

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

VACATIONS and HEALTH

By Dr. ERNEST H. LINES

CAMP LIFE

Camping in the woods or on the shore of some lake can be one of the most healthful ways to spend a summer holiday.

When selecting a camp site, go to one that is free from mosquitoes, flies and other insects which are not only unpleasant but also disease carriers and poisonous.

Axes and hatchets should be used with care, for it is all too easy to cut a hand or foot badly.

Firearms

The National Safety Council reports that one-third of the deaths from firearms occur between ages 10 and 19, and another 20 per cent between ages 20 and 29.

tramping through the fields and woods. Make sure that nobody is in range when you contemplate using firearms, and under no circumstances point a gun at another person.

Snake Bites

Find out what poisonous snakes are prevalent in the district you intend to visit, and learn something about their appearance and habits.

Apply a tourniquet just above the bite, remembering to loosen it for a moment every fifteen minutes.

People going into localities where snakes are plentiful can obtain a supply of tannin-put up in small syringes ready for use.

This is the third of a series of 12 articles on Vacations and Health. The fourth, on The Open Road, will answer the questions: 1. What should be done before starting on a long automobile trip?

GARDENING

TIMELY HINTS

A large number of early-flowering herbaceous plants are dwarf growing so naturally belong to the front of the border. They may be planted quite close to the bulbs, or rather the bulbs may be planted in between the small plants which will form a ground cover for the flowers and then grow on and bloom in their turn.

The number of varieties is very large and many are expensive, but for the purpose of a mixed border some of the old inexpensive ones are all that one needs.

When the border is planted it must be kept cultivated and free from weeds. If strong growing weeds, such as couch grass, are allowed to become established it is almost impossible to eradicate them.

In order to keep up the soil fertility, about every three years a top dressing of well rotted manure or rich soil must be given to the bed. It is easier to use soil, if available, as it does not need digging in which it is necessary if manure is used.

Some of the tall-growing plants need some support, particularly if the border is in an exposed situation. To stake plants so that they look natural is quite difficult, but it can be done.

PAINTINGS ADMIRRED LONDON, June 27—The Duchess of York attended a private view of Philip de Laszlo's exhibition today and admired his paintings of herself, her husband and their daughter, Princess Elizabeth, occupying the place of honor.

Enjoy the beauty magic of olive oil

Nature's own beauty aid —that's what makes Palmolive green

WOMEN, 3,000 years ago, knew no surer safeguard of youthful beauty than the soothing oil of the olive tree.

It is the olive oil that gives Palmolive Soap its natural shade of green—no artificial colour or masking scent in this famous complexion soap.



MADE IN CANADA

FOR THE WOMAN READER

APPEARANCES Too often the heart most heavily oppressed Has learned the art of smiling in its grief; And though dull sorrow grows within the breast, In seeming to be happy finds relief.

CHEERFULNESS What, indeed, does not that word "cheerfulness" imply? It means a contented spirit, it means a pure heart, it means a kind and loving disposition; it means humility and charity; it means a generous appreciation of others, and a modest opinion of self.

GOOD AND EVIL Consider that good and evil are now before you; that, if you do not heartily choose and love the one you must undoubtedly be the wretched victim of the other.—Chapone.

GREATNESS You go forth into the world at a time when the rushing current of modern life threatens to take every man from his feet, whose feet do not stand upon duty, and whose hands are not stretched forth toward God.—Noah Porter.

A GOOD CATCH! You are sure to have some chums who are very clever at sums. See if you can catch them with this Say: "Would a carpet fourteen feet by eighteen feet go into a room twelve feet by six feet?"

WITCH-BOWLS They really become more and more amusing—not because of the bowls themselves but because of what one can put into them! The pale lilies may be replaced by a china cluster of coloured tulips, or a little glass tree. Or the bowl may become a kind of miniature aquarium, filled with shrimps and starfish and other strange creatures of the deep.

KNOWING WHEN TO STOP Knowing when to stop and stopping are very different things. A man in a runaway motor-car knows very clearly that it is time to stop but that does not stop him.

A MORNING SMILE A salesman who had been traveling on a certain railway for a number of years was complaining about the trains always being late, when, to his surprise, the train came in on time.

WORDS Strange that in this age when words go faster and farther than ever they are so powerless to move the minds of men.

A PRAYER AT SEA O Eternal Lord God, who alone spreadest out the heavens and rulest the raging of the sea, be pleased to receive into Thy protection all those who go down to the sea in ships and occupy their business in great waters.

GOOD SENSE "Good health and good sense are two of life's greatest blessings."—Publius Syrus.

ARE HEALTHFUL Most of us wish to do one or more things outside of the work which is our daily task. These are the things of which we should make a hobby, because of the pleasure we derive in doing what we want to do, releasing us from the routine to which we are more or less committed for various reasons.

A hobby gives pleasure and satisfaction without any consideration of financial gain. It should be widely different from our regular occupation, and it should not be costly. Above all, it should entail no compulsion, as it should be a perfectly free expression of a personal desire.

It is healthful to have a hobby. For the indoor worker, it is preferable that his hobby take him out of doors. The man or woman who sits all day should have a hobby that calls for muscular activity.

The hobby provides a release from the worries of the daily grind, and furnishes a real and active interest. Hobbies help us to overcome the difficulties of life, and make life more worth while.

Daintiness With Chic Styles

ILLUSTRATED DRESSMAKING LESSON FURNISHED WITH EVERY PATTERN BY ANNABELLE WORTHINGTON

It's a jumper frock with a difference. The separate gumpie that you discard for sun-tan is adovable with its puffed sleeves and that flirtatious bow.

Yellow and white pin dotted linen as its inspirator is youthfully smart. The gumpie is white organdie. The back view demonstrates how attractive the sun-tan dress can be in pale blue pique.

Style No. 793 is designed for sizes 12, 14, 16, 18, 20 years, 36 and 38 inches bust. Size 16 requires 2 1/2 yards of 39-inch material for jumper with 1 1/2 yards of 35-inch material for blouse.

Price of PATTERN 15 cents in stamps or coin (coin is preferred). Wrap dotted carefully.

Form for pattern order: No. 793. Size, Name, Street Address, City, State.



THE COOK'S CORNER

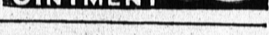
LOBSTER CANAPE

Remove meat from 1 1/2 pounds cooked lobster, chop meat finely and pound the coral to a paste. Cut out bread in circles (about eight), and lightly saute on one side in a little hot butter.

BOILED DRESSING Half teaspoon salt, 1 egg or yolk of 2 eggs, 1 teaspoon of mustard, 1 tablespoon sugar, 1 tablespoon flour, 1 tablespoon butter, 1/2 cup hot water, 1/4 cup vinegar.

TAKE ALONG MECCA ON HOLIDAYS

Don't let Sunburn, Windburn, Poison Ivy, Mosquito and Insect Bites spoil your holiday. Mecca Ointment is almost magical in soothing and healing skin irritations.



very ornamental and perfectly delicious. This amount will serve eight.

Dorothy Dix's Letter Box

Unfaithful Husband Leaves Scars That Ache, Throb Till Wife Dies—Many Men Say Skirt-Chasing Merely Adventure To Pass Away Idle Hour.

Dear Miss Dix—I have been married four years and have done everything in my power to be everything that a wife should be, but I have just learned that my husband has had three or more affairs with other women during this time.

Answer: When wives find out that their husbands are unfaithful to them, they either divorce them, or else "forgive and forget," as the phrase goes, but in either event all that made marriage beautiful and sweet and sacred is gone, never to be regained.

For, if the woman gets a divorce, it is as if she has had a limb amputated that leaves her a cripple for life. If she forgives and forgets, the memory of her husband's treachery is a wound in her heart that may heal over, but leaves a scar that aches and throbs until she dies.

Wives confronted with this problem meet it in different ways. If a woman has children, she often feels that she owes it to them to keep the home together if she possibly can, and thousands upon thousands of wives, shut their eyes to their husbands' affairs and carry on for the sake of their youngsters.

But the modern woman, if she has no children and can support herself, is likely to take a different view of the matter. She looks the situation squarely in the face and decides that she has had enough of a bad bargain and calls the marriage off.

She can see no wisdom in perpetuating a mistake. She has committed an error in judgment in her choice of a mate. Too bad. But the sensible thing is to correct her mistake while there is yet time for her to rebuild her life.

Of course, many men claim that no matter how much they philander with other women, they still love their wives. They say that their skirt-chasing is merely an advantage to pass away an idle hour, that the little dinners, the rides, the presents, the kisses and endearments simply mean nothing and are just part of the technique of flirtation.

To a certain extent this is doubtless true, but the fact remains that the man who really loves his wife ever cares for any woman. Other women have no attraction for him, and if they did, he would be too tender to let his wife's feelings be tortured by his anxiety, too careful of her pride to humiliate her by flaunting another woman in her face, and too anxious for her approbation to be willing for her to know him as a traitor who betrays her.

Dorothy Dix.

Advertisement for Red Rose Tea featuring a large image of the tea box and the text: 'This is the guarantee printed on every package of RED ROSE TEA. We take all risk of your liking RED ROSE TEA better than any other. Your money back if you ask for it.'