

Woman's Realm Social and Personal Fashions Literature

Living & Leisure

THE WOMAN'S REALM

SWAPPERS

Since bottoms and tops of pyjamas so seldom are worn, as a whole why shouldn't we check on the wearers?

By taking a national poll, and then, with the figures to guide us, engage in a business of swaps with those who wear only the bottoms.

And those who wear only the tops?—Florence Jansson in the Wall Street Journal.

TO MAKE THEM SHINE

Pictures and mirrors frequently become dingy. To keep them shining, go over the glass with warm soapy water to which a few drops of household ammonia has been added, then wipe with a cloth wrung out of clear water. To give a professional sparkle to the mirror, after it is dry rub the surface with a piece of crumpled tissue paper.

KEEP IT SOFT

You can keep brown sugar from hardening by placing a small piece of unpeeled apple in the sugar jar.

BACHELORS DO THEIR OWN LAUNDRY

Every Thursday evening many London bachelors meet over the wash-tub. It was thought that the

PEACOCK MOTIFS



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Peacocks in a variety of sizes and poses create effective embroidery motifs on towels and pillow cases. Hot iron transfer pattern No. E-723 contains 12 motifs with complete instructions.
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men might feel shy about washing clothes if women were around, but on their own they would "go to it" quite happily, so the clothes-washing facilities at the local baths are reserved for two and a half hours one evening each week.

Washing machines with liquid soap can be hired for 25 cents an hour. There is hot water and mangle and ironing can be done for an additional payment of a few cents. Already a crowd of "regulars" attend each week and so these London bachelors have now formed a "Soap Suds Club!" So far it is a bachelor affair so the married men need not be afraid their wives will confront them with a large laundry basket full of clothes saying "Come along now, off to the baths—don't you know it's Washing Evening?"

EXPORT OF COOKIES

Britain is to export this year large quantities of high quality cookies. This is part of the plan to send 10,000,000 pounds worth of food specialties to Canada and other hard currency countries. In addition to cookies, considerable amounts of cakes, confectionery, chocolate and beer will also be sold abroad.

REFINISH LINOLEUM

If your kitchen linoleum has become dulled and slightly worn, a coat of clear varnish, or paint, may help to extend its life and add a lustrous finish.

Before varnishing prepare a sudsy water, add to it a good portion of cleanser that dissolves grease quickly, and which will erase the dirt and stains easily, without scratching the surface of your linoleum. Scrub well and let it dry thoroughly. An absolutely clear surface should be left for the new coat. Apply varnish as directed. Allow to dry thoroughly. Clean polishing rags must be used and changed frequently.

There is a special paint for this type of work, that will give good service for a long time. If you are handy, and artistic, and you do not care for a plain floor, stenciled figures of a contrasting color are easily applied. A blocked pattern is not difficult and a stippled effect is more simple to attain than it looks.

Sudsy water with a cleanser ingredient will also clean marked paint work on doors and cupboards, just where fingers grasp the paint. Give it a good wash off, removing all the dirt, then take a piece of flannel, dip it in ammonia water, rub over thoroughly, let dry, and polish. This will leave the paint work quite fresh again.

FARMING HAZARDOUS

Crop failures are frequent in India because of dependence on the monsoon rains.

When Your Eyes Are Tired DO THIS MAKE THIS SIMPLE TEST TODAY



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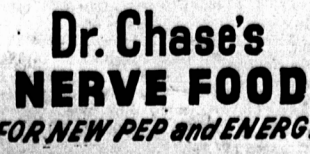
MURINE FOR YOUR EYES

Physically and mentally—with no condition of "nerves" to magnify the slightest change—you can keep serene and happy right through the most trying times.

So remember, at the first sign of the fidgets, hysteria or nervous doubts—start building yourself up with Dr. Chase's Nerve Food. You'll rest better, look better, feel better. Keep yourself in good condition with this time-proven remedy which has helped thousands of Canadian women. The name "Dr. Chase" is your assurance.

Often a woman becomes panicky and gives way to fears and nerves—when perfectly natural changes are taking place in her system. And the unfortunate part is that these dark dreads and fears may cause a nervous breakdown... needless!

Plenty of sleep, fresh air, wholesome food and Dr. Chase's Nerve Food will help to build up your vitality and tone up the whole system—so that nerves and hysteria are forgotten. Yes, when you're in good shape



FOR NEW PEP and ENERGY

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KING COLE COFFEE

VACUUM PACKED

No, Mr. Brown

By Gertrude Knevels

"I'll say I remember that cold—and Aunt Buzz's bedside visit! That was the day she talked matrimony. No wonder I ran a temperature. Here—here's the way she went on—"

Ten Parker had a flair for imitations. He jumped to his feet, dragging the couch cover about him for a shawl, perching Miss Penfield's dark glasses on the bridge of his boyish nose. With the shawl trailing behind him he minced up and down the narrow office, mimicking his aunt.

April was half vexed, half laughing. "Did your aunt seem to have a special girl in mind?" "Mmm—no—I don't believe so." Ten dropped the couch cover, restored the glasses to her case, and as to my behavior, he rattled, "I think I'm a saint. Do you realize I've endured two weeks of this? Aunt Buzz, though she pretends she's so fond of me, is watching for an excuse to keep me from getting that money. I could sue her in the courts, but she knows I won't. I'd tell her to keep her darned money—if it weren't for Mother. She's flat broke. Remember last year, April, how Mother and Clara were all set for a world cruise—and Aunt Buzz dished me? Well, they had to give it up, of course. I heard plenty about that." The boy winced. "This summer," he continued, "Clara was invited to join some of her crowd who were taking a trip to Norway and Sweden. Mother let Aunt Buzz think Clara's expenses were paid by the woman who was chaperoning the party, but that wasn't true. Mother borrowed the money—her excuse being that Clara was keen on one of the chaps who was going—a very recent egg with wads of money. Clara gave us the impression she could annex this egg, if she had the time."

"I see," April was all interested, scenting romance. "And did you come home engaged? Clara's back, I know."

"Oh, yes, Clara's back." Ten grimaced, "with the wrong man. He's a divinity student without a cent. Honestly, April, we're in a jam. The loan sharks were coming down on mother, tooth and nail, when I left, and I had to sell my car to save them off. It was a pretty good car, one Aunt Buzz gave me, and she thinks it's laid up for repairs. If she finds out, she'll raise hob, but what could I do? It was so soon after that other affair, April, you were good to me that night. I don't believe I ever thanked you properly."

"I'm sure you didn't."

"Well—it might not be too late."

Ten opened the door for a reconnoitering glance along the corridor. Something he saw or heard made him close the door, but only on the crack. He waited a moment or two, then swooped down suddenly on the unsuspecting girl, her back turned. He caught April in his arms, and kissed her with enthusiasm.

"April, my dove, my bud, my little wild flower!" Ten was shouting his endearments. "April, I adore you. I implore you to be mine! You love me? Ah, I guessed it. I was sure of it! You'll marry me? Say you will? Yes? Soon? Ah, ah—what bliss!" "Stop it, you idiot! Ten, let me go."

He was showing her averted cheek with kisses when the door opened wide and Ten's Aunt Eliza entered, leaning on her maid's arm. "Come in, Auntie darling," the young man warbled. "Hear

(Continued on Page 3)

Dorothy Dix Says—

Charm Ripens Wild Age Women Keep Ages Secret But Passing Years Can Add To Attractiveness

How old is Anne? You won't find out from Apne. It is one of the secrets that women keep hidden deep in their hearts. In a recent poll that was made on women's ages only one woman in 20 told the truth. Well, that's all right. A woman's age is her own business, and if she thinks that she looks like a bobby-soxer instead of Grandma, it is her own affair.

In her soul every woman is like the astute lady who said that she had been 29 for ten years and she meant to stay that way. But the queer thing about women's obsession about remaining perpetual teenagers is that their efforts to subtract time mainly runs to hair-dos and lipstick. Heaven knows that in a world that is full of ugliness we shouldn't be choosy about beauty, and we owe a vote of thanks to any woman who is easy on the eyes, no matter how she does it.

Now it is a fine and philanthropic thing for women to make themselves as pulchritudinous as possible and to look as young as they say they are, but pretty is as pretty does and, alas, many women fail of attaining perpetual youth because they take the wrong method.

LOOK RIDICULOUS

They put their whole faith on looks and their looks betray them, for none of us look as good to others as we look to ourselves. So we have the millions of elderly women who spend fortunes in beauty shops trying to be made over into Glamour Girls; who die out their skinny legs in shorts, or make public exhibitions of their poufage, and who think they are being young and gay when they are only being silly.

But while there is no way by which a woman can make her age static and remain forever young and beautiful, there is a way by which she can make her birthdays an asset instead of a total loss, and that is by frankly and honestly being her age and acting like it. For the things that attract us in youth bore us stiff when we come to the years of discretion. The antics of a baby or a puppy are cute and amusing for an hour, but Heaven, help us if we had to watch them for a day.

And there is a beauty of age that is even more appealing than that of youth, because it has intelligence and character behind it. Many a homely girl develops into a woman so fascinating and interesting to be with that nobody ever gives a second thought to whether she has a Grecian profile and a willow figure or not.

Many old women are far more popular and more sought after when they are 70 than they were at 17, because age has made them wise and tolerant and kind and people go to them when they are in trouble as to a shrine to be blessed and comforted.

The women who spend their lives trying to keep young waste their efforts. In the first place, it can't be done and, in the second place, it is not the thing in women that we really want. We want intelligence. We want sweetness. We want humor. We want loyalty. And these are not the virtues of extreme youth. It takes time to ripen character. And that is why so many men, who are big catches, marry middle-aged women, instead of little cuties.

So Anne doesn't need to worry over her birthdays. They are her best bet.

That Body Of Yours

By James W. Barton, M. D.

OVERWEIGHT NOT SUSPECTED OF CAUSING VARIOUS SYMPTOMS

Increasing in weight is, at first, a sign of health as it shows that the body is able to do its daily work on the food eaten and still be able to store some of the food away as fat in the body. Thus, overweight shows an economical body.

However, overweight soon becomes not a sign of health but a sign of ill health because it predisposes the body to some dangerous diseases—high blood pressure, heart stroke and brain stroke, and diabetes.

In the "American Journal of Digestive Diseases," Dr. Henry M. Ray, Pittsburgh, Pa., presents a study of the symptoms, metabolic (building up and tearing down of the body processes) abnormalities, sex differences, diagnoses and treatment of a series of 110 overweight (obese) patients.

In this series of cases, the patients did not consult the physician because of overweight but because of other symptoms in order of frequency—fatigue, nervousness, digestive disorders, muscle and joint disorders, headache, irritability, breathlessness on slight exertion. Examination showed these symptoms to be caused by menopause, liver and gall bladder disturbances, under the thyroid gland, heart and blood vessel diseases, muscular and joint rheumatism, poor nutrition, anxiety and other emotional disturbances and skin diseases.

Despite this large and varied list of diseases present in these overweight men and women, most of the symptoms were caused by overweight—which meant that reducing the weight was the first and most important treatment. The next step was treating the emotional disturbances present by explaining the cause of the symptoms and the reasons for reducing the weight. These methods gained the cooperation of the patients in undergoing treatment.

The most important part of the treatment was diet and exercise. When the patients were shown how this reduced weight corrected and removed their symptoms, they willingly underwent the hardships of these two measures. In addition to diet and exercise, some cases were given drugs or gland extracts to reduce weight.

OVERWEIGHT AND UNDERWEIGHT

It has been said that weight is one of the clearest methods of knowing one's health. Send today for Dr. Barton's booklet entitled "Overweight and Underweight," enclosing 10 cents and a 3-cent stamp, to cover cost of handling and mailing, to The Bell Syndicate, in care of this newspaper, Post Office Box 99, Station G, New York 19, N. Y.

Ellen's Diary

By an Island Farmer's Wife

Many a mile of land—and water, lies between the homeland tonight and me distance that perhaps might have been more enchanting, if the day we choose to come away from it had not been showery, but which nevertheless has been interesting and altogether delightful without a single disappointing incident to mar our day. I am writing in a comfortable cabin in Maine, while my two companions continue an unbroken work-a-day line of games of cribbage with much interest and an enthusiasm I envy. Sister of mine, the baby of all, and her uncle-in-law are my best of fellow travellers and his car is one of the latest crop. Mile after mile fell behind its wheels today but tonight, strangely enough to the piping of frogs, our journeying has been suspended until early morning when we shall continue farther into Uncle Sam's domain. We said Good Bye Canada as a misty twilight was dropping and at the border our hosts said Welcome Canadians! and here we are.

Our decision to come away on the trip was made quickly at a supper hour at Alderlea recently when as we lingered over the tea cups, opportunity knocked enticingly. I recall now that when we spoke of it rather wistfully, James looked across the table at me in amazement to say: "But Ellen wouldn't think of going—not with the cropping coming up—and late enough it's going to be!" However the rapping was a siren's call. And I remember now when I was about to leave home, coming away with Jock and Jeanie and grand-daughter, bright curls showing beneath the edge of her green poke bonnet, on the first lap of my travelling that the place, and James too seemed to be, well, a bit deserted. But not too much so for Jim to come again to the car to tuck a bill in my hand with the remark: "You may need this, Ellen. I've always found that when folks are away far from home, their money is their best friend!" And then he turned to go along the fields to Rob's and the other form, where the machinery was being taken out of its winter storing. It is hard-hearted I am, to recollect the like, they so busy and no one to help with the morning milking!

In our house-keeping in this quiet and comfortable cabin of a row of them neighboring I would say a Maine farmhouse, sister-to-me interrupts my thoughts from her pillow now, to ask: "Ellen, did you look to see if there's a man under the bed?" then chuckling turns over to sleep. For the second time we saw the red shores of The Island fade completely from view—hiding the homesteads which this morning seemed to lie with added charm, when the last cliff had disappeared and an expanse of waves, white capped, lay between, I glanced at my watch. James was about about the barns then still busy at the choring and grand-daughter nose against a pane to catch sight of him would be begging to be dressed for her outing—or talking to a favorite cat on a sill. New and to me strange country we have travelled today, sometimes flat, and rolling allowing our wide and interesting views of land and water. At the same time we had left, buds slowly unfolding, grass a new and delicate green. As we continued, maples were gay in the tinted of Spring; willows had found fresh new leaves, meadows were lush and on lawns are caught daffodils and pansies in rich bloom. But "come to bed Ellen!" means a strange and pleasant day's end. Until tomorrow—Diary—Good-night.

Q. Is it necessary for a bride-to-be to write notes of thanks when a shower is given in her honor and she has already thanked each one who presents her with a gift?
A. No. The verbal thanks she gives at the shower are sufficient. Genuine appreciation must be shown, and the girl must be very tactful in showing no partiality to any certain gifts, paying less attention to others.

Q. Is the prefix "Mr." ever omitted from a man's card?
A. The prefix "Mr." is omitted from his business card, but never from the card which he uses socially.

Q. May one drink soup when it is served in a bouillon cup?
A. Yes; by holding the cup by one handle.

Modern Etiquette

By Roberta Lee

How Can I!!!

By Anne Ashley

Q. How can I remove scratches from silver?
A. Purchase a small quantity of putty powder, put it into a saucer and add just enough olive oil to make a paste. Rub this paste on the silver with a soft flannel cloth, then wash with a chamomile and the scratches will disappear.

Q. How can I prevent having lumps of flour when mixing batter?
A. By adding the salt to the flour before wetting. By pouring flour into the liquid, instead of liquid into the flour, and beating it with a fork.

Q. How can I remove spots from hardwood floors that were caused by spilled water?
A. Rub with a cloth dipped in turpentine, using a regular motion. Then dry with another clean cloth.

Better English

D. C. Williams

1. What is wrong with this sentence? "Please look and see if the door is locked."
2. What is the correct pronunciation of "valet"??
3. Which one of these words is misspelled? Distinction, distinction, distimulate.
4. What does the word "infamy" mean?
5. What is a word beginning with su that means "to overspread, as with a fluid"?

ANSWERS
1. Omit look and. 2. Pronounce val-et, as in valet, as in egg, accent first syllable. 3. Distimulate. 4. Public disgrace, dishonor, or reproach. "This is the liar's lot; he is accounted a pest and a nuisance; a person marked out for infamy and scorn."—South. S. Sufstube.

Cook's Corner

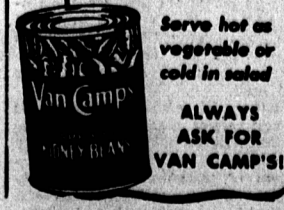
SPRINGTIME SUPPER SALAD

1 cup cooked meat, diced
1 cup cooked potatoes, diced
1 cup cooked beets, diced (if canned, drain well)
1/2 cup sliced radishes
1 teaspoon celery seed
1/4 cup chopped green onions
1/2 teaspoon salt
1/4 teaspoon pepper
1 hard-boiled egg, coarsely chopped.
2/3 cup salad dressing
1 bunch lettuce
1 hard-boiled egg, sliced
Combine all ingredients except lettuce and sliced hard-boiled egg. Yield six servings.

DELICIOUS!

Serve hot or vegetable or cold in salad

ALWAYS ASK FOR VAN CAMP'S!



A BIG FAVORITE



DAILY MORE AND MORE HOUSEWIVES ARE REALIZING THE QUALITY OF OUR PRODUCT AND IT HAS NOW BECOME A BY-WORD IN FAMILY CIRCLES.

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Household Scrapbook

By Roberta Lee

Cleaning Rings

Almost all rings are best cleaned by rubbing with a toothbrush. Soap and water are usually effective, unless the ring is badly tarnished. Then try using some bicarbonate of soda. Just dip the damp brush into the soda and scrub the ring; then rinse out with clear water.

Hot Oven

When the oven seems to be too hot, and one fears the contents of the casserole may cook too quickly, place a sheet of waxed paper under the casserole cover and it will slow the process of cooking.

Removes Gummings

Nail polish remover or cleaning fluid will readily remove the gummy residue left by adhesive tape on your skin or any other surface.

Morning Smile

TIME CHECK

Every morning a man rang up the local telephone exchange and asked the time. After several months, curiosity got the better of the operator and she asked why he always asked for the time.
"Oh, I'm the man who blows the 12 o'clock hooter," replied the man.
"Goodness," gasped the girl, "and to think I always set our clock by your hooter!"

AN AGREEMENT

Mrs. Briggs had been attacked by a dog while out with her husband. To her disgust, Mr. Briggs had immediately taken to his heels, leaving his wife to her fate.
"You're a coward," she told him later, when she had made her escape. "Fancy leaving me to be bitten like that! Why didn't you grab its collar?"
"Well, dear," pleaded Mr. Briggs, "when we married we agreed never to keep anything back from each other, didn't we?"

HOT FLASHES?

Are you going thru the functional "middle-age" period peculiar to women (38-52 yrs.)? Does this make you suffer from hot flashes, feel nervous, high-strung, tired? The new Lydia E. Pinkham's Vegetable Compound to relieve such symptoms! Pinkham's Compound also has what Doctors call a stomachic tonic effect!

VEGETABLE COMPOUND
LYDIA E. PINKHAM'S COMPOUND

Needlecraft FOR THE HOME

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Send 20c for each Pattern, which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you want including postal unit or zone number in your address.

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