

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



### FOR THE WOMAN READER

#### I TEACH

The earth and soil  
To them that toil,  
The hill and fen  
To common men  
That live just here.

The plants that grow,  
The winds that blow,  
The streams that run  
In rain and sun  
Through out the year.

And then I read  
Thro' word and deed,  
Thro' mold and seed,  
Out into God;  
With love and cheer,  
I teach!

—L. H. Bailey.

#### TO MARRY HER TO MILLIONS

The story behind the romance of a young English girl, Miss Pamela Camroux who has become engaged to Mr. Robert B. Colgate, of New York, heir to the Colgate millions, has been revealed.

Miss Camroux, who formerly worked in a London dress store, has recently been working as a mannequin in New York, where she first met Mr. Colgate at a party shortly after she arrived in America three years ago.

Miss Camroux is 27, Mr. Colgate is in his early thirties.

#### Secret Engagement

The engagement has been kept a strict secret for some months, and was announced officially only recently.

Miss Camroux's only relatives in England are Sir John and Lady Oakley, and Sir John, her uncle, said to a reporter:

"I knew all about the engagement, but did not know there had been any announcement."

#### Trips to Paris

"My niece now lives in New York, where for some time she has been a buyer for one of the big fashionable dress establishments."

"Occasionally she comes over to Paris to take back the latest modes. A few months ago she visited us here in London on her way back to America."

"She is a girl who has had to work for her living, and was engaged in similar business in England before she decided to go to New York in search of a job there."

After the official announcement of the engagement Miss Camroux carried on with her job as a model.

#### THE SUNDAY HEN

An old man in poor circumstances who gave to missionary societies the proceeds of every egg which was laid by his hens on a Sunday was the subject of a tribute by the Rev. H. Crossland, vicar of Houghton, at a meeting of the British and Foreign Bible Society at Carlisle. The man was Thomas Irving, who was 84 years of age and a cripple. It was stated that he often collected 10 pounds

for missionary societies. He died recently and the society recorded their appreciation of his work.

#### VARICOSE VEINS CAUSE HEAVY, DRAGGING FEELING

"Since I had my varicose veins treated I have felt enormously better. That tired, heavy, dragging and aching feeling in the legs has entirely left me, and I am 20 times as active as I have been for years."

This remark was made by a middle-aged woman who had for a long time been crippled with her veins.

Her veins had been treated by the comparatively recent treatment of injection—a perfectly painless and harmless process by which the trouble is cured after perhaps two or three sittings and without having to lay up.

Of course a few cases are not suitable for this treatment, but it is always worth while consulting a doctor as to whether it should be done. Do not ignore the vein, as they tend to get worse. If they cannot be injected there are other treatments, one of which is generally practicable.

Varicose veins often run in families and children of parents afflicted with them should avoid tight garters and suspenders, take plenty of exercise, but avoid an occupation which requires a lot of stationary standing.

#### CINNAMON TOAST

Cinnamon toast is increasing in popularity. Not only is it an easy savoury but it is also a novelty to serve for afternoon tea. First toast the bread. Place it under a fairly slow grill and turn frequently so that it "crisps" right through. If toasted in front of the fire hold at a distance from the bars. Do not spread the toast with butter, but mix the butter, cinnamon, and some honey together first. Mix them in the proportion of equal quantities of butter and honey, and a teaspoonful of cinnamon to one tablespoon of each of the other ingredients. Spread the toast liberally with the mixture and serve cut in three-cornered pieces or strips.

#### BORAX IS EXTREMELY USEFUL IN THE HOME

Borax has many uses in the house. It is an excellent water-softener, and water used for shampooing the hair is greatly improved if borax is added to it. It is useful for removing certain stains. Red ink stains may be successfully removed with a strong solution of borax. Wine and fruit stains may be removed if treated with borax and then washed in boiling water. If white fabrics are scorched, rub on a little powdered borax and the scorch mark will disappear. Remove coffee and cocoa stains with a little moistened borax. They should then be rinsed in boiling water. Old tea stains may be removed with a little borax and water. Discolored old lace will regain its color if steeped in a solution of borax and soap. It gives a glaze to linen and muslin, and if a teaspoon of borax is added to boiling water starch it prevents the

### PURITY FLOUR

BEST FOR PIES AND CAKES

#### THE COOK'S CORNER

##### Chicken Royal

1 1/2 cups cooked chicken, diced;  
1/2 cup cooked ham, diced; 1 cup crumbs, bread or crackers; salt and pepper, 2 cups milk, 1 cup asparagus tips, 2 tablespoons butter, paprika. Lightly mix the chicken, ham, crackers and seasoning. Put into a buttered casserole. Pour milk over all. Bake in a hot oven (425 degrees Fahrenheit) 20 minutes. Remove from oven. Arrange drained asparagus tips on top and pour melted butter over it. Sprinkle paprika. Six portions.

##### Bacon With Bananas

6 bananas  
4 tablespoons butter  
1 tablespoon lemon juice  
12 slices bacon  
Peel bananas and brush with lemon juice and 2 tablespoons melted fat. Sauté in the rest of butter in a frying pan till golden brown on all sides and tender. Remove to platter, and in same frying pan, cook bacon till crisp. Arrange bacon around bananas.

##### Baked String Beans and Bacon

2 lbs. string beans  
6 slices bacon  
1 1/2 cups thin cream  
1/4 teaspoon salt  
1/2 teaspoon pepper  
3 tablespoons melted fat  
1/2 cup fine bread crumbs  
Cook string beans, cut in inch lengths, until tender. Cut bacon into dice and fry till crisp. Add bacon to beans, together with thin cream, salt, pepper and 2 tablespoons melted fat. Arrange in greased baking dish and cover with fine bread crumbs which have been lightly tossed in 1 tablespoon melted fat. Bake in hot oven (425 degrees F.) for 20 minutes until golden brown. Servings 6.

#### NEW IDEAS

In one large family each member is permitted to find a new recipe that appeals to that particular individual and give it to mother to try out once a month. It adds zest to the daily menu and adds a variety of new and delicious dishes to what may be a rather monotonous routine of meals.

#### A Morning Smile

The nice old lady smiled at the little girl who had been left in charge of the confectioner's shop.

#### RED ROUGH HANDS

Wife: "Why don't you help me out of the car? You're not so gallant as you used to be when I was a girl."

#### Wife: "You must remember, my dear, you're not so buoyant as you used to be when I was a boy."

### Dorothy Dix's Letter Box

#### What a Surprise Slovenly Husbands Would Get if They Knew What Their Wives Thought of Them! Man Who Fancies Himself Devil Among Ladies

Dear Miss Dix—Why does it seem to be a law of nature that the woman must always be alluring in order to hold the interest and love of a man, while the man goes unshaven and slouchy, even dirty, and takes no care of his personal appearance and still expects the woman to go on loving him and seeing him as the ideal of her dreams that she believed him to be when she married him? Does a husband worry about losing his wife's love? He does not. He will look like a tramp, be grouchy and selfish and sulky and expect her to love him, but she has to have all the feminine virtues or he transfers his affections to some other woman.



I tell you I am about fed up with a husband who disgusts me by his slovenliness and fills me with contempt by his selfishness and lack of consideration for my comfort and happiness and yet expects me to be always charming and amiable.

There are two answers to your questions. The first is, the reason that women make more effort to be attractive to their husbands and hold their husbands' love than men make to keep their wives fascinated is because it is more important to a woman to keep her home together than it is to a man.

When a woman gets married she burns her bridges behind her and she cannot, as a general thing, go back to her former estate. Her home doors automatically close behind her and she cannot resume her former place in the family circle that she held before she was married. If she was a business woman, some younger woman has got her job and she are using new methods in the office, so she finds it difficult to become a money-earner again. Besides, there are nearly always children who must have a home and an education, and she cannot support these alone.

So, aside from any sentimental consideration, any question of love or emotion, it is of practical importance for a woman to preserve her home, which is her own and her children's livelihood. This she can do only by retaining her husband's love, so that she is forced to try to make herself attractive and agreeable to him.

On the other hand, a man's home never means so much to him as it does to his wife, and if it is broken up, he still has his business, his money, his ordinary interests and pursuits. He hasn't had everything swept away, as a woman has.

The second answer to your question is masculine vanity. The average husband never worries his head about his wife ceasing to love him, because he believes himself so superhumanly attractive, dirty or clean, shorn or unshorn, pressed or unpressed, that she cannot help adoring him and admiring him. And he also believes that such are his powers of fascination that she will go on loving him no matter how he abuses her.

In all of which he is, of course, utterly mistaken. Women are far more sensitive to appearances than men are, and, if a man is disillusioned by a slovenly woman, a woman finds a dirty man a thousand times more repulsive. And if a man falls out of love with a shrewish woman, be sure that a wife actually hates a grouchy husband.

It would astonish a lot of men to know what their wives really think of them.

DOROTHY DIX.

Dear Miss Dix—A boy in the glamour of youth married a girl who did not keep up with him in his growth, and whom he found in his mature years an utterly un congenial mate. He has found the one woman as she has found him. They both know. That is all. There has been no philandering. They both feel that there is nothing to do but carry on and take what little joy there is in a love like that. But it is something to keep one's honor unsullied if the heart does go on a rampage.

ONE OF THEM.

Indeed, it is, and it takes the bravest of the brave to be able to say: "I could not love thee, dear, so much, loved I not honor more."

I often think that no martyrs ever lived who are so worthy of our profoundest reverence as are those men and women who endure patiently and silently the long, drawn-out agony of unhappy marriages. They are crucified upon the cross of the mistakes they made in their early youth and their sufferings are not for a few minutes or an hour, but go on and on for years and years.

We see many examples of it. Spiritual women who are married to clods, men who cannot understand one thought or dream of their wives. Brilliant men married to silly, dull little wives who chatter as senselessly as a canary bird. Yet these men and women, disillusioned, bored to extinction, heart hungry, lonely, carry on because of their sense of duty, because they are too honorable to repudiate the obligation they took upon themselves.

There is no tragedy greater than that of the husband and wife who outgrow their mates and who must not only go companionless upon their ways but endure the daily close contact of those who rub their nerves raw and who weary them to tears.

And the very bitterest drop in this tragedy is that so cruelly often the husband and wife do find the woman and man whose heart and soul would have answered unto theirs and with whom they could have been supremely happy. It takes heroes then to remember that the poor, dull wife and husband are not to blame and that an honest man and woman must pay their score to life and put honor before inclination.

God alone knows why we are punished more for our mistakes than we are for our crimes, but it increases one's respect for humanity to know that there are men and women still left who have the strength to stand by their bargains and not turn quitters.

DOROTHY DIX.

Dear Dorothy Dix—My husband and I belong to a card club to which six or eight other couples belong. At home my husband is all in all to me, but when we go out he forgets he knows me or has me along, and he is always putting his arms around some one of the women, and the men kid him about it and the women call to me to see what he is doing. What do you think of this? Do you think I am jealous because I object?

MARY.

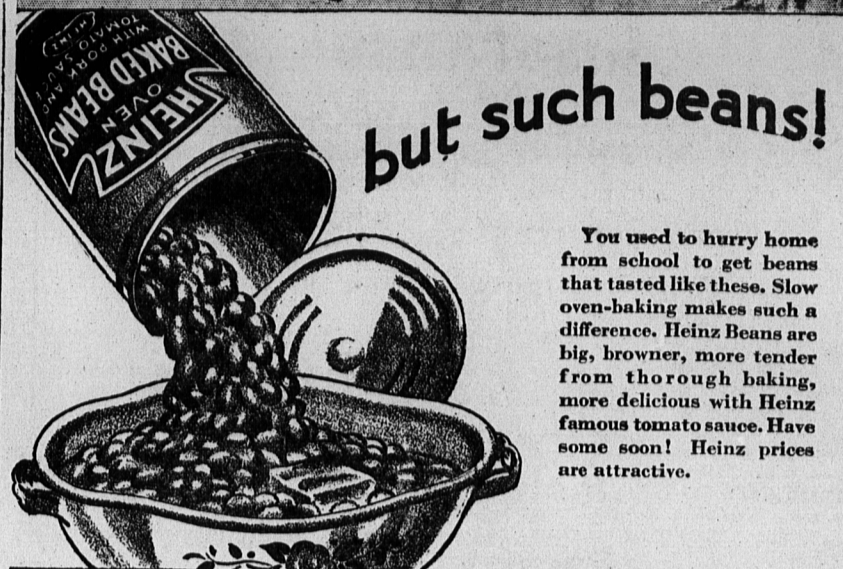
I think your husband shows great lack of good taste and probably makes himself very offensive to the other women, as there is nothing that women resent more than such familiarities.

Evidently your husband considers himself a devil of a fellow among the ladies and is trying to show off before you, or if you cannot induce him to mend his manners just laugh at him. He really means nothing.

And if it will comfort you, you may be very sure that every one of the women he is pawing over is wishing she had the courage to jab a hat-pin into him, and in her heart she is calling him an old idiot.

DOROTHY DIX.

### One day have beans



### but such beans!

You used to hurry home from school to get beans that tasted like these. Slow oven-baking makes such a difference. Heinz Beans are big, browner, more tender from thorough baking, more delicious with Heinz famous tomato sauce. Have some soon! Heinz prices are attractive.

### and the next day—Spaghetti!



### but such spaghetti!

Let Heinz Cooked Spaghetti give appetizing variety to the menus of the week. Heinz Cooked Spaghetti has all the goodness of durum wheat, milk, butter, golden cheese and tomato sauce, blended with the skill of a master chef. Here is delight for the appetite in a nourishing, satisfying, ready-to-serve meal. Prices are low.

# HEINZ 57

SOME OF THE

CANADIAN MADE AT LEAMINGTON, CANADA. FOR OVER 24 YEARS

#### SUET PUDDINGS

"Let them have plenty of good suet puddings." That was the advice of a doctor, and one of the children turned to me with a grimace.

"Ugh! I hate suet puddings," she cried.

Remembering, too, how I hated them as a child, I sympathized with Ann. But I suggested she and I should go into the kitchen and make a pudding ourselves. Nowadays when suet can be had ready-shredded, there is not all that chopping of suet which in former days went to the making of a suet pudding, often resulting in "chuncky" pieces which children hate. Moreover, if a suet pudding is steamed instead of boiled, it is lighter, the goodness is kept in, and when breadcrumbs are mixed with the flour a much nicer pudding results.

I taught Ann a standard foundation recipe for steamed suet pudding, showing her how she could make dozens of puddings from the same recipe, also taught her, too, that she could transform a plain steamed suet pudding into one most appetizing and alluring by heating jam as a sauce and pouring it over, or a custard lemon, caramel, or orange sauce, and a dozen besides.

#### The Foundation Mixture

Here is a recipe for the foundation mixture. An egg always makes an improvement. Indeed use two when eggs are cheap. Ingredients: 1-2 lb. each of breadcrumbs and flour and 6 ozs. shredded lard or suet, 1 teaspoonful baking powder and one level teaspoonful salt. One or two eggs as desired. Water to mix. Method: Mix together all the ingredients, beat up the egg and stir in, then mix to a soft dough with cold water. Well grease a pudding basin, put in the mixture, but do not quite fill the basin, leaving room for the mixture to rise. Cover with a greased paper and steam for 2 hours. For a larger pudding,

### Daintiness With Chic Styles

ILLUSTRATED DRESSMAKING LESSON FURNISHED WITH EVERY PATTERN BY ANNABELLE WORTINGTON



Schoolgirls will love this dress and look delightful in it, too. Now the original model was a soft, hairy woolen weave. Amusing red wooden buttons gave accent to the military cut of the bodice. The belt was red leather. Grey wooly angora tie made a pretty finish for the neckline.

It will take you about two hours to make it and at just the cost of the material. Think of it! No wonder so many women are busy sewing again for their small daughters.

Style No. 654 is designed for sizes 8, 10, 12 and 14 years. Size 8 requires 1 1/2 yards 54-inch material with 3/4 yard 39-inch contrasting.

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

No. 654. Size ..... Name ..... Street Address ..... City ..... State .....

3 hours is necessary. If you have allowed the water to come half-not a proper steamer, stand the bay-way up the basin, renew the water in a saucepan of boiling water, if it tends to boil dry.

### ECZEMA

Because it relieves the itching almost as soon as applied and gradually heals the skin Dr. Chase's Ointment is a most satisfactory treatment for eczema and other irritations of the skin. This is proven by fifty years of success.

### Dr. CHASE'S OINTMENT

### MILLIONS NOW USE MEDICATED CREAM TO END SKIN FAULTS

Scientific formula saves money—costs only a "penny-a-day"

WANT to make faulty skin and red, chapped hands beautiful—for only a penny a day? Already 6,000,000 women have adopted this inexpensive new, scientific cream that quickly improves even the worst skin.

It's Noxzema Skin Cream. Not a salve. Greaseless. Noxzema's penetrating medication purges away deep hidden pore-poisons that cause blemishes. Then its bland oils and gentle astringents soothe, soften, refine the coarse skin to baby-fineness.

Today apply Noxzema as a corrective foundation for powder and at night after removing make-up. See new beauty tomorrow! For lovely hands use regularly after wetness or exposure. Get an inexpensive jar of Noxzema at once at any good drug or department store.

This Week—Special Offer 83¢ Boudoir Jar only 64¢

This week you can get this big attractive jar of Noxzema for only 64¢. Take advantage of this big saving. Get a jar today while the offer lasts. At all drug and department stores.

