

Woman's Realm Social and Personal Fashions Literature

Living & Leisure THE WOMAN'S REALM

Self-reverence, self-knowledge, self-control, these three alone lead life to sovereign power. Yet not for power (power for herself would come uncalled for) but to live by law, acting the law we live by without fear; and, because right is right, to follow right. Were wisdom in the scorn of consequence. —From "Idylls of the King," Lord Tennyson.

CANDY AND APPLE

And for those who like something different we offer this suggestion. Try placing a stick of peppermint candy inside an apple before baking. It gives the apple a delicious flavor.

DID YOU KNOW

... that apples are an excellent complement to fish and poultry in salad form? Try apples sliced or diced, in salmon or chicken salads ... that starch won't stick to your flat iron if you add salt? Put a teaspoon of salt in each quart of starch next wash day ... that if you add vinegar to the water when washing windows they will remain cleaner much longer? ... that a piece of netting placed over the hole when darning knit socks, sweaters or other knit garments will make the darn easier to do and stronger for wear. Use matching wool and sew over the netting. It will serve as a backing for stitches and reinforce your work.

... that a pin cushion filled with fine steel wool will keep your needles and pins bright and sharp and free from rust?

GIVE ADOLESCENT MILD DEODORANT

At what age should a girl begin to use a deodorant? The answer to this question, which is put to a cosmetic chemist, was "at the beginning of adolescence." It is during this period, says our chemist, that glandular changes are apt to cause an excessive flow of perspiration and oils. What happens when the actively released oils decompose on the skin is almost certain to be social embarrassment to the little girl who does not use a deodorant to safeguard good grooming.

Cosmetic chemists, such as the one we consult, urged, however, that a young girl be given the mildest type of cream deodorant to use. They urge, also, that she be carefully instructed as to its use for clothes protection.

Anti-perspirants which because of their astringent action may be irritating to young skins and which may interfere with normal perspiration are not recommended for the adolescent user.

For veranda or patio entertaining this summer keep a good supply of fruit juices chilling in the refrigerator. Tangy chilled apricot whole fruit nectar is very refreshing. Serve it with a squeezed lime wedge and with or without ice as you prefer. Miniature-size ginger snaps are popular with this.

Marcel Proust, famous French

author, was afflicted with asthma and lived an invalid life. His father was a professor of medicine at the University of Paris.

DECORATING TRAINS

Picking a fresh wallpaper for the living room is difficult enough, but imagine decorating the country's trains, says a NANA correspondent. Housewives near the 14 main lines of Britain's railways are keeping their eyes peeled this week for train models dressed in new experimental colours. Express engines will sport blue or green jackets lined with red, cream and grey. Suburban trains will wear maroon, striped yellow and black, while some passenger coaches will favour a luscious chocolate-and-cream treatment.

Poor Needles

A crooked, blunt or rough-edged needle in your sewing machine may be the culprit to blame for sewing trouble. Such a needle is apt to skip stitches, snag fabric and break threads. For perfect stitches, make sure your machine is equipped with a straight, sharp and smooth needle.

DON'T BE BORED AIRING PEEVES

When you start airing your pet peeves, remember that a girl's "likes" get a better audience than her "dislikes." The only pet hates or peeves which seem to fascinate an audience are those which are amusingly—and sometimes vehemently—expressed. But it takes a very clever, worldly-minded woman to make her pet peeves sound amusing. Teen-agers who are less gifted are apt to do better when they talk about the people and the object they like.

A girl's youthful enthusiasm for a person or an object is apt to make her an inspired conversationalist. A girl is also apt to be liked because she sees more traits in human beings to admire than to dislike.

Conversely, the girl who takes the negative view usually gives the impression that she is making complaints, and for that reason runs the risk of being considered a tiresome talker. Moreover, people who hear a girl air her pet hates constantly are apt to wish that she were a more agreeable young person.

Better English D. C. Williams

1. What is wrong with this sentence? "It seems as if we must leave today."
 2. What is the correct pronunciation of "satirical"?
 3. Which one of these words is misspelled? Inimitable, inuendo, iniquitous.
 4. What does the word "misnomer" mean?
 5. What is a word beginning with "ost" that means "characterized by unnecessary show"?
- Answers
1. Say, "It seems that we must leave today." 2. Pronounce sa-tir-i-kal, both a's as in at unstressed, both i's as in it, accent second



Aylmer Tomato Soup is delicious...



Yes—and thrifty too!

YOUR FAMILY DESERVES AYLMER QUALITY

Modern Etiquette By Roberta Lee

Q. What would be a good way to cultivate taste in the choice of words and the phrasing of expressions, in order to become a good conversationalist?

A. There is no better method than the reading of good books of established literary standing.

Q. Should one take a gift when invited to a house-warming?

A. Yes; the gift may be chosen in accordance with one's friendship with the host and hostess, and of course within the limits of one's purse.

Q. Would it be correct for a widow who is marrying the second time to have a best man?

A. Yes; and if necessary, ushers may be added.

1. Syllable. 2. Innuendo. 3. An erroneous naming of any person or thing. "Many of the changes by a great misnomer, called parliamentary 'reforms.'" — Burke. 5. Ostentatious.

FORTUNE IN TAPESTRIES

CAPTOWNE — (CP) — About 20 16th-century tapestries, believed to be worth more than \$400,000, were claimed here by a representative of Prince Rudolph von Schwarzenberg of Switzerland recently. They were brought here for safe keeping during the war.

DOROTHY DIX SAYS— Poor Husband Material

Young Woman With 3 Faulty Suitors Urged To Reject All, Stay Single

DEAR MISS DIX: I have a problem which for the last three years has broken my health and about driven me insane. My difficulty is this: I go with three men who have been serious about our friendship. One is a physician. One is a very wealthy industrialist. And the other just a man. At times the physician is very temperamental, mean, sensitive and thinks every woman is lucky just to be married. Also his morals are very lax. He has no family, but his friends say that he has never cared for any woman except for me.

The industrialist is 28 years older than I am and has a daughter of my age. He takes me among his friends and relatives, but he is very critical of my clothes and appearance. He always is dubious that I may not be up to his social status and often I am hurt and humiliated. Besides, I sicken at his love-making because he is so terribly silly and egotistical.

The third man is very unspiced, considerate, ambitious, attends church and is companionable, but he can't make me a living. Also he is tight-fisted, but that may be because he has so little money. My family does not want to leave me in this world alone, and I don't want to be left alone. What do you think I should do?

ANSWER: If these three men represent your matrimonial prospects, I should say you have a choice among rotten eggs. Not one of them, according to your description, is fit for a decent woman to marry.

NO CHOICE

Look 'em over and you can't tell which is the blackest sheep and the poorest bet. Certainly the doctor, who is temperamental, mean, and hipped on the idea that he can have any woman he wants, is no Christmas gift to any woman. Nor can I see why a young woman would tie herself down to a man who is 28 years older than she is, especially as he is a critic on the hearth. Number 3 is out because he can't make a living. So there you are.

I think you will have to console yourself with the thought that better is no husband than a bad one. If you should marry any of these three men, you would wish many a time that you were still single.

DEAR DOROTHY DIX: Ten years ago I married a man whom I loved very much, but he was very repressed and uncommunicative, while I was of an affectionate nature. At first I was bewildered by his coolness, then I decided to change him. I did all of the love-making, I petted and babied and made over him and gradually he began to be more responsive to me.

Now he has thrown out completely and is as sweet and affectionate as he can be, and we are entirely happy.

A WIFE

ANSWER: Yours is a wonderful recipe for thawing out a cold husband. I wish that the many hundreds of women who write to me complaining that their husbands show them no affection would try it out.

There is one great truth that wives often forget, and that is that no matter how indifferent a man may be towards his wife, he never wants her to be indifferent to him. He may not take the trouble to tell her that he appreciates all she does for him, but it tickles him to death for her to make a fuss over what he does for her.

He may be dumb when it comes to telling his wife how much he loves her, but he never fails to lend a listening ear when she whispers sweet nothings in it. Love begets love, and if a wife keeps lavishing affection on her husband she is bound eventually to awaken some warmth in his breast, provided he is not in love with some other woman.

DEAR DOROTHY DIX: I am a widower of 70. I have a good income and a home, but I am very lonely. I know a good woman of 65 who would be willing to marry me and be a companion to me. Do you think I am too old to take the step?

LONESOME.

ANSWER: There is no reason why two elderly people should not get married and give each other the companionship that they need. Your age makes no difference. In fact, old people need good chummy husbands and wives more than young people do.

So go to it, and here's wishing you the best of luck.

Morning Smile

Man — Do you know, honey, if I had it to do over again, who I'd marry?

Woman — No who?

Man — You.

Woman — Oh no, you wouldn't.

How Can I!!! By Anne Ashley

Q. How can I make the garden hose last another season, when it has several tiny leaks in it?

A. This can often be remedied and the hose last while longer at least, if the tiny leaks are painted on the outside with pliable roofing paint.

Q. How can I remove the silk easily from corn when preparing it for canning or for the table?

A. Use a small hand brush. It performs the work much quicker and easier than the fingers.

Q. How can I get rid of red ants?

A. Place a saucer containing a little paregoric near the haunts of red ants, and they will soon disappear. —Wall Street Journal.

Ellen's Diary By an Island Farmer's Wife

This morning we saw signs which reminded us that the busy season is drawing near. For late when we stopped to admire the daisy-spread meadows which told us it was just in the offing, we said "there'll be no haying for some time yet — why the cropping's scarcely finished!" But James who has a knack for seeing things in their true perspective replied "you'll know that, Ellen, one of these fine days!" That was the reason a sure sign of its approach came today when our farmers brought the haying machinery home to Alderlea from storage at the other farm — the mowers to be fitted presently with the new blades and guards and a hay-wagon with a rickety frame, and tonight in the star-light and to a great clatter and loud barking of dogs the hay-loader arrived trailing behind Rob's truck.

All of his family were there, Jamie to tell of the entertainment he had found in a toy tractor, one of James' purchases yesterday, and the younger brother now able to say odd words, and smiling broadly with pleasant anticipations went straight to the old desk in the kitchen to turn out the contents of a drawer, stocked with a bewitching collection of ends to entertain the like of him. Then interrupting his play there to accept pieces of buttered bread, both he and Jamie who also suggested with a twinkle: "If you happen to have any strawberries left of those you got yesterday, why I could fairly gobble them up!" And James never more happy than with these small ones of ours encouraged the request with "certainly—if she has any, or some candy, now is the time to produce it!" All eyes then are expectant until some treat is forthcoming.

James must light a candle to the use of Rob at this time of year, to have Rob inspect the new frame on the hay-wagon. It was built this afternoon to replace the one aged and worn. It so happened that the day, rather damp for either scuffling or hoeing, their current interest, was ideal for all such works of repair. And after a (Continued on Page 3)

The Stars Say-- By Genevieve Kemble

For Thursday, July 15

While there are splendid auguries for substantial and preferential tokens of appreciation and promotion from influential sources, such must be built upon a basic foundation of industry, sustained interest and long-range plans and policies in order to be assured of proper and far-reaching support. All plans must be built upon solid ground and worked out with fidelity and astute tactics, well-organized and meticulously executed. And this while heading limitations, delays, impediments, handicaps or static situations of stubborn nature. Perseverance wins against all odds.

For the Birthday

Those whose birthday it is, may be given a splendid opportunity for putting into practice their practical ideas and plans, sound judgment, developed techniques and ability to put over difficult objectives when the going seems crystallized and hopeless, under a chain of delays, obstacles, frustrations and impediments. But stubborn determination, to "do or die" in the attempt is bound to attract substantial cooperation from influential quarters, ready with generous rewards for merit and quality. Final rewards are well worth working for with might and main.

A child born on this day is blessed with the character, qualities and traits for a successful career, winning approbation from those in prestige and worth.



BUTTER-NUT BREAD Eastern Bakeries'

Household Scrapbook By Roberta Lee

Cleaning White Felt

To clean a white felt hat, make a paste of arrow-root and magesia, mixing it well with cold water and brush it over the hat. Allow it to dry thoroughly, then brush off.

Faded Rugs

To freshen a faded rug or carpet, wipe it off with a wet cloth wrung out of strong salt water. Sprinkling dampened salt on a rug, then sweeping it off, will give the same result.

Lemons

Lemons can be kept for a couple of months if they are packed away in clean, dry salt and stored in a cool place.

Cook's Corner

CHEESE SOUFFLE

- 1 tablespoon fat
- 1 1/2 tablespoons flour
- 1/4 cup milk
- 1/2 teaspoon salt
- Dash of cayenne
- 1/2 cup grated cheese
- 3 egg yolks
- 3 egg whites.

Method: Melt the fat, blend in the flour, and then add the milk gradually. Cook, stirring constantly, until the sauce is thick and smooth. Add the salt and the cayenne pepper and cool slightly. Then add the grated cheese, and the egg yolks that have been stiffly beaten. Mix well and then fold the stiffly beaten egg whites.

Pour into a large buttered mold or into greased individual molds. Place in a pan containing hot water and bake in a moderate oven (350 deg. F.) for about 40 to 45 minutes. If baked in individual molds these will require only about 25 minutes' baking.

In the "British Lancet," Dr. H. Herxheimer reports five cases in which typical attacks of bronchial asthma were brought on by breathing in an extra amount of oxygen, by an increased number of short breaths. The reason attacks occur is that certain types of individual have a natural tendency to over-breathe and that such overbreathings may increase and continue for hours due to excitement. Consequently, an attack of asthma follows.

As we think of some nervous, excitable individual of even of ourselves when we are excited, we realize that the breathing in of air (oxygen) is deeper than of breathing out.

While most cases of asthma are not caused by this overbreathing — over-ventilation of the lungs — where these other cases are not found the fact that excitement, anxiety and other emotional disturbances may cause an attack should not be forgotten.

WIDE WINGSPREAD

Largest of its kind, the white heron has a wing spread of nearly seven feet.



CHANGE OF LIFE?

Are you going through the functional "middle age" period peculiar to women (38 to 52 yrs.)? Does this make you suffer from hot flashes, feel so nervous, high-strung, tired, irritable, try Lydia E. Pinkham's Vegetable Compound to relieve such symptoms. Pinkham's Compound also has what Doctors call a "stomachic effect!"

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E-322

Spring Park School Scholars



GRADE V

Left to right—Back row: Everett Wooding ton, John Kelly, Allan Blatch, George Stewart, Carl Riggs, Errol Nicholson, Boyd Good.

Second Row: John Found, Gloria Jenkins, Helen Carson, Verne Dennis, Frances McElroy, Bonita Smallman, Vernon Handrahan, teacher; Berna dette Lewis.

Front Row: Christine Dewar, Winnifred Conolly, Marjorie Smith, Marlene Brown, Betty Costello, Kate Good, Adeline Weeks, Margaret.

—Photo by Carahue

They belong on your dinner menu!

tender FRANKS



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Cellophane seals in their freshness!

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