

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

FOR THE WOMAN READER

I held it truth with him who sings, To one clear harp in divers tones; That men may rise on stepping-stones Of their dead selves to higher things.—Tennyson.

CO-EDS DISLIKE MEN WITH FRECKLES AND MOUSTACHES

The girls of Simmons College, Boston, have submitted to a poll to determine the ideal man, and from their combined answers to the vital question has emerged this composite picture of the perfect male: A tall, dark, attractive man; intelligent but not intellectual. Going a little further, the girls define their ideal man as possessing a "certain amount" of conceit. He must, in addition, be "suave and romantic," but they insist that he have stability of mind and character.

Drinking is not classified as an objection, but the desirable male must be able to carry his liquor like a gentleman or he won't get across with these girls.

So much for the general description of the perfect man; going into the different classes, a wide variety in qualifications is found. The upper-class students, for instance, prefer a sincere man, while a man with a "smooth line" seems to fill the bill for most of the freshettes.

BAY LEAF

In the making of soups and many savory sauces and other dishes, the seasoning very often include a bay leaf—or perhaps more often just a piece of bay leaf.

The way such instructions read is enough to indicate even to the cook who is unfamiliar with this rather sturdy grey-green leaf that its flavor is a strong one. This is so. The bay leaf is one of the most pungent and definite flavors we have, so whilst it is very valuable and adds much to the savoriness of sauce or stew, etc., it calls for discretion in the amount used.

These leaves are gathered from the sweet-bay tree—really a species of laurel. If you have not learned the acid that bay leaves can be in

WHAT IN THE WORLD WOULD WE DO WITHOUT TINTEX?



A New Wardrobe Is A Matter Of Cents With Tintex

Save Dollars By Tintexing Your Faded Apparel

You don't have to spend a lot of money to have a gay spring wardrobe. That is, if you'll use Tintex. With Tintex it's just a matter of a few cents—and fewer minutes!

Just select your dresses, "undies," stockings, etc., that are faded or of drab winter colors. Then restore their original colors or give them entirely different colors with Tintex.

But be sure you use Tintex, the Tints and Dyes that are used by more women than any other brand in the world. Then you are sure of perfect results, easily and quickly obtained. You are sure of getting the most brilliant, long-lasting colors (35 from which to choose). And you are sure of saving many dollars on your spring wardrobe!

At all drug and notion counters 15¢

Tintex World's largest selling TINTS and DYES

FOR BABY

... a bowlful of Kellogg's Rice Krispies. And how they delight baby and everybody else when they snap, crackle and pop in milk or cream.

A grand cereal for children. Nourishing rice. Easy to digest. Always oven-fresh. Made by Kellogg in London, Ontario.



Listen!—get hungry



THE COOK'S CORNER

Pineapple Sorbet

1 cup sugar 1 cup finely shredded pineapple 1 tablespoon lemon juice 2 cups milk Dissolve sugar in lemon juice, add milk and pineapple gradually and freeze. Ice and sherbets may be made lighter in color and texture by the addition of a white of an egg; beat until very stiff, add to mixture when freezing is almost completed.

Pineapple Lemonade

1 cup sugar 1 pint water Juice of 3 lemons 1 cup shredded pineapple Boil sugar and water for 10 minutes. All lemon juice and pineapple. Cool, strain and add ice water.

Pineapple Pie

1/2 cup flour 1 cup sugar 1/4 teaspoon salt 2-3 cup pineapple juice 1 cup hot water 1 tablespoon shortening 2 cups cooked or canned pineapple, cut in small pieces 3 egg yolks 3 tablespoons white sugar 3 egg whites Baked pie shell Mix flour, sugar and salt together. Add the pineapple juice and water and bring slowly to the boiling point, stirring constantly. Cook 15 minutes over hot water. Remove from fire, add shortening and well-drained pineapple. Pour this mixture on the beaten egg yolks and mix well. Pour the filling into a baked pie shell. Cover with a meringue made by beating the sugar into the stiffly-beaten egg whites. Bake in a moderate oven (325 degrees F.) 15 minutes or until a delicate brown.

Pineapple Frappe

2 cups water 2 cups sugar 2 cups shredded pineapple Juice of 3 lemons 2 cups cold water Boil together for 15 minutes, water and sugar. To this, add the shredded pineapple and the lemon juice. Cool and strain. Add ice water and freeze to consistency of mush.

ion. And later in the season we shall see youthful brides in crisp mousseline or fluffy net.

Dorothy Dix' Letter Box

What Has Life to Offer Woman Who Sacrificed Youth and Beauty on Family Altar, and Who is no Longer Needed?—Why Girls Are Boy Crazy?

Dear Miss Dix—What can I do for my friend who has given her life for her mother and is now left forlorn and lonely since her mother passed on? Her brothers married and are absorbed in their families and seem to have forgotten that they have an only sister who stayed single and worked to support their mother. Why will a mother let a beautiful sweet daughter remain single to meet a fate like this—home-less, empty-hearted and with empty arms? Apparently mothers believe that as soon as they die a guardian angel will bring their middle-aged daughters eligible widowers, in the 50s, who will be good husbands and good providers. But the miracle doesn't happen often. What can one do for one of these lonely ones? A FRIEND.

Answer: I don't know, unless you understudy the guardian angel and start out as a matchmaker, but, alas, even widowers develop a preference for gay and flighty flappers instead of the middle-aged martyrs who have worn themselves out and grown old before their time taking care of crochety old mothers. So their chance of marrying is not even a sporting proposition.

No women in the world attain so near to sainthood and none get so little reward in this world as those who lay their youth and good looks and chances of happiness on the family altar. They toll like slaves and with a slave's reward. The money they earn goes to feed and clothe their father and mother and sisters and brothers and to give younger children the advantages they never had. They can never buy for themselves the pretty things girls love nor have the pleasures that belong to their time of life. They have even to put away all thoughts of love and marriage and homes of their own because they must support the family.

In time the other children grow up and go to work, but the burden of the family support is still left on poor Martha's shoulders. Mother never thinks of making the youngsters pay their share and thus easing the load. After a bit the other children marry. They feel perfectly free to set up families of their own because Martha will stay at home and take care of mother.

And the years go by and youth fades and hope dies and Martha stays on taking care of mother, who grows old and peevish and fretful and so difficult to live with that the children don't even invite her to visit them and so give poor Martha a rest.

And nobody appreciates the heroic sacrifice that Martha has made of her whole life. Mother brags about the other children who have gone out into the world and succeeded and tells how well Mamie and Sadie have married and how prominent John is and what a fine home Sam has and says that poor Martha never had any ambition and wasn't talented like her other children.

And the brothers and sisters think that, somehow, Martha was different from them and that she never wanted to marry and that she was so devoted to mother that she couldn't bear to leave her. And when mother dies they feel it is a terrible affliction if Martha has to live with them. They don't even remember that it was Martha who gave them their chance in the world.

If there is a moral to this story, and it is a pitifully common one, it is that if Martha doesn't look out for herself nobody else is going to do it. Not even mother. Perhaps least of all mother, because mothers are mostly selfish where their children are concerned when it comes to a matter of their personal attentions.

Mother wants to stay in the old home. She doesn't want to be left alone or with a hired companion. She wants Martha with her and so she sacrifices Martha's opportunities in life. She doesn't want Martha to marry and leave her and so she breaks off Martha's marriage, and if it ever occurs to her that she is doing a cruel and selfish thing she stifles her conscience by saying it won't be for long and when she is dead Martha can have her career or marry. But when that time comes it is too late. Martha is an old woman and the joy of life has passed her by.

And there is nothing that can be done about it unless Martha is wise enough and strong enough to refuse to be the sacrificial goat for the family. DOROTHY DIX.

Dear Dorothy Dix—Why is it that men who have been model husbands for fifteen or sixteen years suddenly take to philandering with other women, many of whom are less attractive than their own wives? What is there about this stage of married life that causes husbands to act this way? WONDERING.

Answer: It is a sort of reaction against the monotony of domesticity. It is the same urge that makes the small boy play hooky from school every now and then. It is the something untamed in a man that cries out for change and freedom and that sets him to roaming. As Roark Bradford said in his inimitable "John Henry," he gets an itching in his heel and a running around in his mind, and a longing for new fields and greener pastures.

Every husband and every wife, if they told the honest truth, would admit that there are times when they get a-weary of each other. They are fed up with each other. They know each other's every thought and mood and tense and they yearn for the society of some other woman and man. They would like the stimulus of a fresh personality. They would like the adventure of exploring the mind and heart of some one who was an unknown country. They would like the thrill of fresh kisses, the excitement of a romantic flirtation.

Women feel this no less than men, but women have learned to suppress their desires. They are caged about with conventions that keep them from indulging their impulses, whereas men are free to have their little fling and to jump a bar or two. Often than not when the middle-aged husband takes to philandering it is just the desire for a little change and to see if he has lost his skill at love-making and his attraction for women. It isn't because he has ceased to love his wife or is in love with another woman. It is only to pep himself up a little and have a little stolen romance, and he does it pretty much in the same spirit in which he raided the cake box when he was a boy.

And after he has eaten his fill and got an awful indigestion in consequence, he comes back repentant to mother, a little sorry and a little glad and ready to promise to be a good boy and never do it again. But he has had a whale of a time. DOROTHY DIX.

Dear Miss Dix—Can you tell me why girls between the ages of 13 and 15 are so silly about boys? How can you bring up girls without their being boy-crazy? A FRETFUL PARENT.

Answer: You can't, and there is no use in getting fretful about it. You've got to accept it as just part of a girl's growth and development. The thing to do is not to be too hard upon her for it and to help her to take it in her stride. You see, she is just becoming sex conscious and the knowledge that she has power to attract boys turn her head. It is something so wonderful, so mysterious, so like all the love-dovey romances she has been reading that she is wild to try it on every youth who comes near her. The wisest way to handle the situation is not to refuse to let her have anything to do with boys, for that will only make her see them on the sly, but to let her bring her boy friends to the house where she can see them under your eye and supervision. And try to make her see boys as commonplace as they are without exalting them into heroes.

And comfort yourself with the knowledge that after a bit she will get over being boy-crazy and recover her sanity. DOROTHY DIX.

GARDENING

GET RID OF ANTS IN LAWN BY GASSING

Ants make unsightly hills in lawns, and an effective method of getting rid of them will be welcomed by those who struggle to maintain a lawn of good appearance. According to entomologists at the Experimental Station at Geneva, the best method of getting rid of ants in lawns is by "gassing" them with carbon bisulphide. One treatment with this material is usually enough, and the process is cheap.

"Ants may show themselves in various ways in the lawn, some species building quite conspicuous nests, or "hills," while others cover wide areas in the lawn with the openings to their underground quarters; and in either case the treatment is the same—gassing with carbon bisulphide," says Prof. F. Z. Hartzell in a prepared statement on ridding lawns of ants.

The best way to get the fumes of the carbon bisulphide, and cover it colonies is to make small holes about eight to twelve inches deep and six to eight inches apart, around and through the infested area in the lawn. In each of these opening place one tablespoonful of the carbon bisulphide, and cover it immediately with soil. The treatment is made more effective by placing a wet blanket over the infested area for about four hours to confine the gas. Carbon bisulphide gas is heavier than air, and will replace the air in the tunnels occupied by the adult ants and the immature stages of the insects, thus effecting a quick death. One treatment usually suffices as most of the adults will be killed, and the young, if not killed outright, cannot survive without the care of the adults.

"It is not necessary to purchase highly refined carbon bisulphide, which is often quite expensive, the so-called "technical" grade being entirely satisfactory for the purpose. Carbon bisulphide is highly inflammable, and should be handled and stored with just as much care as would be exercised, with a similar amount of gasoline. Also, special precautions should be taken while working with this material to avoid close contact with a lighted pipe, cigaret or cigar.

PREVENTION AS A DANDELION CURE

The best protection against dandelions in the lawn is to encourage a vigorous growth of the fine lawn grasses. Young dandelion plants get started in bare and thin areas of the lawn. When one examines young dandelion plants it is evident that such plants cannot make a start if a thick mat of grass is growing about them.

Lawn grasses will crowd out weeds in soil which provides them with sufficient nourishment and water. This may easily be demonstrated by observation in meadows and fields where the plants have fought out the struggle for existence. Blue grass takes possession of the rich soil, leaving the poorer location to the weeds. These are the steps which should be taken to maintain a vigorous stand of grasses in the lawn:

- 1—Feed the lawn at regular intervals with a complete plant food. 2—Water the lawn whenever the soil becomes dry. Soak it thoroughly and do not water again until the need becomes evident. 3—Cut grass regularly. Do not cut closer than one and one-half inches from the soil surface. Feeding encourages dandelions and other weeds to grow upright. Each time the lawn is mowed these upright leaves are cut down and a severe shock is administered to the plant, where the grasses do not suffer from mowing. This difference is due to the nature of the plants. The growing area of the grass blade is located at the base, and is not removed by mowing. On lawns which have relatively few dandelion plants, they may be removed with a sharp implement such as asparagus knife, or a chisel.

"NOW I FEEL FULL OF PEP"

After taking Lydia E. Pinkham's Vegetable Compound That's what hundreds of women say. It steadies the nerves... makes you eat better... sleep better... relieves periodic headache and backache... makes trying days endurable. If you are not as well as you want to be, give this medicine a chance to help you. Get a bottle from your druggist today.

A Morning Smile

No sooner had the little family talk on economy ended than the postman arrived. "What, another bill!" said father. "Just as we have decided to put something aside for a rainy day." "Well, that's all right dear," replied mother. "This is the account for my raincoat."

Agnes wanted a kitten, but her mother would not let her have one. Agnes was taken sick and it was found that an operation was necessary. Her mother promised her the finest kitten that she could find, if she would be a brave little girl.

As she was coming out of the anaesthetic the nurse heard her muttering. Stopping over she heard these words: "It's a bum way to get a cat."

If the dandelion root is cut at a depth of five inches by thrusting the chisel or knife into the soil diagonally and severing the root, the plant may be lifted out and destroyed without injury to the lawn.

If the removal of a dandelion leaves a bare spot, drop a little grass seed in its place.

The solimanthus, which has become so popular for greenhouse decoration in winter because of its great mass of bloom in striking colors, is a fine garden annual. It is known appropriately as the butterfly flower, from the dainty appearance of the winged dand slashed flowers poised above the ferny foliage. It comes in a variety of colors, from deep purple to pink and white, all handsomely blotched with a deeper color and with the characteristic slashing of the petals.

While seldom possible to equal in the garden the compact pillars of bloom on display in greenhouses during the winter months, something like it can be accomplished by careful attention. Greenhouse plants are hand-trained for months, the branches pinched back often to produce the well-developed plant of wide spread. They are also well fed.

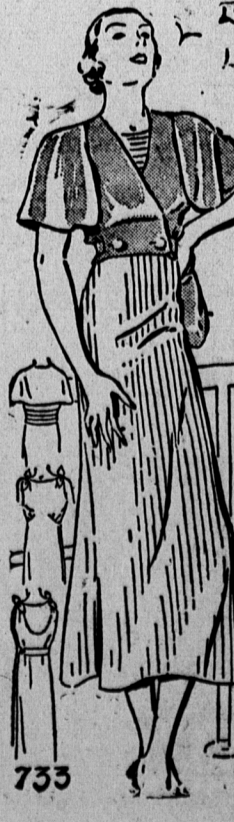
In the garden it is an airier, more graceful plant flecked with its attractive bloom, but inclined to sprawl. It can be trained upright, but this isn't worth the effort. Nor is it worth while to bother to pinch it back outdoors, as it branches freely enough naturally.

There are several strains of hybrids of this dainty annual, all of

Advertisement for Gem Lye Granulated, featuring a product image and text: HIGH TEST GEM LYE GRANULATED for your convenience and economy. OPENS CLOGGED DRAINS. FINE FOR CLEANING, SPRAYING. Send for free booklet CUDAHY SOAP WORKS, TORONTO.

Daintiness With Chic Styles

ILLUSTRATED DRESSMAKING LESSON FURNISHED WITH EVERY PATTERN BY ANNABELLE WORTHINGTON



IT PUTS POUNDS ON YOUR SCRAWNY FIGURE SO SOON YOU'RE AMAZED



NEW DISCOVERY ADDS HEALTHY FLESH EASILY

Say hundreds. Richest imported beer yeast concentrated 7 times and combined with iron.

If you want to easily round out unattractive hollows with firm flesh—here's great news! For years doctors have prescribed yeast to build up health. But now scientists have perfected a new formula which gives far greater tonic results than ordinary yeast—restores health and which brings this happy result—surprisingly short! And other benefits, too. A clear, glowing skin—easy digestion—new vital energy!

Concentrated 7 Times

This new product, Irontized Yeast, is made from specially cultured, imported beer yeast, the richest yeast we know of, which is new process is concentrated 7 times—made 7 times more powerful.

But that is not all! This super-rich health-building yeast is then ironized with 2 special kinds of iron which strengthen the blood, add abounding pep.

Day after day, as you take Irontized Yeast, watch gawky angles fill out, flat chest develop, skinny limbs round out attractively. And with this comes radiantly clear skin and new health—you're a new person.

Results guaranteed

No matter how skinny and weak you may be, this remarkable new Irontized Yeast should build you up in a few short weeks. If not delighted with the results of the very first package, your money instantly refunded.

Only be sure you get genuine Irontized Yeast, not some imitation that cannot give the same results. Insist on the genuine with "IY" stamped on each tablet.

Special FREE offer!

To start you building up your health right away, we make this absolutely FREE offer. Purchase a package of Irontized Yeast. Cut out seal on box and mail it to you with a clipping from this offer. We will give you a fascinating new book on "New Facts About Your Body," 64 pages, with very first package—or money refunded. At all druggists, Canadian Irontized Yeast Co., Desk 127 Box 1223, Montreal, Que.

which are fine. The Garaway, Badger and Wisloniensis hybrids are commonly offered. The last-named appear in a series of lighter shades. There are also selections of rose and amber shades.

This is a fine annual to try as an edging plant in small colonies, as it is a little beauty for close observation. The foliage is also decorative and ferny in character. Its main demand is for a good soaking occasionally in dry weather. It shrivels during drought. It prefers a fairly heavy soil and will not do well in light sandy soils. It germinates readily, and the plants should be set about eight inches apart.

The extreme simplicity of this style makes it a lovely model for tubbing materials. It is a one-piece affair, which makes it particularly easy to make and to press. The shoulder ties are cut in one with the front and the back of the dress. The back of the dress has perforations to be cut for sun-back. See the miniature view! Don't you think the waistcoat attractive? It has lapped-over front and cape back. It is delightfully cool to wear. It is a disguise for your sun-back dress for spectator sports.

Blue and white striped pique with white pique waistcoat made the original.

Style No. 733 is designed in sizes 14, 16, 18, 20 years, 36, 38 and 40 inches bust. Size 16 requires 3 1/2 yards of 35-inch material for dress with 1 1/2 yards of 35-inch material for waistcoat.

Price of PATTERN 15 cents; stamps or coin (coin is preferred). Wrap coin carefully.

Form for ordering: No. 733. Size... Name... Street Address... City... State... If you wish a beautiful sheet of transfer embroidery containing over 60 designs, send 15 cents additional with pattern No. 6960.