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

Living & Leisure
THE WOMAN'S REALM

TRANSITION

Her hair is soft and tinged with mist,
Her step is light and gay,
She dances o'er the fields to kiss
The drifts of snow away.

She sprinkles emerald on the hills,
And tints the April skies;
She stoops to pick some daffodils,
And rain-drops fill her eyes.

She wakens crocuses for me,
And calls the birds to sing;
I tip-toe near a brook and see
This lovely elfin, Spring.

GRAYCE PORTEOUS.

TO LOOSEN SPLINTERS

When a splinter gets under the nail and will not come out readily a cold water bandage around the top of the finger will in time loosen the splinter and prevent festering.

A group test showed that more men than women preferred resinous or burnt odours.

There is no scientific foundation to letting a child "cry it out", and leaving an infant to entertain himself when awake.

STRENGTH OF ICE

Ice an inch hick is unsafe; two inches thick it will hold one person; three inches thick it will sustain small groups; while four inches thick it will hold large groups.

LEFTOVER VEGETABLES

When there is a dog in the house, those small portions of left-over vegetables should be chopped finely and mixed with his meat for the next meal. He requires vegetable vitamins to keep in good health, but he is apt to toss them aside with his nose if they are in big sections.

It is not the visible tobacco smoke that one smells; it is the invisible pyridine that it contains.

Feldspar is an important rock-forming mineral which has found wide application in Canadian industry. It is used in the process of the manufacture of pottery, glass and enamelware, and in the production of scouring soaps and cleaners. Some coarsely crushed spar is sold for stucco dash, artificial stone, chicken grit, etc. Practically all colors are equally acceptable for ceramic uses, but for cleanser purposes pale shades of white to buff are used.

According to the Dominion Bureau of Statistics, the entire production of feldspar in recent years has come from adjacent sections of Western Quebec and Eastern Ontario, in the general vicinity of Ottawa. Until 1942, mine output was about equally divided beween the two provinces, but in that year Quebec gained a substantial lead and has since supplied 70 to 80 percent of the total.—Kitchener Record.

NEW INDUSTRY

Did you know that Canada now is producing canned crab meat at least as delicious as the prewar kind, which came largely from Japan? The fish, packed in the Queen Charlotte Islands, B.C., is particularly good in a hot cream sauce served on toast or in patties. It may be served hot or cold.

HINTS ON ETIQUETTE

If you take an escort to a party where your hostess has not met, introduce him to her, but let her introduce him to the rest of the persons present.

At least one hundred flashes of lightning occur some place on the earth every second.

The western great horned owl probably destroys as many injurious rodents in a year as it does chickens and beneficial game birds.

The Aztecs, who lived in Mexico before American colonization started, had no beasts of burden; the Inca, in Peru, used the llama.

LIGHT ON SUBJECT DARKENING HAIR

The latest news on the anti-gray hair vitamin is a bit spotty, according to Dr. William Sebrell, one of the medical chiefs with the U. S. Public Health Service. Nutrition science, he says has advanced to the point where they can take a little white rat and turn its hair black or gray, but when the hair is changed back to its original color it comes in as spotty as a leopard coat.

Dr. Sebrell touched on this in answer to a question from the audience at a health forum on "The Latest Discoveries in Nutrition." He told about one courageous woman who decided to try to change her beautiful gray hair back to its youthful color. Lo and behold, some of it changed and some of it didn't. Of course, if the scientists could manage a design of one intriguing gray streak, that would be something. But it doesn't work that way. It's neither this nor that. So. Dr. Sebrell's advice to the women is that if they wish to change the color of their hair, dye it and be done with it. The only trouble with that is, as many can say, there's no being done with it!

Now all this may sound rather pessimistic but it still doesn't preclude the possibility that one day science will find the answer and let us all be decided blondes or brunettes. And if that can be arranged, women won't mind gray hair because they can take it or leave it, and very likely they will take the gray because it's so flattering.

It seems to me that Dr. Sebrell's remarks on the subject are the frankest to date. While I have heard of women suing their doctors because a prescribed Vitamin B and iron preparation caused their hair to darken, and of other women who tried to darken their hair and made some headway. I have never seen or heard from anyone whose tresses have completely and satisfactorily resumed their original hue.

In cases where the graying is caused directly by a dietary deficiency it is quite logical that addition of the needed nutrient to the diet would have an effect. Of course this is not one of the most vital problems in scientific research or it would have been solved long ago. We'll just have to await developments. In the meantime, the best anyone can do is to eat a balanced diet, including the Vitamin B complex, which comes in liver, whole grains, wheat germ, milk, meat particularly the meat organs and yeast products. Whether or not that select list postpones the silver threads among the blonde, it gives more bounce—and that's a nice present.

A cardboard strip is helpful in pressing facings or seam edges that are likely to mark through.

When you are doing the family ironing iron first those parts of a garment that will hang off the board while the rest of the garment is being ironed.

ORANGE STICK IS GOOD LIP-LINER

Set your mouth in a normal position when you outline your lips with rouge. For this initial survey, use a brush, a lip liner or—as one clever girl suggests—an orange stick to transfer rouge from your lipstick to your mouth, says Alice Hart.

The girl we cite, whose technique we're passing on is Patricia Bright satirist currently captivating audiences in a swank New York supper room. After tracing the outlines of her lips with mouth closed, Patricia opens her mouth and fills in color.

The idea behind all of this, she says, is to keep mistakes away from the corners of your lips. Outlining these two heavy-handedly, according to Patricia, is what gives a mouth a drooling look and makes rouge spread in messy spikes of color.

Her tip for filling in color, after you outline your lips, is to apply lipstick with up and down strokes, which follows the grain of lip tissues. To make her lip-tint more lasting, she presses a film of powder over her mouth, next goes over her lips with a second application of rouge, and then blots off excess oil.

Do You, Too, Feel TIRED, NERVOUS a 'BIT BLUE' On "CERTAIN DAYS" of the Month?

If female functional monthly disturbances make you feel nervous, weak, cranky—at such times—try Lydia E. Pinkham's Vegetable Compound to relieve such symptoms.

Pinkham's Compound is a *uterine sedative*. This means it has a soothing effect on one of woman's most important organs. It's one of the most effective medicines you can buy to relieve such distress.

Pinkham's Compound HELPS NATURE! Thousands upon thousands of girls and women helped. *Try it!*

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

Ellen's Diary
By an Island Farmer's Wife

Perhaps it was "the poor farmer's manure" that comes in a soft white blanket to bless the bare farmlands, which lay across the countryside this morning. But James shook his head at my suggestion. "It's too early yet for that" he said. The mill pond below the front field, which has sparkled in the sunshine and reflected the encircling evergreens and alders serenely on its bosom, was an unbroken expanse of ice today. However chilly and as Winter-like as this one was, it was the very be t Spring morning for the farmers, who wished to haul their lumber by sleigh to the mill or their firewood from the woodlot. A number in the vicinity were busy at the work. Rob, the black Mutt-dog ahead; the bachelors from the house on the hill, and Jock with the faithful brown mare. Pard tallied each one of his trips, with a familiar for-the-family yelp. And brisk teams from out the road turned in to deposit fragrant burdens in the area adjacent to the sawmill this morning.

* * *

Engaged then at my work about the kitchen, I lost touch with the out of door events. I had been well aware of them, since early in the morning. Indeed two disturbing ones had thrust themselves upon me when the sun was barely above the horizon. A handsome rascal of a woodpecker, chose that time to tantalize me with his destructive and persistent tapping and boring, high up on a white birch. A counterpart of himself, but smaller and quite as industrious "coded" from a neighboring tree. "Shoo!" I called loudly from a verandah, not daring to draw nearer, without benefit of rubbers, in the depth of snow. They seemed to sense my predicament and only moved to the opposite sides of the boles and continued their musical but distasteful exploring. It was James who presently sent them flying. "Ha, ha!" the younger one called, or there now, that must have been his mate, "we'll be back!" "We'll have to get a gun or something" James said, in a half-hearted way, which did not point to any immediate action, as he made his way indoors to join Mr. D. at breakfast. I could of course have missed his meaning.

* * *

The men at Alderlea were already suffering from my displeasure. "If that snow hadn't come last night, to keep them around the buildings, it never would have happened" James said. It was those marauders of ours—the flock of ewes. Jock turns them loose from their fold each night, "for exercise" he tells me. They took pleasure then, in the interests of their "daily dozen", by cropping the promising buds from the Forsythia shrub by the driveway, every last one of them as high up as their nibbling lips could reach. There it is—I can see it in my mind's eye tonight, changed from a bushy tree of promised beauty in its early bloom, to a bare neglected waif of a tree. Their steps took them in other directions, in the new-fallen snow about the lawn, for what reasons, I thought it as well not to investigate. Fresh shoots may cover the damage, when one day Spring makes all her promises come true.

* * *

The return of this date brought an anniversary to me. The Diary is two years old today. Day by day the time has gone, as easily as the flowing of the water, that comes from "up the creek" to eddy unceasingly beneath the "county" bridge on the roadway. Altogether good, those years have been to me. There have been innumerable "petty concerns" naturally, but not one "irritating duty." And almost every day, I have been privileged "to go blithely" to my work. I saw dawns bring the blush of sunrise

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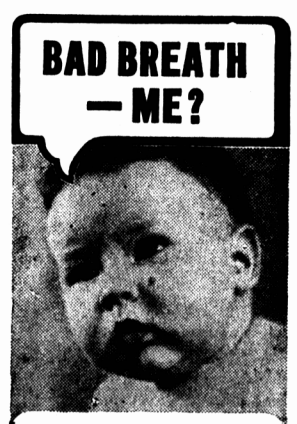
BAD BREATH — ME?



No! Babies don't have bad breath — but 76% of all adults do!

Scientific tests *prove beyond doubt* that in 7 cases out of 10 COLGATE TOOTH POWDER quickly stops oral bad breath!

SAVE MONEY! Compared to other leading brands, a large tin of Colgate gives you up to *30 more brushings*, a giant tin up to *46 more brushings*; ; ; for not a penny more!

SMOKERS! Colgate Tooth Powder is one of the easiest ways to guard against tobacco stain and tobacco breath! Get Colgate today.

COLGATE TOOTH POWDER 25c 40c

CLEANS BREATH AS IT CLEANS TEETH

Dorothy Dix Says—

Old Age Incompatibility

Aged Wife Nags Mate Who Now Thinks of Separation

DEAR MISS DIX: I am 66 years of age, my wife a few years younger. Our children are married and gone. My trouble is that nothing I do pleases my wife. I don't dress right. I don't walk right. I don't eat right. I am righted to death. When I come in the house, she meets me with a rag in one hand and a broom in the other for fear I might leave a spot on a rug. I am a mechanic of the old school and like to make things around the house, but I am not permitted to touch anything. All I can do is to sit in a chair.

I have been thinking for a long time about leaving my wife, but have hesitated because she is alone and can't make friends and never goes visiting. I would take care of her financially if I left her, but she would have no companionship whatever. What do you think I should do?

DISGUSTED HUSBAND

LITTLE HOPE

I am afraid, poor husband, that with your conscience and your kindness of heart, there is nothing you can do but to stick out your marriage to the bitter end. For hard as your wife's petty tyranny is to endure, you could not be happy thinking of a lonely old woman sitting by herself in a solitary house into which nobody ever goes and with no one even to nag. You would lie awake at night wondering what was happening to her, if she was sick, with no one to even give her a drink of water or call a doctor. Or if she was afraid. Or if, perhaps, the silence got on her nerves until she wanted to scream. It is easy to understand why you crave freedom from her continual fault-finding, but we can pay too high a price even for freedom.

There are many women like your wife who make such a fetish of cleanliness that they sacrifice their families to it. It becomes a kind of phobia. A book out of place, a rug with a spot on it, cigarette ashes on the floor spoil a whole day for them, and anyone who upsets their prescribed order commits a crime against them. They drive their husbands and children out of their homes and feel that they are justified in doing it.

Unlucky is the man who marries a woman whose god is order, but if he is going to leave her he should do it before he gets so sorry for her, with her distorted outlook on life, that he can't do it.

DEAR DOROTHY DIX: My husband and I didn't get along together and he fell in love with another woman and wanted to marry her. I had three small children and was very angry with him, so I refused to give him one and practically forced him to live with me. After a year of fighting and arguing I told him to leave and get a divorce, which he did, for I had finally realized I was keeping six people from happiness, including myself.

Now my husband visits the children regularly and he and I are good friends and he is very kind and generous to us. I live in peace and my children are not so nervous as they were when we were always fighting and arguing. So I would like to tell the wives who refuse to give their husbands divorces, because of spite or jealousy, that they are making a mistake.

MRS. R. D.

ANSWER: Divorce is always a tragic thing, but certainly no good purpose is served when a husband and wife who have come to hate each other force their mate to live with them. For hate is the most demoralizing of all emotions. It brings out everything that is worst in human nature, all of the meanness and littleness and petty revenges, and no one who indulges in it can possibly be happy. Nor can children, reared in a home in which the father and mother are at enmity, have anything but a distorted view of life.

DEAR MISS DIX: After my son was killed I took a little 5-year-old boy, whose mother was dead, to rear. He is now 12. Good-looking, above the average in intelligence, devoted to me, yet he has developed into a thief and a liar, although he has no reason to be either for he has had the kindest of treatment and everything he wishes. Nothing I do or say influences him.

What is your advice?

MRS. A.

ANSWER: He is a case for the psychiatrist. The problem is beyond your ability to solve.

MAKE THIS TEST TODAY!

Next time eyes are overtired or smarting put two drops of Murine in each eye. Right away it starts to soothe, comfort and cleanse. Make this two-drop test... enjoy the relief that Murine brings. Murine was originated by an eye physician. Use it to cleanse, relax and refresh your eyes.

Blessed relief from TIRED EYES

MURINE FOR YOUR EYES
SOOTHES · CLEANSES · REFRESHES

How Can I !!
By Anne Ashley

Q. How can I make a good steel and nickel polish?

A. Mix 1 tablespoonful of turpentine, 1 tablespoonful of sweet oil, and enough emery powder to the consistency of cream. Apply with a soft rag, then wipe off, and polish with a dry flannel cloth.

Q. How can I remove creases from velvet?

A. The most effective way is for one person to hold the velvet tightly while another passes a warm flatiron over the wrong side. Then brush the nap, and the velvet will look like new.

Q. How can I sweeten a sour stomach and treat indigestion?

A Place a half-teaspoonful of baking soda on the tongue; then wash down with a drink of cold water.

Morning Smile

A woman filling in a form at a food office gave her infant daughter's name at Nadine.

"That's unusual," said the assistant, "Is it French or Russian?"

"Dunno, mum, I'm sure," was the reply. "I got it off a jeep."

An absent-minded professor entered a barber shop and seated himself in the chair.

Professor — A haircut, please.

Barber—Certainly. Would you mind removing your hat?

Professor—Oh, I'm sorry. I did not know there were ladies present.

Household Scrapbook

House Plants

When house plants become infested with insects, try sticking a few sulphur matches, heads down, into the soil around the plants. Spraying with a solution of naphtha soap and water is also effective.

Sleeve Protectors

If you have a pair of long fabric gloves that are ready to be discarded, cut them off at the wrists, and they will prove very convenient as sleeve protectors when wearing a long-sleeved dress.

Baked Sweet Potatoes

Baked sweet potatoes are delicious if cut in half lengthwise, the insides removed and mixed with butter, salt, pepper, and a little sugar, then refilled and heated.

Tea is the Refreshing Beverage

"SALADA" TEA

Cook's Corner

CREAM CHEESE FROSTING

1 package cream cheese
Pinch of salt
¼ teaspoon almond extract
1 teaspoon top milk
2 tablespoons icing sugar

Cream well the cheese, salt and extract. Add milk and icing sugar Beat well and spread on tiny cup cakes, etc.

Roll lightly in slightly crushed cornflakes.

PEPPERMINT PARTY DESSERT

The combination of flavors and colors offers an easy way to glamorize an essentially simple dessert.

The topping should be made not long before serving and should be put on the rennet desserts just before they go to the table.

For the Pudding

1 rennet tablet
1 tablespoon cold water
2 cups milk
3 tablespoons granulated sugar
Peppermint flavoring to taste
Green food coloring

For the Topping

1 egg white
1 tablespoon corn syrup
1½ teaspoons cocoa
¼ cup graham cracker crumbs.

Crush rennet tablet and dissolve in the cold water.

Combine milk, sugar and peppermint flavoring to taste; tint delicately with green food coloring. Heat to lukewarm, stirring constantly.

Add dissolved rennet tablet and stir for a few seconds; turn into serving glasses and let stand at room temperature until set. Place in refrigerator to chill.

Beat the egg white until stiff but not dry; gradually heat in corn syrup.

Mix cocoa and graham cracker crumbs and fold into egg white mixture.

Just before serving, place a spoonful of topping on each pudding.

EYE HEALTH

Did you ever envy a cat its ability to see in the dark? asks the Nutrition Division. The matter comes up in connection with the present shortage of butter, the best source of vitamine A which takes care of eye health and prevents night blindness. However, a good nutrition rule to follow is that naturally yellow and orange foods generally contain a lot of this important vitamine. Some of them are carrots, squash, pumpkin, red peppers, tomatoes and yellow corn. Use them cooked or raw, use them often and make the servings large.

TO MEND LINENS

The uneven strips of linen left over after hemming the new tablecloth should be saved. Threads drawn from these places are best to darn the cloth or any other worn table linen.

Grand Relief FROM SNIFFLY, STUFFY DISTRESS OF Head Colds!

DOUBLE-DUTY NOSE DROPS WORKS FAST RIGHT WHERE TROUBLE IS!

Instantly relief from head cold distress starts to come when you put a little Va-tro-nol in each nostril. Also—it helps prevent colds from developing if used in time! Try it! Works fine! You'll like it!

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Try these PEANUT BUTTER MACAROONS!

PEANUT BUTTER MACAROONS

2 egg whites
¾ cup sugar
¼ teaspoon almond extract
⅓ cup peanut butter
2 cups Kellogg's Rice Krispies

Beat egg whites until stiff but not dry. Fold in sugar, flavouring and peanut butter. Add Rice Krispies, stirring only enough to combine. Drop from teaspoon onto well greased baking sheet. Bake in moderate oven (375° F.) for about 20 minutes. Yield: 1½ dozen macaroons (about 2½ inches in diameter).

"Rice Krispies" is registered trade mark of the Kellogg Company of Canada Limited, for its brand of oven-popped rice.

Modern Etiquette
By Roberta Lee

Q. When you have visited in another city and friends of a friend of your have entertained you, what is the best manner of acknowledgement?

A Be sure to write them a personal note of thanks, and a little gift of some kind adds to the sincerity of your appreciation.

Q How are fresh artichokes eaten?

T. With the fingers. A leaf at a time is pulled from the artichoke until the heart is reached, and that is eaten with a fork.

Q. Is it good manners to talk with a cigarette dangling from your mouth?

A. No.

Better English
D. C. Williams

1. What is wrong with this sentence? "He sat the bucket on the table."
2. What is the correct pronunciation of "realm"?
3. Which one of these words is misspelled? Manure, manuever, manufactory.
4. What does the word "pre-eminent" mean?
5. What is a word beginning with so that means "able to pay all legal debts"?

ANSWERS

1. Say, "He set the bucket on the table." "He sat in the chair." 2.Pronounce relm, one syllable, e as in elm. 3. Maneuver. 4. Superior, especially in excellence. "These men are pre-eminent in the ranges of science." 5. Solvent.

Needlecraft —FOR THE HOME—

MIDRIFF FROCK

The slim young person searching for that something in the mode will like the new "ballerina look" of this frock, with its soft waist topping the near midriff and flattering full skirt. Front and back each cut in just one piece.

No. 2956 is cut in sizes 10, 12, 14, 16, 18 and 20. Size 16 requires only 2⅞ yards 39-inch fabric.

Send 20 cents for PATTERN, which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you wish. Include postal unit or zone number in your address.

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DUETS by JO FISCHER

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