

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



Real ENJOYMENT

Young folks' eyes light up when Shreddies are on the table for breakfast. And Shreddies' whole wheat nourishment helps keep those eyes bright. Because wheat, with its precious wheat germ, bran and other ingredients, is Nature's best food to keep active young bodies healthy and clear-eyed. Youngsters get their whole wheat the really enjoyable way—in Shreddies.



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THE STARS SAY—

By GENEVIEVE KEMBLE

For Saturday, June 7

THE astral indications are for the accent on affairs of heart and some rather than sordid or work-a-day engagements. However, funds and opportunities should increase and flourish in all activities and special interests concerning this more personal side of life. The highest and happiest good from such affiliations might be negatively or shattered by vacillating judgment or some tricky or unprincipled seas or decisions. False moves or stent may wreck happiness and tell being in all lines.

have a splendid opportunity to reap much success and happiness, with growth and well being in all relations pertaining to heart and home affairs and all those business concerns involved in such affiliations. Romance, culture, amusement, aspiration and harmonious associations might be wrecked possibly by some notion of false values, the judgment being obscure, bewildered, or downright treacherous and ignoble. Weigh all balances prudently with integrity.

A child born on this day may have an affectionate, sociable and winsome nature, with heart and home in the ascendant. Its judgment may be strange or chaotic to its detriment, unless early trained or disciplined.

There are 1,000 rooms in the Pontifical Palace in Vatican City.

That Body of Yours

By James W. Barton M. D.

RHEUMATIC FEVER, CHILDHOOD'S GREATEST ENEMY

A youngster develops a sore throat, doesn't seem to be very sick and is perhaps soon back at school again, when about two weeks afterward, he does not feel well, and legs ache. The parents may call it growing pains. But as the youngster does not get better, the physician is called and discovers that the child is suffering with rheumatic fever, childhood's greatest enemy.

Why is rheumatic fever called childhood's greatest enemy? This is because statistics prepared by American Heart Association and published in "Public Affairs Committee Inc. Pamphlet No. 21" shows that rheumatic fever, including rheumatic heart disease: (1) ranks with tuberculosis and syphilis as a great, disabling, chronic disease; (2) except for accidents, is the commonest cause of death among school children; (3) is the second commonest death by disease in the 20-40 age group; (4) causes much of the heart disease in later life.

As parents read these cold, deadly facts about rheumatic fever, they naturally may be frightened. But the pamphlet points out that these facts should be known to parents and everybody, because doctors and public health officials now believe that rheumatic fever can be checked if there is a widespread knowledge of what it is and how it should be treated.

What is rheumatic fever? "This killer and cripple is a chronic disease that usually begins between the ages of 5 to 10. It is usually preceded by days or weeks by a germ known as the hemolytic streptococcus. This germ is commonly the cause of such illnesses as tonsillitis, scarlet fever, erysipelas, inflammation of the ear, and the so-called strep sore throat. There is pain in the joints, some fever present, and sometimes nose-bleeds, loss of weight. It is because rheumatic fever almost always affects the lining of the heart that makes it so dangerous at the time and later in life.

The only effective treatment for rheumatic fever is long rest in bed with good medical and nursing attention.

The above facts from such an authoritative source merit our careful consideration.

Better English

D. C. Williams

1. What is wrong with this sentence? "They have lived there upwards of a year."
2. What is the correct pronunciation of "aquarium"?
3. Which one of these words is misspelled? Defalcation, default, pauperism.
4. What does the word "timorous" mean?
5. What is a word beginning with "t" that means "habitually silent"?

ANSWERS

1. Say, "They have lived there almost a year."
2. Pronounce ak-war-um, first "a" as in ask, stressed, second "a" as in care, accent second syllable, 3. Defalcation, 4. Full of fear; timid. "She directed a timorous glance towards her father." 5. Taciturn.

DOROTHY DIX SAYS—

Dumb Wife

Woman Finds Home Is Peaceful When She Keeps Quiet

DEAR DOROTHY DIX: I am beginning to believe that one of the biggest secrets about how to make a happy marriage is for a wife to keep her mouth shut. My husband tells me I talk too much, so I have learned to sit for hours in a room with him without uttering a word. I notice that when I keep quiet he is much more amiable himself. When he is ready to talk, he talks, and the atmosphere is nice, friendly and calm.

This tip may help some brides.

DUMB WIFE.



MARITAL SECRET

ANSWER: Perhaps you have discovered the secret of how to get along with a husband without friction. Certainly it would save a lot of family fights if the wife never argued, talked back, criticized her husband, nor reminded him of any of the mistakes he made.

I long have contended that one of the great mistakes that wives make is in telling friend husbands of their shortcomings and blunders, such as, for instance, about how much they paid for a hat, burning up the roast, or letting a peddler talk them into buying something they didn't either want or need. Of course, husband had to react by delivering a lecture to wife and telling her what a poor manager she was; whereas, all would have been peace and harmony if she had just kept silent.

One of our famous novelists has said that all the vocabulary a wife needed was just to murmur: "How wonderful!" whenever her husband spoke. So, perhaps, the dumb wife is a preferred risk in marriage.

I once knew a man who monopolized the conversation at home and who would not let his wife even read because, he said, he didn't want to have her detach her mind from her thoughts when he felt like talking to her. But I never noticed that she was a particularly happy woman.

Anyway, for a wife to keep silent may make for peace in the home, but it certainly doesn't add to its gaiety. I agree with Stevenson who said that no quality was more desirable in a wife than for her to be a good gossip.

DEAR DOROTHY DIX: I am a girl of 18 and have been going steady for a year and a half with a boy with whom I am much in love. But here is my problem: Every time we go out for a ride in his car.

(Continued on Page 3)

Living & Leisure THE WOMAN'S REALM

ON PLANTING A YOUNG MAPLE

This tree I plant will never grow as high as joy, as wide as woe; But may it grow as maples do, Tall and broad and good to view.

It will not get its growth as soon as boys that change from moon to moon; But may its sweetness ever bring joy to small boys in the Spring.

It is too young to shelter me In years of my infirmity But may it shelter youth and maid And comfort old men with its shade.

—Mary Newton Baldwin in the New York Herald Tribune.

GODEY PRINTS

The most charming prints in America, Godey prints, have been reproduced on china. They make lovely decorative accents in your home. Put hanging shelves in your dinette, or build in a corner cabinet, and use your Godey's with old-fashioned gingham curtains and tablecloths to give your kitchen or dinette a smart old-fashioned, new-fashioned charm.

Another nice place for Godey's china is in your daughter's bedroom. Three different Godey prints have been reproduced on the Godey china and six plates can be massed on one wall space or above or around a mantle. Whether fashion or Victorian is her hobby or whether she is just a girl who wants a flattering feminine background, these lovely Godey print plates will fill the bill.

NEED FOR HOLIDAYS

With holiday time rolling around, the medical authorities remind us of the necessity of change, rest and recreation at least once a year.

Few people, these days, need to forego an annual holiday, and the doctors urge those who would pass up such a rest to consider seriously the effect this may have on their health. Both mind and body need this let-down, they say, if they are to continue to give their service expected of them.

SUN'S DIAMETER

The sun has a diameter of 864,100 miles.

Household Scrapbook

By Roberta Lee

Refilling Pillows

When refilling a feather pillow, crush a small block of camphor and mix it with the feathers. It will help preserve the feathers and keep the pillow from having any musty odor for a long time.

A Cake Recipe

Many kinds of cake can be made from a good plain cake recipe. But the recipe can be varied by adding cocoanut, chopped nuts, citron and raisins, dates, or spices to the batter, before baking it.

Grease

To remove spots of machine grease from clothing, try using clear ammonia and soap.

How Can I!!

By Anne Ashley

Q. How should combs be cleaned?

A. The dirt between the teeth of the comb can be removed with a toothpick. Then wash the comb in a solution of cold water and a few drops of ammonia. Wipe the comb until thoroughly dry.

Q. How can I distinguish good mushrooms from bad?

A. Sprinkle a little salt on the gills. If this turns the gills black, they are fit for food; if yellow, they are poisonous.

Q. How can I bleach blankets that have yellowed?

A. By steeping them overnight in a solution of hydrogen peroxide, diluted to about one-eighth its natural strength.

Ellen's Diary

By an Island Farmer's Wife

At the very moment James called me to housewifely duties last night I was recalling a cake recipe given to me by a farmer's busy wife—a quick bright lady with helpful recipes on the tip of her tongue and well versed in the lore that contributes to the comfort and well being of her home and family. It is a "quick cake" a regular panacea for cooks hard pressed for time, these busy Spring days. There is no order given for the assembling unless it be that the soda must be sifted with the flour for best results. "If there's one thing I hate!" James said the first year we were married "it's to bite into a lump of soda!" The recipe calls for: one cup or more of brown sugar; one half cup of butter or substitute plus salt; two eggs; three fourths of a cup of milk from "the tidy cow"; one teaspoon each of nutmeg and cinnamon, about a cup and a half of flour (old troupers will know by the appearance of the mixture— younger ones must experiment) a teaspoon of soda, one half cup or more of raisins, or prunes. And all mixed together in a spiced pot pourri, then poured to a lined bake pan.

Yesterday there had been strange but interesting happenings at Alderlea and even if James professes to be much distressed if awakened from his first sleep, when I finally joined him in the wide old bed, there were certain incidents to be discussed before sleep finally claimed us. There had been the incou-lating of ours and Rob's herds which came as an end to others in the district. This is a precaution against a strange malady referred to by our farmers as "shipping fever." Apparently it is a disease which strikes suddenly and often fatally and to the laymen hides its source. In any event, when our men considered the loss they would sustain from the death of even one animal, they decided in favor of the treatment. Following supper, the cattle kind were called in from a near meadow and presently a Veterinary Surgeon's car came up the driveway. As James and I supped a deus, he glanced towards the clock, which was only then ringing the exact hour for supper, to remark "how well on time is this meal!" then quietly resumed his eating.

He elaborated on this statement when I came to bed. "It's very strange Ellen, about your heart. When I happen to call you to head a pig or a cow in the yard, you dare not hurry. And yet as we went to the stable to attend to the cattle this evening, you actually ran down the short-cut on your way to the corner." He chuckled. "It must have improved lately." Hearts are unpredictable organs, whether they palpitate behind feminine bosoms or, are hidden behind manly breasts and pressed by either emotion or sentiment, between the workings of either there is no wide gulf. To reach interesting objectives James can break into a run. But never of course to reach the "simple" one that had hastened my steps. James had continued "how folks who appear to be normal in other respects and of— yes, I would judge average intelligence, can be content to sit through the chit-chat of a movie. They're so over drawn to my way of thinking, as to be absurd." He burrowed deeper into his pillow, in an effort to recapture the sleep that had slipped from him and while a star twinkled brightly, then grew dim above the birch, breathing became regular and we slept.



FOR Goodness SAKE Buy BUTTER-NUT BREAD always fresh Eastern Bakeries Limited

Cook's Corner

PEACH BUTTERSCOTCH TARTS

4 tablespoons butter
1/4 cup brown sugar
2 tablespoons flour
1/4 teaspoon mace
2 tablespoons lemon juice
1 can sliced peaches
Syrup from peaches
METHOD: Melt the butter, add the brown sugar, flour and mace. Mix well and add the syrup drained from the peaches. Cook slowly, stirring constantly, until the mixture is syrupy, that is, until it is somewhat thickened. Remove from the heat and add the lemon juice. Line individual pans with pastry and fill with sliced peaches and pour the cooked syrup over these. Cross 3 narrow strips of pastry over each tart and bake in a fairly hot oven (425 deg. F.) for about 30 minutes, or until the pastry is nicely browned.

ALMOND PASTE

1 pound finely ground almonds
1 pound icing sugar
4 egg yolks
1 teaspoon almond flavoring
Beat egg yolks slightly and add almond flavoring. Add to finely ground almonds, then work in the sugar gradually, working until mixture is very smooth and stiff as dough, kneading well. Roll out 1/4 to 1/2-inch thick and cut to fit cake.

Morning Smile

GOOD BUSINESS

A shopkeeper had for some time displayed in his window a card inscribed "Fishing Tackle." A customer drew the proprietor's attention to the spelling. "Hasn't any one told you of it before?" he asked. "Hundreds," replied the dealer. "But whenever they drop in to tell me they always buy something."

"Prisoner," said the judge, "you say your wife hid you on the head with a plate. Is that so?" "Yes, sir." "But your head doesn't show any marks of any kind." "No, sir, but you should have seen the plate."

(Continued on Page 3)

Modern Etiquette

By Roberta Lee

P. When one is a house guest, should the selection of the host be criticized if he makes a "blime date" for the guest?

A. No, because the host has done his best to provide entertainment for the guest.

Q. Does it show good taste to kiss or embrace a friend when greeting her or departing?

A. No. Demonstrations of affection should not be made in public. Q. What gifts may a girl send to a man, who is an intimate friend, when he is ill?

A. A book or flowers.

ST. DUNSTAN'S AID

LONDON — (CP) — Nearly \$528,000 has been raised voluntarily by R. A. P. stations at home and abroad for St. Dunstan's famous institution devoted to aiding blinded servicemen and women of both world wars.



New EASY WAY Hemstitches On Your own Sewing Machine NO BASTING NECESSARY ...Makes Papers, Comforters, Rugs, too

No more paying someone else to do your hemstitching. No more dragging making rugs by hand! Amazing invention does both ... quickly, easily! Fits any sewing machine in a hurry! Does all types of hemstitching possible, two-piece cross-stitch, inlaid, circular, hemstitching for pleats, dress making, smoking, picotting, too. Most amazing with this wonderful invention you'll make rugs in all kinds of designs from any material, make slipers, comforters and auto rugs. Complete with instructions.

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HEATHER SPECIALS

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"I CRIED MYSELF TO SLEEP — The night I found they were whispering about me!"



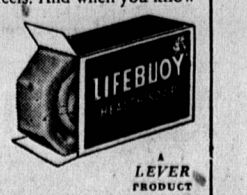
"Why not admit it, I just wasn't popular—that's all. But I never expected to be so humiliated as I was the night of Mary Jane's party. As I came into the room, I heard Bob and Jim whisper ... 'B.O.'"

"It was only a murmur, but I caught it. I imagine people whispering that about me. I hurried home, and cried myself to sleep."



HOW TO STEP UP PROTECTION AGAINST "B.O."

TESTS prove not only that Lifebuoy stops "B.O." (body odor) but that you can build increasingly better protection against "B.O." by always bathing with Lifebuoy. Try it. Bathe with Lifebuoy for just seven days. See how fresh and clean your skin feels. And when you know that a Lifebuoy bath stops "B.O." faster, gives you longer-lasting protection, you won't ever want to miss your "BATH A DAY THE LIFEBOUY WAY!"



"The next day, I was still terribly upset. Then I realized that no one with 'B.O.' can be popular. So I got myself some Lifebuoy right away."

"Now I never miss a day bathing with Lifebuoy! I know that I can depend on Lifebuoy for all-aver and long-lasting protection against 'B.O.'"

"I never dreamed it was so much fun to be popular. I pity the people who are careless and fall to take precaution against 'B.O.' It can spoil their whole lives."