Woman's Realm / Social and Personal / Fashions / Literature

ONCE OVER DOES IT!

WISE MOTHER! SHE'S GIVING MICHELE an early lesson in "helping out." Michele's reward will be a big bowl of Kellogg's Corn Flakes! "Mummie gives me Kellogg's because she knows I *like* them!" says Michele. Yes, and surveys year after year show that *4 out of 5* housewives vote Kellogg's first for flavour! Kellogg's Corn Flakes save time . . . save work . . . save fuel. They're easy to digest. Cost less than 1¢ a serving. And they are always FRESH! Get some at your grocer's tomorrow. Two convenient sizes. Made by Kellogg's in London, Canada.

FOR ANY MEAL...FOR ANY TIME OF DAY

—THE WOMAN'S REALM—
Living & Leisure

PICTURES

Over the hills is the white crown
Of the sun, pouring into the valleys
Above the persistent croak of the night-crying frog.

Over the hills is the crown of light
Covering still rivers and lonely heights,
Above the dew running into her upland basin.
Over the hills is the golden halo
Of dawn. The wide circle is a token
To earth of the broad pastures and green woodlands.

And a dove flew from the wood
Into the valley with the crown
Borne between her gray wings,
And the light in her throat.

(From THE ALIEN WOOD. By James Turner. Macmillan.)

LIFE IN ENGLAND

Only absence of hostilities distinguishes the present from the actual war period in Great Britain, Commissioner Phillis Taylor, head of the Salvation Army's women's social service work in the British Isles, said in an interview in Toronto. The commissioner was editor of The War Cry, Salvation Army Magazine, during her residence in Canada from 1921 to 1928.

PAINTING POITERS

A better job of enameling can usually be done if a good undercoating is applied first. Directions for use of both the under-coating and the enamel itself should be followed as outlined on the containers.

• • •

When the odor of fresh paint is objectionable—as it is to some people—it can be largely avoided by the use of charcoal. For each room, a paper bag holding a pound of charcoal is hung in the centre of the room. It absorbs the odor.

• • •

Cellar, basement or attic stairs often are dangerous because of inability of users to distinguish the steps or railings in dim light. Painting the edges of the treads and the railings of such stairways white will help prevent accidents which may have serious results.

• • •

When painting hard-to-get-at places and corners, use an old paint brush to poke and jab the paint into these places, saving your brush for the straight-away surfaces.

• • •

When excess paint runs down the side of the can and forms a ring at the bottom when painting try gluing a paper plate to the bottom of the container to catch the drop, and incidentally, to serve as a rest for the paint brush.

• • •

It is easy to throw rubbish or discarded articles into dark corners where they will not be readily seen—a practice which would be unlikely in a better-lighted space where the discarded material would be conspicuous. White or light colored paint applied to rubbish-inviting spaces in attics, basements, closets and storerooms has been found decidedly helpful in discouraging untidy habits.

• • •

Adder attractiveness can be given alcoves by painting such recesses to contrast with the rest of the wall space. For instance, cream or buff walls may have an alcove of pale green, soft blue or terra cotta. The alcove colors may be repeated in the chair seats, window draperies and blinds.

• • •

Paint usually appears considerably darker when applied to a large wall surface than it does on the small color chip from which it is selected. This should be taken into account when selecting colors. The darker appearance springs from the greater concentration of the same color on the larger surface.

Some 50,000 Americans are killed annually, and 5,000,000 and hurt, crippled or disabled in home accidents.

HERE'S MY "SECRET" FOR A LOVELY COMPLEXION

Thousands use fragrant, mildly medicated Cuticura Soap and Ointment regularly *every day* to relieve unsightly rashes, PIMPLES—speed out BLACKHEADS—help preserve naturally smooth, lovely skin. *Results may amaze you!* Buy today!

CUTICURA SOAP & OINTMENT

Do You Need To Watch Your Diet?

Too often, as people approach middle life, they get heavy around the waistline—the result of too much rich, fatty food and not enough exercise. This is a "danger period"—when steps should be taken to relieve a system clogged with toxic waste.

By taking all-vegetable Bile Beans nightly, many keep fit and trim despite a love for rich food. This favourite British remedy is so mild and effective, it has often been called "The Remedy that Wakes Up Nature". Bile Beans are the largest-selling liver pills in Great Britain—over 7 million boxes used last year. Resolve now to escape the penalty of middle age—get BILE BEANS from your druggist today. 54

DUETS by JO FISCHER

Ellen's Diary

By an Island Farmer's Wife

"And this, Ellen is the way to mix the calves' drinks" James said to me this morning. We were in a barn at the time—"the straw barn" to family and intimates, although hay rests there, fragrant in a mow, and at the time a beguiling pyramid of it was heaped softly on the feeding floor. Even as I paid attention to James' demonstration, I was sorely tempted to scale the ladder leading upward to the dim loft, to try and recapture the childhood thrill of jumping down into its soft perfumed depths. But shucks; with so many interests as are at present at Alderlea, this would be a most inopportune time to be laid up with a broken limb! "You take a handful of this—a good big handful for that one by the wall and—are you listening, Ellen? a bare sprinkle of it for the smallest one. She stands between the first two." How could I hear it all when my mind was wandering to the seasons ahead; to the delights of the hay-storing with the swift rush of swallows wings along the rafters and the barn echoing with the notes of a lazy cricket song? Besides if no such distractions come to my mind, no knotty problem of school days would be more perplexing than the one James set before me there on the straw barn floor this morning.

• • •

I had an earlier problem as well. "When Adam delved and Eve span" she must also have been concerned with other interests, which might have belonged either to the man or "the woman Thou gavest me." Else why on farms is there a leaning on the part of the men to lightly dismiss the responsibility of certain chores by contriving to be absent at their set time? I sometimes entertain grave suspicions of James in this respect, even if he protests: "Why, I consider the milking to be only a pleasant relaxation!" He is apt to say it with a grieved air, that I should even question his intentions and Jock, usually extremely busy somewhere else, "doesn't mind milking at all—now don't you think we should increase our milking herd?"

• • •

So in the turn of events, Polly who apparently "loves to work outdoors and I, did the milking this morning. The Ayrshires, "only part" James assures me, glared with nervous eyes at the new milkmaid; the red cow turned awkwardly to watch her efforts but extended no warm friendly tongue in any caress; the Guernsey heifer, younger and therefore more accustomed to change, only gave her a careless passing glance and the Kelly cow fidgeted uneasily at the touch of strange fingers. Mary the Jersey, was too much taken up with trying to put a dainty foot into the pail I held, to be interested in other stable happenings. "What? The Milking's not done!"

Continued on page 3

Modern Etiquette

By Roberta Lee

Q. When a person is staying at a hotel and wishes to leave his room for an hour or so, what should he do with his key?

A. Always leave the key at the desk. It is placed in a box, bearing the same number of the room, into which any letters or telegrams are also placed. Also, if someone calls at the hotel to see you, the clerk immediately looks to see if the key is "out" or "in".

Q. May a hostess use the telephone for inviting guests to luncheon?

A. Certainly.

Q. Should a person greet a friend in church?

A. No, except at a wedding.

Morning Smile

Black—"What did her father advise when you told him you loved his daughter, but only had a hundred dollars saved up?"

White—"He advised me to invest it in a one-way railway ticket with no stopovers!"

Harper's—"No, the fear of falling never enter my head," said the aviator to his gaping hearers.

"What scares me is the danger of stalling my engine about two miles up and not being able to get down."

FOR OVERSEAS CONSUMPTION

Mrs. Jones barged into the grocery store and briskly asked: "Remember that cheese you sold me yesterday?"

Grocer: "Yes, Mrs. Jones."

Mrs. Jones—"Did you say it was imported or deported from Switzerland?"

One of the best known ways to relieve

MONTHLY FEMALE PAIN

With its tired, nervous, cranky feelings!

If female functional periodic disturbances cause you to suffer from cramps, headache, backache, feel nervous, jittery, cranky—at such times—try Lydia E. Pinkham's Vegetable Compound to relieve such symptoms.

Pinkham's Compound does more than relieve such monthly pain. It also relieves accompanying tired, nervous, cranky feelings—of such nature. One of the best known and most effective medicines you can buy for this purpose.

If you suffer like this—we urge you to give Pinkham's Compound a fair and honest trial!

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

Dorothy Dix Says—

Unambitious Husbands

Striving Wife Complains Ex-G. I. Studies But Is Without Ambition

DEAR MISS DIX: I have recently been married, but have kept on with my job, since my husband intends to go to school for the next five years under the GI Bill of Rights, the income from which would be our only means of support in the event that I discontinued working. He has Saturdays, Sundays and holidays free, but never tries to get any employment on these days. He never even studies on week-ends, just sits around the house doing nothing.

He is very clever in school, but he is not ambitious to get ahead in the world, since he does not care a thing about money. He has been offered part-time jobs, but he refuses to take them. There are many years ahead in which I will have to struggle along on a meager income

in the hope that he will some day amount to something. I am perfectly willing to do this if he will only give me the needed confidence in him that will keep me going—but is it worth it when he shows so little sign of co-operation? I have so many doubts.

DISCOURAGED BRIDE.

RIGHT TO COMPLAIN

ANSWER: Your doubts are well-founded, but it is a pity that you didn't have them before marriage in time to save yourself from what looks like a dreary future for you. For there is no marriage more tragic than that of an ambitious, energetic, go-getter woman married to an inert ambitionless man, with no desire to rise in the world and no purpose in life except to take things easy.

In such cases the wife always fights a losing battle because, try as she may, she cannot inspire her husband with her own spirit. Nor can she brace a spineless man up with her own stiff backbone. All he wants to do is to loaf and invite his soul, or to boondoggle along with some hobby that he can work at when he feels like it.

And sooner or later he loses whatever affection he had for his wife because she is always prodding him to do things he doesn't want to do and has no interest in doing. And when the time comes when she has to support him, he bites the hand that feeds him.

Of course, your husband is as much entitled to live his life of a dreamy student, who is satisfied to go shabby and to eat skimpy food, as you are to be on the up-and-up and not content unless you have the comforts and luxuries of life. And how these two different plans are to be merged, no one knows. It will take a lot of love and patience to do it.

DEAR MISS DIX: A friend of mine, a smart sensible woman, has allowed herself to go into an emotional trance over the arrival of her first grandchild. Managing the 6-month-old baby and the 17-year-old mother has monopolized her to the exclusion of all other interests She does not realize she is doing her daughter a grave injustice by not allowing her to assume any responsibility for the baby, and she has forgotten she has a husband of her own.

The result is that the whole family is about to be wrecked by an infant.

A DISTRESSED FRIEND.

ANSWER: A famous physician has said that grandmothers kill more babies than all the children's diseases known to medical science. Also, Grandma breaks up more homes than all the blondes from Mother Eve down, and the ironic part of this is that Grandma thinks that she is a ministering angel in taking charge of the baby and relieving the baby's mother of all care and responsibility.

But the result is a boomerang. It keeps the young mother from learning how to be a good mother, and sets the pattern for all her future behavior, which will consist in wishing her children off on somebody else while she gads around to places of amusement and has a good time. And Grandma spoils the baby to death and gets so attached to it that she can't live without it. She spends her time at her daughter's coddling Junior, and unless Grandpa is a he-angel, or too old and rheumatic to take to the primrose path, he gets to wandering.

It is fine for a woman to be blessed with grandchildren, but she should take them in moderation and not alienate them from their mother.

DEAR MISS DIX: I am 16 and terribly self-conscious around boys. How can I get over this and be myself?

READER

ANSWER: A good idea for you would be to go to a co-education college, where there are plenty of boys, so that you would lose your awe of them.

THE WINNER

He came home with some candy concealed in his coat pocket.

"Now, children," he said, "who has been the most obedient during the last month, and done everything mother asked?"

"You, daddy," the oldest youngster replied.

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THIS AMAZING OFFER OF DENTAL WHITENESS IS MADE ONLY BY PEPSODENT TOOTH POWDER

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PEPSODENT IS THE ONLY TOOTH POWDER THAT CONTAINS IRIUM

BE SURE TO LISTEN TO BOB HOPE EVERY TUESDAY NIGHT, DOMINION NETWORK

How Can I!!!

By Anne Ashley

Q. How can I polish a stained floor?

A. Make a preparation by shaving ¼-pound of beeswax into a pan containing ¼-pint turpentine. Rub vigorously into the floor and polish with a dry woolen pad. It is an excellent liquid floor wax.

Q. How can I help prevent apples from turning brown so quickly after peeling?

A. If a pinch of salt is added to the water in which apples are being washed before peeling, they will not turn brown as quickly as they usually do.

Q. How can I cut the furnace pipe or range pipe?

A. Try marking a line where the cut is desired and using the can opener.

Better English

D. C. Williams

1. What is wrong with this sentence. "The money is for you and I."

2. What is the correct pronunciation of "lethargic"?

3. Which one of these words is misspelled? Improvment, embarrassment, abutment.

4. What does the word "environ" mean?

5. What is a word beginning with acq that means "to agree or comply"?

ANSWERS

1. Say, "The money is for you and me," both pronouns being objects of the preposition for. 2. Pronounce le-thar-jik, e as in me, unstressed, a as in ah, i as in it, accent second syllable. 3. Improvement. 4. To surround or encircle. "The undertaking was environed with difficulties." 5. Acquiesce.

Household Scrapbook

By Roberta Lee

Closet Shelves

When inconvenient to fasten shelves in a small closet, take the accurate measurements and build the shelves in the workshop, in a ladder style. The shelves can then be set in the closet and removed easily for cleaning.

Children's Toys

Keep a few inexpensive toys and story books in a drawer, in readiness for women visitors who bring their children with them. A good chat can be enjoyed without the children becoming restless.

Egg Whites

The white of an egg is beneficial and nourishing to an invalid. Beat it into the cooked cereal, add to puddings, also beat lightly and add to milk or orange juice.

Cook's Corner

CRUSTY ROLLS

1 cake compressed yeast
¼ cup lukewarm water
1 tablespoon sugar
1 teaspoon salt
2 tablespoons melted shortening
¾ cup lukewarm water
1 cup flour
2 egg whites, beaten
2¾ to 3 cups flour, additional

METHOD:—Crumble the yeast cake into the quarter cup lukewarm water and then stir to soften thoroughly. Now the sugar, salt and melted shortening should be added to the remaining ¾ cup lukewarm water. Add the 1 cup flour to this mixture and beat well, then add the yeast mixture and the stiffly beaten egg whites. Mix well and then add enough more flour to make a soft dough.

Turn out onto a lightly floured board and knead until the dough is satiny smooth. Form into a ball and place in a lightly greased bowl, then grease the surface of the dough lightly. Cover and allow to stand in a warm place until doubled in bulk. Then punch down, recover and allow to rise until doubled in bulk again.

Then knead the dough down and divide it into small portions for rolls. Cover and allow the dough to rest for 10 minutes. Then shape them if desired and place on a greased baking sheet which has been sprinkled with farina. Cover and allow to rise until doubled in bulk again.

Bake in a hot oven (450 deg. F.) for 20 minutes.

Preheat the oven with a pan of water on the bottom and have the pan filled with boiling water when the rolls are placed in the oven. This will make about 24 large rolls.

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Needlecraft —FOR THE HOME—

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No matter how many tailored frocks you have, you can always use one more, maybe in a smooth chambray, a jewel toned rayon, or lightweight Spring woolen. The pattern shown here is adaptable to all three fabrics.

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