

Woman's Realm / Social and Personal / Fashions / Literature

Give fried fish the master touch

RECIPES

For a tempting, tangy, rich brown crust, dip fish before frying in milk or beaten egg highly seasoned with Heinz Yellow Mustard. Dust with flour. Cover with fine bread crumbs or cornmeal. Used in cooking or at the table—there's nothing like Heinz genuine stone-ground mustard to add rich zest to plain foods.



FRIENDSHIP SYMBOL

On behalf of the King, the British Ambassador in Oslo recently presented King Haakon of Norway with the wheel of that veteran battleship H. M. S. Warspite. The wheel will be kept in Narvik, to commemorate the battle of Narvik in 1940. It will also be a symbol of British-Norwegian comradeship in arms. Last year Warspite's flag was discovered in Narvik. It had been repaired and hidden from the Germans by local people.

That Body of Yours

By James W. Barton M. D.

USING FLUORIDE TO PREVENT DECAY OF TEETH

For the past five years or more, we have been reading about certain sections of the country where the teeth of children and adults have been singularly free of infection. This is attributed to the fact that the drinking water and the soil of these sections contains the "right" percentage of fluoride.

Several months ago, I spoke of studies carried out on the teeth of school children in small urban communities in Minnesota by Drs. John W. Knutson and Wallace D. Armstrong. Fluorine was applied to the teeth of children seven to 15 years of age. Only the left quadrants of the mouth were treated, the right quadrants being used as controls. The treatment consisted of wetting of the teeth with cotton rolls and drying the surfaces with compressed air. The crowns (tops) of the teeth were wetted with a 2 per cent sodium fluoride solution and allowed to dry for about four minutes. Two-thirds of the children received two applications a week for eight weeks, a maximum of 15 treatments, and one-third received one application a week with a maximum of eight treatments. The treatments were completed in May, 1942. The treated group originally consisted of 337 children, and the control group included 392 children. The third report is based on 242 treated children, who were observed throughout the three-year period.

During the three-year period ending May, 1945, the number of permanent teeth which showed signs of decay before treatment with fluoride were 36.7 per cent less in fluoride-treated than in untreated teeth. The difference for the first year was 29.8 per cent, and for the two-year period ending May, 1944, was 41.4 per cent.

Among permanent teeth which were decayed at the beginning of the study in 1942, the number of additional surfaces which became decayed during the three-year period was 23.9 per cent less in treated than in untreated teeth with decay.

Ellen's Diary

By an Island Farmer's Wife

And then contrary to James' expectations but nevertheless fortunately, no rain came today to further delay farm work, already retarded on Island acres by the cold damp Spring. James "didn't like the look of things" last evening when he had paused a moment in his late choring to take stock of the skies, our lantern spreading its faint light about the yard. But all through this morning the sun tried to temper the wind that blustered into our valley over the fields and woodlands that lie to the North and sometimes dark clouds scudded threateningly across the face of it, closing out its radiance. These spells of cloudiness brought moments of indecision to our men folk concerned with the field work, and there were discussions as to the feasibility of continuing the activities as planned. "It's not one bit of use going at that if it rains," I overheard James say. And then when finally the day became more promising after dinner, a double chore was begun in the cultivated land beside the lane, where attended by frog song James had busied himself into last night that was so quiet and softly grey, harrowing in the spread fertilizer "in case it will rain."

The potato ground on the home acres which this year, according to James' measuring by steps, and my subsequent reckoning—and I have a suspicion gained by accompanying James on various walking tours on and off the farm that his step extends beyond the yard and sometimes my reckoning is open to criticism—makes one acre of tubers at Alderlea was present at the beginning of the study.

The above figures prove that a 2 per cent sodium fluoride is effective in preventing much of the decay of teeth in children. However, as stated once before, more than a 2 per cent solution may cause mottled teeth and less will not prevent decay.

DOROTHY DIX SAYS— Riddle of The Working Wife

Women Tiring For Any Reason Must Of Necessity Neglect Children

Being a woman used to be a comparatively simple job. If you were born of the female persuasion, all you had to do was just let Nature take its course. You were a cute girl baby. You grew up. You got married. You set up house-keeping. You cooked, washed, ironed and brought up a nice family of children and, presto, the trick was done. It was as plain sailing as that. You had done your duty in the sphere of life to which Heaven had called you, and you had honor in the market place.



But that was in the good old days before being a woman got so complicated with being a bread-earner and before the working wife had been devised. In those artless times, careers for women were practically all home-made affairs, and a wife and mother was supposed to find plenty to do, and full scope for all of her interests and ambitions, in making her husband happy and comfortable and rearing sons and daughters who were a credit to her.

Nobody dreamed then that there was going to be any problem of the working wife, which was to become one of the major headaches in a confused and messed up world. Nor did anyone suspect that she was to wreck more homes, break more hearts and cause more divorces than all the scarlet women combined, or that she would be the drunken and loafing husbands and the mother of delinquent children.

And the tragic part of the whole situation is that the working wife is no deliberate evil-doer. On the contrary, she is among the noblest of her sex, and the harm she does is often forced upon her by her own volition. Or else she is the victim of circumstances. She has been bitten by the career craze and she can never settle down to domesticity. She is bored to tears by her husband. She regards her children as burdens. She loathes the smell of a kitchen. And she wrecks the lives of her husband and children by running a shoppe, or spending her time serving on committees. Instead of making them a decent home.

Often the working wife is not one by choice, but by necessity. She fell in love with a handsome youth who beguiled her into marrying him by telling her a fairy tale about the beautiful home they would have if she would just keep on with her job until they had saved up enough money for the vine-wreathed cottage of her desires. But the great love turned into a great sponger. Before the honeymoon was over, he gave up all pretense of working and just let Mary do it. The number of parasitic husbands who are supported by their wives is simply incredible.

That the working wife is largely responsible for juvenile delinquency, no one can deny, but how can a mother avoid neglecting her children when she has to be away from them, toiling to support them? She is no miracle-worker who can be in two places at once. She has to be at her job in the factory or store earning the money that puts food in their stomachs and clothes on their backs, and she has to let them run wild. She cannot keep a mother's watchful eye upon them. She cannot protect them, or give them the guidance that she should. And the marvel of it all is that her children turn out as well as they do.

Looked at from any angle, the working wife is a problem. And she is one to which no one knows the answer.

Modern Etiquette

By Roberta Leo

Q. Is it proper to butter a slice of bread while holding it in the hand or placing it on the table?
A. No; this is extremely ill-bred. Only enough for one bite should be broken off, buttered, and then eaten.

Q. What kind of wedding gift should be given to a couple who have very little money and few material possessions?
A. Give them something they need that you are certain they would have to buy if it were not given to them.

Q. Is it necessary that a woman remove her gloves when shaking hands?
A. No.

How Can I!!

By Anne Ashley

Q. How can I make good porch cushions?
A. Save old blankets and bed comforts. Cut out the good sections, fold them, and cover with brocade or other material, and use them for porch cushions.

Q. How can I judge whether or not mushrooms are fit for food?
A. Sprinkle a little salt on the gills of the mushrooms. If this turns the gills black, they are fit for food; if yellow, they are poisonous.

Q. How can I take good care of a grass rug?
A. Sweeping grass rugs with a broom splinters them. Use a cotton cloth, slightly dampened, on the broom, and rub over lightly.

Cook's Corner

FRENCH OMELETTE

4 eggs
1/4 teaspoon salt
1 tablespoon butter
Dash of pepper
METHOD: Break eggs into a bowl and add the salt and pepper, then beat only enough to combine the yolks and whites. Melt the butter in a hot pan and when this is hot and bubbling, pour in the egg mixture, then reduce the heat in order that the mixture may cook more slowly. As the omelette cooks, lift it gently with a spatula and tip the pan, allowing the uncooked part of the mixture to run underneath. Continue cooking until all the mixture is thick, but the top remains creamy. Then increase the heat so that the omelette may brown on the bottom.

Remove from the heat and loosen around the edges with a spatula. Fold the half nearest the handle of the pan over the other half. Tip the pan completely over and thus flip the omelette onto a hot platter. Serve at once.

Better English

D. C. Williams

1. What is wrong with this sentence? "He handled the work skillfully like."
2. What is the correct pronunciation of "joound"?
3. Which one of these words is misspelled? Diplomatic, diphtheria, dipomania.
4. What does the word "incurrible" mean?
5. What is a word beginning with "savage"?

ANSWERS

1. Say, "He handled the work skillfully." 2. Pronounce j-o-k-and, o as in of, accent first syllable. 3. Diphtheria. 4. Incapable of being corrected; not reformable. "A fool is often as dangerous to deal with as a knife, and always more incurrible."—Colton. 5. Ferocious.

Household Scrapbook

By Roberta Leo

Dress Goods
To shrink dress goods place it folded in a tub of cold water, to which a few handfuls of salt have been added. After a few hours, hang on the line without unfolding. The weight of the salt prevents wrinkles from drying in and also sets the color.

Baby's Toys
Tie the baby's toys and playthings by a string to the arms of the highchair. The baby will soon find out he can pull the toys up by the strings, and this will save the mother endless shopping.

Ice Cream
The ice cream will freeze quicker if finely cracked ice is used instead of the larger pieces.

BUYS AND WHYS BY Barbara Brent

A weekly advertising and information service for today's woman



This is the season of the sun-worshippers! The season to make the very most of the sun in a beauty-wise way... with this summer beauty wardrobe by HELENA RUBINSTEIN! If your skin welcomes a glowing tan, and you want it to do so without blistering or burning—invest in LIQUID SUNSHINE—non-sticky or greasy and with a welcome insect repellent! On the other hand—if your skin won't tan, but just burns—SUN TINT is for you! It's a clever, artificial tan that tints your skin evenly and beautifully. And to keep you fragrantly dainty HELENA RUBINSTEIN suggests her new APPLE BLOSSOM DEODORANT LOTION. Both a refreshing cologne and a perspiration banisher, it does double duty and is so cool and delightful for a quick rub down after swim or shower.

A DAY TO REMEMBER!
Make Graduation Day at the University—1948—a day to remember... your son receiving his diploma—smiling happily... a day you and your husband will never forget! You can so easily make this wonderful day come true by giving your son, for his first birthday, a priceless gift... a "Contract to Graduate" the cost of his college career. Now, while he's still at the toddling age, arrange for a low cost Educational Policy. You can find your local CANADA LIFE representative in your Telephone Directory. Call now to discuss the many advantages to your new son—or daughter.

GOING AWAY THIS SUMMER?
Are you planning a holiday trip... a few wonderful days or weeks by the sea—at the lake—in the mountains? When you're away from home, you'll want to be sure that the precious possessions you leave behind are safe from fire and theft... The best way to protect your personal valuables is to store them in a Safety Deposit Box in the BANK OF MONTREAL. For only a few cents a week you can rent a Safety Deposit Box in the B of M! Far better to be safe than sorry, don't you think?

FOOD FOR ENERGY!
Watch children at play—how untiringly energetic they are—dashing around like small tornadoes! Their energy comes from food that acts as fuel. Delicious CROWN BRAND Corn Syrup is just such a food—it provides quick food energy for your young ones. So serve it to your family in many wholesome ways—as often as possible. For you—these extraordinary CROWN BRAND recipes—Crushed Strawberry Jam—Oatmeal Bread—Velvety Baked Custard—Small Fudge Cake! Simply write to me, Barbara Brent, 1411 Crescent St., Montreal, P.Q., for your free copy of CROWN BRAND Recipe Sheet C.B.B.

IS THERE AN ARTIST IN YOUR HOUSE?
No need to be an artist to beautify your home easily and inexpensively with DUROLAVE, the famous Oil Bound Washable Water Paint! For, as I've said before and it's certainly worth repeating—DUROLAVE is made to a new formula that makes it easier to mix—it dries in less than an hour, leaving no brush marks—it has absolutely no unpleasant paint odour wet or dry! And DUROLAVE is available in a variety of pastel shades! Made by The Crown Diamond Paint Company, Limited—it's a best-selling paint the world over!

THE STARS SAY—

By GENEVIEVE KEMBLE
For Friday, June 27

THE sudden precipitation of some unpredictable and unprecedented event, in which all plans, purposes and ventures may be abruptly switched out of gear, is likely to upset the judgment, and throw the mind into bewilderment, confusion and chaos. For the nonce it may be difficult to make decisions or to grasp the really beneficial and desirable twist into channels that make the wheels go round in the direction of progress, accomplishment and exciting change. New pastures invite, glamorous friends life, and fresh opportunity beckons. Do not muddle or complicate such vivid changes by snap judgment or false moves.

Those whose birthday it is are advised of a whirlwind event or occurrence, breathtaking and bewildering, which may sweep the mind off its base, the affairs into strange fields, and the activities into high gears of romantic adventure. Dramatic experiences and emotional crises of far-reaching and radical consequence are also forecast. The abruptness and novelty of the onslaught, while benign and entirely welcome and enjoyable, might be bungled by false ideas, wrong evaluation, or faulty decisions, since the mentality seems slow to catch the real significance of crowding events. Stop to analyse. A child born on this day should have conspicuous talents, skills, in-

Morning Smile

TIME TO SIT DOWN

The bachelor was paying a visit to the house of a friend, a married man, and found himself rather bored by all the talk about the son and heir of the house. "Just fancy," said the adoring mother, "he's only seventeen months old and he's been walking for nearly nine months!" "Really," said the visitor, wearily. "Don't you think it's about time he sat down?"

genuity and creative abilities, but be so keenly swept away by romantic and thrilling life events as to be distorted in judgment.

Don't Make This Mistake When Child is Constipated

Don't upset a child already upset by constipation with nastiness! Give Children's Own Tablets. This new corrective made especially for young youngsters needs to be pleasant to take—acts so gently and non-toxic without disagreeable reactions that even the fussiest child won't object to their use. Make laxative-taking time easy on the child and yourself, mother! Get Children's Own Tablets today at your druggist. 25¢

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Procter & Gamble's **dreft** brings you **FASTER, BRIGHTER, SAFER CLEANING** even in the Hardest Water!



STOCKINGS

Wear Longer! Look Lovelier Than With Any Soap!
You'll be delighted at Dreft's gentleness to stockings! Dreft suds leave no soapy film to heavy-up hose and cloud their beauty. Colors stay fresh far longer than with any soap you ever used! What's more—nightly Dreft-washing prolongs stocking life—gives noticeably longer wear!

LINGERIE
Stays Brighter! Fresher! No Soap-Fading!
Dreft suds are milder to colors than any soap in the world! You'll agree when you see how your lovely lingerie stays color-bright far longer when washed with Dreft. There's no film to cause soap-fading. Dreft keeps your pretty slips, blouses, "undies" fresher than any soap could ever do!

New WOOLENS
Wash Softer, Fluffier Than Ever Before!
When washed in Dreft suds your precious new woolens are a joy to look at—a delight to feel! There's no soapy deposit to coarsen woolens and dim their pretty colors. Your lovely new sweaters and baby things wash softer and fluffier than ever before. Yes, softer and fluffier than with even the most expensive soap flakes!



DISHES SHINE WITHOUT WIPING!

It's a Fact! No soap in the world performs the miracles Dreft performs in your dishpan. It makes dishes shine—even without wiping!
No Streaks! Dreft's amazing suds rinse clean and clear—leave no greasy streaks or cloudiness on dishes the way all soaps do. Even glasses, sparkle without touching a towel to them. And Dreft suds are gentle—kind to hands!

dreft GIVES YOU 5 TIMES MORE SUDS THAN ANY SOAP IN HARDEST WATER

- No Soap-Fading! Now you can wash stockings, lingerie, woolens—knowing that with Dreft there's no cloudy film to cause soap-fading!
- Dishes Shine—Even Without Wiping! With Dreft no dish towel is needed for wiping or polishing.
- Instant Suds—More Suds! In cool water, in hardest water—Dreft suds billow up instantly. And notice, too, Dreft's rich abundant suds last so long!

PROCTER & GAMBLE'S PATENTED SUDS DISCOVERY

Made in Canada A Hygienic Product

The demand for Dreft is tremendous. If your dealer is out of Dreft, please be patient—there will be more Dreft soon.