

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



FOR THE WOMAN READER

WHEN HOPE LIES SICK

"When hope lies sick on bed of fear, And clouds are dark and days are drear, Faith waits with cup of loving cheer, To hasten Hope's reviving, And Love comes with a golden bowl, To warm and heal her sister-soul; She steals a smile past Sorrow's toll With winsomest contriving, Ah, Hope look up! Arise! Partake Of these sweet ministrations; Thou must be well for their dear sake, Who bring these inspirations, Faith's cup of Peace, Love's bowl of grace, Shall bring the smile back to thy face."

—Charles H. Hunter.

CRETONNE DRAPERIES

If you are pondering whether you will line your cretonne draperies or not, by all means line them. So often the light shining through them will mar the beauty of the design. A lining of soft material of a harmonizing color will bring out the pattern of the material both day and night. The draperies will also hang better if lined.

CORRECT BREATHING AS AID TO SLIMNESS

"In Sweden the sensible woman or girl who wishes to remain slim attends to her breathing. By correct breathing one can keep slim all the year round, year after year, without drastic dieting rules that so often undermine one's general health.

Oxygen, we argue, is the draught of the fire. When the draught falls the fire remains choked with unconsumed food. Here, in a nutshell, you can see why "diets" as a rule, fail to reduce your weight. It is not that the fat individual is eating too much, but that he or she, does not make full use of what is eaten; consequently, food which is not burned is stored by the body in the form of fat.

This is just where our system of correct breathing comes in. It teaches one how to breathe in a normal, healthful manner, one of the first essentials of being slim and remaining slim for all time. By oxygenating the blood more efficiently, one not only remains slim, but the general health is vastly improved.

Several times lately people who were rather on the plump side have asked me if I didn't think a change of air would help them get rid of the superfluous matter. And when I answered "No" they expressed surprise.

AN EXPLANATORY NOTE

One mother, whose children are just old enough to come home

Gained Strength and Better Health

Glad Her Neighbor Told Her About Lydia E. Pinkham's Vegetable Compound



"I have been married for ten years. I had one child who would be seven years old now if it had lived. My husband and I are both very fond of children. A neighbor told me about Lydia E. Pinkham's Vegetable Compound and I have been taking it for about two months. It took away the pain I used to suffer and I am getting strong."

MRS. KENNETH COOPER, 68 West St., Halifax, Nova Scotia.

from school and amuse themselves until she gets home from an afternoon function, finds she has a feeling of security if she leaves a note on the mantle telling just where she is and the telephone number, in case she is needed. It gives the children a feeling of security as well as herself to know they can get in touch with mother if necessary.

PIE CRUST HINT

The crust will not be soaked with juice in a fruit pie if you sprinkle bread crumbs over dough as soon as your pie is lined with it. The crumbs absorb the juice of the fruit and the crust stays flaky and dry.

HERE ARE SOME EXCELLENT RULES FOR DAILY LIVING

Some people worry so much about keeping healthy that they make themselves ill.

The only worth-while laws of fitness are those of Nature herself. Unfortunately our civilized habits force us to break these, so we have to make new commandments of our own to replace them. Very often we break these, too.

For instance, many of us eat too much, smoke too much, and wear too much. But, lacking the will power or the desire to change our ways, we try to rectify these faults by "taking exercise" as though it were a magic tonic.

I am not in favor of indulging in violent exercise purely for their own sake. These may be necessary for the athlete who is training for a particular sport, but they should be regarded as a means of getting fit rather than of keeping fit.

Starting the Day

1—Never jump out of bed immediately upon awakening. Have a good stretch first, then get up without delay.

2—Never take violent exercise before breakfast. A little systematic stretching, copying the movements of the domestic cat, and a few minutes' deep breathing at an open window are sufficient.

3—Have a cold shower and a brisk rub-down if your constitution will stand it; if cold water fails to induce a warm glow, however, try a tepid shower instead, followed by plenty of friction.

4—Don't fuss about food. Eat whatever suits you, but rigidly avoid whatever does not. Always stop as soon as you feel your appetite is beginning to wane; enough is better than a feast. Drink plenty of cold water between meals. Smoke if it soothes your nerves, but inhale as little as possible.

5—Don't indulge in violent exertion until two hours after a meal; never go in for any exercise that taxes you—choose something you can enjoy or it will do you no good.

6—Let the sun and air get to your body as much as possible; see that your clothing is loose and light. Tight collars and shoes should be avoided.

7—Take an occasional rest-pause during the day. Sink into an easy chair and recline on a couch and relax your mind; it is Nature's finest tonic. When you are "off-color" spend a day in bed if you can afford it; it will often work wonders.

8—Don't worry over things until they happen; then it will be too late.

9—If you go in for physical exercise, perform them just before you go to bed; they will help you to induce sound sleep. Don't indulge in them when you are feeling "dog-tired," however; instead, simply stretch your limbs and run your hands over the surface of the body with a brisk rubbing motion towards the heart. But be careful to distinguish between tiredness and laziness.

10—Common sense and moderation in all things.

SWEATERS FOR NORMAL WEAR

Velvet lisle sweaters are the latest idea for formal evening wear. Some of them have turtle necks, others simple V necklines. But all of them are pullover models. You may wear them right over your evening gown under a wrap or with a plain, ankle length skirt for dinner parties.

Empire Pulchritude Quartet Bid For Screen Fame



Here are four successful candidates in a recent international beauty contest conducted by screen producers in Great Britain as they arrived in New York en route to Hollywood to appear in a picture. LEFT to RIGHT—Loretta Walker of Ireland; Lucille Du Toit of South Africa; Gwenllian Gill of Scotland, and Nita Harvey of England.

Dorothy Dix's Letter Box

More and More Social Clubs Are Needed to Bring Lonely People Together, Says Dorothy Dix. Foster Parents Should Tell Child He Is Adopted



Dear Mrs. Dix—There are many people of both sexes who are looking for the "right" one or who are lonesome for companionship and who are wasting the best years of their lives waiting for Fate to do the trick and provide them with mates. Personally, I don't believe in Fate and think the matter should be a business proposition. Therefore, why doesn't some one organize a club for bringing boys and girls and men and women together?

K. S. M.

Answer:

There are many such clubs already organized. Some even specialize in bringing a particular kind of match-making material together, as is witnessed by the Widows and Widowers Club that a philanthropic woman has organized with a view to comforting those who have lost their life partners. Most churches and virtually all social-service institutions run clubs that are a sort of clearing-house for youths and maidens.

But however many clubs there may be, there is still room for more, and they should be formed along such liberal lines that one need only present a letter of credit certifying that one is of good character in order to establish membership in one.

For undoubtedly there is no greater suffering that can tear at the human heart than loneliness, nor is there anything which can sooner break down one's morale and drive one to desperate lengths to satisfy one's need for companionship. The chief of police in a great city told me once that loneliness drove more men to drink and started more girls on the downward path than all other causes combined.

He said that men drank more for sociability than for love of liquor. That they were lonesome and longing for some one to talk to and they found that the bottle was an introduction that brought men together and loosened their tongues. And before a man knew it he had become a sot.

And, he said, a girl would come to the city from the country or some place where she knew everybody and had been in everything. She would get a room in a house in which she knew nobody and in which nobody ever spoke to her except the landlady to ask her for her rent. Her only touch with her fellow creatures was in her work. After business hours she would walk the streets hungering for a little fun, for a little amusement, for some one to talk to and some man or some woman, whose business it was to hunt for these lonely youngsters, would pick her up and take her to a dinner or a dance or a show, where she would meet the people she should never have known and they would start her on the way that is so gay at the beginning and so tragic at the end.

Of course there are some people with a social gift who are never lonesome and make friends at sight, but there are many others who through shyness and self-consciousness are not what we call good mixers. They need a helping hand, and this is what the club gives them. It brings them in contact with others like themselves and they are mutually comforting to each other.

I agree with you that Fate is a poor matchmaker, and that Heaven helps those who help themselves in finding a mate. Especially is this true of women, whom convention deprives of the privilege of doing the courting.

Many a woman who would make an ideal wife is an old maid because of her environment. She lived in a place in which there were no men and she had a little chance of marrying as if she were a fisherman who had cast her line in water in which there were no fish. There are girls who waste their youth and beauty in communities from which all of the eligible men have fled, leaving only senile grandpas and schoolboys. There are other women who have segregated themselves among women until they have cut themselves off from all association with men. There are still other women who have lived among the same set of men so long that the men have ceased to see them as individual women.

All of these women are headed for the Spinners' Retreat unless they have the courage and the initiative to boldly start forth in search of Mr. Right. If they want husbands they have got to go after them, and they can find no better way than through some social club. And the benefit of the club accrues equally to men, for it gives men a chance to look 'em over and make their choice with the least possible effort.

DOROTHY DIX.

Dear Dorothy Dix—We have an adopted son who is now 7 whom we took when a tiny baby 3 days old. He has grown into a fine, manly little fellow, trustworthy, truthful and very bright. His most salient character-

Sore throats Quickly relieved by rubbing on VICKS VAPORUB OVER 71 MILLION PARS USED YEARLY

GARDENING

OCTOBER SOWN FLOWER

Many herbaceous plants are easily raised from seed and this is much the most economical way to stock a border. The chief drawback is the time taken to get flowering-sized plants, as most of them take two years to grow to that size. At the Central Experimental Farm at Ottawa, perennial flower seeds are sown in October just before the ground freezes. They lie dormant all winter and many of them germinate early in spring. Sometimes seeds will stay in the ground for two years, so that it is advisable to make the seed-bed in a position where it can stay undisturbed for that length of time.

The seed-bed should be made in a shady position, though not under trees. If no such place is available, some artificial shade could be provided. The soil need not be rich, but it is that if he is fooled or cheated by his playfellows he is through with them and will have nothing more to do with them. He does not forgive nor forget. Now we have never told this child that he is not our own. We love him so that we cannot bring ourselves to do it but are we right in raising him under this deception? Will he turn against us if he finds out in manhood that he is not our own?

MR. AND MRS. X.

You are doing yourself and the child an irreparable injury by not telling him that he is an adopted child. There is no possibility that he will not find out the truth and with his type of character he will never forgive you for having deceived him. It will make him turn against you and wipe out the memory of your devotion to him.

I am basing this opinion on the many, many letters that I get from boys and girls who have grown to manhood and womanhood believing themselves the children of their foster-parents, and who have suddenly discovered that they are adopted children. In virtually every case it seems to bring about a revulsion of feeling that turns the child's love to hate. It appears to be a shock that almost unsettles their reason and upsets all their sense of values.

Why this should be so, I do not know. Perhaps it is because a child believes in its parents as it believes in God, and when it finds out that the father and mother that it has looked up to and trusted has lied to it and deceived it, it shakes its whole world to its foundation. Perhaps it is a humiliation greater than it can bear to know that it has no right even to its name or that its own parents were unworthy, or that it has no suffering as a child that was born to a mother and father does.

At any rate, whatever the reason, the child's reaction to its discovery is tragic, both for itself and the foster-parents, and so I am very sure that those who adopt children should tell them of it when they are too little to really understand or to get any mental or emotional shock from the knowledge.

Familiarize the child from the very beginning with the fact that you took him because you wanted him and that he is your son through love. If you let him feel that you do everything for him because of your affection for him, he will grow up grateful for your kindness and appreciative of it and will not turn upon you and read you as he will if he finds out when he is grown that you have befooled him.

DOROTHY DIX.

Dear Dorothy Dix—What can you do with a housekeeping crank? I have a sister who was born with a scrub brush in her hand and she makes us all miserable with her incessant cleaning. Now is the time for cleaning and she is on a perfect orgy, and there is not a place from cellar to attic where we can sit down in peace.

OLGA.

Why, I'd leave her to her scrubbing and be thankful that she was doing it instead of I. Anyway, there is no arguing with a vacuum cleaner.

THE COOK'S CORNER

Pepper Sauce

1 green peppers
12 red peppers
12 large white onions
1 quart vinegar
3 cupfuls sugar
3 tablespoonfuls salt
1 oz. mustard seed
Wash the peppers and remove the seeds and white veins. Peel the onions, chop the peppers and onions fine and cover them with boiling water. Let stand fifteen minutes and drain. Add the other ingredients to the peppers and onions, mix thoroughly, and boil for fifteen minutes. Seal in hot, sterilized jars or bottle as desired.

Celery and Tomato Relish

15 tomatoes
5 small bunches celery
5 onions
1 red pepper
1/2 cupful sugar
2 tablespoons salt
2 cupfuls vinegar
Skin the tomatoes and cut in small bits. Cut the celery fine and mince the pepper and onions. Combine these ingredients and add the sugar, salt and vinegar. Cook one and one-half hours and seal.

Pear Sweet Pickle

1 peck ripe pears
6 large onions
1 cupful brown sugar
1 tablespoon mustard
2 red peppers
2 green peppers
3 cupfuls vinegar
1 teaspoonful salt
Pare and core the pears, cutting in quarters or eighths, depending on the size. Slice the onions thin and mince the peppers. Combine all the ingredients and cook until the pears are tender. Seal in sterilized jars.

but if it is very heavy it would be advisable, the Dominion Department of Agriculture suggests, to lighten it with some sand. The surface soil must be made very fine. A suitable width for the bed is four feet and the length need be limited only by the available garden space. If there is doubt about the drainage, the beds can be raised slightly above the level of the surrounding soil. Seeds are sown in drills which should be six inches apart, the depth to sow depending on the size of the seeds. The large ones could be planted about half an inch deep, but the very small seeds should have only a little fine soil sifted over them. After the seed is sown and covered, the surface of the soil should be pressed down with the flat side of the rake or hoe. When seeds are scarce and valuable they should be sown in pots or flat, shallow, wooden boxes.

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JADE FOR ELEGANCE AND GOOD LUCK

Jade bracelets and also earrings are smart with the all-green outfit, and they bring something of the glamour of the East to 1933 elegances.

Not many are so precious to the Chinese woman as her ornament in jade. With her tiny s in and jet black hair, jade slink pins or jade earrings are shown off to perfection.

The jade ornament is sought after in every class. The rich woman indulges her taste in most exquisite specimens, the not-so-rich in pieces of less value, and the poor woman, if she cannot afford a genuine piece, will imitate her wealthy sister in soap-stone—China's cheap imitation of the real article.

Sometimes even the poorest coolie woman, who must break stones for her living, will manage to secure a real jade ornament. She will work hard and save for years for her jade trinket. It is not only a personal decoration, of which she is proud, but it is also for her a little capital, an insurance for her old age or against any mishap that may befall her during life. She can always exchange it for dollars.

But there is another attraction even greater. Jade brings luck; it is said, to the wearer. The little Chinese lady is superstitious. Her baby will make a better start in life if his mother can procure some little portion of this magic stone.

That is why so often one sees a

tiny Chinese child with a jade locket tied round its neck or a bangle on its little wrist. This ornament will frighten off the fierce dragons and dangerous devils that may cross the baby's path.

Besides using jade as a personal ornament, the Chinese woman likes it for decorative household objects. Jade jars furnish a mantelpiece. A pair of jade fish forms the centerpiece on a table. A lovely jade screen decorates a corner of the room. No Chinese lady ever loved jade better than the old Empress Dowager. She had a jade palace built for herself out of the national stone. The money might have given China a navy—but she preferred a magnificent jade monument!

A Morning Smile

Guard—Better keep your head in side the window, sir.

Passenger—I can look out of the window if I want to.

Guard—Oh, very well, have a your own way, but if you damage any of the iron work of the bridge you'll have to pay for it.

First Navy: "Look at poor old Bill. 's sight's so bad 'e's a-workin' 'imself to death."

Second Navy: "Wot's 'is sight got to do with it?"

First Navy: "Why, poor feller, 'e can't see w'en the boss ain't lookin', so 'e 'as to keep on workin' all the time."

Daintiness With Chic Styles

ILLUSTRATED DRESSMAKING LESSON FURNISHED WITH EVERY PATTERN BY ANNABELLE WORTHINGTON

Don't you love it? The neckline is so smartly different and flattering. And the way the bodice bottoms down the back is so new and smart. The skirt fits so snugly across the hips, while inverted plaits give important width to the hemline. It's extremely simple to fashion this Paris model, whose coat will prove very small. Black faille crepe silk made the original with white faille crepe collar.

Style No. 888 is designed in sizes 14, 16, 18, 20 years, 36, 38 and 40 inches bust. Size 16 requires 4 yards of 39-inch material with 1/4 yard of 39-inch contrasting and 2 1/2 yards of edging.

Other delightful mediums are plain or hairy woolen mixtures, rough canton crepe and novelty silks that look like woolen.

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