

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

The HOUSEWIFE and HER ACTIVITIES

A CHEERFUL WORLD
We noticed little pleasures
As we notice little pains
We quite forgot our losses
And remembered all our gains

CHEERFUL WORLD
Important facts to remember in
marrying pork and other meats are
to freeze on the surface before the animal
heat has escaped from the interior
will not have as pleasant a
flavour as they would have if
cooled off gradually.

CHINESE WOMEN WIN RECOGNITION
The professions in which women
are winning recognition at Nan-
king China, included teaching, Mid-
dicine, law, business management,

TEN RULES OF SUCCESS
1. Think straight and you will act
straight.
2. Analyse things—get all the facts
—before concluding.

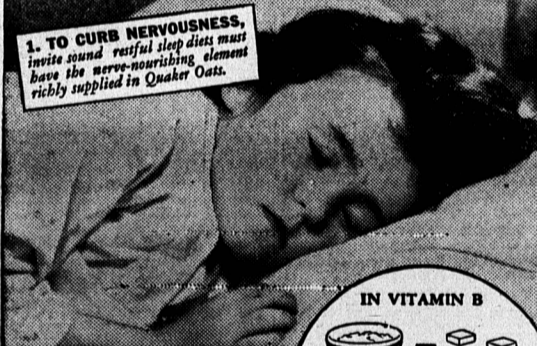
WORKING CHEAP
"What does Satyan pay for
sweating?" asked one gentleman of
another.

DIP FADED DRESS
If the color and pattern of the
house dress have faded until it
just looks rather soiled in color, why
not buy some of the dye that is on
the market that removes the color
entirely and leaves the dress a
clean white? It may be redipped to
any shade desired, and you will feel
much more comfortable in it.

AN UPLEASANT FOOT TROUBLE
There is a not very common, but
unfortunately, not very rare, affection
of the feet, which is known as
Bromidrosis. The outstanding
symptom is excessive perspiration,

3 Greatest Trials in Raising Children

Combated by one thing Nature stores in Oatmeal!



1. TO CURB NERVOUSNESS,
2. FINICKY, BACKWARD AP-
PETITES
3. DON'T GIVE LAXATIVES!

Wise old Mother Nature stores precious vitamin B in delicious Quaker Oats

NOW we know why an oatmeal
breakfast works wonders for
adults as well as growing children.

QUAKER OATS
CHINAWARE

Quality and Why
The TEA before it Reaches your Cup
KING COLE Tea

profitable return. Sensible, wide,
easy-fitting boots or shoes should be
worn; socks should be changed
daily, and should be washed before
being re-worn; two, or preferably
three, times a day, the feet should
be bathed in warm water; with coal
tar soap, thoroughly dried with a
towel, and then sponged with a
lotion consisting of one drachm of
tincture of iodine, six drachms of
iodine of potash, and half a pint of
water.

THE COOK'S CORNER

SAVOURY SUET BALLS
One-half pound flour, 1 teaspoon
minced parsley, 1/4 pound minced
suet, 1 teaspoon salt, 1/4 teaspoon
pepper, a dust of powdered sweet
herbs, 1/4 teaspoon baking powder.

PASTRY CREAM

Pastry cream is a stand-by with
all chefs. It is a routine job of a
cook to make pastry cream every
afternoon, so that it will be ready
to use next morning. This is a much
thicker custard than usually made
by women. The chef always runs it
through a Chinese strainer (a fun-
nel-shaped, fine-mesh strainer used
in all hotel kitchens) into a shallow
pan; it is then covered with wax
paper while warm, to prevent a
crust from forming on top, and
placed in refrigerator overnight.

Grandmother's Quilt Patterns



CLUSTER OF BLUE BELLS
Out out applique pieces and sew
as indicated on small block. Set ap-
plique and plain blocks together as
indicated on quilt diagram. Finish
edge around quilt with 6 inch border.

Dorothy Dix's Letter Box

"I Want Month's Vacation From My Husband
Each Year," Cries Wife Who Sees Rom-
ance Vanishing. Don't Pity Man Who
Marries Beneath Him, Pity His
Wife Who is Both Lonely
and Humiliated

Dear Miss Dix—I am trying to find out whether I really love my hus-
band or not. After several months of marriage we are beginning to find
fault with each other and get into arguments about trifles. I feel as if
I should get away from him for one month
out of every year in order to fully appreciate
him. My mother and his think that I am
crazy to feel that way, but I do. So what's
to be done about it? Is there such a thing as
needing a change from the one you love?
JUNE.

Answer:
Certainly there is such a thing as needing
a change from those we love, and if not only
husbands and wives but the different members
of a family took vacations from each other
every now and then, it would do more than
any other one thing to promote happiness and
take the curse off domestic life.

For, no matter how fond we are of people, we get fed up on them if
we have a steady diet of them, year after year. They bore us to tears because we know everything they are going to say before
they say it. All their little peculiarities get on our nerves until we feel
that we will scream at the way they rattle a newspaper or drink their
coffee or break an egg. The repetition of their little habits drives us crazy,

All of us have known parents and children who were in a perpetual
row while they were together, the parents accusing the children of being
ungrateful and undutiful and the children crying out that their parents
were tyrants, yet as soon as the children left home and went off on their
own they became devoted to each other. Father and Mother couldn't brag
when they became devoted to each other. Father and Mother couldn't brag
when they became devoted to each other. Father and Mother couldn't brag
when they became devoted to each other.

Even mothers should take vacations from their children, for their own
sake and for the children's sake. When a woman loses interest in her
housekeeping and slaps any sort of old meal on the table, and when she
begins to nag at the children and say "don't" to everything they do, it
simply means that she is unfettered with domesticity, and she needs a
change and to get away from her family. Let her go off for two weeks and
she comes back full of pep and new recipes for good dishes, and she thinks
the children angels instead of brats, and her home seems the dearest place
on earth to her instead of the prison she was before she went away.

White Python
By Mark Channing, Author of
"King Cobra"
CHAPTER 27
K. B. STEALS A MARCH

The day following his kidnapping
K. B. his head still aching from
the effects of the hashish, he was
convinced that he would be rescued by
the Khambas from his stifling captivity.

When we speak of a man who has outgrown his wife, our sympathy
is always for the man who has lost touch with his wife because he has
gone forward while she has stayed put. We pity him because he has no
companionship at home and think how lonely he must be, tied to a wife
who cannot enter into any of his hopes and aspirations, nor understand
when he tries to tell her of the secret triumphs that a man reveals only
to the woman who is the other half of his soul.

But if we have tears to shed, the woman who has lost the little hold upon
her husband that her physical appeal once gave her, the woman who
knows that her husband is tired of her and ashamed of her, not because
of anything that she has done, but because she is just as God made her
and as she was at the time that he picked her out for a wife.

The man has, at least, the consolation of his success. He has the
solace that he finds in the resources of his own mind. He has the excite-
ment of the entertaining society in which he moves, the conversation of
witty and intelligent men and women to make up for the talk of a dull
domestic wife who knows nothing except the price of green groceries and
what the children are doing and the neighborhood gossip.

A Morning Smile

"You haven't got the answer to
this problem right," said the teacher,
at the close of school. "You'll
have to stay and do it over."
"How far off is it this time?" asked
the boy in despair.
"Two cents."
"Well, I've got something awful
important to do after school. I'll
just pay the difference."

"I can always count on DIAMOND DYES"

"ARE Diamond Dyes really bet-
ter than the ones that I always have
such 'good luck' with them?" writes
an enthusiastic user. We say yes,
they really are better dyes! Be-
cause they actually contain a
greater amount of the finest aniline
coloring matter. That's why Dia-
mond colors are so even, so lustrous
and rich. No streaks, no dullness.
Enjoy the beauty Diamond Dyes
can give to your wardrobe and
home decorations with permanent
colors by boiling. For dainty lingerie
shades without boiling, use the lovely
Diamond Tints. All drug stores, 15c.

The YORKSHIRE VENUS Tells How She Keeps Slim

PERFECT FIGURE WITH THE AID OF KRUSCHEN SALTS

Two hundred women of graceful form competed for the
title of "Yorkshire Venus," at Sheffield, England. Here is the
winner—Mrs. Marjorie Green—whose measurements show a
remarkable similarity to those of the famous Venus de Milo.

The title of the Yorkshire Venus has not filled the
winner with any false pride. She admits with delightful
frankness that the maintenance of her perfect figure is due
very largely to a daily dose of Kruschen Salts. Read her
candid letter:—

"Enclosed you will find newspaper photographs of myself.
My measurements practically correspond with those of Venus de
Milo. I can honestly say I have kept my figure in proportion by
taking Kruschen Salts regularly. I started two years ago when I
had an illness bordering on rheumatic fever. I have taken them
regularly since, and now I feel as fit as a fiddle, and have got rid
of the pains I used to have in my arms and legs, etc. Since being
selected Venus of Yorkshire everyone is asking me how I keep
such a perfect figure. Do I swim? Diet or other things? I must
honestly say I cannot swim. I do not diet. In fact, my sisters
tease me about eating so well, so I can only put my figure down
to Kruschen Salts."—(Signed) Marjorie B. Green.

Table comparing measurements of Venus de Milo and Yorkshire Venus. Includes columns for Weight, Height, Upper Arm, Forearm, Wrist, Bust, Neck, Waist, Hips, Thigh, Knee, Calf, Ankle.

You, too, can keep your stylish, slender figure—and at the
same time build up new health which will be reflected in a clearer
skin, brighter eyes and youthful high spirits—by taking a daily
dose of Kruschen Salts.

Kruschen is a scientific blend of various mineral salts found
in the waters of those European Spas which have been used
by generations of people to improve their health and figure.

Gen. a 75c. bottle of Kruschen Salts to-day (it lasts four
weeks), and take half a teaspoonful in a glass of hot water
first thing every morning.

Spring Clothes
Fashions
Now matrons may have attractive
home wear, as well as their slim
young sisters.

Today's good looking model will
be appreciated by the smart house-
wife. Out along princess lines, with
panels from shoulders to hem, gives
a fluid line down the entire model
and makes the hips appear smaller.

Various investigations have
shown that about 50 per cent of
American school children are suf-
fering from malnutrition.—Have-
lock Ellis.