

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

The HOUSEWIFE and HER ACTIVITIES

Let's praise each other now and then. Give credit when it's due. Let's help the downcast heart again. To tackle life anew. Let's pay the debts of love we owe. Forget the debts of hate. Let's say the kindest words we know. Before it is too late. —Author Unknown.

If you cannot afford to buy a new garbage pail, or if the one you have is good, give it a coat of paint inside and out, and this will add to its life.

Before you start that painting job, be sure that the surface is clean, or you will have a streaky result; and the paint will be apt to peel off.

"SKUETS"

First, essential—some skewers. Second, essential—some imagination. String on your skewers a variety of delicious things. For example, tiny bits of steak, fat bacon, onion rings, mushrooms, and a little forcemeat cakes. Cook under the grill, or in a frying pan, basting well. Serve piping hot, with gravy.

Plant poppy seeds a pinch at a time I foot apart each way and then pull up at the strongest plants. You will have real poppies with a minimum of work by this method.

SHORT CUT

Special chinaware does not have to be washed just before setting the table if a hostess has protectors for her plates. These are made of cellophane thinned to gauzy transparency, but of durable quality. The size range in diameter from six to eleven inches and from half to six and a half inches in height. They are dustproof and moisture proof, as well as tall enough to protect a dozen or so plates.

Choose a clear but windy day for cleaning draperies and rugs. Hang them across the clothes line and let the wind do the better part of the work for you. As you will discover, these articles will require

very little brushing after being buffeted about by the wind for a few hours. You will be surprised also at the difference a little sunlight and fresh air makes in the complexion of hangings and rugs. It is nature's own beauty treatment for such things.

Ground dates and nuts moistened with a little orange juice provide a delicious sandwich-filling between thin slices of whole wheat buttered bread.

HOUSEHOLD USES FOR SALT

SALT AND EGGS. To keep eggs fresh, pack them small ends down, in salt, making sure that they do not touch, each other. In poaching eggs, a pinch of salt in the water makes the whites set. Eggs will beat more quickly with a touch of salt speeding the process.

LONG LIVES FOR FLOWERS. Freshly cut flowers brighten up a room and to keep them longer, try adding a touch of salt to the water in which they are standing. Most flowers live several days longer when the water is treated that way.

KEEPING GREEN VEGETABLES GREEN

When preparing green vegetables, the housewife will find a little salt preserves the fresh green color and naturally improves their flavor. Bring the water to a boil, add one and a half teaspoons of salt per quart and then put in the vegetables. When preparing thick soups and sauces it is well to add the salt very early in the cooking, as it takes a long time to get a through blend. Meat should be salted at the beginning of the cooking period. It penetrates better than later and will give a more even flavor.

ELIMINATING ONION ODOR.

The housewife spending all morning baking and cooking naturally finds that her hands reveal the work she has been doing. The odor of onions may be quickly and easily removed by rubbing the hands with salt and washing in cold water. To remove vegetable stains from the hands, rub them with salt moistened with lemon juice and rinse in warm water.

FASHIONS FOR SPRING



Just easy-to-handle plaits, Peter Pan collar and capelets mark this adorable little model. This smart tailored white dimity dress with navy blue and red dots has navy blue button trim. The collar may be of contrasting, as plain navy blue. It is, however, exceedingly effective in self tissue. Checkered, seersucker or plaided gingham would be very attractive for this model with white pique collar.

Style No. 578 is designed for sizes 6, 8, 10 and 12 years. Size 8 requires 2 yards of 36-inch material.

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

Form for ordering pattern No. 578, including fields for Name, Street Address, City, and State.

NOW IT'S HUE OF CORALDUST. NEW YORK, May 20—(CP)—Crushed pastels are featured in the collection of 66 Fall silk shades in card form by the Textile Color Card

Testifies To Lawyer



MRS. M. E. ROSE

Mrs. Rose, 30 Academy St., St. Catharines, Ont., now has plenty of pep and tells in a legal statement how Fruit-a-tives helped give it to her. Mrs. Rose testifies, "For a long time I was bothered with a weak stomach and indigestion. I was also listless and tired. Then I started to use Fruit-a-tives. They soon corrected my stomach ailments and toned up my whole system. Now I am healthy and have plenty of pep."

Copy of complete legal statement made by Mrs. Rose will be sent on request. Write Fruitatives Limited, 100 FRUIT-A-TIVES—25c and 50c EVERYWHERE

A Morning Smile

BRIGHT GIRL

During the day, Mrs. Brown discharged her old maid and hired a new one, who answered the door bell when Mr. Brown arrived home in the evening. He carried a bunch of roses, which he handed to the maid, saying: "Present these to Mrs. Brown, telling her I want to see her at once."

A WARNING

Sandy Junior—Ye promised to give me sixpence if I was top to school. I've been top boy for two weeks running.

Sandy Senior—Well, here's a shilling, but ye must give up studying so hard. It's no good for ye.

Association. These hazy pastels, it was explained by Margaret Hayden Rorke, managing director, are the actual tones obtained by crushing the pastels or crayons used by artists.

Included in the group are crushed rose, ambergold, LaTour blue, coral-dust, mistgreen, rustin, ash-bl, mulberry rose, woodlark and moonstone.

The fall shades comprise the "Arabian Nights" group, which reflect the Hindu, Persian and other Eastern influences of dominant fashion importance.

"NOW I FEEL FULL of Pep!"

THAT'S what hundreds of happy women say after taking Lydia E. Pinkham's Vegetable Compound. Mrs. M. Carter, Toronto, writes: "I was all rundown. I took two bottles of your medicine. Now I sleep better and I eat more. My color is good and my nerves are better."

Why don't you try it? Its tonic action may be what YOU need.



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At all drug and notion counters 15¢



Canadian Distributors LYMAN AGENCIES LTD., Montreal, Que.

Dorothy Dix's Letter Box

Whose Fault is it That Husband Didn't Know His Wife Hated Domesticity Until After Marriage? "Why Must I be Dumb and Homely?" Cry of Old Maid That is Echoed in Thousands of Hearts

Dear Miss Dix—I am married to a young woman who is pretty, intelligent, amiable, affectionate, all that a man could want in a wife, except that she is the world's worst housekeeper. I bought a pretty home when we married. It is never clean or orderly. There is never a place where you can sit down in comfort. Even the laundry isn't sent out. I provide ample money to keep a good table, but there is never anything fit to eat. Raw potatoes and overdone meat. Soggy bread. Food that would kill an ostrich. My wife frankly tells me that she loathes domestic work. That cooking bores her to tears, and, besides, she hasn't any turn for it and could never learn how to do it.

The situation is particularly hard on me because I am a domestic man and had looked forward to having a home that was like the one in which I was brought up, which was a place of comfort and good cheer; for my mother was a marvelous housekeeper and enjoyed making a home for her husband and children.

My wife and I have got almost to the breaking point. We quarrel continually because when I come home tired and hungry from my work of an evening I am infuriated over the mean dinner which she puts before me, and she considers me gross and material because I put stress on such creature comforts as a clean room, fresh towels in the bathroom and decent food. What do you think of our problem? ARTHUR.

Answer: It is a pity that when you were courting your wife you were so busy asking her "Do you love me?" you neglected to inquire if she knew how to cook—and generally to ascertain her views on a woman's place in the home. If you had, you might have saved yourself much grief, because she might have told you in time for you to withdraw, that she did not have even a speaking acquaintance with a gas range, and that she had a well-developed phobia against mops and vacuum cleaners.

It is a queer thing that men practically never try to get a line on a girl's domestic qualifications before they lead her to the altar, for on them more than on almost anything else depends the happiness of their marriage. For no marriage can be a success unless the wife knows how to keep house any more than it can be a success if the husband cannot make the money to support it. It is just as necessary that the wife should be able to fry the bacon as it is for the husband to bring it home.

No man can prosper if his wife is wasteful and extravagant and throws half he makes in the garbage can. No man can be healthy and competent to do his best work unless he is properly fed. It doesn't avail a man anything even for his wife to love him unless she expresses her affection in making him comfortable.

Yet men will marry girls who have had no domestic experience whatever, who have never cooked a dinner in their lives, who do no even know how to order a meal in a restaurant, and expect them to be good housekeepers. Apparently they think that a knowledge of cookery comes by Nature to women and does not have to be learned, and that every female is born with a congenital handkerchief for pots and pans and wishes to spend her life in the kitchen.

This is a great mistake. Every woman is no more a born cook than every man is a born carpenter, and just as certain lines of work are antipathetic to men, so is domestic labor to many women. Moreover, just as there are men who could never learn to sing because they have no musical talent, or to repair an automobile because they are not mechanical, so there are women who cannot ever be good housewives because they are not domestically minded.

Evidently your wife belongs to this latter class, and the way for you to settle your problem is either to hire a competent housekeeper and put the entire management of your home in her hands, or else break up your home and go and live in a hotel where you can get good food and good service. Perhaps your wife's other charms and graces offset her lack of domesticity.

But don't try to go on as you are, quarreling over her inefficiency. It will kill your love and send you to the divorce court.

DOROTHY DIX.

Dear Dorothy Dix—I am an old maid, 35 years old. Not good-looking. Short and dumpy. I know a girl of 23 who is tall and slim and beautiful. Every man who looks at her is crazy about her. She can have her pick of them. What can I do to be like her? Why must I be so dumb and homely? HELEN.

Answer: No one can answer that question, Helen. It is one of the mysteries of Nature that no one has ever fathomed. All that we know is that it happens, and that some are born beautiful and others are born ugly. Some are given health and strength and others are congenitally weak and sickly. Some have brilliant minds and others are dullards. Some are born to riches and others to poverty.

The accident of birth is something beyond our power to control. We can only accept it and try to make the best of it. This you will not do by trying to imitate the girl who has all the qualities that you lack. You cannot take twelve years from your age; you cannot make yourself tall and slim and glamorous, nor can you create for yourself that mysterious attraction she has for men.

But you can make yourself a happy and useful life by doing some worthwhile work that will give you something interesting to think about and make you financially independent. And by being yourself you may attract some man who doesn't care for the spectacular charms of the butterfly woman, but who prefers one who has the good, old-fashioned domestic virtues.

It is a matter of record that the girls who have the most beaux do not make the best marriages. One steady fellow who means business is more to be desired than a horde of chaps who dance around a popular girl, but who have no serious intentions. DOROTHY DIX.

Dear Miss Dix—It has been said that every woman is some man's rib. Do you believe that for every man there is a special woman who was meant to be that man's mate? A RIBLESS CORRESPONDENT.

Answer: Probably, but if so, few men find them. The tragedy of the world is the mismatched, the good men and women who guessed wrong about their ribs and who would be such good husbands and wives to the right mates and are such poor husbands and wives to the wrong ones. DOROTHY DIX.

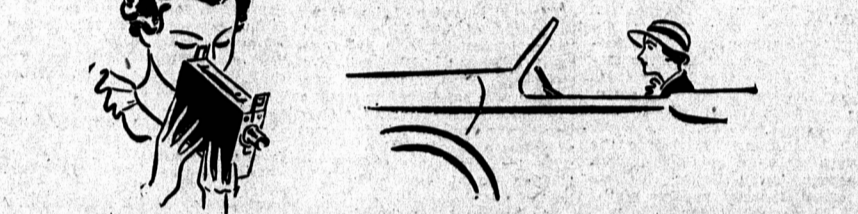
Just a Reminder of a springtime custom

There is a great host of people, From coast to coast of this great country, Who join in saying "I always use Dr. Chase's Nerve Food in the spring." At this season more than any other The blood is thin and watery And the nerves seem to be on the ragged edge. You find yourself nervous and tired and irritable. Appetite is fickle and digestion fails, Because the nerve force required for digestion Is wasted in cares and worries. This is just a reminder Of what this nerve food has done for you in the past. And of what it will do for you to-day. By making the blood rich and red It instils new energy and pep into the system, And lifts you out of the valley Of fatigue and weakness and low spirits.

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Serve Kellogg's for a refreshing lunch, or a wholesome supper for the children. Ready in a jiffy.

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Kellogg's Corn Flakes have become the world's largest-selling ready-to-eat cereal because women recognize superior quality and big value. No substitute can match the flavor of Kellogg's, or their oven-fresh crispness, sealed-in by the patented WAXTITE inner wrapper. The red-and-green package holds many generous servings and costs but a few cents. Quality guaranteed. Made by Kellogg in London, Ontario.

Kellogg's CORN FLAKES. OVEN-FRESH FLAVOR-PERFECT. Includes an image of a Kellogg's Corn Flakes box.

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