

# Woman's Realm Social and Personal Fashions Literature



Worthy of your preference  
**KING COLE TEA**

### Cook's Corner

#### COMPANY MEAT LOAF

1 pound ground left-over ham or 1 pound diced left-over fowl or combination of the two  
2 eggs  
1 cup thin gravy, milk or stock  
2 cups left-over stuffing  
Season meat slightly, blend with eggs. Pat meat mixture into thin square on waxed paper, about 12x12-inches. Spread the stuffing over the meat and roll up like jelly-roll.  
Place meat in greased pan brush top with fat, and, if desired, press row of ripe olives into the loaf, down the sides and centre. Baste with gravy, milk or stock.  
Bake 50 to 40 minutes at 350F.

### How Can I!!!

By Anno Ashley

Q. How can I pick up from the floor all the particles of a broken piece of glass?  
A. When glass has been broken and there is danger of particles remaining on the floor, wet a piece of absorbent cotton and pat around the place where the glass has scattered. The small pieces will readily adhere to the cotton.  
Q. How can I use cheese that has become hard and unfit for table use?  
A. If it is merely hard, and not moldy, it can be grated and sprinkled on soup.  
Q. How can I remove perfume stains from linen?  
A. Peroxide will usually remove a perfume stain from linen.

**BABY'S BOTTLE**  
Clean it safely with Baking Soda. Free folder on request. See Little Big, Montreal.

**COW BRAND BAKING SODA**

## LOVELIER HANDS IN 24 HOURS OR YOUR MONEY BACK!

**New Hand Care Helps Heal Red Rough "Housework Hands"**  
Softens, Whitens Chapped Hands—Helps 9 out of 10 Testers

Are your hands unattractive? If they're red, rough, or chapped from dishwashing or housework—try medicated Noxzema. It's the hand care of professional men and women in hospitals all over Canada. Clinical tests have proved its remarkable effectiveness!

**Here's What It Does**

- Helps soften, whiten red rough "Housework Hands."
- Soothes raw, chapped skin.
- Helps heal tiny cuts and cracks.
- Supplies protective film of oil-and-moisture to skin.
- It's a dainty, snow-white cream—greaseless, non-sticky!

**Money Back If Not Satisfied**  
Try Noxzema. If not delighted with results in 24 hours—return the jar—your money cheerfully refunded. Our address is on every package. But you'll be happy to see how much softer, whiter, lovelier your hands look! Act now—save money.

**CALGARY!** "Whenever I'm troubled with painfully chapped hands," says lovely Mrs. Doreen Roberts, "I always apply greaseless Noxzema. It's such a soothing cream. It's so dainty, and delightful to use. It's my regular complexion cream, too. Each morning I use Noxzema as my powder base. Just before retiring, I apply it as a soothing night cream."

### Pioneer Days In P. E. I.

By F. H. MacArthur

"Believe it or not," but there was a time when wild life abounded in the forests of this island. Bears, wildcats, deer, etc., were so numerous that our pioneer forefathers were at their wit's ends to know what measure should be adopted to keep their live stock intact.

A rather amusing yarn came to my ears not so long ago, that had to do with a pioneer family who had lost their only cow in the woods.

Now, the man of the family did not like the idea of hunting for bossy in the bear-ridden forests; but his better half, who happened to be of the nagging type, incessantly urged her man to the task.

For three whole days and a part of three nights the harried husband tramped through the forests, keeping his ears open for the sound of a cowbell, and muttering words of complaint against his missus, whom he considered the worst possible choice he could have made in a wife.

Unlike Rip Van Winkle, he had no dog to accompany him on his lonely and dangerous mission.

The end of the third day brought no luck and Mr. Pioneer was trudging along stealthily through the woods when he was certain he saw a bear moving among the trees.

Immediately he climbed the nearest tree and, crawling out on a great spreading branch, prepared to spend the night in the safety of its shelter.

Several times the snapping of nearby branches came to his ears and he lay there, hardly daring to breathe lest Mr. Bruin came up for the supper he'd missed below.

After what seemed like an eternity, dawn broke across the eastern sky and Mr. Pioneer climbed down from his high perch, stiff as a poker. He had scarcely reached the good earth when he heard a limb snap and, looking around, saw his nearest neighbor sliding down a tree trunk, not twenty feet from where he stood.

When the two compared notes they had quite a laugh, for each man had been treed by the same bear.

### Better English

By B. C. Williams

1. What is wrong with this sentence? "The food was very tasty, and we enjoyed it."  
2. What is the correct pronunciation of "valiant"?  
3. Which one of these words is misspelled? Furlough, fustilade, feudalism, funicular.  
4. What does the word "abash" mean?  
5. What is a word beginning with "v" that means "greedy in eating"?

### ANSWERS

1. Say, "The food was very tasty." 2. Pronounce val-ant, both a's in at, second a unstressed. 3. Feudalism. 4. To destroy the self-possession of to confuse; disconcert. "But there were at least three persons in the room whom nothing could abash." 5. Voracious.

### ELLEN'S DIARY

By An Island Farmer's Wife

Jamie brought home pussy willows with bright silvery tips showing, this evening "to put in a vase for mother" and today it was in a parting that was somewhat nostalgic, Mr. A. bade farewell to a faithful friend of his for many years. A report of a shot echoing on the quiet air of morning, brought to an end what we believe has been an ideal master-steed relationship, between him and an esteemed horse. Together both had known exceedingly pleasant days, and for the man, those filled with anxiety and sorrow as well. "For how long did we have him, Ellen?" Mr. A. was surprised at our question this evening.

"Why ye always had him!" Certainly, the thought of other ownership was not to be entertained, now of all time. "I can mind so well the night he was born — in August it was . . . soon be thirty years ago. We were still at the haying then. He was a pretty little fellow." And a handsome horse, we could recall, this chestnut driver, the pet of the farm "but willing," Mr. A. said, "yes, willing — and so quick. We broke him when he was three, and a drive was no hardship to him. No never, even the longest one, and it was a pleasure to sit behind him."

We knew Mr. A. was recalling those mornings when with a proud step "the chestnut" drew his people to worship at the old Kirk at the corner, just the two, but always so faithful; or to town to their shopping, returning always in good time to attend to their choring, for theirs was always a fine schedule of work, and done in good time. Or perhaps "up to the corner" of an evening, for the gracies, or to visit with relatives and friends.

Through long years of quiet—but good living all came, so happily but now much esteemed by those of these enchanted days remain. She that petted him as a foal, and sometimes in the busy seasons fed him his hay and measure of grain went first, quietly, as she had lived, in a drifting away. The gallant driver, no longer young, but still much esteemed by those who wanted so that eyes misted in the recollections of the old happier days, left a familiar stall, for the last time, this morning.

The farmers at Alderlea completed their wood-cutting today, while from this place Rob went away to town to deliver a fat animal of the cattle-kind disposed of in a sale yesterday. One it so happened he had bought in the summer from Mr. A. in one of those purchases which are apparently pleasing to our farmers since at all seasons and notwithstanding any fluctuating market, continue Jamie and I at school, catching a ride thither in the truck, but walking home — to gather the offering of willows. We were left alone, with only the younger lad, who on better acquaintance is proving to be an engaging fellow.

We lunched on soup, bread, meat, cookies newly-made, and apples, and then all at peace with our world, we took up a new endeavour. Grandson had been in need of a hair-cut. The chore had been mentioned but deferred owing to an obvious lack of cooperation on the part of the recipient-to-be. "It hurts!" he assured us, and any words of reassurance were met with, "It does hurt! Me knows!" How then should we best offset this and accomplish our purpose? was the mind as he sat opposite at question that was uppermost in lunch. "Well, well," Rob said, eyeing with much approval the result of our artistry on his return from the city, "so you got your hair cut?" Gage beamed broadly. Then over his head "How did you manage it?" Just depended a bit anxiously, on his curiosity," we laughed. "My hand was full of hair!" he spoke up delighted at the remembrance "right full!" "We wanted to see whether or not we could cut off enough to make a handful!" we explained, and the youngster nodded. "And there was!" And what of Candiema's Day? It was "fair and bright" so is likely that "Winter will have another flight!"

Until tomorrow—Diary—Good-night.

### Modern Etiquette

By Roberta Lee

Q. If one is staying at a small resort hotel, should one make special efforts to become acquainted with the other guests?

A. It would be better not to "push" or intrude yourself on others. Speak to the guests you meet. A "pleasant" "good morning" or "good evening" is in best taste, and often this leads into further conversation, later ripening into friendship.

Q. What is a good toast to propose to the bridegroom at a wedding reception?

A. "Here's a cordial toast to that nervous, fidgety, restless, impatient, uncomfortable, but enviable fellow—the groom."

Q. When invited to attend a christening, is it necessary for a guest to send a gift?

A. It is not obligatory, but it is quite often

## Living & Leisure

— THE WOMAN'S REALM —

### THE CLOWNS

Suddenly, to the garden, with quick rush of wings  
Come the starlings,  
Parachuting down  
With the droll agility of clown,  
And to the clipped arena of the grass-plot bring  
The comedy of circus-ring.

With what comical haste and fuss to the feast they come,  
Snatching at crumbs  
Or screeching with joy to find  
A succulent piece of bacon-rind,  
Driving off dignified thrush and inoffensive sparrow  
To temporary refuge under the wheebarrow.

To and fro they waddle and run with rollicking gait,  
Just too late  
In effort to outwit  
The finder of a choice tit-bit,  
Who, screaming greedy defiance at all who dare to follow,  
Bolts it in one tremendous swallow.

And here one solitary trickster, balancing  
With flapping wing  
Upon the drinking trough,  
Is riotously hustled off,  
As in with noisy scramble several competitors dash  
For a hilarious water-splash.

Too soon, at warning whistle from the ash-tree's cover,  
The fun is over:  
Away, in sudden scare,  
They catapult into the air.

Back to the scene from sheltering barrow and neighboring bush,  
Come bouncing sparrow and ring-master thrush.

MARY TONGE

### TEENERS REBEL AT SHORT FORMALS

While many designers are pinning the fashion of the new short-skirted evening dress, buyers are reporting that so far as their younger clients are concerned, this length is taboo. The girls complain bitterly that when they come of age to wear long glamorous dresses they are being offered models which, although they may look sophisticated and are quite suitable for the older woman, are not their ideal of beauty. In short, they want clothes which suggest dreamy-eyed romance and dancing in the moonlight.

London designer Arthur Banks, who has sponsored so many styles which have been six months in advance of Paris, agrees so heartily with the 18-year-olds that he has sponsored a series of Winterhalter dresses with wide skirts, deep frills covering the arms below a near-off-shoulder neckline and graceful trimmings of flowers which nestle against the shoulder or are used to loop up the skirt. Even the short dresses in this collection have soft shoulder lines, as, for instance, a model in a style combining plain and embroidered or-

### DOROTHY DIX SAYS -

#### Parents' Own Fault Upbringing To Blame When Children Grow Up Selfish

DEAR MISS DIX: We bring our children into the world, care for them through infancy, work and sacrifice for them, watch them grow into maturity. No matter what they do we stand by them, rejoicing over their happiness, grieving over their sorrows. But as soon as they are grown they leave us and forget us, and we sit by our fire-sides alone, breaking our hearts for some word of appreciation or affection. How good it would sound to hear them say: "Oh, Mother and Dad, you have been so wonderful to us we can never repay you." That is all we ask, just a few words of kindness to make us know that there is still a tender spot in their hearts for us. A MOTHER

ANSWER: I am afraid it will not comfort you much to tell you that your sorrow is of your own making, and that when a mother has children who neglect her it is her own fault. She is the one to blame, not they, because they are treating her exactly as she taught them to treat her.

#### FORMS POINT OF VIEW

This seems a harsh and cruel thing to say, but it is the truth. Every baby is a bit of plastic clay delivered into its mother's hands and she forms its habits and its manners and its points of view. If she exacts nothing of it, it will give her nothing. If she makes a doormat of herself for it, it will think that is what a mother is for and will not even perceive that she is making sacrifices. On the other hand, if the mother puts herself up on a pedestal, the child will burn incense before her. If the mother poses as an oracle, as long as it lives the child will always think Mother knows best and be guided by her opinions. If Mother makes her children help her and consider her, they will always feel obligated to take care of her. If Mother expects little attentions from her children, she always gets them.

The trouble with mothers is that they can spend twenty years rearing a child to be selfish and self-centered and ungrateful and unappreciative and then expect it to turn into a model of appreciation and tenderness when it is grown, but the middle never happens. You determine when a child is in the cradle what it is going to be when it is a man or woman and the way it is going to treat you.

DEAR MISS DIX: I was married to the best wife in the world and we were very happy, but somehow I got into an affair with another woman. God knows how or why, for I didn't care for this woman. My wife left me, but returned to me after I promised to play square. She never mentioned the affair to me and I was very happy for about two years when I got into another scrape. My wife again left me, but finally I persuaded her to return to me again. She warned me that if ever there was another affair of that kind there would be no more making up. I don't know why I did it, but I got into another mess and again my wife left, this time getting a divorce.

Now I realize how much I love her and that life means nothing without her. We are both very young and I have learned my bitter

Continued on page 8

### That Body Of Yours

By James W. Barton, M.D.

#### DRUGS TO REDUCE APPETITE

While the ideal method of reducing weight in healthy individuals is to increase exercise and physical work, there is always the fact that more food is needed to give energy for the exercise. But the extra food is seldom used up entirely and this little extra food is stored in the body as fat.

However, if exercise is taken and no extra food eaten, then all the food eaten builds up muscle tissue and uses up some of the fat in and on the body.

What can be done for the individual who does not, cannot or will not take exercise yet because he is hungry all the time eats too much? It is for these individuals that physicians sometimes to prevent the danger of overweight, prescribe the drug amphetamine or Benzedrine Sulfate. Another drug with similar action in decreasing appetite for food is called dexedrine.

In "The Western Journal of Surgery," Dr. S. Charles Freed (San Francisco), states that dexedrine and Benzedrine are about equally effective in curbing the appetite to reduce weight. With dexedrine there are fewer such reactions as nervousness, nausea, headache, palpitation of the heart, and dry mouth. Both drugs cause constipation.

In making a choice between dexedrine and Benzedrine, Dr. Freed states that Benzedrine is less suited to persons with a more nervous and sensitive nature, who are very responsive to drugs. Individuals less nervous and sensitive do better with Benzedrine Sulfate. If a person is cutting down on food intake, taking regular exercise, and getting no weight loss, he is justified in asking his physician about the use of one or the other of these drugs to curb their appetite.

### Household Scrapbook

By Roberta Lee

#### Lipstick Stains

If lipstick stains cannot be removed from washable fabrics with ordinary washing and sponging with carbon tetrachloride, try rubbing them with a colorless grease such as white Vaseline jelly. Then sponge again with carbon tetrachloride, or bleach with peroxide of hydrogen.

#### The Complexion

A muddy complexion can be cleared by drinking buttermilk. If one would drink a quart a day, a decided change would be noticed in the complexion after a few weeks.

#### Curtains

The curtains will always hang straight if the selvage is cut off and a narrow hem sewed on in its places. Sometimes this is all that causes uneven curtains.

### The Stars Say - -

By Genevieve Kemble

#### For Friday, February 10

IT MIGHT be just as well to frame a policy of hard work, diligence, faith, indomitable will, to put over cherished projects, and maintain a policy of "going it alone" for objectives of magnitude and long-range fulfillment.

### Weak, Tired, Nervous, Peppless Men, Women

Get New Vim, Vigor, Vitality  
Say goodbye to those weak, always tired feelings, depression and nervousness due to weak blood. Get up feeling fresh, be happy all day, have your body built by the new, safe, natural, health-giving, vitamin B<sub>1</sub>, calcium, phosphorus, iron, and iodine, "Vim, Vigor, Vitality" tablets. They restore your vitality, improve your appetite, digestive power, and give you the energy and vigor you need for a successful life. Buy a box of Vim, Vigor, Vitality, this very day. At all drug stores.



Mother—Father—Daughter—Son, all use ENO'S 'Fruit Salt' . . . and they all know the value of regularity—of helping Nature free the system from wastes. ENO'S 'Fruit Salt' provides a mild antacid and gentle laxative for young and old alike. Keep a bottle of ENO handy in your home and use it every day when needed. Buy the large economical size at your drug store, and save.

## ENO'S 'FRUIT SALT'

Gentle Laxative — Mild Antacid

**Help Build Up Your Child with SCOTT'S EMULSION**

Boys and girls of all school ages grow so fast and are so active that many become run down and listless, subject to colds without showing any warning signs. When this condition becomes apparent, why not give them a good tonic to help promote healthy growth, strong bones, sound teeth and a more husky body? Scott's Emulsion contains the Natural Vitamins A and D with other necessary elements to help build energy and resistance. Healthy, sturdy children have greater resistance to winter ailments and recover more quickly. Buy pleasant-tasting, economical Scott's Emulsion to-day.

## SCOTT'S EMULSION

NOT JUST A TONIC—IT'S POWERFUL NUTRITION

since there is a scarcity of sparse collaboration or support from those in influential positions. "Nose to the grindstone" techniques should thrive and give enduring gratification should assistance from higher-ups prove lacking.

For the Birthday  
Those whose birthday it is, are advised to prepare for self development and manipulation of worthwhile plans, objectives and far-reaching culmination, with a determined program of diligence, application, faith and fortitude should outside assistance be withheld in critical times. Studied plans, long-range vision, self-confidence may tide over a crisis of non-cooperation or approximation from hoped-for quarters. The "end products" of sterling worth may yield richer satisfactions.

A child born on this day has its own way, and should accomplish enduring progress when the aid of others might not materialize.

## -Needlecraft-

— FOR THE HOME —

### SHORTCUT TO SMARTNESS

The topper takes over for Spring! This one — quickly made — features deep dog-eared pockets, a center back pleat for the favorite flyaway effect.  
No. 3515 is cut in sizes 12, 14, 16, 18 and 20. Size 16. 2 1/2 yards 54-inch.

Send 25 cents for each Pattern which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you want. Include postal unit, or zone number in your address.  
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3515  
SIZES  
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### Morning Smile

Henry: So you are building a new house, eh? How are you getting along with it?  
Albert: Fine. I've got the roof and the mortgage on it and I expect to have the furnace and sheriff in before Winter.

## ENO is a Household Word!



Listen to THE SEALED BOOK Mystery Thriller 9:30 p.m. Every Sun.—CHSJ 1150 kc.