

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

FOR THE WOMAN READER

THOUGHTS

OUR many deeds, the thoughts that we have thought, They go out from us thronging every hour;

UNCONGENIAL TASKS

It is not so hard to take an interest in an uncongenial task if we go about it right. There is something of interest in the meanest occupation, if we but look for it.

SOLITUDE

Solitude is a good school, but the world is the best theatre; the instruction is best there, but the practice here; the wilderness has the advantage of discipline, and society opportunities of perfection.

HUMILITY

Let us be chastened, quieted, humbled; because we cannot tell how near we are to things eternal, and we do not realize the possibility that eternity is always nearer to us than time can ever be.

ADMIRATION

We become like those whom we habitually admire.—Drummond.

GENEROUS SUPPLY OF VITAMINS IN CARROTS

The cheapness of carrots puts within the reach of every family those food elements which are essential to growth, health and vigor. Strong muscles, red blood, sound teeth, firm flesh, straight bones, glossy hair and clear skin are the result when vitamins and minerals are present in the diet.

Best Eaten Raw

To gain the greatest benefit from the vegetable as a beautifier, it should be eaten raw. Then there is no loss of vitamins B and C. Both these vitamins are somewhat affected by careless cooking and there is apt to be loss of minerals.

Carrot straws add a pleasant contrast of color to a tray of relishes. Grated raw carrot is good in any vegetable salad and some fruit salads. Rings of carrot filled with highly seasoned cream cheese make attractive and inexpensive appetizers.

There is very little loss of food value in such a dish as scalloped carrots. Try it for luncheon with breaded veal cutlets some Saturday when a special luncheon may be wanted.

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Tune in on ASCO Program on C. F. C. Y. daily 7.15 to 7.30 P. M.

Scalloped Carrots

Two cups thinly sliced carrot, 1-2 cup thinly sliced onion, 2 sweet green peppers, 1 cup milk, 2 tablespoons butter, 1 tablespoon flour, 1-2 teaspoon salt, 1 teaspoon sugar, 1-8 teaspoon pepper, 1-3 cup coarse stale bread crumbs.

MOULDING CHILD ON PARENTS' PLAN

Once upon a time there was a lady who had a little girl with straight hair, and a boy with curls. She talked so much about the unfairness of nature that the boy hated his hair and so did the girl.

Then there was the mother who wanted a daughter and had a son. She did everything but dress the boy in petticoats and the result was a complete essay. He was an eternal misfit and despised himself to the point of insanity almost.

No Fairy Tale Figures

These "once-upon" ladies belong to no fairy tale age. They are here with us, next door to us, in our own houses. They are ourselves. Every one of us is a "once-upon" mother.

Before our children are born we begin to extend our own personalities and our own plans into their lives. Not only do we have a decided preference frequently for a certain sex to be born to us, but we fix upon looks. Almost invariably too we carve out what dispositions we wish them to have, to say nothing of tastes and abilities.

Then from babyhood on we disregard their natural propensities and force our own hobbies upon them, making them unhappy and self-conscious.

In so doing we defeat the very thing we set ourselves to do. Not that we could do it anyway in many cases, but there is such a thing as "conditioning" children in a certain direction by wisdom and tact very early in the game.

As for physical tangents, no defects in a mother's or father's eyes should ever be given voice before a child. Character is undermined thereby from the beginning, a whole life's happiness ruined. We must learn to praise children and keep our disappointments to ourselves. It is hard to do but we must.

ONION TART

Cook some finely chopped onions in butter, seasoning with salt and pepper. Do not let them brown, and when they are ready mix them with the yolk of an egg, and use the mixture to fill a flat tart. Cover it's with a lid of paste, and bake in the oven till the pastry is nicely brown. Serve hot.

Barbours ACORN BRAND PEPPER. For strength and purity! Barbours SPICES

A Morning Smile

He Wondered

Sambo—Didn't you tell me that "procrastinate" means "to put off"? Professor—Dat am right, and the significance of the word—yes, sir!

How He Knew

The man who was smoking a bad cigar ignored the protests of other passengers. At the first stop one of the latter called the guard and informed him that the cigar smoker was travelling in a first-class compartment with a third-class ticket.

DEAN INGE TO RETIRE—WILL LIVE IN NEW HOME

I have just paid a visit to Brightwell Manor House, in the heart of rural Berkshire, which will be the new home of Dean Inge when he retires next year, writes a correspondent of one of London's daily newspapers.

The "Gloomy Dean" is not living up to his reputation, for he has bought the happiest house in Britain—although it has a ghost. Brightwell Manor House is a feudal manor with its own most secret passages and concealed panels. In the garden is a burial mound of Saxon yeoman guarded by three large yew trees which are supposed to ward off evil spirits.

Secret Passage

In the Tudor panelled study there is a secret passage leading to a neighboring farm. This is believed by the villagers to be haunted by the daughter of a farmer, who met her death in the manor house many centuries ago.

Even the moat has a tragic association for here one stormy winter's night a rector was drowned on his way to the church which stands in the original ground of the old manor house. None of these influences, however, is likely to disturb the sceptical Dean in his retirement. Some thousands of pounds will be required to restore the old Tudor and Georgian architecture.

No Shops

From his secluded retreat, cut off completely from the modern world—there are no shops or garages in Brightwell, and only one telephone—the Dean will be able to find complete peace.

PLEASANT VALLEY SCHOOL August and September

- Grade X.—1, Eletha Somers; 2, Edna Wigmore; 3, Ada Stevenson. Grade IX.—1, Allison MacLeod; 2, Millage MacLeod; 3, Louis Weeks. Grade VII.—1, Helen Somers; 2, Olive Weeks; 3, Louella Stevenson. Grade IV.—1, Milton Weeks; 2, Dorothy Weeks; 3, Adelaide Wigmore. Grade III.—1, Eileen Weeks; 2, Harold Murphy. Grade II.—1, George Smith; 2, Jean Somers; 3, Roy Smith. Grade I.—1, Earle Somers; 2, Randolph Stevenson; 3, Barbara Smith. Perfect Attendance — Reggie Weeks, Ruth Smith, Louis Weeks. (Patriot please copy)

Chest Colds Rub well over throat and chest VICKS VAPORUB

To Be Good Wife: Go Into Business! Dorothy Dix Explains Truth In Paradox

Business Training is the Bride's Best Bet. She Learns About Men From Her Boss, and She Develops Patience, Thrift and Tact Out of Her Own Hard Experience

The best training that a girl can get for domesticity is in a good business house. The best preparation a girl can get for wifehood and motherhood is for her to earn her own living for a couple of years. This may seem a strange saying considering that after marriage the scene of a woman's activities is generally the home and not the commercial world, and it would appear more important for her to be a crack-jack stenographer or saleswoman. Nevertheless such is not the case, and while it is highly desirable that every woman should know how to cook when she marries and undeniable that she saves herself many years and her husband much dyspepsia if she does, still there are things more important for her to know than how to make bread and she acquires this valuable information in an office and not in a kitchen.

To begin with, the business girl starts out in marriage with a shrewd knowledge of men. She has worked for them and with them and she has their number down to the last figure. There are no Fairy Princes or romantic heroes in the cosmos. Instead there are just a lot of male human beings who are a queer combination of bigness and littleness, of selfishness and generosity, of cruelty and kindness.

She has seen men who are braggarts with success and cry-babies in misfortune. She has telephoned wives that their husbands were in conference and wouldn't be home until late when they were stepping out with blondes. She has seen men spend money on bootleg liquor that should have gone for the children's milk.

And she has seen men bear with incredible patience loads under which they staggered until they dropped dead. She has seen men slave for wives who took all and gave nothing. She has seen big men afraid of their wives and wise men turned into fools by the flatteries and cajoleries of vamps.

So when the business girl marries she has qualified as an expert in men and knows them and all of their tricks and their manners. As a wife she is not blindly trustful, but she does not expect the impossible of her husband and she makes more excuses for his shortcomings than does the domestic woman, because she knows the temptations he is up against and how the strained nerves of those who live always at a tension cry out for some relaxation for something that will make them forget the eternal grind for an hour or two.

A touch of Nature makes us wondrous kind, and the girl who has worked for her own living never makes all the foolish little demands on her husband that the purely domestic woman does. She doesn't expect her husband to come home gay and chatty after a hard day's work or be the life of the house when the market has gone bloomy or to go to a night club and dance until 2 o'clock after he has been on his feet all day. She knows what it is to come home so tired and nerve racked that it seemed to her as if she couldn't bear it if any one even spoke to her and all on earth she wanted was to be fed and crawl off to bed.

A business training teaches a girl promptness and efficiency. She never makes one of the slap-dashy housekeepers who have meals any old time; who cook by ear and trust to luck as to the way things turn out and who never can understand how the bills got to be so big. Order is Heaven's first law in a business house and doing things on the dot and doing them properly are all the balance of the ten commandments. The girl who has formed the habit in an office of punching the time clock and of turning out good work is sure to run her home on business principles that insure its success.

Then there is money. The girl who has earned her own money never looks at a dollar in the same way that the girl does who has always had everything given to her. The one sees it as only the symbol of pleasure and self-indulgence. Something that has come easily and goes easily. The other sees every dollar wet with sweat and blood. She knows what toll, what weariness, what anxiety has gone into the making of it, and she does not throw it away lightly.

The business woman knows what money can do. She knows how it can grow if wisely invested. She knows what doors of opportunity it can open. And she knows what the lack of it means. What poverty in old age. What despair. What baffled hopes and ambitions and so she does not feel that her husband is being niggardly to her in denying her indulgences she might have when he refuses to buy her a new automobile and puts the price back into his business. The business woman makes the thrifty wife who is eager to help her husband get a start in the world.

But the most valuable training of all that a girl gets in business is in learning how to handle men. For exactly the same tactics that enable her to get along with her boss enable her to live in peace and harmony with her husband. She learns how to control her temper, for the girl who creates scenes and makes snappy comebacks soon finds herself without a job. She learns how to submerge her personality and take criticism of her work without considering it an insult and bursting into tears.

She learns how to give the soft answer that turns away wrath, how to soothe and placate a tired and overworked man, how to use tact and diplomacy in avoiding his angles, and this skill enables her to work her husband as well as an employer.

Any girl who can read can learn to be a good cook, but it takes a business office to give a girl a real post-graduate course in the art of being a good wife. DOROTHY DIX.

LONG CREEK WOMEN'S INSTITUTE

The regular monthly meeting of the Long Creek Women's Institute met at the home of Mrs. Nell Stewart on Wednesday evening, Oct. 4th, with twelve members and seven visitors present. The meeting opened by singing the Ode and repeating the Creed. Roll call was answered with "pickle receipts." The minutes of last meeting were read and approved. The School Committee reported having visited the school. A contest, put on by the Secretary, was enjoyed by all. Mrs. Albert MacDonald winning the prize. The Misses Zella and Joyce Stewart gave two very enjoyable readings. Lunch was served by the hostess and the remainder of the evening was pleasantly spent in riddles and gramophone selections. Mrs. Ralph Darrah invited the members to her home for the next meeting, roll call to be answered by paying the membership fees. The meeting closed with singing.

WORLD PRODUCTION OF ZINC The world output of zinc in June was 85,575 tons. In July, production advanced to 95,188 tons, the highest recorded monthly output since May, 1931. A 28.6 per cent increase in the United States zinc production was mainly responsible for the July advance in output. The United States shipments of zinc totalled 45,689 tons, or 24.4 per cent above the tonnage shipped in June. Stocks on hands in the United States on July 31 amounted to 109,140 tons as compared with 12,924 on June 30th. Glycol Oil Cures Rheumatism and

THE COOK'S CORNER

Mint Cakes

2 large chocolate covered peppermint patties 1 cup milk 1-3 cup shortening 3/4 cup sugar 3 eggs 1 tablespoon cocoa 1 1/2 cups cake flour 3 teaspoons baking powder 1 teaspoon salt 1/2 teaspoon vanilla Melt patties in double boiler, add milk, mix thoroughly and set aside to cool. Cream shortening and sugar well. Add egg yolks and cocoa and beat until light. Add sifted dry ingredients alternately with milk mixture, then vanilla. Fold in stiffly beaten egg whites. Bake in greased cup cake pans in a moderate oven (350 degrees F.) for 20 minutes. Frost with the following mint frosting.

Mint Frosting

2 large chocolate covered peppermint patties 1 tablespoon butter 3/4 cup confectioners' sugar 1 tablespoon cocoa 2 tablespoons cream Melt patties in double boiler, cool and add butter, sugar and cocoa. Beat until smooth.

Chocolate Pudding Cake

1 package chocolate pudding 1 cup boiling water 2 cups sugar 1/2 cup shortening 2 eggs 1/2 cup milk 2 cups cake flour 1/2 teaspoon soda 2 teaspoons baking powder 1 teaspoon vanilla 1/2 teaspoon salt Pour boiling water over chocolate pudding. Stir until dissolved. It should measure between 1 and 1 1/4 cups. Add soda and let stand. Cream shortening and sugar thoroughly, add beaten eggs. Add sifted dry ingredients alternately with milk. Combine the two mixtures; add vanilla. Bake in greased cup cake pans in a moderate oven (350 degrees, F.) for 20 minutes. Frost with your favorite boiled frosting.

MAKE A GAME OF YOUR DAILY EXERCISES

You'll thoroughly enjoy doing exercises if you make a game of them. Don't treat them as boring routine. For instance, if you are taking exercises with a view to correcting faulty posture, survey yourself occasionally in a full length mirror to ascertain the improvement.

A sliding-down-the-wall exercise helps to correct your posture. It is easy to do and actually rests your body. It will not make you lose weight since it is purely a posture exercise.

Standing a foot from the wall (your back toward it), and with your feet about 10 inches apart, lean backward until your shoulders touch the wall. Be sure your weight is on the balls of your feet. Thrust the end of your spine upward and forward and pull in your stomach.

Then try to make every vertebra of your spinal column (except the ones at the base of your spine) touch the wall. Place your neck and shoulders against it first and gradually work your backbone backward until all of it touches. Hold that position a few seconds and then gradually begin to slide downward, keeping your neck, shoulders and spinal column against the wall. Keep sliding without moving your feet, until your knees are bent. Then slide upward until you are standing upright again. Relax and repeat the exercise several times.

IF YOU HAVE PAIN AFTER MEALS, CONSULT DOCTOR

Pain after meals naturally makes the sufferer think there must be something wrong with his stomach. Such pain, however, is not always caused by indigestion or other stomach disorder. It usually comes on when one is tired and the patient tries remedy after remedy without success. Many of these cases are due to chronic appendicitis. So you see the folly of going from one drug to another, of changing your diet and making your life a misery.

It is much better to consult a doctor as soon as possible, before you damage the stomach itself with these experiments. Remember that chronic appendicitis does not always lead to pain in the right side. The pain may be nowhere near the appendix and only an expert can determine its location.

IT NEVER PAYS TO TAKE CHANCES WITH DOUBTFUL BAKING POWDER. I USE AND APPROVE MAGIC. IT IS ALWAYS DEPENDABLE. SAYS MISS ANN ADAM, popular writer of food articles for the Home Service Bureau of the Canadian Home Journal. MAGIC BAKING POWDER. Costs not quite 1/4 of a cent more per baking than the cheapest inferior baking powders. Why not use this fine-quality baking powder and be sure of satisfactory results? "CONTAINS NO ALUM." This statement on every tin is your guarantee that Magic Baking Powder is free from alum or any harmful ingredient. Made in Canada.

Daintiness With Chic Styles ILLUSTRATED DRESSMAKING LESSON FURNISHED WITH EVERY PATTERN BY ANNABELLE WORTHINGTON

How about another new novelty thin woolen in tweed effect? They are very smart this season. These days one could ask "When is tweed not tweed?" with the reply "When it's jersey, wool and silk mixture, wool and synthetic mixture, etc." So many things have stamped themselves with tweed patterns in their desire to be smart. In an extremely pliable tweed effect woolen in vivid-red was today's frock. Its chic little jacket when removed shows a charming blouse in plain red as in small view. You can make this Paris dress in an unbelievably short time and at nominal cost. Style No. 569 is designed for sizes 11, 13, 15 and 17 years. Size 16 requires 3 1/2 yards 38-inch material with 1 1/2 yards 39-inch for waist. Price of PATTERN 15 cents in stamps or coin (coin is preferred.) Wrap coin carefully.



No. 569. Size Name Street Address City State

An unusual dessert is apricot charlotte. Soak and stew 1 cup dried apricots; grease a mold and line it with bread and butter or sponge cakes. Mix together half a cup shredded suet, 1 cup bread crumbs and quarter of a cup of sugar, the grated rind and juice of half a lemon. Put alternate layers of this mixture and the apricots into the mould. Cover with a grease paper and bake in a moderate oven for an hour. Turn out, pour over the warmed apricot syrup and serve with custard.

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