

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

The HOUSEWIFE and HER ACTIVITIES



MILDEW STAINS

RECIPE FOR A GOOD LETTER.

To write a good letter, take a handful of grit. And plenty of time and a little wit. Take patience to set it and stir it all up.

KITCHEN FRIEND

Perhaps you didn't know that salt will: 1. Remove egg stains on silver or china if applied damp with cold water.

YOUR REQUIREMENT LIST

Ammonia for cleaning windows, paint, brass, removes medicine stains, and innumerable other things.

REMOVING STAINS

There are usually a variety of laundry tasks to be dealt with. Each of these as a rule needs special treatment so here are a few hints which will be useful.

Today's Short Wave Radio Program

(All Time in Eastern Standard)

TUESDAY, JUNE 1 PARIS

9:30 a.m.—"An Adventure," a play, TPA-2, 19.6 m., 15.24 meg.

TOKYO

4:16 p.m.—Musical Program, JZJ, 26.42 m., 11.80 meg.

SCHENECTADY

5:36 p.m.—Short Wave Mail Bag, W2XAF, 31.4 m., 9.93 meg.

LONDON

6:30 p.m.—"Galloway," a land of mountain and foothill. GSP, 19.6 m., 15.31 meg.; GSO, 19.7 m., 15.18 meg.; GSD, 25.5 m., 11.75 meg.; GSB, 31.5 m., 9.51 meg.

BERLIN

8:30 p.m.—Flowers and animals of summer. DJD, 25.4 m., 11.77 meg.

SANTIAGO, CHILE

CN960, 31.2 m., 9.60 meg. 9:15 p.m.—Songs, Chilean music.

CARACAS

9:30 p.m.—Dance Orchestra. YV5RC, 51.7 m., 5.8 meg.

LONDON

9:55 p.m.—"All in Pink," a broadcast revue. GSI, 19.6 m., 15.26 meg.; GSF, 19.3 m., 15.14 meg.; GSD, 25.5 m., 11.75 meg.; GSC, 31.3 m., 9.58 meg.

BUENOS AIRES, ARGENTINE

11 p.m.—Dance music. LRX, 31.08 m., 9.66 meg.

WINNIPEG

12 midnight—Just S'posin', dramatic presentation. CJO, 48.7 m., 6.16 meg.; CJK, 25.5 m., 11.72 meg.

LYNDHURST AUSTRALIA

4 a.m. (Wednesday)—National Talk. VK3LR, 31.3 m., 9.58 meg.

hands directly above elbows and palms facing front.

This will flatten the shoulder blades by means of elbow leverage. For the second exercise:

Position—You stand with feet apart and straight. Bend forward from the hips with the arms at shoulder level palms down to the floor. Stretch the chin well out and put your weight on four toes.

(1) Now press the arms upwards three times—keeping them at shoulder level.

(2) Relax the arms clasping them loosely over your chest.

This exercise is to flatten the back and develop the ribs by using arm leverage.

Do these exercises to fox-trot music.

HOW TO MANAGE WITH MINIMUM OF COSMETICS

"I manage beautifully with only one face cream, one box of powder, a single lipstick, hand cream, foundation lotion and cream rouge," writes a young mother.

"I make the night cream serve as a wrinkle-preventative as well as a softener, use the same rouge and lipstick lavishly at night, sparingly in the daytime."

"At night, I wash my face and neck with soap and water, slap on a small amount of cream, smoothing out the lines on my forehead and pinching along my jawbone to keep fat from forming there," she explains.

"Then I remove it and rinse with ice water until my cheeks are faintly pink. Afterwards I smooth some of the same cream underneath my eyes, and leave it on all night."

"In the morning, she applies an extremely thin layer of cream, removes it with a rough washcloth which has been dipped in very hot water and squeezed as dry as possible. A dash of cold water is the finishing touch, then make-up.

FOR THE SHINY NOSE

Few things are so annoying to a woman as a shiny nose. It matters not whether her Paris hat cost twenty guineas—it won't look worth it if its wearer's nose is shiny!

It is a curious fact, but a shiny nose takes the shine out of any hat, while its owner is quite likely to develop a sudden inferiority complex.

Noses have been in the news lately, some experts declaring that a nose is woman's most important feature. So it behoves us all to keep an eye on our noses as it were; we can in fact be as brilliant as we like, so long as we don't let our noses shine!

However, a preparation has been devised which will completely take the shine out of the shiniest nose, which is distinctly important news. Warmer days and crowded rooms all play their part in producing that hated shiny nose, but we can now relax with a sigh of relief, happy in the knowledge that with this preparation and free to enjoy ourselves to the full.

HOOKED BUGS MADE FROM OLD SILK STOCKINGS

Silk stockinette undies usually wear out in one or two places, thus



VEGETABLES FURNISH US VITAMIN NEEDS

Garden-Fresh Edibles From Home Path Provide Best Supply.

By W. R. BEATTIE

Senior Horticulturist, Bureau of Plant Industry, U. S. Department of Agriculture.

Our southern folks know all about

turnip greens and no southern garden would be considered complete in the later winter and early spring

without its patch of turnips that are used mainly as greens. Plain, old-fashioned cures makes good early greens and the newer mustard-spinach or Tendergreen as it is often called is even better. The Tendergreen grows so quickly that it is ready for use in less than four weeks after the seed is sown. Every now and then somebody takes a knock at spinach and says that its virtues as a spring green have been very much overrated. Spinach is, however, one of our best early greens and it can stand a lot of devaluation and still hold a prominent place in our list of desirable green vegetables.

Hot weather soon sends the spinach and the mustard shooting to seed and we can begin on the early cabbage and beet greens. For summer greens there is nothing quite equal to Swiss Chard, a sort of beet-leaf that grows practically all tops and stems and a very small root. Swiss Chard, of which the variety known as Lucullus is most desirable, stands hot weather remarkably well if kept watered and the tender young leaf-stems and leaves can be pulled off and used as greens while the plants will continue to produce more stems and leaves until fall.

Gardeners and cooks should remember that no matter how good and tender the greens, or how full of mineral salts and vitamins, the best of greens can be ruined in the cooking. Don't pour off the water in which you cook your greens but gently simmer it down so that the mineral salts are retained in the greens. Overcooking results in the loss of the green color and attractiveness of greens and the finished product may often be served so attractively as to make the food more popular.

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Our markets are now well supplied with fresh, green vegetables throughout the year, thus giving those who depend upon purchasing their requirements abundant opportunity to maintain a more or less balanced diet. There are many families, however, that either do not have access to the markets during the winter or can not afford to purchase an abundant supply of green winter vegetables and the spring of the year finds the members of these families greatly in need of fresh green food.

Farm gardens and town lot gardens are the main dependence of thousands of families for their supply of fresh vegetables. An early start in the home garden can often be made by sowing seeds of cab-

bage, lettuce, tomatoes, peppers and egg plant in the house. For example, a sufficient number of any of these plants may be started in a flat tray of soil placed in a south window of the dwelling, or cigar boxes filled with fine soil will answer very well for starting these early plants. In case it is not convenient to grow the plants in the house a small hot-bed or coldframe can often be constructed or southern-grown plants purchased at the seedstore.

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