

# Woman's Realm Social and Personal Fashions Literature

## Living & Leisure The Woman's Realm

Whom the heart of man shuts out, sometimes the heart of God takes in.

And hence them all round about with silence mid the world's loud din.

Production at a Midlands muniti- factory has soared since the introduction of a monthly informal social, at which managers and staff sit down together. Questions are asked and answered.

**COLLAPSIBLE TUBES**  
Those collapsible metal tubes that have served once will serve again if hurried off to drug store or other collection agencies. One tube will supply enough tin to line the water bottles of 20 soldiers; one tube will supply vital parts for 20 shell cases.

**OAN-OPENING HINT**  
Open a can of asparagus from the bottom. It is easy to remove and the tips come out uncrushed.

Green peppers, cut in halves and stemmed for 10 minutes, make tasty and cold salad for creamed or scalloped mixture.

**HINTS ON ETIQUETTE**  
An invitation to a church wedding does not require a reply. If a card of invitation to the reception or breakfast is included, however, the recipient should send a note of acceptance or rejection—regrets—as soon as possible so that the hostess may plan accordingly.

**CURTAIN CLEANING**  
If you are not already thinking about your curtains, you soon will be. The National Association of Dyers and Cleaners hopes that you have noted them for even the slightest stain. Most curtains are made of more or less fragile fabrics and all fabric materials' strength is reduced by long exposure to sunlight and gases formed in your house by cooking and heating.

The best cleaning, therefore, is that which subjects your curtains to the least wear and mechanical action. Good cleaners will handle them with the greatest care, cleaning and extracting them gently and drying them in frames in controlled temperature rooms.

Early soiled curtains present a special problem since many must be wet-cleaned to remove soil and discoloration. In the wet-cleaning process soft, warm water, special soaps and extreme care are used in handling.

**GREEN LEAVES OF CABBAGE TRIBE MOST NUTRITIOUS**

The bleached leaves in a tight head of cabbage, as distinct from the green, outer leaves, have only half as much Vitamin A as the same portion of bleached head lettuce, which in turn has one-fourth as much as leaf lettuce.

It does have a good supply of Vitamin B1, but this is less than half that in Brussels sprouts. Travelers to Great Britain bring back reports of how strongly the British rely upon Brussels sprouts; but are they foolish? Brussels sprouts which are like small cabbages but are green, have not only more Vitamin B1 but twenty times the vitamin A that cabbage contains.

This points a lesson for the Victory gardener. Instead of cabbage, why not grow the green vegetables which have similar flavor, and get everything in the way of calories and minerals that cabbage supplies, plus precious vitamins?

Besides Brussels sprouts these cabbage cousins include collards and kale. Collards produce leaves which have the appearance of cabbage leaves, with a very slight cabbage flavor; but they are among the richest of all vegetables in vitamins. They are high in favor in the southern states. In the north a spring crop may be grown by starting seed indoors, or sowing it in the garden with the earliest crops, since this plant is perfectly hardy. Market growers in the north cut the first cluster of leaves that forms, while they are small and tender, and this ends the life of the plant.

If this cluster is left and the plant allowed to grow, it will reach several feet in height, and the leaves can be harvested by stripping the

lower ones. Many consider that the flavor of collards is much improved by frost, and will stand freezing weather for a considerable time in the fall, often being harvested as late as Christmas. It will serve well as a succession crop to an early vegetable, provided the seed can be sown by July 1. Brussels sprouts must be grown in the northern states as a fall crop. It takes three months to mature.

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**A Collard Plant in the Fall**  
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## Your Wedding Breakfast

Undoubtedly neither you nor your bridegroom will be able to eat a morsel of the feast that follows your wedding. But the bride party and all your guests will eat an amazing amount. If possible, plan to have the reception at home. That is your natural setting, this is the centre of the parental stage in sweeping glory. If, however, you have more friends to invite than you have space to accommodate them, you will have to hold your festivities in a hotel or club, with a reception that follows immediately after the ceremony.

**Three Types of Parties**  
Let us imagine three different types of parties and plan three kinds of receptions accordingly.

First, let us say the town in which you live is full of friends of yours, and your parents and, nearby, is the old family church. The major problem of your household right now is to make your wedding as glorious an occasion as is physically possible. When you started making plans for your wedding, the first thing you thought of was that you must, of course, be married in the old stone church.

Next you agreed that the reception must be held at home. Practically the entire population had to be invited, but, luckily, the rooms of your house are generously proportioned. There is just enough space in the dining room to seat the wedding party, the living-room and the enclosed porch will hold enough bridge tables, with four pieces each, for guests. The bride's table will have a towering white cake in the centre flanked by the florist's prize examples of lilies of the valley and baby's breath.

**Reception at Home**  
When the ceremony is over at the church and the wedding party has returned to the house, your mother, your bridegroom's mother, you, and your new husband take your place near the living-room entrance and hear so many good wishes you feel sure that the population of the three neighboring counties has passed through the portals of the old home.

You have greeted all the guests you and your husband lead the way to the bride's table and sit down, gathering the wedding party around you. The guests, having picked their feast companions, are already seated at the small tables. Almost

immediately the champagne is poured and a toast is proposed to the bride. When the ice an oases are passed there is a thrilling moment as you rise to cut the first slice of bride's cake for the bridegroom, and the houseful of guests rise, too, to drink to your health. The first act of the dramatic is now over and you and your shiny new husband can get in a few whispered words to each other about how you can break away. Under cover of all the exuberant conversation that goes on, you can run upstairs to change.

There might be variations on this type of wedding reception. If you and your family live in an apartment in town which could not hold all your friends, it is customary to hold the reception at a hotel. If you want to add dancing to the festivities, decide on having a stand-up buffet for the guests. The orchestra has been playing ever since you got back from the church, and while you are still in the receiving line, the guests are dancing. After the first course has been cleared away from the bride's table you and the bridegroom get up to dance and the whole floor is quickly cleared, that you may be watched throughout the dance with rapt attention—if your ears are keen this is when you hear the most head-turning compliments.

**Fretty Feverish Baby Gets Needed Sleep**  
There is no need to spend worried days and sleepless nights, when baby is fretty, restless or feverish due to teething, constipation, stomach upset or some similar ailment. Baby's Own Tablets almost always give prompt relief so that the little one soon drops into restful sleep.

Baby's Own Tablets have been the standby with careful mothers for over 40 years. Inexpensive, sweet-tasting—promptly effective and always reliable. Easily granted to a powder, if desired. They contain no narcotics, no "sleepy" stuff of any kind. Get a package of Baby's Own Tablets today at your drugist, and have them on hand to help you, as well as your baby, get needed rest and sleep. Only 25¢.

All legumes, including lupins and sweet peas as well as garden peas, contain better when inoculated with none of the preparations which help them secrete nitrogen from the soil.



# DIRT AND GRIME DON'T STAND A CHANCE

**Lifebuoy's deep-cleaning lather routs "dirtiest" dirt ... washes away germs, too**

Now hands come clean as a whistle—with dirt out as well as off! Out from skin creases and knuckle cracks. Out from round the nails. And it's Lifebuoy's dirt-getting lather that cleans so well, so fast!

Yet Lifebuoy is amazingly gentle. It's actually mild and soothing to chapped, dirt-cracked hands. It's safe for soft, feminine hands. Safe for children's busy play hands.

And don't forget, Lifebuoy's special purifying ingredient stops "B.O." Order several big, economical cakes of Lifebuoy today, for both the wash-basin and the bath!

**Wash away GRIME—GREASE—GERMS with LIFEBOUY**

## Dorothy Dix Says—

### EDUCATION SHOULD HELP CHILD BRIDE REPAIR WRECKED LIFE

#### Foolish Girl, Youthful Husband May Reconsider War Marriage With More Experience

DEAR MISS DIX—Last year, when I was only 14 I ran off and married a boy of 18 without my parent's knowledge. He went to the navy and about two weeks after we were married I got out my mistake and don't want to live with him any longer. I want to finish school and go to college.

I have the best father and mother in the world and they have always given me all the pretty things that young girls want and should have in life, and I love them devotedly, but I don't love my husband any more. If I go to him, I will not have anything.

My husband says he loves me very much. Is it my duty to live with a boy I don't care anything about just to make him happy? Or should I go back to my family and get the education they can give me? I am only 15 now. Have a still another chance in life?

#### TRAGIC CHILD MARRIAGES

ANSWER—One of the greatest tragedies of our time is the number of child marriages. It has brought about boys and girls too young to know their own minds, or what love really is, too young to realize the seriousness of entering into a relationship for which they are totally unprepared. Many of these marriages are bound to bring untold misery to them and to their unfortunate parents.

It's the thing for boys to get married just before they go into the army or navy, or the young girls get married for the same copy-cat reason that they all have to have the same kind of sweaters, and the same dirty saddleback shoes, and go in packs to the same drug store for their medicine.

But, alas, marriage isn't one of the things that you can dispose of as easily as you can of the old sweater you have outgrown. It's consequences are never ending, and there is nothing more pitiful than these children who have wrecked their lives before they have fairly begun. For there are thousands of promising young boys whose careers will be blighted by their having married before they were ready for it. Every one of these children who are wrecked by playing with dolls, wrestling incompetently with their war babies. And we all know dozens of old people whose last days have been made full of privation, misery and worry about their 18-year-old husbands breaking his heart, over-losing you. Probably he will be just as glad to be free of you as you will be to be free of him.

DEAR MISS DIX—My problem is about my husband who is in the service. He has made out all of his policies half for me and half for his mother. Don't you think that I am entitled to all of them? The wife has the full responsibility if her husband should come home from the war disabled, not his mother. Please tell me if I am right in thinking the way I feel is fair.

**HUSBAND MAY AID MOTHER IN NEED**  
ANSWER—It all depends on how well off your mother-in-law is. If she is a woman of independent means, then I think that you should be the sole beneficiary of his policies. But if his mother is poor and dependent, then it is right that he should divide whatever he had to leave between her and you.

No woman is more pathetic than an old one who is too feeble to work and who has to live on the grudging charity of relatives, and it makes all the difference in the world to her if she can only have a few dollars of her own to spend on her little personal needs.

Your husband knew that you were young and intelligent and competent and perfectly capable of taking care of yourself, and it was that feeling that prompted him to try to protect his mother as much as he could. You should not feel that he is doing this because he is afraid of his mother, but think of the many years when she was rearing him that she worked and sacrificed to take care of him. Surely a son should show some gratitude for that.

(Continued on Page 3 Col. 7)

### Home Service

If You Have Talents Turn Them to Money

### BLACKHEADS

Blackheads simply dissolve and disappear by this simple, safe and sure method. Get two ounces of peroxide powder from any drug store, sprinkle on a hot wet cloth, and apply gently—every blackhead will be gone.

### THE COOK'S CORNER

#### GINGERBREAD WITH FRUIT SAUCE

One-half cup shortening, 1-2 cup light corn syrup, 1-2 cup molasses (or use all molasses), 2 eggs, 2 cups flour, 1 teaspoon baking soda, 1-2 cup sour milk, 1-4 teaspoon salt, 1-2 teaspoon ground ginger, 1 teaspoon cinnamon, 1-2 teaspoon nutmeg. Add corn syrup and molasses to melted shortening. Beat eggs and add to mixture. Sift together salt, flour and spices. Dissolve baking soda in the sour milk. Add flour and milk mixtures alternately. Bake in square loaf pan in moderate oven (350 degrees) for about 20 minutes—or steam in individual casseroles 1 hour. Serve with fruit sauce.

### A Morning Smile

A SLIGHT DIFFERENCE  
Sarge—"Thought you got leave to go to your mother-in-law's funeral. You didn't go?"  
Private—"Sorry Sir, but I really didn't say the wife's mother was dead, I just said I'd like to go to her funeral."

### YOU WOMEN WHO SUFFER FROM HOT FLASHES

If you suffer from hot flashes, dizzy spells, irregular periods, are weak, nervous—due to the "middle-age" period in a woman's life, take Lydia E. Pinkham's Vegetable Compound. It's helped thousands upon thousands of women to relieve such symptoms. Pinkham's Compound is also a fine stomach tonic! Worth trying! Made in Canada.

### LIPTON'S NOODLE SOUP MIX

The Quick Soup with the Real Chicken-y Flavour

Try Lipton's Noodle Soup Mix today! See how quickly and easily it's prepared. See how much more soup you get for your money. Taste that delicious chicken-y flavour. Then you'll know why it's the "soup sensation of the nation."

In 7 minutes Lipton's Noodle Soup Mix makes a clear golden soup—so smooth and appetizing that it tastes like the best slow-simmered soup ever made at home. And remember, Lipton's Noodle Soup Mix is also convenient for sending overseas.

Enjoy this new soup sensation. Your prepared, Lipton's Noodle Soup Mix today.

2 PACKAGES FOR 25¢

A PRODUCT OF LIPTON'S The Packers of LIPTON'S FULL-FLAVOURED (Small Leaf) TEA

### You Can Do A Job Only

Price Control Questions And Answers

Questions and Answers on Price Control will appear in The Guardian as a regular feature each day. The questions are those which have reached the Wartime Prices and Trade Board from housewives in this region. The answers are provided by the Board. Readers who have intelligent question to ask on price control are invited to send them in writing to the Women's Regional Advisory Committee of the Wartime Prices and Trade Board.

### WASHED OUT?

Maybe This Is Cause Of Your Lack of Pep

You women who feel tired, look "washed out"—and droop—may be paying the price of having too many short cuts in the blood. The demands of modern life, the pressure of pregnancy, the all too frequent use of the "red coloring matter" in the Williams Pink Pills—a balanced tonic of iron and Vitamin B.

They help increase blood, build up the system, and give you the pep you need. They help you get the most out of your life. They help you get the most out of your life. They help you get the most out of your life.

### Needlecraft For The Home

SOFT BOW FROCK  
Pretty for Print or Sheer

There's a strong feeling these days, for frankly feminine "prettiness" in frocks, and a new yearning for those soft little touches that bring out womanly charm. No wonder, then, that the "bow" frock is back for it's one of the surest and shortest cuts to gracious charm. The designer you see here makes up a delightfully in rayon prints, semi-sheers and cotton voiles. And it's easy to do.

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