

Woman's Realm Social and Personal Fashions Literature

TESTED RECIPES

EAT MORE VEGETABLES

Vegetables raw, vegetables freshly cooked, or vegetables canned, should be included in each day's menu.

Put all together in a saucepan. Simmer slowly until potatoes are tender. Season with salt and pepper.

VEGETABLE CHOWDER

- 2 cups diced carrots
1-2 cups brown soup stock
Salt and pepper

Cook the carrots and celery together until tender and the water is absorbed.

ESCALOPED ONIONS

- 8 large onions, sliced
2 tablespoons butter
1-2 teaspoon salt

Arrange half of onions in casserole sprinkle with half of the flour the salt and pepper.

MACEOINE OF VEGETABLES

- 3 cups diced turnip
1 cup diced celery
1 cup canned green beans

BEET JELLY SALAD
1 cup finely chopped beets
1 cup finely chopped apple

COLE-SLAW
4 cups shredded cabbage
Let stand for 1-2 hour in cold water.

FAVORITE FLAVOR-IT with GOOD COOKS



NEW OFFER! Send 15 BOVRIL CUBE wrappers to "BOVRIL", Park Ave., Montreal for FREE BOTTLE of BOVRIL sent you post free.

Dorothy Dix Says— WIVES ARE MORE THAN JUST BIT OF FURNITURE IN HOUSE

If Husbands Want To Retain The Enchantment of Marriage, Then They Must Not Let Down In Praise Of Girls They Marry

For ages wives have acquired gray hair and crow's feet trying to devise some sure method of retaining their husbands' affections and keeping them nailed to their own firesides.

Be a Home Lover
I would keep my wife at home by staying there with her. I wouldn't be one of the husbands who think their wives should keep the home fires burning while they are burning up the roads having good times with glamor girls.

Don't Stint On Praise
I would know that many a woman is a slack housekeeper because her husband never gives her a word of praise, and many a wife is extravagant because she knows her husband is going to row over the bills anyway.

WAR ARTISTS ARE EXHIBITING PAINTINGS
Only one item of brightness in the general gloom. This is the exhibition of work by the official war artists.

Lord Baden Powell saw the Boy Scout movement, that he founded grew into an international body.

PERMANENTS GIVEN IN SHELTERS
I have just received a copy of a once fascinating booklet, the London Weekly Diary of Social Events.

STOP BABY'S SNIFLES
Don't let baby suffer from head cold one unnecessary moment. Relieve, without delay, that sniffing and sneezing...

MENTHOLATUM
Gives COMFORT Daily

ENJOY KNITTING AND WEARING THIS JACKET
835

A Morning Smile
Tourist—Not much class to the ogle in this town, is there?

New Under-arm Cream Deodorant
Stops Perspiration safely

Splendid Cough Remedy Easily Mixed at Home
It's So Easy! Makes a Big Saving. No Cooking.

ARRID
At all drug stores selling 25¢ per jar (also in 75¢ and 1.00 jars)

NEW LOW PRICE Living & Leisure —The Woman's Realm

PER CAKE

The world-famous soap made with gentle Olive and Palm Oils.



NEW IMPROVED PALMOLIVE

THE COOK'S CORNER

WINTER FRUIT TARTS

- Unbaked tart shells
2 cups cranberries
1-2 cups sliced bananas

Method: Cut rich pastry with a large round cutter and line muffin tins with these.

MOCK STRAWBERRY TARTS
1-2 cups chopped cranberries
1-2 cup chopped apples

SWEET PASTRY FOR TARTS
1-2 cup shortening
1-4 cup sugar
1 egg

Simple Exercise Banishes Lovely Figure Faults
Heavy Legs Are So Conspicuous
How self-conscious you can be about thick legs!

Needlecraft—For The Home
This cute little suit keeps her snug and warm on the coldest days.

2581
SIZES 2 to 8
WAT HICL.

Send Twenty (20c) coin is preferred, for Pattern. Write plainly your Name, Address and the style number.

Send 20c in coins for your copy of Best Exercises For Health And Beauty to The Guardian Home Service.

FEMALE PAIN
Women who suffer painful, irregular periods with nervous, moody spells due to functional disorders...

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