

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

FOR THE WOMAN READER

COOLNESS I have been thinking of cool things— Stars of frost on windows, Moonlight on marble; Lilacs white on the sapphire of lakes in early morning.

Coolness— Sound of falling water in a garden at evening; Starlight over dark-hushed trees; Willow-leaves, rain at midnight; Wind from the sea. —Dolores Cairns.

REMOVE CHEWING GUM If somebody has dropped chewing gum on your fine rug, and it has been stepped on, no not try the nap all off the rug in trying to get the gum out. Instead try washing the spot with gasoline or turpentine. This will loosen the gum.

AN ENGLISHMAN'S CONSCIENCE

In an English movie house some time ago, nearly a thousand people sat waiting for the feature picture. The projection machine broke down and the management announced that the patrons would be refunded their money at the box office. But as there were different price seats the problem arose as to various claims for remuneration. The manager merely put his customers on their honor. And when the last payment was made the receipts and the money paid out corresponded to a penny. It is a marked characteristic of the middle-class Englishman that he only wants that which is his. A whole volume could be written on that little incident to show how a highly civilized people can have ingrained into them a sense of personal responsibility. Call it honesty or honor or what you will, behind it is a good social conscience which explains why London police do not have to carry guns and rarely even carry bills, and why Old Bailey, the one criminal court in all London, only needs to hold sessions three days a week. The good Englishman knows no higher duty than the responsibility of individual citizenship.—Detroit Free Press

RECIPES FOR PLUM JAM AND SALAD

Take 4 lb. plums, 1 cup seeded raisins, 2 oranges, juice of one lemon, 1-2 lb. walnuts, sugar. Wash plums, remove stones, add raisins and oranges, which have been sliced very fine. Measure and add 3-4 cup sugar to each cup of fruit and juice. Put into preserving pan, cook slowly about 45 minutes or until consistency of jam, stirring to prevent burning. Add lemon juice and chopped nuts. Pour into sterilized jars. The jam is very popular in S. Africa, from whence the recipe comes. Plum and Cabbage Salad

Take one white cabbage heart, a quantity of ripe red plums, oranges mayonnaise. Wash the cabbage, put the heart into a saucepan and bring to the boil, drain thoroughly and shred very finely. Wipe the plums and carefully extract stones. Cut the oranges in half and scoop out the pulp. Fill the plums with some of this, then mix the remainder with the cabbage and a good mayonnaise. Pile on to a dish and set the plums in the bed of salad, pour over more mayonnaise and decorate with cherries or other garnish.

YOUNG GIRLS SHOULD NOT HAVE WRINKLES

There is much to be said in favor of lines on the face of a woman over thirty-five. And much to be said against them if she is younger.

Lines and wrinkles naturally come with maturity and it is practically impossible to prevent all of them. Nor would you want to. A few lines on the face of an older woman add a lot of character and interest to her face. Some of the most beautiful older women in the world have many fine laugh lines around their eyes and the inevitable vertical lines around their mouths. One cannot imagine them being beautiful without those lines. But when it comes to the younger girl, lines and wrinkles are an entirely different matter. You should take steps to prevent them while your skin is still firm and young. There are nourishing creams for the dry skin. Dryness is one of the most prevalent causes of premature lines.

Why not shop around a bit for reliable nourishing and tissue creams? When you find one, plan to use it every night after you have cleaned your face. Leave it on all night occasionally. Don't overlook the importance of muscle oils for the lines around your eyes. The oil should be warmed slightly, patted on the spots where lines may appear and left on all night.

HIS MAJESTY'S MAXIMS

(Regina Leader-Post) An English journal in its current issue gives favorite quotations of celebrated people and shows quite clearly how many men and women whose names and deeds are known through the world fortify their lives by recalling great sayings and sentiments. The list of great people is headed by His Majesty King George and his list of quotations is worthy of being reproduced for his own sake as well as for the eminence of the one who uses it. These sentiments that hang in his workshop at Buckingham Palace read: "Teach me to be obedient to the rules of the game." "Teach me to distinguish between sentiment and sentimentalism."



Here is our big, new bottle of Prepared Mustard. When next you want mustard this is the brand to buy.

Barbour's PREPARED MUSTARD 'ONE OF A FAMOUS FAMILY'

lity, admiring the one and despising the other. Teach me neither to proffer nor to receive cheap praise. If I am called upon to suffer, let me be like a well-bred beast that goes away to suffer in silence. Teach me to win if I may; if I may not, teach me to be a good loser. Teach me neither to cry for the moon, nor to cry over spilled milk. There is a fine philosophy of life in these various maxims. Their reading enables one to understand better the wisdom and restraint and good sense and understanding usefulness of King George during his reign. Humbler folk fighting life's daily battles may find some inspiration in these maxims. They are here given to that end.

THE ART OF CANNING

Most of the household arts had their beginning in the primitive home. Canning, however, was a nineteenth century discovery, and it originated as a plan for mass production. Napoleon, in an attempt to provide for his armies, offered a prize for the development of some method of preserving perishable food. A French chef and confectioner, Nicholas Appert, won that prize by the success of his experiments with a process which we now know as canning. He cooked the food, then packed and sealed it airtight, and the food kept for months. Neither Appert nor anybody else in his day knew why.

More than forty years later the great French scientist Louis Pasteur announced to the world two important discoveries. Micro-organisms present in food, water and air cause spoilage of food. Heat destroys those micro-organisms, and sterilizes the food. Here was the secret of Appert's success.

Since Appert's time, and especially since Pasteur, there have been new developments in the canning process. The old time ways was to cook the food, pack it boiling hot into hot containers, and seal it quickly to shut out air. This is the "open-kettle" method and it works with fruits and tomatoes, provided there is no contamination the moment between packing and sealing the containers. A later method is the "cold-pack" by which the food is packed cold and the filled container is "processed" or sterilized, in a water bath or pressure canner. A third method is the "hot-pack" method which is recommended in preference to either the "open-kettle" or "cold-pack" methods. For the "hot-pack" the food is heated in a minimum quantity of liquid, in order to reduce the bulk and drive out air. Then the containers are packed with the boiling hot food and processed in a water-bath, same as in the cold-pack method.

These methods are used with the acid foods, such as fruits, tomatoes, pickled beets, and ripe pimientos, because the presence of the acid together with the boiling temperature destroys the micro-organisms that cause spoilage. For non-acid foods, such as meats, corn, beans, peas, asparagus and baby-beets and carrots, "processing" in a pressure cooker is recommended, as much higher temperatures are needed to destroy the micro-organisms of spoilage in these foods than are required for acid foods. The problem of the rather high cost of pressure cookers has been solved in many communities by a system whereby a number of housewives have "clubbed together" and purchased the cooker, which is used in turn by the different households.

Are You "It" With Your Husband? Dorothy Dix Believes Love for Wife Helps Man to Succeed

It's Good Business as Well as a Sentimental Satisfaction for a Woman to Keep Her Husband Thinking She's the One and Only, for Happy Home is the Greatest Factor in a Man's Success

When a woman thinks about holding her husband's affections she always considers it in terms of sentiment. It is balm to her heart and save to her vanity to know that she is still "It" to the man to whom she is married, and that no stren, charm she never so subtly, can take him away from her. But for a wife to keep her husband thinking she is still the one and only woman and glad he married her is not only a sentimental satisfaction, it is good business. It is the best financial investment she can make. It is the surest and quickest way in which she can boost him up the ladder of success. For nothing puts vim and energy into a man's climbing like desiring to get luxuries and comforts for the woman he loves, and nothing slows him down like being indifferent to his wife and not caring whether she has anything or not.

It is one thing for a man to toil and struggle and strive for a wife he adores, and who makes him a happy home and whose tenderness and appreciation make all of his labor worth while, but it is a different story when a man has to slave for a wife who is peevish and fretful and nagging, who makes his home a place of torment and who takes all of his sacrifices without even so much as a "thank you." The happily married man has an incentive to labor that the unhappy married man does not possess, and it is a literal truth that many a wife who complains bitterly because her husband does not get along in the world has only herself to blame. With her own hand she has killed the goose that laid the golden egg.

Of course, every woman wants her husband to stay in love with her, and, of course, every woman wants her husband to succeed, and it is strange that so few of them ever perceive how intimately the one depends upon the other; how few realize that for a man to do his best work he must go to it with an untroubled mind and with a body that has been well fed and well cared for. No man who bangs out of the house of a morning after a breakfast that would kill an ostrich and after a squabble with a slovenly woman in a soiled kimono and curl papers is in any condition, either mentally or physically, to do the kind of work that counts. His digestion is upset. His spirit is sore and bruised. His mind has lost its poise, its recalling every word of the quarrel and the mean things he said to his wife and the mean things she said to him.

Many a man's judgment is so clouded by this battle he has just had with his wife that he makes the decision that wrecks him. Many a man breaks down at middle age because he has gone after his hard day's work to a home that was an understudy of purgatory and has had no place in which he could find peace and rest.

And many a man loses his grip and gives up the fight to succeed because his wife has wet-blanketed his every hope and aspiration and taken the heart out of him by her never-ending criticisms, and her ceaseless demands to know why he can't make as much money as some other man or why he can't write a best seller or get elected to some big office. She belittles everything he does until she kills his faith in himself, and because she thinks he is a failure he becomes one.

Time and again we have all seen talented, energetic, go-getting young chaps of whom we prophesied great things who just sort of petered out after they got married. Seemed to lose their ambition and this push. Settled down into some small job. Very often took to drink or phillandering. And we wondered why and what happened to them. Nine times out of ten the answers was that they were unhappily married. Didn't get along with their wives. Had homes that they dreaded to go back to at night and that they got away from as soon as possible. Sometimes the man had married a woman who was a bad housekeeper. She wouldn't get up and give him his breakfast in the morning and he had to cook himself a mess before he went to work. Sometimes it was an extravagant wife who kept him in debt and he never could take advantage of any opportunity because toll as he might he could never save a cent.

Sometimes the man had married a nagger who wore his nevers to tatters with her tongue. Sometimes she was a virago who made his soul

More than 127,000 visited the Portsmouth, England, dockyard during Navy Week.

Baby Moore thrived on Eagle Brand



"WE have a ten months' old baby boy," writes Mrs. D. Moore. "After the first week, we put him on the bottle but he did not seem to thrive. We were advised to try Eagle Brand Milk and for the last two months he has been gaining tremendously. He gained 22 ounces in the first twelve days and is still increasing. I cannot speak too highly of Eagle Brand."

If you are unable to nurse your own baby, follow the advice of hundreds of thousands of mothers and try Eagle Brand. The coupon below will bring you a copy of "Baby's Welfare."

POSED WOMAN IS NEVER SELF CONSCIOUS

Some people are born with poise. Others have to acquire it. If you are one of the latter, then there are several exercises which will help you to attain the poise so necessary to your appearance as well as your happiness. Reading aloud helps your voice control, teaches you how to pronounce words and gives you self assurance in speech.

If you can't think of anything to say when you're with people, remember that reading a couple of newspapers every day from cover to cover, will furnish you with plenty of conversational topics. By reading newspapers aloud, you'll be making your first step toward poise do double duty. Your voice will improve and so will your knowledge of conversational topics. Walking, sitting and standing gracefully and correctly are very important if you wish to be poised. Never sit with your legs wrapped around the bottom of the chair. Keep your knees together and your feet in toward the chair. Crossing your legs is permitted by even the strictest authorities on etiquette these days. And crossing them gracefully excludes awkwardness on your part. Be sure and cross them well above the knees. Never below.

The best thing to do, of course, is to know that your movements are graceful and then forget about yourself. No woman can have real poise if she is constantly thinking about herself. Palestine's foreign trade continues to increase. American products are being used in the new Iraq oil pipe-line. Albania's new highways are the finest in the Balkans.

THE COOK'S CORNER

Onion-Stuffed Apples

6 tart apples 3 tablespoons bacon fat 3/4 cup chopped onion 1/2 teaspoon salt 1/2 teaspoon paprika 1 tablespoon sugar 1/4 cup soft bread crumbs Pare, core apples. Place bacon fat, chopped onion in a frying pan, and saute to delicate brown. Season with salt, paprika and sugar. Add soft bread crumbs and fill cavities of apples with this mixture. Sprinkle apples lightly with sugar and bake until tender. Serve with roast pork.

Apple Filling for Layer Cake

1 egg 1 cup sugar Grated rind and juice of 1 lemon 3 tart apples Beat egg light and add sugar. Add grated rind and lemon juice. Grate apples and add to mixture. Beat well and cook. Stir until thick. Cool and spread between layers of cake just before serving.

Apple Charlotte

2 pounds tart cooking apples 6 tablespoons apricot puree (not necessary) 2-3 cup sugar cooked until clear with 3 tablespoons hot water. Cook peeled apples until very tender with the syrup, then dry out by constant stirring over the fire until like thick marmalade. Add either 1/2 teaspoon cinnamon or the grated rind of half a lemon and 1 tablespoon butter. Cut stale bread into finger shaped pieces or oblongs to fit side and bottom of a plain mould. Toast bread and then dip into melted butter and line sides and bottom of mould, putting the pieces as close together as possible. Fill the mould with the prepared fruit and cover the top with bread like the sides. Cook in 350 degrees F. oven for 45 minutes, then unmould carefully and, if desired, cover the side with apricot puree or glaze. Heavy storms in the Alps stopped trains, interrupted motor traffic, and caused heavy property damage recently.

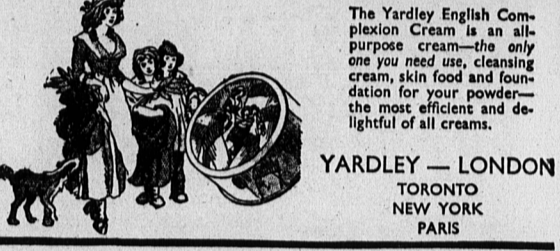
Children's Cold's

Checked with out "dosing." Rub on VICKS VapoRub OVER A MILLION MOTHERS USE YEARLY

sick with her scenes. Sometimes she was just a cold-hearted grafter who didn't disguise from him that she married him for a meal ticket. But, however, it was, she killed that something vital in him that is the mainspring of success, because his wife had slain his love for her and because he was miserable and he asked himself what's the use of working for a woman like, he slowed down. So, wives, if you want your husbands to be successes, make them happy. Love them and jolly them and use tact in getting along with them, and keep them thinking you are worth working for. It will be Paris finery on your backs and limousines to ride in. DOROTHY DIX. "Its best for you and Baby too"

YARDLEY LAVENDER

Complexion Cream, \$1.10. Lavender Perfume, 40c to \$13.20. Soap, Guest size, 20c cake, Toilet size 35c cake, Box of 3, \$1.00, Bath size, 55c cake. Complexion Powder, \$1.10. THE CREAM The Yardley English Complexion Cream is an all-purpose cream—the only one you need use, cleansing cream, skin food and foundation for your powder—the most efficient and delightful of all creams. YARDLEY — LONDON TORONTO NEW YORK PARIS



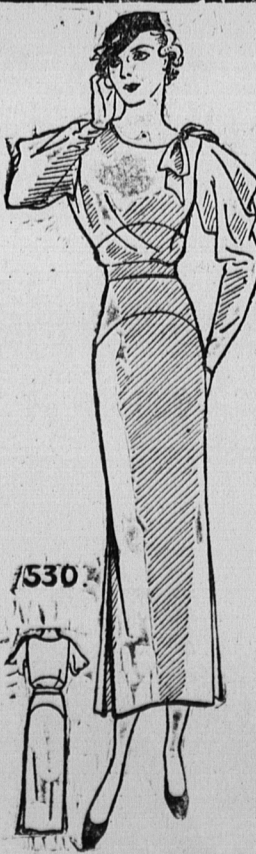
A Morning Smile

A man greatly esteemed by his employers informed the cashier that a mistake had been made in his wages. He had been given ten dollars too much, he explained. The cashier, after counting the contents of the envelope, said it was correct, his wages having been increased by instructions from the management. "How long have I been having this?" was the next inquiry of the man—a husband and the proud father of two children. "The alteration was made three months ago," rejoined the cashier after a glance at his books. "What!" ejaculated the man. "And she never told me!" Mrs. Brown: "You told me that I left my tablecloth out all night the fruit stains would be gone. So I put it out last night." Mrs. Green: "Of course the stains were gone in the morning?" Mrs. Brown: "Yes, and so was the tablecloth." Briggs was showing his neighbor over his house. "There's my equestrian portrait," he said, pointing to a picture on the wall. The neighbor gazed at it critically. "A very fine snapshot," he replied. "But what makes you call it a snapshot," asked Briggs. "Well, you're still on the horse." Hats, gloves and square pocketes of real zebra skin, are popular in Paris.

For Baby's Bath

More than that of any other member of the family, baby's tender, delicate skin needs the greatest care and attention. The soft soothing oils in Baby's Own Soap make it specially suitable for babies, and its clinging fragrance reminds one of the roses of France which help to inspire it.

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



Sleeves that give height to the shoulders are very important this season. It shoulders it charmingly in this model. Don't you think? The slim-line skirt has inverted plaits to give freedom to the hem. This adorable frock can be carried out in faille crepe silk, crepe satin, wool crepe, silk and synthetic crepe or wool and synthetic mixtures. It's stunning as pictured in eel-gray faille crepe. Style No. 530 is designed for sizes 14, 16, 18, 20 years, 38, 38 and 40 inches bust. Size 16 requires 3 1/2 yards 39-inch material. Price of PATTERN 15 cents in stamps or coin (coin is preferred.) Wrap coin carefully. No. 350. Size Name Street Address City State A charity collection drive for cat-drovers was taken recently in Cork, Irish Free State. Raiders cup off the water supply of Ballybunlon, Irish Free State, by smashing the pipes near the reservoir.

PENMANS

Children's STOCKINGS AND SWEATERS There's Youth—there's Life—there's Pep in Penmans Sweaters and Stockings—and best of all, there's ruggedness to take the punishment the youngsters give. PENMANS KNIT-GOODS