

Women's Realm Social and Personal Fashions Literature

Helpful Hints For The Women Folk

AND SAID "FORGET-ME-NOT"
The Father gave a name,
Back came a little blue-eyed one
(All timidly it came.)

KISS YOUR TIRED FEELING GOODBYE!

Pepples Many Suffer Low Blood Count—And Don't Know It.
The baffling thing about low blood count is that you can weigh about as much as you ever did—even look healthy and strong, yet you can feel as if you had lead in your legs, doped, tired and peppy.

YOUR INDIVIDUAL HOROSCOPE

(By FRANCES DRAKE)
For Friday, February 23, 1940
MARCH 21 to APRIL 20 (Aries)

Association with natives of Virgo, Libra, Taurus, Aquarius and Capricorn may be especially helpful today.

APRIL 21 to MAY 20 (Taurus)—If you find it difficult getting started smoothly at whatever your work or occupation this day, give yourself a reassuring talk try it from another viewpoint.

MAY 21 to JUNE 21 (Gemini)—Watch the budget here—also other personal interests. Don't be tempted to invest beyond your means or to jump at what "looks" like lucrative propositions without thoroughly investigating them.

JUNE 22 to JULY 23 (Cancer)—Both private and general business matters require more than ordinary attention and careful handling today.

JULY 24 to AUGUST 22 (Leo)—Practical interests, especially those that concern the public in general or a large group of individuals, are most favored this non-stimulating day.

AUGUST 23 to SEPTEMBER 22 (Virgo)—Unusual gain possible through collaboration with members of the Signs Taurus, Capricorn, Sagittarius, Aries, Cancer, and your own Sign. Be advised against hasty investments and extending your services beyond what

EXTRA LONG LOTS ARE HELD AS UNDESIRABLE

Residential lots over 150 feet in depth are usually undesirable in a subdivision unless they are one quarter of an acre or more in size.

SAVING GLASS

One common cause of cracked window panes is a loss of putty. Moisture absorbed by the unpainted frame swells the wood and the resultant pressure cracks the glass.

DRY LUMBER

Finished siding, half timbering and other material for exterior use should be kept dry so that it will be in proper condition for painting as soon as installed.

PRESERVING TILES

Wash brick tiles with a cloth saturated with vinegar and they will look like new.

The child born on the Mayflower during its epic voyage to America was named Peregrine White.

WELCOME THE TRAVELLER

(By ARTHUR HARDY)

A THREAT FRUSTRATED

Robert Berry had no difficulty in seeing McGinty now. The big bodied American was there in front of him, towering, bulky. He came quickly from his corner, tight lipped and menacing, his deep-set eyes were cold, like a snake's.

McGinty started with a bang, with one knee raised, a roar as of thunder shook the packed arena. Robert Berry stood back watching grimly, waiting. He was satisfied. He had hurt McGinty. Whatever happened after this McGinty would not feel so sure of winning in the fourth round.

Dorothy Dix

Happiness in Marriage Depends as Much on the Type of Job the Man Has, and if He Likes it, as it Does on His Personal Difficiencies

When a girl is picking out a husband she rarely takes his occupation into consideration except to hope that it will bring in enough of the needful to provide her with silver fox fur; otherwise it does not seem or candle-tick maker.

This casual view, however, of hubby's job seems to be a mistake, for some learned psychologists, who have been delving into the subject, have discovered that the happiness of a married couple depends almost as much upon the man's occupation as it does upon whether he drinks, or grouches or has a wandering foot.

But the matter is not so simple as that, for every wife finds to her surprise that when she married her husband she married his job as well, and that her happiness depends just as much upon her getting along amicably with it as it does her staying on good terms with him.

There are, of course, all sorts of jobs, and some are better than others. The man who makes a good job of his work, and who is a good person, is a good husband. The man who makes a bad job of his work, and who is a bad person, is a bad husband.

Dear Miss Dix—Since my mother's death I have lived with my aunt and given her \$5 every week out of my salary. I don't earn much, but that is little to pay her, but it helps.

Dear Miss Dix—I am a young man who is looking for a girl to marry. I am not very rich, but I am not poor either. I am a good person, and I am a good worker.

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Lenten Meditation

By Rev. James Henry Larson

PEACE 15

Universal peace is the dream of the wise. "Glory to God in the highest; and on earth PEACE, GOOD WILL, among men." This message brought to men by the angels at the birth of Jesus will one day be a reality among the nations of the world.

During the summer of 1928 I visited the capitals of Europe as a representative of the World Alliance for International Friendship thru the Churches. Visiting many pastors, peace societies attending the signing of the Kellogg-Briand Peace Pact, and the King's Garden, at Buckingham Palace. All the people were saying, "Peace, peace, but the leaders were preparing for the next war. When we learn to spend our time, energy and money for peace rather than war we will place behind us satanic greed; turning about and starting on the pathway of brotherly love that leads to work and prosperity for all. We Christians must hold together leading the way for the world to peace."

FOR HANG-ON COUGHS TO COLDS ASTHMA, BRONCHITIS and other Respiratory Ailments Take the Reliable BUCKLEY'S MIXTURE

THE COOK'S CORNER SPICED RAISIN CAKE One cup seeded raisins, 1-2 cups water, 1-2 cup shortening, 1 cup brown sugar, 1 tea-spoon cinnamon, 1-4 tea-spoon each of salt, nutmeg and salt, 1 tea-spoon baking soda, 1 3-4 cups cake flour, 1 beaten egg. Cook raisins and water together for 10 minutes. Remove from heat and place raisins and 3-4 cup of hot liquid in a bowl. Add 1-2 cup shortening, sugar, spices, and mix thoroughly. Cool slightly and add beaten egg, flour and

BRICK FISH Cod, haddock and mackerel are split down the back and broiled whole. Salmon and chicken halibut are cut in inch slices for broiling. Smelts and other small fish are broiled whole, without splitting. Clean and wipe fish as dry as possible. Sprinkle with salt and pepper, and place in well-greased broiler. Slices of fish should be turned often while broiling. Whole fish should be first broiled on flesh side, then turned and broiled on skin side just long enough to make skin brown and crisp.

WHO LAUGHS LAST LONDON (CP)—"Last war I slipped through the British blockade, and I'll do it again," boasted a Norwegian skipper in New York. He sailed and was caught by the blockade of 1940. "I was beaten fair and square," he said. "You are much too good."



Treat the Family to tasty nourishment

Cubs

There's a lot of satisfaction in serving Cubs to your family at breakfast. Not only because they are sure to please, but because you know that you are supplying the right kind of nourishment in a form that is easily and pleasantly digested by even the young children.



THE SPOON-SIZE READY TO EAT CEREAL. Pour into greased loaf cake pan, and bake at 350 degrees for one hour.

Control Energies, Keep Serene. "I'm so overworked, no wonder I'm a nervous wreck!" A frequent complaint from the high-strung woman—and often a true one. For, though her more placid sister may do as many tasks, she doesn't go to them nearly so intensely.

Do Routine Duties Get on Your Nerves? If you are nervous, keep a sense of proportion. Huge as the darning basket may look it won't be forever. Helpful, too, if you limit the time for each task. Then you won't get into a prolonged frenzy over a tiny detail. And keep a period for YOU every day—when you do as you please.

What's your physical health, your diet? Important to the nervous to have foods with vitamin B. In our 32-page booklet, a well-known physician gives advice on proper diet, body care, discusses psychological causes of nervous symptoms such as indigestion, fatigue. Tells how to regain vitality, health.

Send 20c in coins for your copy of Overcoming "Nerves" and Every-Day Health Problems to the Guardian Home Service. Be sure to write plainly your Name Address and the Name of booklet.

YOU'LL LIKE THESE 9 OTHER MEATLESS SOUPS, TOO! Cream of Spinach, Cream of Asparagus, Cream of Tomato, Cream of Mushroom, Cream of Green Pea, Genuine Turtle, Corn Chowder, Cream of Celery, Cream of Onion.

TRY THESE SOUP MERGERS HEINZ Vegetarian & Cream Soup, HEINZ Vegetarian & Cream of Celery Soup Supreme, HEINZ Vegetarian & Cream of Asparagus Soup.

HEINZ VEGETARIAN SOUP WITHOUT MEAT. READY TO SERVE. 57

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Smartest Fashions And Winter Styles



Your teen age daughter will put her stamp of approval on this jumper dress. If she is learning to sew in school, she will want to make it herself, and you can help out by making a blouse or two. Wide shoulder straps are cut in one with the skirt and give a very flattering line to a young figure. Sheer wool or heavy rayon crepe are both practical and well suited to this style. Make one blouse of dotted swiss for special occasions, and another of sturdier cotton for every day school wear.

Style No. 3121 is designed for sizes 12, 14, 16 and 20 years. Size 16 requires 2 7-8 yards of 36 inch material for the jumper; 2 yards for the long sleeved blouse. Send fifteen (15c) coin is preferred for pattern. Write plainly your Name, Address and style number. Be sure to state the size you wish. Style No. 3121 Size.....

Name..... Street Address..... City..... Province.....

IN THE GREY DAWN What do you do when all the world is grey and gloomy? I deliver the milk. JOHN BOARDING OUT LONDON (CP)—Join the London Zoo's slice-bill or whale-headed heron, has been adopted for the duration by an unnamed person in the United States. John is rated the zoo's most valuable bird.

WHAT IS HOME WITHOUT A GARDEN?

MODERN SEED CATALOG IS GARDENER'S REFERENCE BOOK

The arrival of the seed catalog is the first sign of spring for the gardener. Although the garden may be covered with snow, and the soil as immovable as rock, the sun has ceased declining, and every day favors us with a few more minutes of daylight—what better sign of spring! This early interest is not all wishful thinking on the part of the gardener and the seedsmen, for gardening is a serious hobby or duty, as the case may be, and demands continued thought on the part of anyone who will practice it with competence.

A Morning Smile

STILL FRIENDLY. "From what you tell me," observed the solicitor, "it seems your husband's behavior is that of a blackguard."

"How dare you! I came here for advice about a divorce, not to hear my husband abused!"

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