

Woman's Realm Social and Personal Fashions Literature

Living & Leisure The Woman's Realm

LIFTERS AND LEANERS There are two kinds of peoples on earth today, Just two kinds of people, no more, I say.

DIRTY CARETS ARE OLD STORY TO HOME RUGS

There is one poem which is familiar to all household rugs. Boots, boots, marching up and down again.

HIBISCUS PRINT

Life-sized hibiscus widely spaced make the print of one of the new dresses which has a corage of a yellow background.

ELASTIC IRON

Cast-iron with the strength and elasticity comparable to those of steel is now being made in British foundries.

SHORTER SLEEVES, HIGHER NECKLINES

Spring prints will follow the general trend for shorter sleeves — more caps in some instances — and higher necklines for daytime.

eral trend for shorter sleeves — more caps in some instances — and higher necklines for daytime. Women who have less time to run home and change for dinner will find the practicality of the "under-over double duty" costumes.

FOR LUNCH BOXES

For those who pack lunch boxes — and their number is legion — Nutrition Services suggest that part or even all the daily quota of vitamin-filled vegetables may be frequently introduced into the sandwich filling.

TIMELY TIPS

Raw, ruby cranberries, thinly sliced, make a seasonal and charming addition to Waldorf salad.

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TO MAKE FIRELESS COOKER

Line outer container with sheet asbestos well fitted. Pack into the bottom of the asbestos-lined case a layer of unpeeled sweet potatoes.

SOME FIRELESS COOKER

1. Shoulder of lamb or pork, steamed potatoes, creamed turnips, baked apples.

A Job Only You Can Do

CHILDREN CHEER UP ANY HOME

Middleaged Mother With Own Grown, Away, Offers Blessing To Motherless Little Ones

DEAR DOROTHY DIX—I am a country woman, only middle-aged, well and strong. I have two fine children who are married and gone.

SWEET THOUGHTS

Food eaten hot taste sweeter than when it is cold. So, when the sugar ration runs low you can save by serving baked apples or apple sauce hot instead of cold.

WIVES NEED SOME AMUSEMENT

ANSWER—Why I think, Ruth, that it is your bounden duty to go out and get a little relaxation and change and let your own nerves relax.

HINTS ON ETIQUETTE

Why do people attending concerts, especially symphony concerts, always cough? If one has a bad cold, it is kinder of better manners to stay at home.

Dorothy Dix Says—

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Sufferers of Painful SINUS—Get Quick Relief!

Just a Few Drops Relieve Stiffness... Make Breathing Easier... Give You Comfort

It's grand how Vicks Va-tro-nol clears congestion from nasal passages—gives sinuses a chance to drain. Results are so good because Va-tro-nol is specialized medication that works right where trouble is—to relieve painful congestion and make breathing easier.

THE COOK'S CORNER

REFRIGERATOR COOKIES

One cup nuts finely chopped, 1/2 cup butter (or other shortening), 1 cup brown sugar, 1 egg, beaten.

Cream Soup

On the other hand, if the vegetables you wish to use up have previously been cooked, try this recipe for cream of vegetable soup.

Here's a method for making flaky pastry that is guaranteed to produce good results.

Of course, follow a good standard recipe, use as little water as possible, mix quickly with a knife, and chill before rolling.

WEIGHTS AND MEASURES

Use a tablespoon in measuring ounces. The following table of weight and measures can be clipped and pasted on cardboard and kept with the cook book or in the recipe file.

MAKING STOCK

If you have a mixture of many vegetables and not enough of any one to serve with a meal, you could use them in making a soup stock.

AFRICA'S AREA

The area of Africa is three times that of Europe.

A Morning Smile

Man (to his wife)—Do you know, dear, that the biggest idiot always marries the prettiest woman? Wife—It certainly is high time for you to hand me a compliment, but I must say you did it very nicely.

REPAIRING THE PAUL

Enamel pails are not exactly plentiful nowadays, but if the bottom of yours has worn into small holes, don't worry. It can be made quite watertight again for hot or cold water.

Canadian Women Buy More FRY'S COCOA Than Any Other Kind

Needlecraft For The Home

CHARMING BASIC A graceful skirt and soft shoulder detail make this a frock particularly becoming to larger figures. No. 3676 in size 36 requires 3 1/2 yards 36-inch fabric.

HAVE ANOTHER SLICE! THANKS, IT'S WONDERFUL BREAD —to bake bread just right use Fleischmann's fresh Yeast

New Cream Deodorant Safely helps Stop Perspiration Arrid is the largest selling deodorant 39¢

DESIGN NO. 1233 Unusual crocheted mittens with fringe are just the thing for High School or college girls. May be made to fit any size. Pattern No. 1233 contains complete instructions.

To the Canadian Women's Army Corps go the laurels for having the smartest and best-looking uniforms of all the Women's Services in this war. This decision was reached at a party given in Britain by the U. S. Women's Army Corps for personnel of the CWAC, the WRNS, the RCAF (W. D.) the WAAF, and the A. T. S. Report was made in the Stars and Stripes official organ of the U. S. Armed Forces in the European Theatre of war. Popular opinion concurred to the C. W. A. C. uniform of the W. A. C. uniform was tagged as the best tailored and the W. R. N. S. carried the colour honours. Cpl. Williams of Dundas, Ont., is pictured above modelling various ensembles of the C. W. A. C. uniform from left to right, the winter greatcoat, the rose-bloss summer worsted and the khaki bar-bath.