

Woman's Realm Social and Personal Fashions Literature

Only 1 Cup of Meat IN THIS

Delicious Chicken Puff

1 1/2 cups flour
2 teaspoons Magic Baking Powder
1/2 teaspoon salt
2 eggs
1 cup milk

1 cup chicken, cut fine
2 teaspoons scraped onion
1/4 cup grated raw carrot
2 tablespoons melted butter or chicken fat
1 1/2 cups chicken gravy

Sift together flour, baking powder and salt; add beaten egg yolks and milk. Add chicken, onion, grated carrot and melted fat and mix well. Fold in stiffly beaten egg whites. Bake in greased baking dish in hot oven at 425°F. for about 25 minutes. Serve with hot chicken gravy. 6 servings.

Delicious!

KING COLE

TEA AND COFFEE

That Body Of Yours

By James W. Barton, M. D.

PAIN IN SHOULDER AND ARM FROM RUPTURED DISK

I frequently write about low back pain and sciatica because it is so common. Until we learned that many of these cases were not caused by infection or sprain of the sacro-lumbar joint, rupture of one of the cushions (disks) was not suspected as a cause of low back pain and sciatica. A crushed or ruptured disk or cushion between the spine bones of the neck is now known to be a common cause of pain in the back of the neck, shoulder and arm.

Some months ago I wrote of this pain in the neck, shoulder and arm as being caused by pressure on the roots of the nerve and nerves supplying the neck, shoulder and arm. I told of how many cases were relieved by the individual standing and sitting erect, or wearing shoulder braces to overcome the effects of round shoulders or poor posture. (Continued on page 15, Col. 6)

Household Scrapbook

By Roberta Lee

Reviving Rugs

You can improve the color of your worn rug by adding half cupful of vinegar to half a pint of water, wringing a large clean cloth out of this, and going over the carpet with wide strokes.

White Sweaters

Wash and rinse white sweaters in warm, not hot, water. Wash in warm soap suds, then rinse in clear warm water. Don't hang to dry, but spread, and pull to shape.

Winter Peas

If hard winter peas are placed in layers on fruit shelves they will ripen nicely.

Modern Etiquette

By Roberta Lee

Q. Is it good form for the bride to accompany the bridegroom when he buys the wedding ring?

A. Yes, the bride has the privilege of expressing her preference as to width and size, and her choice of yellow gold, white gold, or platinum.

Q. Isn't it proper for a hostess to insist upon paying for the long distance telephone calls of a guest?

A. No. The guest should pay this expense.

Q. Is it permissible for a girl to refuse to dance with a man who has "cut in"?

A. No.

Canada produces about 90 per cent of the world's supply of nickel and 90 per cent of the world's supply of asbestos.

Living & Leisure THE WOMAN'S REALM

HE FROWNED—TOO OFTEN

He frowned when they told him the ladder was weak. And he remarked that it would hold a ton. It cost him a hundred to settle the bill. When the doctor and the nurses were done.

He frowned when his foreman urged greater care. As he carefully cleaned the machine. The doctor remarked as he bound up the wound, "It's the very worst mangling I've seen."

He frowned when warned that infection would come from leaving a cut undressed. "It's said he looked natural, as if asleep. And the headline says he's 'at rest.'"

NATURAL WITH MINK

NEW YORK—Outstanding among the more precious furs being shown for fall is a full-length natural wild mink coat with rounded shoulders, sunburst effect back and round. A silver blue mink jacket fashioned with a full back, broad revers and voluminous sleeves, light blue Persian four-flare back coat with leg-o-mutton sleeves and shawl collar and a six-stripe shearling beaver with longer, flared cuffs are highlights of the fall presentation.

KEEP WITHIN FOOD BUDGET

How can a housewife keep within her budget, the way food prices are rising? That's the question many Canadian women ask these days. Let's get down to cases! If you've been serving salads, because you felt your family needed lots of vegetables in their diet—don't wring your hands in despair, if your budget no longer allows salad every day! Serve vegetable soup instead! Canned soups, which are made in season from fresh vegetables, give your family many of the fine food values vegetables supply—and are so very buying!

Or for a quick and inexpensive luncheon, make the meal around a hearty bowl of soup with bread and butter. This makes an excellent school lunch, with a glass of milk and an apple or a dish of fruit for dessert.

Try out new soups on your family—and see if they don't enjoy them as a change! There are several milk-base soups, like asparagus, green pea and celery, that are just dandy for children's meals. There are rich beef broths and consommés with plenty of the real "meat" flavor your husband likes. And if any member of your family has a cold coming—remember how grandma always dosed her family with onion soup at such times—and serve clear onion soup with a consommé base.

Velvety Lamb Gravy—1. When roast is done, remove to hot platter and keep warm.
2. Pour fat from roasting pan into small bowl, leaving brown pieces in pan.
3. For 2 cups of gravy, measure 3 tablespoons of this fat back into roasting pan.
4. Now stir in 3 tablespoons. Pour, until a smooth paste results. Place over low heat, and cook, stirring constantly, until the paste is smooth and brown. (Flour won't brown after water has been added.)
5. Now quickly stir in 2 cups cold water, then simmer over low heat, stirring constantly with wide, full strokes, gathering the gravy to the center from all corners of the pan.
6. When the gravy thickens to velvety smoothness, season to taste with salt and pepper and a little meat extract or vegetable bouillon sauce.

Piquant Gravy: Add a little bottled thick meat sauce or Worcestershire sauce.
Chutney Gravy: Add 2 tablespoons chutney to the finished gravy.
Cranberry Gravy: Add 1-2 cup cranberry, strained cranberry sauce, or cranberry juice.
Herb Gravy: Add 1-4 teaspoon dried herbs for each cup of gravy.

Note: For more than 2 cups of gravy, use 2 tablespoons fat and 2 tablespoons flour for each cup of gravy needed, and proceed as above.

Barbecue Sauce

1 cup minced celery, 1-2 cup minced onion, 1 cup water, 1-2 cup catchup, 2 tablespoons Worcestershire sauce.

Combine all ingredients in saucepan. Simmer, uncovered, over low heat for 20 minutes, or until celery is tender. Serve instead of gravy. Makes about 2 cups.

For a pleasing and unusual flavor in poultry dressing, add strips of dried apricots just before stuffing the fowl. Use one half cup of apricots to a pint and a half of dressing.

Ellen's Diary

By an Island Farmer's Wife

And so the last of our crop at Alderlea, was harvested yesterday, towards evening. The fetching to the cellar of the cabbages caused our book of the year. It had been, I recollected, a nice period of time between that day in early Spring when the team was hitched for the first of the field work, and the end of harvesting. Nowhere had there been any staying of the hours. Swiftly they had gone from - us, knowing no pause but passing unceasingly like the continuous flow of water through the waste gates in the dam on the mill stream. And which of those had been lost or gained to me, I should not be so presumptuous as to hazard a guess. In any event they had gone. I recalled the enthusiasm with which our farmers had taken up the cause of the fields last Spring. Of all the seasons, it is the Spring which James finds most delightful. Perhaps this is because on a farm, life appears to commence ever anew and fresh with this season. No matter what losses or trials and discouragements might have appeared to daunt spirits the previous year, here is a brand new one stretching ahead, with fields winter-washed and clean awaiting the farmer's pleasure.

As in bright pictures on a screen, many scenes from the past months came to mind—dozens of them, most only pleasant and entertaining, though there were those I saw again with some concern and regret. These had to do with the parting with old friends, who who moved from our community to others, and those whom we may not see in the flesh again. We had our days too, that were beset with worries and cares, when our faith in our world was tested. But over all were the memories of our way of life. I could see our team come with a clanking of harness to the horse-trough, some-how dim in the memory, for our farmers appear to own to no set hours of work in the seed-time. And why not? After years on end of farm life, I cannot picture that season out to a satisfactory and painful conclusion. Granted that field cares could be over earlier there would then be the numerous chores awaiting the farmer's crops is so brief, and most of the "boring" is incidental to it, so that each day is overflowing with work.

I could see the trees new clothed, gandelions stealing their gold to the lawns, buttercups by the creek, cowslips primping in the stream. I looked again at the seeding-sacks of grain, Pard resting sunnily on a lonely one by the roadside and James with the team and seeder, worrying a bit lest there be gaps between the sowings. I saw robins back to the birch, singing melodious tunes, and the hen and her brood wash or just lolled about the lawn. White lilacs, I saw, and smelly rowan tree blossoms, straight rows for mangles and a sparkle come to the pond, a sitting hen and piglets for Jock to fuss over; apple bloom in the old russet and a stately tulip for Jamie to gather and calves or a lambkin to find. The cattle to graze, then and roses but "there's going to be no cover. Ellen, except a little in the new meadow." There was little cover for us, but the hay came, a lovely scented time of year though there were the moments when "I wouldn't give much for the keeping qualities of that load, Ellen." But Providentially, mows and lots filled and I saw a holy-buck-a-bloom by moonlit pickets.

And up in the stampl field I saw our farmers pioneering before the newest came and the thrashing, and then there was golden glow and the loveliness of plover in the flower border. Next were the works of repair with Mr. D. at the helm and "the digging" with Jamie sturdy and brown following his grand-father along the rows, then tiring taking Mutt to excursions in the neighboring woodlands. And the potato grading, I could see, and our own mare in the cart at turnip time. Lovely sights, I viewed again and interwoven with all, were the delights of our family life with children and grand-children. There were our excursions off the farm: James enjoying the races at Old Home Week and I, well truth to tell, I have had many outings though often with my eyes closed. I looked again upon the faces of our visitors, the many from The Island and elsewhere whom it had been good to meet, they who had brought us a sight of strange and often distant shores. Yes, since Spring the days had been exceptionally good to us. We could ask for no better. James himself has wandered away on an outing with Jock this evening, leaving this old house very still and lone—a little cold too now that the fire is dying. Mending, knitting even reading has lost its charm tonight, in James' absence. But a downy pillow in the wide old bed above, calls contentedly.

Until tomorrow — Diary — Good-night.

Tastes Good — IS GOOD—

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BUTTER-NUT BREAD

DORCOTHY DIX SAYS—

Jealous Suitor

Boy Should Realize Green-Eyed Monster Really Kills Love

DEAR MISS DIX: I am a boy deeply in love with a girl and she is with me, and my problem is that I am very jealous. I try not to be that way, but I just blow up every time I see her speak to another boy. It has come to the point where we quarrel over it constantly. Now her mother has also forbidden her to have anything to do with me. I would like to break myself of being so jealous because it is wrecking our romance, and the thought of losing her is driving me crazy. What shall I do?

WORRIED.

ANSWER: Inasmuch as you seem an intelligent young chap, why do you not try to bring a little common sense to bear in solving the jealousy problem? It seems to me that that would cure what ails you.

To begin with, consider it from this angle: First, the girl's character. Do you feel sure that she really loves you? Is she loyal? Is she trustworthy? Is she the kind of a woman that you feel would stick to you if you got to be jealous about? What have you got to be jealous about? What has she done that makes you think she qualifies on all of these points, what have you got to be jealous about? What have you got to worry over? If I were a man, I would certainly never marry a girl in whom I had so little faith that I couldn't trust her to even speak to another man. I would consider her too low a creature to bear my name.

JEALOUSY KILLS LOVE

Next, consider jealousy from your point of view. What makes you think you love the girl if you have no confidence in her? Perfect love casts out fear, and if you have that sort of feeling for her and feel confident that she will always do the right and honorable thing, why do you make yourself miserable filling your mind with suspicious of her? And what makes you think any woman could be happy with you if she knew that you were always watching her and spying on her and believing her capable of betraying you?

(Continued on page 15, Col. 1)

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Luxing is such an easy way to get twice the wear from your sheer stockings. Strain tests on different kinds of stockings — rayons, nylons, silks, cottons — proved it works.

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LUX

A LEVY PRODUCE

The Stars Say—

By Genevieve Kemble

For Thursday, November 13

UNDER a situation of rather static and inhibiting astral conditions, a platform should be evolved on a basis of postponements, and non-cooperation, until a more inspiring and constructive program may be put into operation.

Proceed with caution in making judgments and be aware of undermining influences, both business and social.

If It Is Your Birthday

Those whose birthday it is are likely to encounter a slowing-down of the energies. Ambitions might be best handled by a shrewd and careful study of underlying circumstances.

A child born on this day may be of delicate health, with little inclination for aggressive or energetic activities. He will benefit rather from a studious, contemplative form of life.

DIORNE QUINTS

relieves coughs—and cures of CHEST COLDS

BY RUBBING ON MUSTEROLE

Morning Smile

SO IT SEEMED

A woman, while shopping, thoughtlessly picked up an umbrella belonging to another woman, and started to walk off with it. The owner stopped her, and the other, with many apologies, returned the article. The incident served to remind her that they needed some umbrellas in her own family, so she bought two for her daughters and one for herself. Later in the day, when she was on her way home, armed with three umbrellas, she happened to glance up and saw, directly opposite her in the car, the very woman with whom she had had the unfortunate experience in the morning. The second woman stared at the three umbrellas very hard for several minutes and then, with a significant smile, she leaned forward and said in a low tone:

"I see you have had a wonderful morning."

GIRLS ENTERING WOMANHOOD...

This fine medicine is very effective to relieve such nervous, irritable and weak, "draggled out" feelings, "certain days"—when due to functional monthly disturbances, their troubles.

LIDIA E. PINKHAM'S COMPOUND

Like Princess Elizabeth, Queen Mary has a fashion secret. Queen Mary gave Designer Norman Hartnell instructions to divulge to no one the gown she will wear at the wedding. The British fashion world was electrified by reports she had decided to change to something more modern after 40 years of unwavering loyalty to one mode whether it was in style or not. She is shown, left, in her usual style.

How Can I!!!

By Anne Ashley

Q. How can I reduce the electric light bill?

A. Form the habit of turning off the lights when leaving a room. Also try using different sizes of bulbs. Use a larger size for the reading light and a smaller one if the light is just for effect.

Q. How can I remove rust from fabrics?

A. By using lemon juice and salt. Then hold over a steaming teakettle. The steam will aid greatly in removing the spots.

Q. What is the easiest way to thread a needle?

A. Try cutting the thread on a slant. This will point the thread and facilitate the task.

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For relief of pain you need it quickly

Buy the family size, save money and have Paradol at hand in case of emergency. 60 tablets \$1.

Better English

D. C. Williams

1. What is wrong with this sentence? "Why should I be peevish at these things?"
2. What is the correct pronunciation of "audacious"?
3. Which one of these words is misspelled? Influential, inflexible, inamenable.
4. What does the word "impassive" mean?
5. What is a word beginning with "r" that means "coarsely offensive in language"?

ANSWERS

1. Say, "Why should I be annoyed at these things?" 2. Pronounce a-da-shus, first a as in all second a as in day, accent second syllable. 3. Influential. 4. Devoid of emotion or of signs of emotion; showing indifference. "His impassive face betrayed no anger." 5. Ribald.

Cook's Corner

NUT CRISPIES

1/2 cup butter, 1/2 cup shortening mixed.
2 beaten eggs
2 cups brown sugar
2 cups sifted flour
1/2 teaspoon soda
1/2 teaspoon salt
1 cup chopped nuts
Thoroughly cream shortening and sugar; add eggs and beat well. Add sifted dry ingredients, then nut meats. Drop from teaspoon about 2 inches apart onto greased cookie sheet. Bake in moderate (350-degree F.) 12 to 15 minutes. Makes 5 dozen cookies.

COLDS DO MATTER

There is no such thing as "Just a little cold" because the cold itself is a symptom of lowered vitality. To stave off colds, or to deal with them once they have started, keep warm and dry, get plenty of rest and take FATHER JOHN'S MEDICINE.

For nearly 90 years careful parents have been giving Father John's Medicine to their children, and have been taking it themselves. This is a wonderful proof of the value of this famous medicine.

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FOR COUGHS AND COLDS

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