

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

FOR THE WOMAN READER

THE HOUSEWIFE PRODIGAL

If life is a garden Then I shall bend low To look for small laughers, Stand on tiptoe To reach me a branch of The whitest white song, Wrap me in a lilac mirth As I dance along.

If life is a garden, Then I shall toss the red Confetti to its petals High above my head, When the sap whistles In the stem of me, Time enough for pining And for penury.

-Anne Sutherland.

DO YOU KNOW?

When washing celery for the table, save the leaves from the stock. Wash them thoroughly, putting them into a pie pan and set in a warm place about the stove. When, after two or three days, the leaves are dry, rub them through a small wire strainer or sieve. This crumbles the leaves into tiny green particles, which make a savory flavoring for soups and a pretty garnish for salads.

The shape of a kettle has much to do with the quickness with which the contents will heat. The smaller the surface which comes in contact with the heat, the longer it will take to become warm and vice versa. This means that in a kettle with a broad base the contents are heated more quickly than in one with a small base.

SPARE KITCHEN MOMENTS

My kitchen has a sunny, pleasant window, which until a few months ago was of no use to me, except for its original purpose—to admit light.

But now I have installed beside it a comfortable rocking chair, and just above this on the wall a small shelf painted white. On this I keep not only my recipe files and account book, but one or two reading books, and when I find a few minutes—when I am waiting for something to boil, for instance—I sit down comfortably and pick up a book.

This is infinitely better than taking a chance on going into another room, becoming absorbed in something else, and forgetting what is on the stove.

One thing I have banished from my kitchen: that is my work basket. When I am taken up with baking and similar duties I do not want to be reminded that there is a pile of mending waiting.—X

YOUR COSMETICS SHOULD VARY WITH COLORS WORN

The shades of your cosmetics should vary with the colors of the clothes in your wardrobe.

If you wear only colors that you know are becoming to you, one lipstick, one rouge and two shades of powder (one for evening and one for daytime) are adequate. But if you love to experiment with various colored dresses and exotic shaded sweaters, you will need several complete sets of cosmetics.

Many women who believe that they can't wear pastel colors either

for day or evening, might be able to do so if they would change their make-up to suit the pastel shades.

No matter what your natural complexion may be, never wear white or flesh colored powder with pastel or white frocks. A medium dark, creamy powder is what you need.

Remember that dull finish powders are best—regardless of what you are wearing or where you are wearing it. Wear a rouge that is slightly pinkish with an underlying shade of orange. The combination of the two shades brightens up your skin so that pastel colors no longer make you look lifeless.

Probably the best shade of eye-shadow for white and pastels is light blue. Not greenish blue. And black mascara is preferable. The best thing to do is to wear your frock when you go to choose your make-up and then see if the dress is becoming.

LOVELY WHITE ARMS ARE PART OF BEAUTY

You can't expect your new fall evening gowns to flatter you unless your arms and elbows are white and smooth.

Evening frocks are all-revealing. They simply won't hide discolored elbows or rough, too-tanned arms and shoulders.

Bleaching treatments for your face may also be used on arms and shoulders. Remember that the skin on your arms is not apt to be as tender as that on your face, and undiluted lemon juice may be used freely on them.

Bleaching creams serve double duty. They bleach the skin and soften it as well.

Your hand lotion plays an important part in fall treatment of arms and shoulders. Use it on them each time you apply it to your hands.

Elbows should be scrubbed with a little nail brush each time you bathe. If they are very discolored, use a bit of pumice on them after they have been soaked in sudsy water.

It is a good idea always to keep a piece of lemon in your bathroom. Use it frequently on both hands and elbows.

A bottle of liquid powder is invaluable when you are getting ready to don a party gown. Not only does it cover up the remainder of your summer tan, but it dries on thoroughly and doesn't rub off on your evening wrap or your partner's dark suit.

Good luck is the most popular brand of nerve food going.

If your mouth is full or your head empty don't attempt to talk.

Lydia E. Pinkham's Tablets Relieve and Control Periodic Pains

Clinical tests prove it. Take them today for welcome ease and comfort. Take them regularly for permanent relief.

No narcotics. No dizziness. No unpleasant effects. Sold by all druggists. Small box 55¢. Larger size, if you prefer.

Dorothy Dix's Letter Box

Mere Man Who Became Model of Perfection to Live up to Children's Idea of Him—Is Modern Wife Who Keeps Job as Safe as Domestic Woman?

Dear Miss Dix—When I married I was an old bachelor well set in my ways. I loved my pipe, my ease, my beer, my frankly yellow-back novels and magazines, my cigarettes and a good game or so. My wife is a splendid woman, a good cook and manager, fine mother and homemaker. We have plenty of money and seven children. But here is the trouble:

My wife has taught the children to adore, trust and idealize me. They think I can do no wrong, and I have had to give up all my agreeable vices because I have to live up to what they think father is. So I go to Sunday school and church and shave every day and dress for dinner and am particular in my table manners, because the children expect it of me. Now my wife is teaching our 14-year-old

son how to be a modern perfect husband when he marries, and I have set the example. I find myself writing a list so I remember our wedding anniversary and the wife's birthday. I find a perfect husband must be gentle, courteous, tender, loyal, true, a pal and chum, affectionate, and so on. Well, my virtues are nothing to get excited about yet, but where will it end? Don't you feel SORRY for me?

A PERFECT GENTLEMAN.

Answer: I'll say it is a strain to have to live up to one's blue china and always put the best foot foremost, but you must feel repaid for all it costs you when you receive the adulation of the youngsters.

There is nothing in the world as flattering and that goes quite as much to our hearts as to have a child admire us and believe in us and aspire to be what we are. It is the only uncritical admiration any of us ever get, for even the grown-ups who approve of us do so with reservations. They think that we are beautiful—but we make up and get our complexions at the drug store. We are clever—but a little overrated. We have achieved success—but it was mostly a matter of luck. And so on.

But to the child we are little tin gods. Few can do no wrong. We are the fountain of wisdom and goodness and nobility and courage. We are incarnate virtue, and so, because we could not bear the look of disillusionment in the worshipping eyes, we have to live up to what the child thinks of us, no matter how much it cramps our natural style.

But I will say, Oh martyr to virtue, that you are a good picker of a wife, and that there has been no more astute husband-manager since the days of Scheherazade than you have got. Personally, I salute her with reverence and admiration because she proves my favorite theory. Which is: That it is better to feed a husband on applause than on lemon frappe, and that if wives would spend more time extolling their husbands' virtues and less in knocking their faults they would get better results.

For great is the power of suggestion. Let a wife once firmly implant in her husband's mind the idea that she considers him a sort of domestic Simon Legree, so she doesn't expect anything of him but grumpiness and neglect, and the man almost inevitably adopts that attitude toward her. What's the use, he thinks, of doing anything for a woman who is going to nag and find fault no matter what he does, and who doesn't understand or appreciate him, anyway.

On the contrary, if the wife celebrates her husband's good qualities in the market place, if she brags of his goodness to her and exhibits his presents to her for admiring and envious friends, if she tells how he never forgets an anniversary, why he simply has to make good. He has to understudy the fancy sketch that she has made to the public.

If you don't believe this, just watch the face of the next man when his wife is telling the neighbors that she never goes anywhere because John is so absorbed in his business that he never thinks of his poor wife, and note the face of the man whose wife is telling the world that she has the grandest husband on earth, that he gives her the best time, and you won't need to be a prophet to know which woman's husband is going to take her out to the theatre and blow her to supper afterward.

And certainly the woman who teaches her children to reverence their father has taken the surest way there is to keep him walking the straight and narrow path. For there are not many men who would tread a crooked way if they knew their little boys were following in their footsteps.

DOROTHY DIX.

Dear Miss Dix—Two years ago I married a lovely girl endowed with brains, beauty and personality. But here are some things I have been thinking about lately. She is modern. One month after we were married she returned to her old job. Claims that she loves it and won't stay at home and just sit. Meets many people and brings them home to meet me. I'll admit they are a fine lot, but is it right for her to have men friends? Is it right for her to go to lunch with them? For them to bring her home? I am still very much in love with her and she is in love with me. She is sincere and faithful and has lots of good common sense. She is kind and generous, but a little indifferent to what people think. Do you think there is any danger of her becoming the subject of gossip?

Very likely. But no matter what a good-looking woman does she is always subject to that. You can't escape it so long as you live in a world where the chief indoor sport is talking about our neighbors.

If your wife did not work in an office, but spent her time going to bridge parties and matinees and playing golf at the country club, and so on, she would be equally likely to be gossiped about. There is more little going on over tea tables than there is across office desks. And in ball-rooms as well as offices there can always be found plenty of men who will try to flirt with a pretty married woman.

So you can pay your money and take your choice, for there is not any more danger to the woman in one place than the other. It is all up to the woman. If she loves her husband and is honest and honorable, she will go straight anywhere, and if she doesn't care for her husband and is weak and vain and without any rock-bottom principles, she will take the crooked path no matter where she is.

The trouble is, my friend, that when you marry a modern girl you have to accept her modern ideas. Apparently you did this. You knew before you married her that she wanted to go on with her work, and that it brought her into association with men who were her fellow workers, so the best you can do is to suppress your jealousy and put a good face on the situation. If the girl has all the good qualities you ascribe to her, she is worth the sacrifice of a good many of your old ideas about woman's place being in the home, and a husband having exclusive rights to his wife's society.

At any rate, you can comfort yourself with the thought that very likely she will soon get tired of her job and be glad to stay at home. I should recommend one small infant, that requires attention twenty-four hours a day, to keep her home.

DOROTHY DIX.

Dear Miss Dix—I am engaged to a girl whom I love very much, but her mother refuses to let her marry me unless she can come and live with us. The mother has a home, a husband and other children, so I objected but my girl will not marry me unless her mother lives with us. What shall I do?

STEPHEN.

Answer: Stand pat. The girl evidently cares very little for you if she is not willing to leave her mother for you. Also she is completely under her mother's dominion, and that would bode no good for you. Such a mother-in-law would rule you and your house with a rod of iron and eventually break up your home, so you will save yourself trouble by refusing to start out under such a handicap.

DOROTHY DIX.

THE COOK'S CORNER

Stuffed Green Peppers

- 6 Green peppers
1 cup chopped tomatoes
1 cup cold minced meat
1 cup cooked rice or bread crumbs
2 tablespoons shortening
1/2 teaspoon salt
1/2 teaspoon pepper
1 teaspoon chopped onion

Cut a piece from the stem end of each pepper and remove seeds and partitions. Put peppers in boiling water and parboil 5 minutes. Mix well together the tomatoes, cold meat, rice, shortening, salt, pepper and onion and fill the peppers with the mixture. Put in baking dish with a cup of hot water or stock. Bake in hot oven, temp. 400F.; time, 30 to 40 minutes.

German Sour Meat

- 2 pounds stewing beef
1 tablespoon fat
10 ginger snaps
3 large onions sliced
3 large carrots sliced
Salt
Pepper
1/2 cup vinegar
2 cups hot stock or water

Brown the beef in the hot fat in a deep kettle. Add the onion and brown slightly.

Add 1 cup of hot water or stock, the salt, pepper and vinegar, cover and simmer until meat is tender (about 2 hours).

Add the second cup of liquid and the ginger snaps and let it cook a few minutes longer.

Serve hot with potato dumplings. This will serve six to eight. A beef stew in the German style fills the specifications for a busy day dinner. It combines the substantial meat characteristic of any stew, with the more unusual flavors of ginger snaps and vinegar.

A Morning Smile

FAT'S BLARNEY

It was cleaning day at the menagerie and the animals had to be shifted into fresh cages. Patrick was assisting with the transfer of a hyena.

"Stiddy, there, hon," he quavered. "What's the idea," asked an attendant, "calling that hyena a lion?"

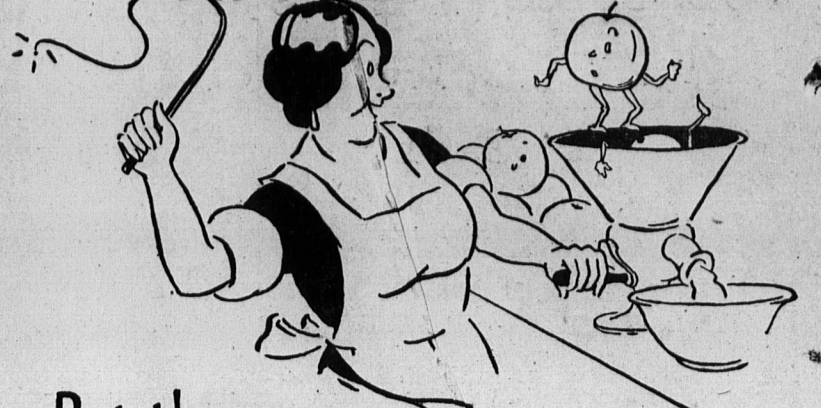
"Have ye no tact? Can't ye see I'm flattering the bast?"

THE EFFECTIVE ALIBI

The prisoner was before the Magistrate on a charge of burglary. He protested his innocence and pleaded an alibi.

"Do you know what an alibi is?" asked the Magistrate. "Yes, m' Lord," replied the prisoner. "An alibi is proving that you were in one place when you were in another."

TESTED RECIPES OF TEMPTING INTEREST. APPLE CHUTNEY



Put them through the chopper

Soak 2 lbs. of white onions in brine overnight. Drain them and put through the food chopper. Pare 4 lbs. of sour apples and put them through the food chopper. Mix 2 lbs. seedless raisins with the apples, pour 1 pint of cider vinegar over them and let stand overnight. Add the onions and 1 head of celery, 4 large red peppers, 1 1/2 lbs. of sugar, 2 tablespoons Colman's Mustard, 2 teaspoons salt, 1 teaspoon turmeric and 3 pints cider vinegar. Cook until the vegetables are clear and tender. Seal in sterilized bottles or jars.

Now you have pickles to delight the palate. And that subtle, appetizing tang is traceable to the mustard you've used. Nothing like Colman's for giving pickles distinctive, delightful flavour. Don't forget to include it whatever you do.

Correction on INDIAN PICKLE RECIPE

which appeared in a recent issue of this paper. In this advertisement the recipe called for ground "white" spice. This should have read ground "mixed" spice. The correct recipe for this very tempting pickle is given herewith:

Select nine medium sized onions, peel them and take 2 dozen ripe tomatoes, 6 large apples, 1/2 lb. ground mixed spice, 1 qt. vinegar, 1 lb. raisins and salt to taste. Having boiled them all together for 1 1/2 hours, strain them and add 1 lb. brown sugar, 1/2 cup of Colman's Mustard and 1 teaspoon of cayenne pepper. Now boil the entire mixture for 1/2 hour and your Indian Pickles are ready for bottling.

Colmans D.S.F. Mustard AIDS DIGESTION

GARDENING

Garden lilies have been growing in popularity and the bulb sale reasonably cheap now. No amateur will make a mistake in planting enough different kinds to keep a succession of bloom throughout the summer.

Some of the kinds particularly worth while for growing in small gardens bear the names of Lillium elegans, Hanson's Lily, the Regal Lily, the Golden Banded Lily of Japan, Henry's Lily and the Specio-

sum lilies. All should be planted this fall as soon as the bulbs are received. Orders should be placed with the nurserymen at once. The planting of Madonna lilies has been going on for some weeks, but it is not too late to put in bulbs, and of course, there are few lilies to surpass this old-time favorite.

HARVARD WANTS GIFTS OF BOOKS

CLEVELAND, Ohio, Sept. 19—At the 34th annual meeting of the Associated Harvard clubs, it was decided to inaugurate a campaign for gifts of books, rather than

money. Graduates of Harvard, 62,000 of whom belong to the associated clubs, were asked to search their attics for books which might be added to Harvard's library, the largest university library in the world. It was contended that at the present time the majority of graduates are unable to make large gifts of money to the university but that many had books which they would gladly give. This would maintain the library's normal growth, it was said and duplicates could be sold or exchanged for needed books.

Daintiness With Chic Styles ILLUSTRATED DRESSMAKING LESSON FURNISHED WITH EVERY PATTERN BY ANNABELLE WORTHINGTON



The original in bright green crepe silk was decidedly young and smart. The trim was in deeper green shade, matched by decorative bone buttons. The fitted hipline gives emphasis to the tight basque effect of the bodice. The sleeves have a nice fullness.

It is altogether charming and so simple to fashion it. Style No. 544 is designed in sizes 12, 14, 16, 18, 20 years, 36 and 38 inches bust.

Other fascinating schemes are bright red crepe silk, plaided silk, royal blue crepe satin and black crepe satin.

Size 16 requires 4 1/2 yards 39-inch material. Price of PATTERN 15 cents in stamps or coin (coin is preferred.) Wrap coin carefully.

No. 544. Size Name Street Address City State

She: I can't marry you, but I'll give you a place in my heart. He: No, thanks, I don't like crowds.

NEW WAY FILLS OUT SKINNY FIGURES so soon you are AMAZED. Remarkable gains in a few weeks with new double tonic. Richest imported brewers' ale yeast now concentrated 7 times and combined with iron. FOR years doctors have prescribed yeast to build up health. But now, thanks to a new discovery, you can get far greater tonic results than with ordinary yeast—regain health, and also put on pounds of solid flesh—and in a surprisingly short time. Not only are hosts of people gaining beauty-bringing pounds, but also clear skin, freedom from indigestion and constipation, new pep. 2 great body-builders in 1. This new product, Ironized Yeast, is made from special brewers' ale yeast imported from the British Isles—the richest yeast we know of—which by a new process is concentrated 7 times—made 7 times more powerful. But that is not all. This super-rich, health-building yeast is then ironized with 2 kinds of strengthening iron. Day after day, as you take Ironized Yeast, watch fat chest develop, skinny limbs round out attractively, skin clear, new health come. Special FREE offer! To start you building up your health right away, we make this FREE offer. Purchase a package of Ironized Yeast at once, cut out seal on box and mail it to us with a clipping of this offer. We will send you a fascinating new book on health, "New Facts About Your Body". Remember, results guaranteed with the very first package—or money refunded. As all drug-gists, Canadian Ironized Yeast Co., Desk 328-A, Box 1323, Montreal, Que.