

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

The HOUSEWIFE and HER ACTIVITIES

A LAD AND A LADDIE
Bring up a boy without a dog?
I never could
Deprive him of the joy of owning
A loving pal to share his roaming
Through field and wood.

WATER SAVES UNUSED PAINT.
To keep left-over paint, pour water over it, and when you want to use, pour the water off.

A HOLLOW KNOB
If the knob on your teakettle cover is hollow, press a cork into the hollow space. The cork will keep the knob from getting so hot and the cover can be handled more comfortably.

Labor and Money Saved
One of the printed cloth table covers and colored paper napkins will help out wonderfully at luncheon when just the kiddies are home with mother and will prove an immense saving on laundering if used for breakfast and lunch, using linen just for the dinner table.

Hits and Bits
If the meal seems skimpy, then it is time to open that can of soup. Windows will never steam if a proper amount of circulation of air is in the room.

MAKING POINSETTIAS LAST
The stems of poinsettias and other flowers with juicy or milky stems should be sealed before they are placed in water. Hold the ends of the stems over a flame for a second or two, or if you like, immerse in boiling water for two minutes. Then place, in vase of cold water.

SUIT YOUR TYPE
What color will you choose for your new outfit? Time and time again this vexing question crops up. But you'll have plenty to select from this season, as shades are particularly varied.

HOMEMAKER NEEDS NOURISHING FOOD
Any woman who does her own work needs plenty of good wholesome food. Ash constituents, vitamins and an adequate number of calories must be supplied if she is to keep her body and nerves functioning properly.

Zam-Buk
WHETHER it be a cut, a bruise, sprain, burn or scald, Zam-Buk provides the handiest and surest means to quick, perfect healing.
It is from certain valuable herbal extracts that Zam-Buk gets its power to subdue pain and inflammation, its germ-destroying activity and its skin-growing property.

ed hues that give an almost faded appearance.
Lots of black is shown in Paris with brilliant colors introduced as yoke, belt or scarf. Royal blue, steel grey and purple are also featured, while tangerine and green, red and blue, orange and turquoise effectively combine in day and afternoon frocks.

Women can be broadly divided to four types. Those with soft, rather delicate, coloring, the florid, the dark complexioned, and those whose coloring is indefinite.
The fair complexioned (by this blondes alone are not referred to, but also the fair skinned brunettes), can afford to wear bright shades, as the fairness of their skin subtles color to a certain extent.

Color, to give a touch of relief, can be introduced at the neck in the form of collar and cuffs, scarf or waist belt.

FACE POWDER NOW FROM SHARK BRAINS
For some years the shark has been commercially exploited for its skin, which makes strong and decorative handbags and shoes, for its fins which make a Chinese soup delicacy, and for its oil which more than rivals cod liver oil.

COCKTAIL GLASSES SPREAD TRENCH MOUTH EPIDEMIC
Warning that trench mouth is spreading in New York because of insufficient washing of the rims of cocktail, highball and beer glasses was given to the Society of American Bacteriologists here today.

MODERN SWIM SUITS CAUSE SYDNEY STIR
Sydney, the Lido of the Southern Hemisphere, where nearly half a million people are accustomed to dip themselves in thoroughly care-free manner every week-end on the metropolitan beaches, has been the target of an official bomb.

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AVOID UNBALANCED DIET
A breakfast of 600 to 800 calories may consist of fruit, cereal, eggs, or their equivalent, and toast or other bread stuff. Coffee has fuel value only if sugar and cream are added.

Dr. Woods' Norway Pine Syrup
It is the cough that sticks; the cough that is hard to get rid of; the cough, accompanied by a tickling in the throat, that causes the nerve and throat wracking trouble that keeps you awake at night.

GETS QUICK RELIEF FROM CONSTIPATION

Awful headaches and constipation left after just one package of Fruit-a-tives.

Miss J. Duplante, Cornwall, says, "I felt very miserable from constipation which brought on bad headaches. I started Fruit-a-tives and felt better at once. After only one box the awful headaches and constipation left me."

FRUIT-A-TIVES

A FAMOUS DOCTOR'S PRESCRIPTION

lunches make it easy to add to the amount regularly eaten at meals. A glass of milk taken with each meal will add 500 calories to her regular diet. Each extra pat of butter adds about 100 calories. Cream and olive oil increase the fuel intake.

POPCORN BALLS

Three tablespoons butter, 2 cups molasses, 2-3 cup corn syrup. Method: Boil all together until a little syrup dropped into cold water will form a brittle mass.

FINGER AND TOENAIL POLISH MUST MATCH YOUR LIPSTICK

According to advance news, the smartest women at fashionable southern resorts this winter will wear finger and toenail polish which matches their lipstick.

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Dorothy Dix

You May Not Be Able to Endow Hospitals, Build Libraries or Give Great Sums to Worthy Causes, But You Can Do a Lot of Good by Passing Out Kind Words

The thing that most of us envy the rich for is not their palaces or their yachts or their swanky cars or their jewels nor any of the luxuries they possess, but their ability to help others.

There is a hunger of the soul as well as of the body, and many a man and woman who sit down to tables laden with food every day are starving for a little understanding and sympathy.

The poorest of us have always ourselves to give, and that is the most precious gift that any one can bestow upon another.

"I am desperately poor. I can barely exist on what I earn and I haven't a penny that I can give to any one, but I never let any one go from my door without giving them a cheering thought."

"Not much that I can do for any one, but when I have given a man and woman something pleasant to think about, I think, perhaps it is worth as much to them as a little money would be."

When we can all follow this woman's example and give a few kind words to those about us, isn't it curious how stingy we are about doing it? Yet we all know their value and we all know that they are a gift we really long for more than anything else on earth.

All that many a man needs to lighten his labor and take the sting out of the sacrifices he makes for his family is for his wife to give him a pat on the head now and then and say: "Good old Roger."

We don't list boredom among the philanthropies, yet can anything be a greater act of charity than to invite dull and stupid people to dinner now and then?

Such of us as have not the martyr complex avoid tiresome people as we do the plague, and they are as much cut off from social intercourse as if they did have the smallpox.

They contain vitally caused directly by the sun. Many of the dishes favored by women, and regarded as necessities, actually undermine their beauty.

"EAT LITTLE, BUT EAT WELL," SAYS DIETITIAN
The pleasures of the table are many and one of them—eating without restriction—is causing many women to spoil their good looks.

"FRIENDLY DEER
The deer here here have no particular timidity toward humans now that the shooting season is over.

NEW BLACK FROCKS IN NET-OR CHIFFON
Black as a feature of evening fashions is definitely less prominent this season, suffering notably for the first time in years, from the strong competition of color.

Flush Kidneys of poisons and stop getting up at night
Having tested "Anurie" in thousands of cases at the Invalids Hotel, Buffalo, N. Y., I have distributed to the Drug Trade the latest and perhaps the most important of the Dr. Pierce's home remedies, "Anurie," which I now recommend for the relief of minor kidney irregularities.

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WHEN YOU FIND YOU HAVE OVER-INDULGED

Wise people don't deliberately eat and drink too much, but sometimes, as a guest or a host, you may find you have dined "not wisely, but too well."

A man who is called upon to attend many banquets, speaking of Eno, says: "I make it a practice to take Eno's 'Fruit Salt' both before and after hearty eating and drinking. It refreshes the mouth and sweetens the stomach, gets rid of the 'heavy' feeling. Best of all Eno keeps me regular in a thoroughly effective and gentle way, without the slightest unpleasantness or inconvenience."

THE COOK'S CORNER

PRESERVED GINGER COOKIES

2-3 cup shortening
1 cup brown sugar
1 egg
1/4 cup orange juice
1 teaspoon vanilla
4 cups flour
3 teaspoons baking powder
1/2 teaspoon salt

cream the shortening well, add sugar and cream again. Add beaten egg, orange juice and vanilla. Blend thoroughly. Sift the flour, baking powder and salt and add to the first mixture.

FILLING

1/2 cup chopped citron
1/2 cup chopped preserved ginger
1 cup hot water
1/2 cup crushed pineapple
1/2 cup shredded coconut
1/2 cup sugar

Mix ingredients together in a double boiler. Cook until thick. Cool before putting on cookie dough.

ORANGE SPONGE CAKE

1 1/2 cups sifted cake flour
1 1/2 teaspoons baking powder
1/2 teaspoon salt
1 cup sugar
1 tablespoon grated orange rind
2 eggs and 1 egg yolk
1/4 cup orange juice
1/2 cup water

Sift flour once, measure, add baking powder and salt, and sift together 3 times. Add 1/2 cup sugar and orange rind to eggs, and beat with rotary egg beater until thick and lemon-colored; add remaining sugar gradually, beating very thoroughly, then orange juice and wash-water. Add flour gradually, beating with rotary egg beater until smooth.

AUSTRALIAN RAISIN PORRIDGE

4 ozs. of oatmeal, 2 pints of water, 1/2 teaspoon of salt, 1/2 cup of seed-cake raisins.

Put the water and salt on to boil, and then add the dried oatmeal, being careful to see this does not become lumpy as you add it; stir well till boiling, simmer for thirty minutes, stirring occasionally. Add the seeded raisins or sultanas ten minutes before serving.

A Morning Smile

MacGregor and Macpherson decided to become teetotalers, but MacGregor thought it would be best if they had one bottle of whiskey to put in the cupboard, in case of illness.

MIGHT MEAN ANYTHING

Examiner—What would you do if you saw the woman driving a car in front of you put her hand? Candidate for driving test—Slam on the brakes.

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NEW SPRING DRESS ARRIVALS

—AT— Prowse Bros. Ltd.



Print Dresses for Women of Fashion
It's not the size that makes a dress charming, but appropriateness and a delightful blend of color and line. The prints are gay, in the manner of the new spring prints. The styles are as young as a woman wants them. We think you'll like them in every way.

Ladies, plain print Dresses. Sizes 14 to 38 \$3.95
Ladies' Large Size Plain Color Dresses 38 to 44 \$4.25
Ladies' plain and print Dresses, Sizes 14 to 20 \$5.95
Ladies' New Spring Hats, Blacks, Browns and Navys. \$2.50 \$2.75 \$3.50
LADIES' WINTER COATS HALF PRICE

Will Reorganize British Beet Sugar Industry

By George Hambleton, Canadian Press Staff Writer (By Guardian's Special Wire)
LONDON, Feb. 5. — The government proposes to reorganize the British beet sugar industry. In a bill submitted to the House of Commons provision is made for establishment of a permanent sugar commission whose annual expenses will be about \$50,000 and will be met by public funds.

SMART CLOTHES FOR THE HOME DRESSMAKER

You may have contrasting sections fitted into morning, afternoon and evening frocks. They can take the form of yokes, collars, sleeves, vests and various other what-nots. And they'll all be modish.

Lovely today's model, isn't it? And it's mighty chic, too! It's a splendid model to "make over" your last year's dress.

The original was carried out in beige and black wool crepe though there are loads of other possible and beautiful schemes.

NATURE RUINS CHINESE LAND NANKING—(C.P.)—Flood and drought, ancient natural enemies of China, cost the country \$125,000,000 in foodstuffs alone in 1935, the ministry of industry says. Floods put 6,000,000 acres under water and drought and dust left 9,000,000 dead.