

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

**FIVE NEW MOVIE STARS**



**IT WASN'T NECESSARY** for them to go to Hollywood. Hollywood came to them! Not even for a movie contract would the Guardians relax the scientific care with which the Dionne Quintuplets are surrounded. An important part of that scientific care is the use of "Lysol" Disinfectant — to help protect them against infection.

This scrupulous care of the little Dionnes is an example for all mothers. The fight against germs is vital in homes where there are growing children. Use Lysol to keep your baby's surroundings "hospital-clean." Use it in laundering towels, handkerchiefs, bedlinen, underclothes. Wash stair-rails, door-knobs, toys, drainboards, bathroom, telephone mouthpiece, furniture, walls and floor with a solution of "Lysol".

"Lysol" is so easy to use, costs so little and may save you many heartaches and vain regrets.

*Be sure you get the genuine "Lysol" in the orange label and carton.*



**Lysol Disinfectant**

TRADE MARK "LYSOL" REGISTERED IN CANADA

Copyright Star Newspaper Service.

**The HOUSEWIFE and HER ACTIVITIES**

**GOOD DEEDS**

Good deeds in this world done  
Are paid beyond the sun;  
As water on the rock  
Is seen above in fruit.  
—Wasana's Proverb.

**SUCCESS**

No success is good when it  
hardens our hearts to love and  
laughter, or to the appeal of tears.  
—Proverb.

**TRUE HAPPINESS**

True happiness, if understood,  
consists alone in doing good.  
—Somerville.

**SMALL THINGS**

All the small things of our  
lives, all our little thinkings and  
doings, go to the making of a  
good or a bad habit.

**HAT TRICK**

Place three chocolates on the  
table and cover each with a hat.  
Lift each hat in turn and eat the  
chocolate. Then tell your friends  
that by your magic art you will  
bring all the chocolates under  
whichever hat they please. When a

hat has been selected, all you have  
to do is to put it on your head and  
the chocolates will be under it.  
Then run!—Sent by W. White.

**HERRINGBONE AND GABARDINE LEAD SMARTEST TWEEDS**

It looks now as if gabardine and  
herringbone weaves will be head-  
lining it this spring. Gabardine is  
charted now as the second most  
popular in worsted lines. Twill is  
doing very nicely, basking as it is  
in the light of popular approval  
but both materials are playing  
second fiddle to the herringbone  
weaves.

In such, navy is the outstanding  
color as one would expect since we  
have had predominantly, navy  
springs for several years. Natural  
tans and greys are pushing forward,  
too, but for novelty there is a grey-  
ish green.

From warmer climes the fashion  
story is that gabardine is outstand-  
ing.

By using a third, or top, sheet  
to cover blankets at night, after  
the day's great removal, you  
protect them and make possible a  
longer life of wear.

**Have You CINDERELLA Hands?**

For 61 years Hinds has been  
fairy godmother to hands that  
must work by day, yet look lovely  
at night.

Just a touch of this rich, creamy  
lotion smooths away all trace of  
roughness and redness caused by  
housework or wet, raw weather.

Let Hinds work its magic for  
you. Its deep-soothing ingredi-  
ents go in quickly, act immedi-  
ately—without the least trace of  
stickiness.

**HINDS HONEY & ALMOND CREAM**

Trade Mark Registered in Canada

**KEEPING FIT**

Good health is best appreciated  
when it's lost. Then it becomes the  
most valued of possessions.

If you are in good health, spare  
no effort to keep it. It is  
master key to happiness. If you  
have lost your good health, do  
something now to recover it. Don't  
just drift in the hope that things  
will right themselves. Minor com-  
plaints grow into major ones, and  
if you're wise, you will "catch" em  
when they're young.

"Take rheumatism," for example.  
The complaint is the scourge of  
modern life. Thousands suffer  
from it in varying degrees. Per-  
haps not very severely, so they let  
it go on, unaware that it is slowly  
undermining the system and pos-  
sibly leading to serious trouble  
later on.

Rheumatism has a number of  
causes. Once the source is located,  
the enemy is often easily routed.  
But locating the source is apt to be  
a troublesome matter.

Toxic rheumatism (one of the  
commonest forms) is due to poi-  
sons in the blood stream often set  
up by local infection. Teeth are  
frequent cause of the trouble.  
Diseased tonsils are another. Some-  
times an intestinal affection is  
responsible and again, the removal  
of an unhealthy appendix is often  
known to disperse the mischief for  
good.

Unfortunately, these troubles  
often exist without any visible sign.  
Teeth may be sound to outward  
appearance, but hopelessly poison-  
ed at the roots. Even tonsils may  
be septic without giving rise to  
violent local discomfort, and the  
unhealthy appendix may be the  
most secret of them all. It is only  
when an abscess forms that acute  
appendicitis forces the sufferer to  
take immediate action.

Remedial exercises are helpful to  
those with rheumatism. They  
should be gentle and with move-  
ment of the trunk rather than with  
the limbs alone.

A famous doctor named rheuma-  
tism "a crime of over-eating." By  
this he meant that unwise eating  
followed by faulty elimination, is  
the beginning of sluggishness in

**A Morning Smile**

Three sailors were spending their  
Easter leave in the country. Pres-  
ently two of them got into a heated  
argument over what kind of animal  
a heifer was.

"It's a sort of pig," said one.

"Not on your life," replied the  
other. "It's a kind of sheep."  
Finally they called in the third  
party.

"Bill," said the first sailor, "you've  
a heifer—is it a pig or a sheep?"  
Bill scratched his head, non-  
plussed.

"To tell you the truth, shipmates,"  
he said, "I dunno what kind of pol-  
try."

Rastus was in the war. At every  
explosion he tried to get to the rear  
line.

"You shouldn't be afraid, Rastus,"  
said the colonel. "What if you die?  
Heaven is your home."

"Yes, suh, Ah knows, but Ah ain't  
homesick."

the vital bodily functions. Self-  
poisoning sets in and rheumatism  
flourishes undisturbed.

Less bread is wasted when cutting  
sandwiches in fancy patterns  
for bridge or tea when the loaf is  
sliced from end to end.

**Gayer Handkerchiefs**

So many of the brightly colored  
linen handkerchiefs that give your  
white in a few launderings. When  
next you are tinting underwear  
drop in a few of these pale hand-  
kerchiefs and produce a few in  
pastel shades. They will be more  
interesting.

**To Destroy Grasshopper Nests**

The breeding ground of the  
grasshoppers that annually spread  
over Sutter and Yuba counties is  
believed centered around the Sutter  
Buttes, and farmers in Sutter  
county are planning an aggressive  
year, with the idea of killing off  
campaign against the pests next  
spring, before they become  
strong enough to migrate. The  
grounds around the Buttes are  
chiefly arid grazing lands. Ac-  
cording to insect specialists the  
Buttes grasshoppers are similar to  
the Utah pest, in whose breeding  
places 25,200 eggs to the square  
foot are deposited.—San Francisco  
Chronicle.

**Rolling Hotels**

Few people who ride in parlor  
cars realize how stupendous is the  
system of which the cars are a  
part. It is the equivalent of a  
hotel with 250,000 beds, and 2,900  
office desks at which 26 million  
guests register every year. It has  
eight thousand negro porters that is  
linen worth two million dollars,  
and uses \$60,000 worth of soap a  
year.—Youth's Companion.

**Leftover Butter**

When saving the small bits of  
butter from guests' butter plates,  
run cold water over the butter  
while still on the plates to remove  
any crumbs that may have clung  
to them. Then store for cooking in a  
small container.

**The First Show**

If you are trying to make the  
first show at the movies, and the  
dishes just must be stacked, try  
to save time to wash the silver.  
If any water happens to be on it,  
it is liable to rust and cause more  
work than it not washed.

**CHARM CAN BE ACQUIRED WITH LITTLE EFFORT**

The beautiful Helen of Troy,  
whose face is said to have launched  
a thousand ships in the great  
Trojan war, was at least 46 years  
old when she pulled the vamps out  
on handsome Paris. This titan-  
haired charmer certainly wasn't  
any spring chicken when the  
Greek and Trojan lads were bat-  
tling for her possession. She'd al-  
ready passed the first bloom of her  
youth. But Helen had charm. And  
the woman who possesses charm  
doesn't need much else, regardless  
of her age.

Charm is so elusive a quality  
that it is difficult to give an exact  
definition of it. But everyone  
agrees that it is as valuable a  
possession for a woman as beauty  
itself. And it can make even a  
truly ugly woman seem magnetic  
and fascinating.

"Charm," I think, can best be de-  
scribed as the power of attracting  
and pleasing people. And although  
some women are born with this  
happy faculty, it also is possible  
for every woman to develop charm  
in herself. It is more or less a mat-  
ter of giving attention to the man-  
ner in which she conducts herself

**THE FAVOURITE Beauty Soap OF CANADA'S SMART BUSINESS GIRLS**

"Palmolive Soap cleanses so gently  
... yet so effectively"

*says MISS EDNA MAY BADGER, attractive Winnipeg business girl*

"It leaves my skin clear and soft"



It is Miss Badger's duty to be constantly meeting  
people. And she knows that to make a good im-  
pression, a lovely complexion is of real importance.  
That's why she relies on Palmolive. It's the one  
soap that keeps all of her skin clear and fresh.  
And she follows the simple Palmolive beauty  
treatment shown below. Try it today. It's recom-  
mended by more than 20,000 beauty experts as a  
sure way to all-over skin beauty.

**Soothes and Beautifies**

The careful blending of olive and palm oils in  
Palmolive is the reason beauty specialists all over  
the world recommend it. Only these costly oriental  
oils give Palmolive its rich, gentle  
lather, a lather that cleanses the  
pores... soothes your skin... leaves  
it restfully refreshed and radiant.  
So make Palmolive your soap. Use

**Try this Palmolive Beauty Treatment**

Use it not only for face, throat and  
shoulders, but for the bath as well.  
Gently massage into your skin a  
warm, rich Palmolive lather. Cleanse  
the pores thoroughly. Rinse with  
warm water, then with cold. That's

all there is to this simple beauty treat-  
ment. Yet there is no surer way to  
real, all-over skin beauty. And here's  
another beauty hint. Palmolive, used  
as a shampoo, keeps your scalp  
healthy, hair soft and lustrous.

**THE COOK'S CORNER**

**LIVER EN CASSEROLE**

One pound baby beef liver, 2 cups  
chopped mushrooms, 1 1/2 cups  
scraped carrot, but in rounds, 1 cup  
sliced onion, 1 tablespoon minced  
parsley, 2 cups strained tomatoes, 1  
cup boiling water, 2 tablespoons  
flour, 1/2 cup cold water, 1 teaspoon  
salt, 1/2 teaspoon pepper. Cut liver  
in slices and place in casserole. Add  
carrots, onions, parsley and mush-  
rooms. Pour the tomatoes and boil-  
ing water over all, cover and let  
cook at 350 degrees Fahr. for 1 1/2  
hours. Combine flour, salt and cold  
water, and stir in the liquid. Re-  
turn to oven until ready to serve.

**CARAMEL LAYER CAKE**

1-3 cup butter  
1 cup fruit sugar  
2 eggs, well beaten  
1 2-3 cups cake flour  
1 1/2 teaspoons baking powder  
1/2 cup milk  
1/2 teaspoon vanilla

Method: Cream the butter, add  
the sugar gradually and cream until  
light and fluffy. Add the well-beat-  
en eggs. Sift the flour once, mea-  
sure and sift again with the baking  
powder. Add alternately with the  
milk, beating after each addition  
until the batter is smooth. Add the  
vanilla and pour into two eight-  
inch layer pans lined with waxed  
paper. Bake in a moderate, 375 deg.  
F. until it responds to the touch—  
about 25 minutes. Ice with:

**CARAMEL FROSTING**

3 cups brown sugar  
1 cup water  
1 tablespoon butter  
1/2 teaspoon vanilla  
Cream

Method: Boil the sugar and  
water until the syrup forms a soft  
ball in cold water. Remove from  
the fire and add the butter and  
vanilla. When entirely cold, beat  
until thick and creamy. Thin with  
a few drops of cream until it is of  
the right consistency to spread.  
Cover the sides and top of the cake  
and serve fresh to an enthusiastic  
audience!

**THE SMALLEST STAMP**

Nephews who are interested in  
the fine hobby of stamp-collecting  
will like to know—if they are not  
aware of the fact already—that the  
smallest stamp in the world is  
"the Bolivia ten-cent, green, issued  
in 1863. It measures one-third of  
an inch by one-half of an inch.

**MEN ARE CRY BABIES, WOMEN TAKE IT ON CHIN WHEN LOVE FAILS, SAYS "HEART PROBLEM"**

After doing several sums of  
addition and subtraction from her  
ledgers, Miss Lona Bonnell put  
down the final answer that in the  
past year it was men, not women,  
who did most of the whining over  
the Bolivia ten-cent, green, issued  
in New York in the New York  
World Telegram.

There is a growing tendency  
among women to be braver than  
men when affairs of the heart go  
askew, she pointed out to keep  
their chins up and to put on a dra-  
matic pretense that they have  
found other interests in life to re-  
place a philandering male. The  
heart broken man, she said, more  
often sits alone with his despondent  
mood, wondering whether to  
turn on the gas right away.

"Mike Bonnell, a lawyer, once  
how they feel, for every day several  
man and women and occasionally  
young girls with suicide or their  
minds pour their troubles into her  
ears. She is the kindly, middle-  
aged woman who sits at a desk in  
the National Bazaar, a love case  
of New York, an organization that  
for years has been convincing  
people that it is far more sporting  
to face the music and go on living  
than to dodge responsibility by kill-  
ing oneself.

"Any fool can die. It takes cour-  
age and nerve," is one of her  
slogans. And because those words  
go under the skin of so many de-  
jected clients she had them lettered  
on a little motto which is placed  
subtly on her desk where callers  
can't fail to see it.

"I think it is a certain kind of  
pride that woman has, different  
from a man's pride, that helps her  
to stand up and fight and to pre-

ferend that "he does not care so  
much," Miss Bonnell said. "A man  
will go to pieces, willing to let all  
the world know that his heart is  
broken and that he has nothing  
left to live for.

"But women have more of a cer-  
tain kind of stamina. They don't  
give up quickly. They may be  
hurt just as much but they are  
more subtle. This is the experi-  
ence of all our workers, that wo-  
men, for one reason or another, are  
more apt to fight through. To men  
or women it is a lifesaver to talk  
the situation over with some sym-  
pathetic stranger."

Miss Bonnell had 2,929 interviews with  
over 1,000 persons who had contemplated  
suicide. That was 769 interviews  
less than the preceding year,  
figures which convince her that  
the work she and others are do-  
ing is having a good effect.

"Strangely enough, a stranger  
can be a better friend than a  
member of one's family or even a  
beloved acquaintance when a per-  
son gets into such deep trouble  
that all hope seems to be gone,"  
Miss Bonnell said. "They will con-  
fide in me, they never would in  
members of their own families, per-  
haps because I have learned to let  
them go on talking. When they  
have talked it out, then I can be-  
gin to get in my work."

**SHORT CUTS TO CHIC**

**NEVER**

- wear crumpled linen or cotton frocks; nothing looks dowdier.
- wear gloves that have never been washed and cleaned nowadays.
- wear "lingerie touches" that aren't absolutely immaculate.
- go about in town without gloves or stockings.
- wear down-at-heel shoes, white socks with shiny marks on them, or suede shoes with shiny patches.
- wear fuzzy accessories with tailored things or big floppy hats with a coat and skirt.

**ALWAYS—**

- put on fresh stockings every day. It's so easy to wash them out in soap-flakes overnight.
- have your clothes washed or cleaned as soon as there's the faintest suspicion of grubbiness about them.
- match up your accessories carefully. Better a bold contrast in your hat, shoes, bag etc., than a match that isn't dead true.
- keep your shoes on trees.
- hang up your clothes on hang-ers instead of flinging them over a chair.
- keep a good stiff clothes brush, a bottle of cleansing fluid, and an iron and skirt board in constant action against dust, stains and creases.

**ORANGE JELLY MARMALADE**

Five pounds of good oranges.  
Wash the oranges and peel them.  
Put the finest and thinnest skins in a pot of cold water with a pinch of salt. Bring to the boil, then remove from the gas. Place a hair sieve in a basin. Cut the oranges crosswise, remove the pips with a silver spoon and strain the juice on to the hair sieve. Pull the pulp to pieces and place in a preserving pan with four quarts of water. Boil all this fast for one hour. Strain through a jelly bag without squeezing and then add to the orange juice. Allow 1 1/2

Fathers Have Right to Love of Children

**Dorothy Dix**

Says That Jealousy Endangers Home Life

**Husbands Work Just as Hard and Make as Many or More Sacrifices Than Do Wives for Their Children, Hence Should Not be Robbed of the Filial Love Due Them**

One of the most monstrously unfair things in the world is the way women treat their husbands about their children. They demand that their husbands shall love to support their children and deny themselves ease and luxury in order that their children may go to high-priced colleges and have expensive cars and clothes, but that ends their conception of a father's relationship to his children. He is just a biological and finan-  
cial necessity and, having served his purpose he goes into the scrapheap like any other useless piece of junk. They don't even think of his having any right to a part of the children, or any feeling about them.

How women ever got the idea that mothers alone love their children and that fathers have no more affection for their offspring than an alley cat has for his, no one knows, but that they do hold to this theory is amply proven by the ruthlessness with which they separate their children from their fathers when they happen to want to divorce their husbands.

Thousands of wives leave their husbands for no reason at all except that they have lost their taste for them. They have got tired of their husbands, or are bored by them, or their husbands have little ways that have got on their nerves. So they break up their homes, pick up their children and his away to the divorce court. "Of course, I can't give up my children. If I die if I were parted from them," they say. But they give no thought to the father whose heart they are breaking when they rob him of his children who are dearer than life to him.

They don't think of how his arms ache for the feel of a little child cuddling against his breast, or of how desolate the home-going is of nights with no little face watching for him at the window and no little feet scampering across the floor to meet him. They don't think of what it means to him to know that his own flesh and blood are growing up with-  
out him, that he will have no part in his children's development, no hand in shaping their lives, no pride in their achievements, no love from them to comfort his old age.

In all the range of crime there is none blacker or crueller than separa-  
ting a father from his children, and yet women do it every day without a pang of compunction because they consider that they have a monopoly of their children. They are not even fair about it because they know the father can't fight for his children for he has no home in which to keep them, nobody to take care of them.

Mothers will rise up en masse and deny the allegation, but it is true that many of them are so jealous of their children's affection for their father that they, unconsciously perhaps, try to come between them and alienate them from each other. Many mothers never even let their children and their fathers get acquainted with each other. They never let the father take the child off by himself even for a ball game, or to go for a walk in the park where they could really talk and get to know each other. Mother is always along. She is the dominant figure, with father an also-ran who is of no importance to the child.

Mother is so determined that her children shall love her best and regard her as the source of all their pleasures that she does after the great injustice of making him appear a hard and grinding tyrant, or a rigid wall, or a hilltop who doesn't make any effort to make the children happy. Mother doesn't teach the children to go at once to their father for what they want in the sure belief that if he can possibly grant their requests he will do so.

She represents herself as the intermediary who persuades him into gratifying the children's wishes. "I'll see if I can't persuade your father to let you go." "I'll try to get your father to give it to you," at cetera, at cetera. And so poor father gets none of the reward and love and gratitude from his children that he has earned by his endless sacrifices for them.

Worse still, many mothers teach their children to hate and fear their fathers by holding them up to the children as a god of wrath and venge-  
ance. "They're Father punish the little sinner and their role is that of comforter, which is giving Father a rotten deal. "Just wait until your father comes home and he will give you a thrashing for breaking the window." "I'll tell your father when he comes home how much trouble you have been all day," is the slogan with which many a mother kills all love and confidence between her children and their father.

Fathers work just as hard for their children as mothers do. They make just as many sacrifices, and it is a pity that they are so often balked of their just reward by their wives.

DOROTHY DIX.

**BEAUTY BATHS FOR MEN**

Business men are becoming  
figure-conscious. They are spend-  
ing long hours in the slimming  
baths of London beauty parlours,  
trying to lose their surplus  
pounds of sugar to each pint of  
liquid, then place on the gas to boil  
for three-quarters of an hour.

By the time the pan is on the gas,  
you can begin shredding the skins  
(it is possible to hire shredders from  
some places nowadays) either with  
a knife or with sharp scissors. Ten  
minutes before the jelly is due to be  
done, throw in as many skin chips  
as you like. If you are pressed for  
time you can omit the chips alto-  
gether, as the jelly is quite as nice  
without them. Put up into clean dry  
jars, leave till cold, then tie down  
with parchment.

When brown shoes are badly  
stained, sponge them with a little  
warm milk in which a small piece  
of washing soda has been dis-  
solved.

**End Bad Cough Quickly, at One Fourth the Cost**

Home-Mixed! No Cooking! Easy!

Thousands of housewives have found  
that, by mixing their own cough medi-  
cine, they get a much more effective  
remedy. They use a recipe at only one-  
fourth the usual cost of cough medicine,  
but which really breaks up distressing  
coughs in a hurry.

From any druggist get 2 1/2 ounces of  
Pinex. Pour this into a 16 ounce bottle  
and add granulated sugar syrup to fill  
the bottle. The syrup is easily made  
with 2 cups sugar and 1 cup water,  
stirred a few moments until dissolved.  
No cooking needed. It's no trouble at  
all, and makes a really effective remedy.  
Keeps perfectly and children love its  
taste.

Its quick action in loosening the  
phlegm, helping to clear the air pas-  
sages and soothing away irritation,  
has caused it to be used universally  
throughout Canada.

Pinex is a compound containing Nor-  
way Pine in concentrated form, well  
known for its effect on throat mem-  
branes. Money refunded if it does not  
please you in every way.

**Spring Fashions For Home Dress-Making**

Here's something new and spring-  
like to brighten your mid-season  
wardrobe. It's honey beige wool  
crepe with pottery-brown and beige  
crepe print.

It looks like a redingote. It will  
fit marvelously into your spring  
scheme for town. It will take the  
place of a suit for those first balmy  
days.

Plain navy blue crepe silk in com-  
bination with plain coral crepe is  
another delightful scheme. It's ex-  
ceedingly youthful.

By way of another suggestion you  
can work out smart contrasting  
effects to remodel last year's dress.  
The smart simplicity of today's  
model makes it very quickly fash-  
ioned.

Style No. 1696 is designed for  
sizes 16, 18 years, 36, 38, 40, 42, 44  
and 46-inch bust. Size 36 requires  
3 1/2 yards of 39-inch material with  
1 1/2 yards of 39-inch contrasting.  
Price of PATTERN 15 cents in  
stamps or coin (coin is preferred).  
Wrap coin carefully.

No. 1696. Size \_\_\_\_\_

Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Better Linens \_\_\_\_\_

This is the time of the year  
when many shops are advertising  
sales of linens. There is nothing  
quite so tell-tale as cheap grades  
of linen, both in appearance and in  
wear. By watching for sales the  
be- quality may be bought at a  
greatly reduced price and we have  
cause to rejoice at our bargain.

**Hamilton's Dainty Cream Sodas**

**Hamilton's Malted Milk Lunch**

**Hamilton's Jelly Wafers**

Here you see the Hamilton Bakers putting their famous biscuit  
trio over the top... Wherever they go—homes, hotels, clubs,  
restaurants or tea-rooms—all three are welcome guests...  
For children desire them... Invalids require them... Old  
and young admire them... And you must get acquainted or you're  
certainly missing a treat!

**THE HOUSE OF HAMILTON BAKERS SINCE 1840 PICTOU, N.S.**