange juice.

Oranges are, however, difficult to obtain at times in some communities, and frequently are so expensive as not to be easily available to the poor.

A number of investigators have attempted to find substitutes for orange juice and have suggested the juices of cheaper fruits and vegetables, including particularly the tomato, cabbage, spinach and carrot.

According to the opinions of these investigators, scurvy in a guinea pig can be prevented by 25 drops of fresh orange juice daily, 30 to 60 drops of canned tomato juice, one-tenth of an ounce of raw cabbage or raw spinach daily.

However, even under the best circumstances specialists in diseases of children have found it advisable to add orange juice, tomato juice, lemon juice, or other juices of fresh fruits and vegetables to milk in order to bring the vitamin content up to a point that will encourage growth and proper nutrition.

Orange juice stimulates growth, furnishes a considerable amount of minerals, has some laxative qualities and prevents the development of scurvy.

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