

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



A THRILL for parents

It's a lot of satisfaction to see the children eat heartily. For it's a cheery sign of well-being of vigor, and health.

And that's why you'll want to serve Kellogg's Rice Krispies often. These delicious bubbles of rice actually crackle in milk or cream.

Nourishing rice—easy to digest, rich in energy. Splendid for the evening meal. So much better than heavy, hard-to-digest dishes.

Sold by all grocers. Made by Kellogg in London, Ontario. Quality guaranteed.



A Morning Smile

Two Hollywood film stars got married and went away on a honeymoon. When they returned a friend asked the husband how he had enjoyed himself.

"Oh, fine!" was the reply. "Honolulu is a charming place."

"And did your wife enjoy herself?"

"I don't know," answered the husband. "You see, she went to New York."

For The Cook

SWEET FRUITS PICKLED

Even the housekeeper who does not go in greatly for the making of her own pickles and relishes (in this day of such fine and varied ones that she can conveniently and economically buy ready for use) likes to make a few jars of delicate pickled fruits. They are so easy to do—so delicious when done! This recipe is a general one:

Make a syrup by boiling for a few minutes, 1 quart vinegar, 2 pounds brown sugar, 2 tablespoons allspice, 2 tablespoons cinnamon, 1/4 ounce cloves, 1 teaspoon mace, the pieces being tied in a cheesecloth bag. Add the prepared fruit, peaches, pears, crabapples, etc., and cook till tender, then seal in jars.



Let Me Compliment You on Your SMARTNESS Penman's Hosiery and Sweaters

Dorothy Dix Letter Box

Is Physical Attraction Most Important Thing in Marriage? — Jobless Man Who Won't Let Fiancee Pay for Entertainment — Bored Eighteen

Dear Miss Dix—Is sex attraction the most important thing in marriage? Are a woman's looks more important than anything else about her? My husband says that only the physical counts, but it seems to me that marriage cannot last if there is only a physical attraction. If I am wrong in my views, I want to change and make the best out of life.

Answer: Probably physical attraction is the basis of marriage. It is the mysterious force that draws a man and woman together, but there has to be something more than that, something deeper and more lasting to hold them together and to make a marriage a real success.

For passion dies of satiety. A woman's physical attractions fade. Beauty withers like a rose that has only a short day for its own. Sickness, worry, work, anxiety, time, all of the inevitable wear and tear of life splay the roses on the fairest cheek, dim the luster of the brightest eyes, rob even the most lissom figure of its willowiness, and if she has nothing to take the place of these charms when they are gone, then, indeed, is she sunk, and marriage becomes nothing but a dull endurance to her husband.

It is because men put the physical above the spiritual and the mental in picking out their wives that so many men weary of their lawful spouses and wander away from their own firesides. Because obviously if a man values only the physical he must be forever seeking fresh fields and fresher and younger and more beautiful women. And these men are wise never to marry, because no woman can hold them long; in their chasing after new sensations they strew their paths with the wrecks of women's lives and with alimony.

There are many women who have sex attraction for men, but who lack both head and heart. You see my brainless little dolls that men flutter around like bees around a honeypot, but you cannot imagine any forty or fifty years of contented wedlock with her.

No. The thing that counts most in the long pull of marriage is companionship. Congeniality. A man and woman having the same interests, thinking the same thoughts, enjoying the same things, having the same purpose in life.

For marriage, after the first wild rapture, settles down into the business of life in which a man and woman must develop a sort of glorified friendship if they are to find life joyous together. They must be chums who can talk together by the hour without ever talking out. They must be comrades who have fought and played together. There must be a bond between them that strengthens as the years go by, not one that weakens and snaps as soon as the fire of youth dies down.

It is easy enough for any fairly good-looking woman to marry any man she sets her fancy upon. The hard thing to do is to hold him, and that is why it is far more important that the inside of a woman's head should be lavishly furnished than the outside made gorgeous.

For a man will weary in time of even a living picture, but the thing he never tires of is being entertained and amused and jollied along, and still crazy about them, you will see that they are every one clever women! Not a fool, not a Dumb Dora in the lot of them.

The devoted husbands are all devoted to wives who have had sense enough to study them and understand them. Wives who have interested themselves in their husbands' interests and who have been able to meet them on their own ground with an entertaining line of conversation on the subjects they were absorbed in. They were wives who had sense enough to use some tact in getting along with their husbands and who never needlessly antagonized them. Wives who would take the trouble to manage their husbands, which means stepping around their peculiarities instead of bumping into them.

And they were wives who had enough intelligence to know that men get all the bump as they want in the outside world and don't enjoy coming home to a fight. Also, they have enough intelligence to know that all men are bound to have some woman look up to them and flatter them, and that of the wife doesn't do it, they will hunt up some other woman who will.

Undoubtedly sex counts in marriage. But so do brains and common sense and tact and a host of other qualities and, most of all, personality, which is really what we call "IT" in a woman.

Dear Miss Dix—Is it so very terrible for a man to accept money from a woman? In my case my fiance is one of those unfortunates who has been thrown out of a position due to general economic conditions. Of course, he will land something eventually, but in the meantime why shouldn't I foot the bills for the entertainment we both enjoy immensely, as I am lucky enough to have an excellent position which pays a remarkable salary. Why, he even objects to driving my car if he can't buy the gasoline, and if I get theatre tickets we have a battle royal. Am I wrong in wanting to share my good fortune with him?

Answer: I think that under the circumstances your fiance is foolish, but it is the kind of folly that makes you want to take off your hat to him, because it shows that he is a REAL man.

And, believe me, daughter, that kind of man is getting to be a rarity in these days of male parasites who graft off the thin little pocketbooks of working girls. Why, I know plenty of young men who won't even deign to go out with a girl unless she furnishes the car and the tickets and the "eats."

Still, there is sense and reason in all things and a man can overdo independence, especially just now when for a man to be out of work is no sign that he is a loafer and a dead beat, but is just the result of un- heard-of economic conditions. So I do not see why a youth who knows that when times change he will be back on the job and able to repay a girl tenfold for all that she had done for him should not be willing to take things from her that under other circumstances he might refuse. Especially when he reflects that he is depriving the girl as well as himself of a good time.

It takes more generosity to receive graciously than it does to give. I have a friend who has coined the phrase "stingy receivers," by which she means those who do not receive things in the spirit in which they are given. Those who are grudging in their appreciation. Those who show that they hate to take and who can hardly bring themselves to say "thank you" and who spoil the pleasure of the given by not having any pleasure in the gift. That phrase is worth thinking over.

Your fiance would gladly lavish anything he had on you. Tell him to realize that you are just as generous-hearted as he is and have just as much pleasure in making him happy as he would you and perhaps you can make him see the matter from a human instead of a strictly masculine point of view.

Dear Miss Dix—Why do the older generations use this phrase: "We never had that when we were young." Why are they also always throwing up to us all the time how hard they worked when they were young? These things seem to be their main conversation. Why is it?

Answer: Doubtless the old refer to these things because the difference between what they had when they were young and what the young have now is so great that it is a matter of constant amazement to them. Also, it is true that in older times there were not so many soft spots for the

Canadian Cookery For Canadian Women

By Mari Moore. Specially contributed to the Guardian for Guardian Readers.

Canadian cookery is a new feature that our page now offers to its women readers. Mrs. (Dr.) Mari Moore, who will conduct this Department, is a Canadian dietitian, who is well equipped for the work and has had considerable experience in making cooking more interesting.

Mrs. Moore will welcome and reply to inquiries from readers on cookery, household management, table arrangement, entertainment, invalid diets, etc., etc.

Letters may be addressed in care of this paper to Mari Moore, cookery editor. A pen name should be chosen, for publication purposes, in addition to the writer's name and address, which, of course will not be published.

It is our hope that this department will become a friendly guide to efficient household management. These contributions will appear on Thursday, Friday and Saturday each week.

Can Vegetables To Keep

I am finding through my bulky correspondence with home makers a very rapidly increasing interest in the latest scientific methods of food preparation. With the hope, then, of giving you something new, I have consulted the general manager of our largest canning plant to ascertain chiefly the infallible methods they use to ensure the product keeping, and the cheapest and fastest methods of canning.

Of course, much that he told me, when transposed to household equipment and needs, is not applicable, but, on the other hand, much of it is.

The most important point is dis- maying—he says no vegetables can (not should) be canned under a temperature of 250 deg. Fahr.

Now you and I both know that we have been canning vegetables in the hot water bath, in which it is impossible to reach a higher temperature than boiling point, which is 212 deg. Fahr.—and they have kept.

His reply to that argument was "very well, but you did not know they were going to keep. When a product leaves our warehouse for the retailers shelves, we have to know it is going to keep."

There was no counter-argument to that. So, we have to do one of two things:

1—Take a sporting chance that with all the care it is humanly possible to give a vegetable, and by observing all the sterilization rules, most of our home canned vegetables will keep.

2—Use a pressure cooker, by which we attain a higher temperature through steam pressure.

Just because some of us have pressure cookers, I do not go around with my head in the sand to the extent that I think most kitchens are equipped with one. The great majority of kitchens are not equipped with pressure cookers.

But I would like you to sit down with a thoughtful look on your face and ponder the "fors and agains" for buying one:

It seems to me that the only "against" would be the initial cost. But consider the "fors."

For all of us the canning season is at least three months long. In the majority of kitchens (and I have made a survey—this is no idle surmise) one day or portion of a day per week of these three months is devoted to canning, preserving, jelly making or pickling.

The cost of the amount of sugar, salt, vinegar, heat, jars, etc. very nearly equal the cost of the raw product. These figures are for those who do not have home gardens.

Last, but most important, try to sum up the amount of your energy you use.

Time, cost, and energy devoted to a task the success of which you are not just sure.

Pressure cookers can be purchased as low as twelve dollars. Does not my aggregate of time, cost, and energy far outweigh the purchase price? And ladies, will you please note my figures are for only one season!

Almost every pressure cooker is young as there are now. But kindly reflect, my dear, that you bore the old just as much as they bore you. There are not many topics of mutual interest to us and you.

DOROTHY DIX.

In the Summer For Strong Bones GIVE BABY Scott's Emulsion EASY TO DIGEST

guaranteed for 10 years and will last a life time.

Now on with the canning—both hot water bath and pressure cooker methods are considered.

The vegetables I have particularly in mind as I write are beans (fresh wax and string) beans, tomatoes—although vegetables such as spinach, peas, carrots, cauliflower, mushrooms, corn, etc., may all be canned by the general directions.

General Directions for Canning Vegetables

Open kettle method is not safe for canning vegetable as they contain very little acid which makes them more liable to spoilage than many of the acid fruits.

1—Plan to handle only small quantities of vegetables at one time. The various steps in the canning process must be followed in quick succession to prevent losses of flavor caused by the bug bear to all canners, "flats cur," and large quantities can not be handled rapidly.

2—Can vegetables as soon as possible after they have been picked. This is particularly urgent with asparagus, peas, beans, and corn.

3—Most vegetables need blanching. The blanching or scalding should be continued just long enough to make the vegetables sufficiently flexible to pack easily or to loosen the skins, so that they can be easily scraped off (such as tomatoes and beets). Spinach and certain other tender green vegetables should be blanched in steam, until they are thoroughly shrunk.

4—Cold dip the vegetables by immersing in cold water just long enough to chill the outside. Do not attempt to cool them throughout by this dip.

5—Pack the vegetables in clean, sterile, hot jars to within one half inch of the top. Corn should be packed to within only one inch of the top as it swells. Shake the jars to get a solid pack, but do not mash the vegetables down with a spoon.

6—Add from one half to one teaspoon of salt to each pint jar. Some vegetables, such as peas, corn, beets and pumpkin, are improved by the addition of a small amount of sugar too.

7—Fill the jars with boiling water to within one quarter inch of the top. Place a tested resilient rubber on each jar, fit on the cover, and partly seal by adjusting only the upper clamp, or only tightening a screw lid within one half turn of tight.

8—IF THE HOT WATER BATH IS USED—Place the jars on the rack in the large vessel and add hot water. The water when it reaches the boiling point should cover the jars by one inch. Keep time after the water begins to boil.

IF PRESSURE COOKING IS USED—Place the cooker on the stove and put in the rack before placing the jars in the cooker. Add enough water to come up to the rack but not to cover it. Let the water be warm before placing the jars in the grate in the water. Adjust the cover and place all the

What the Fashionables are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern

By Annabelle Worthington

Don't you think the graduated effect of the skirt a new idea? Note how it hugs the body with pretty hem fullness to avoid about.

The simple bodice has the faded brief puffed sleeves. It's the most simple dress fashion. And you'll find it remarkably inexpensive.

A vivid red and white pattern made the original Candy striped dimity polka-dotted cotton voile and tissue ham checks are practical and smart.

Style No. 670 is designed for 10, 12, 14 and 16 years. Size 12 requires 2 1/2 yards 36-inch with 2 yards 3-inch ribbon.

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

No. 670. Size ..... Name ..... Street Address ..... City ..... State .....

For young daughter, why not this lovely cool dress.

bolts in position; then begin screwing them down by hand in rotation. Do not finish screwing down one bolt before starting the other.

A more even pressure is obtained by the right method. Finish tightening the nuts with a wrench.

Open the pet cock and allow it to remain open until a fine stream of steam appears, then close it shortly after this, the pointer of the dial will begin to register pressure is reached (which is usually ten pounds for vegetables) lower the heat and keep the steam at that pressure for the required length of time—(see time table below).

When the required time has elapsed, turn off the heat or remove the cooker from the fire. When the pointer on the dial of the cooker registers zero, open the pet cock gradually and allow the steam to escape. If the pet cock is opened before the pressure is down to zero, the liquid escapes from the jars and there is a very real danger of its forcing out the rubber.

(Continued on Page 10)

DON'T DESTROY



the ELASTICITY that makes stockings wear

Do YOU KNOW what causes those ruinous stocking runs?

New stockings are elastic. They give under strain, stretch and then spring back again. When this precious elasticity is destroyed, the silk threads, instead of giving, break under strain. It is then that runs start!

That is why Lux is especially made to preserve the elasticity that makes even sheer stockings WEAR!

\*The Lux Way to make stockings wear

LUX SAVES STOCKING ELASTICITY

Wash this 2-minute way: 1. One teaspoon of Lux diamonds per pair. 2. Squeeze gentle Lux suds through stockings, rinse well. Don't rub with cake soap. It destroys the elasticity of the silk. With Lux there's no rubbing. Don't use too-warm water—it fades colour. Dissolve Lux in hot water and cool to lukewarm for use. Avoid ordinary soaps—cakes, powders, chips. These often contain harmful alkali which weakens threads, fades colour. Lux has no harmful alkali. Anything safe in water is safe in Lux.

LUX logo and text: 1c a day Have you tried Lux for dishes? Gives you lovely hands for less than 1c a day—works faster, too! For all fine laundering