

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

The HOUSEWIFE and HER ACTIVITIES

AND SO WE DREAM

The little house that Love would build,
How very real its stands,
Wrought to each eager, tender wish
Love waitingly demands.
It will have all the dearest things
Of dreamplumaged hands.
A sunny window shadow-touched,
A fire that sleeps and burns,
And panes that now the touch of
leaves
A mellow light for ferns,
A living nook that when one leaves
Beckons and waits and yearns.

These dream-held things that Love would have,
Though priceless they may be,
We weave them out of tender hopes,
Nor name them luxury—
Who tends the spirit's lovely needs
—Amy Campbell, in the Chateleine.

LEMON WHEY (GOOD FOR COLDS)

Have one lemon, half a pint of milk, half a pint of water, and one teaspoonful of sugar.

Grate the lemon rind, squeeze out the juice, place both in a pan with the milk and water, boil up, and strain through a muslin. Sweeten and drink whilst it is very hot.

CUSTARD FROTH

If you want a special kind of custard which will give a more interesting appearance to a dish, try making the custard with the yolk only. Then, when the custard has cooled off, whip the white of the egg very stiffly and fold into the cool custard. This gives it a deliciously frothy appearance. It is particularly suitable for children's parties, etc., and is far better than cream for them, as it is not nearly as rich.

Parse apples carefully and cook them in a rich syrup to which you have added some lemon juice to keep them white. Drain, well and roll in melted red currant jelly. Cook the trimmings to a thick sauce, with the syrup. Rub through a sieve, then mound up on a dish with the balls on top. Sprinkle thickly with green desiccated cocoanut.

"FLOWER-BEDS" FOR THE TABLE

The "flower-bed" is now being used to decorate the small dinner table. It is contrived in glass, and is low enough not to hide the guests from each other.

Here is a modern idea employed by a young Society housewife. She places primroses and violets in "beds" of glass down the centre of her black and steel dining-table in a modernist dining-room: these are flanked by steel candlesticks in a U shape.

Where mauve tulips and lilac are arranged in a square glass container, the lilac is cut short so that the tulips appear to be growing out of a lilac bed.

WASHABLE FLOWERS

Pique trimmings in the guise of flowers, collars, bibs, and tuckers are much worn this season. The newest flowers are washable, as is essential since there is nothing that looks quite so bad as touches of white that have lost their freshness at the neck.

As a buttonhole a large flat marguerite in the lapel of the suit is the latest idea, while a necklace of tuberoses or a small floral spray are also worn.

KITCHEN SCIENCE STUDIES FATIGUE

Current news interest in the subject of short working hours is by no means confined to industry. With the opening of the Industrial

Arts Exposition in New York, sponsored by the National Alliance of Art and Industry, the matter of shorter working hours for housewives is one of the most interesting features of the exposition agenda. But it is being approached from the scientific, not the legislative angle. "The attention given by manufacturers and designers to kitchen equipment and its efficient arrangement," says Miss Dorothy McGeehan, home service consultant, "has resulted in much shorter working hours for women, leaving more time free for outside interests.

"For instance, look at the materials which are used today for kitchen furnishings," Miss McGeehan continued. "The bright metal so much in vogue for sinks, stoves and working surface, is exceptionally easy to keep clean, particularly as there is nothing to crack or chip. On other equipment, paints and enamels, that a hard finish which does not soil readily and can be wiped clean with a damp cloth, have been introduced."

SINK-FATIGUE

Sink-fatigue is a new phrase for students of home economies and the first factual data ever developed in studying the problem is reported at the exposition. An electric eye and a delicate timing instrument were used to register exactly the number of trips to the sink and the time spent there in the kitchens of a series of typical homes. The scientific study is of special interest to Canadians since the Dominion's nickel industry was largely concerned with discovering these facts on kitchen operation.

The average number of trips was found to be 107, but one woman with a family of six including four children, made only 42, while another with a family of the same size, made 162 trips. The average time spent at the sink was an hour and a half per day, though the figures varied from less than an hour to two hours and a half. The length of the kitchen working day, the records revealed, was from eleven to fifteen hours.

From the results, the investigators conclude that the kitchen deserves the same study of operating efficiency that has been so valuable to industry. The study of materials used in kitchen equipment, the careful planning of kitchen arrangements and the elimination of useless movements can make kitchen work faster and easier just as similar surveys have increased production in industry while shortening working hours.

CAREFUL WASHING RETAINS BEAUTY OF LOVELY LINENS

The loveliest linens and damasks lose their lustre if you wash and iron them wrong. There is no excuse, either, for the heavy-handed kind of laundry that makes the family dinner table look like the last gasp of a remnant sale.

Careless handling and harsh soap solutions are mainly responsible for lack-lustre linens. Strong alkali soaps and bleaching mixtures destroy the natural sheen of linen and the satin texture of damask. Choose a pure mild soap and wash lines in heavy suds, squeezing the sudsy water through the fabric. Don't rub. Rubbing roughens the fine fibre and shortens the life of all linen. It does not hold the dirt in the obstinate way that cotton does.

ABSORBS BLUING EASILY

Use little bluing in the last rinses water for linens. Linen absorbs bluing much more readily than do cotton fabric. And be sure, too, that all linens are thoroughly rinsed

HEALTH MEANS CHARM AND HAPPINESS

Sparkling eyes and smiling lips speak of health and vigor. Clear skin attracts. The healthy active girl is both happy and popular.

Remember that 98 out of 100 women report benefit. Let it help you too.

THE COOK'S CORNER

UPSIDE DOWN CAKES ARE PERFECT DESSETS

Serve Delicious Food "Sunny Side Up" to Delight Friends by Katharine Baker

These clever "upside down" cakes make complete desserts because they include both fine fruit and tender cake in perfect combination. Of course they can't be made from any standard cake recipe because the flour and shortening would make them too crumbly.

The recipe given here has been carefully tested to give a perfect upside down cake. The flour specified is the very finest winter wheat flour because its delicate gluten will give a fine-textured, light cake.

PEACH UPSIDE DOWN CAKE

1 1/2 cups sifted cake flour
1/4 teaspoon baking powder
1/4 teaspoon salt
1/2 cup granulated sugar
4 tablespoons butter
1/2 cup brown sugar, firmly packed
4 tablespoons soft butter or other shortening
1 egg, well beaten
1/2 cup milk
1 teaspoon vanilla
2 cups sliced peaches (fresh or canned)

Sift flour once, measure, add baking powder, salt, and granulated sugar, and sit together three times. Add butter, creaming egg, milk, and vanilla. Add to flour mixture stirring until all flour is dampened; then beat vigorously 1 minute.

Melt 4 tablespoons butter in 8 x 8 x 2 pan or 8-inch skillet, over low flame. Add brown sugar, salt, and nutmeg may be mixed with brown sugar, if desired; stir until melted. On this arrange peach slices. Turn batter over contents of pan. Bake in moderate oven (350 deg. F) 50 minutes, or until done. Loosen cake from sides of pan with spatula or broad blade knife. Serve cake upside down with peaches on top. Garnish with whipped cream.

Canned pineapple, cooked apricots, or sliced apples may be used instead of peaches.

ed before putting them in the bluing water.

Never starch linens—table, bed linen or towels. Linen's natural gloss and body do very well by themselves.

The final finished beauty of damask lies in the crispness with which it is ironed. It must be quite damp and ironing must be continued until the piece is perfectly dry, ironing on the wrong side first and then on the right, working from selvage to selvage. Don't have the iron too hot.

Embroidered and lace pieces should be ironed on the wrong side over a smooth thick pad. Do not use a rough surface such as a Turkish towel because the roughness will be implanted on the linen.

Napkins should be folded with the selvages together. This is especially important in the case of damask and large sized dinner napkins.

Much of the beauty of linen lies in its sportiveness. Consequently stains should be carefully removed before putting in the suds. Eggs should be washed in cold water until it completely disappears.

FOR OTHER STAINS

To remove coffee stains, stretch linen over bowl and pour boiling water through it. For tea stains, first pour on glycerine and then pour boiling water through the stain. Fruit stains are removed by stretching the linen over a bowl and pouring boiling water through the stain, letting the water fall from a distance of three feet.

Rust spots are easily removed by moistening the spot with lemon juice and covering with table salt. Let dry in the sun. Inferior bluing sometimes causes tiny brown spots that look like rust and these are removed by the lemon juice and salt treatment, although sometimes several trials are necessary.

ORANGE TART

Oranges are not often out in a pie. More's the pity! The grated rind and juice of two oranges, the yolk of an egg, 2 tablespoons butter, 1-3 cup sugar, 1-2 cup sponge cake crumbs

Dorothy Dix's Letter Box

Don't Marry Man Who Insists Upon Improving You Unless You Have Intelligence And Can Take Criticism—Only a Stupid Wife Prejudices Children Against Husband

Dear Miss Dix—I am 22 years old. Good-looking, but have little or no education. A very high-class man has fallen in love with me. Clearly, I think, because I was so forlorn and ignorant and alone in the world. He is older than I. He is trying to have me educated because he wants to marry me and he cannot bring me into his circle until I learn how to act, how to talk, how to dress, and he expects me to come through armed with poise, culture and grace. He is giving me a chance to really be somebody, and I love him better than life but it is killing me to have him help me to learn how to spell and talk grammatically. He cannot understand that I am a woman and not a child, and that I want him to love me and take me as I am, but he has let me know that that can never be, and that the only way for me to ever be his wife is to make myself what he wants me to be. What shall I do?
WONDERING.

Answer: When people marry out of their own class it seldom brings any happiness to either party, because when the physical attraction that brings a man and woman together has been dulled they need a common background against which to live their lives together. They have the same tastes, the same habits, to be accustomed to the same conventions and social usages, be at home with the same people if their marriage is to be a go.

It is a risky experiment for a man and woman to marry either above themselves or below themselves, and such a marriage can only be a success when the one at the foot of the ladder is a good climber or the one on the top of the ladder sets little store by his or her position. And in your particular case neither party possesses these essential temperaments.

If you were very clever and exceedingly ambitious, you could make the grade. A great many women have done that. They have lifted themselves from the bottom to the top crust of society. They have gone from tenements to palaces, and changed from ignorant and uncouth girls to cultured women and arbiters of style.

I personally know one woman whose story matches yours, word for word, in the beginning. She had come from a desperately poor family of no education. She had had to go to work while still a child and her associations had been of the crudest. A rich man fell in love with her pretty face and not only sent her to school but provided her with instructors who taught her how to dress, how to eat, how to enter a room, how to preside at all sorts of entertainments in her own home. They mercilessly corrected her pronunciation and her grammar.

This girl had a brilliant mind. She was exceedingly ambitious and she worked like a slave to improve herself, and three years of the intensive training changed her into a poised, cultured woman of the world who was fitted to take her place in any society. But not many girls have the grit and determination to go through what she did, for she had to crucify her own vanity and literally make herself over.

Can you do this? Have you even the ability to do this? If God didn't give you an exceptional brain when they are naughty. When their mother does this I never interfere, but when I punish them they rush to her and she clasps them to her breast and cuddles them and tells them how brainless and cruel-hearted and mean Daddy is. This cuts me to the bone, as I love my children and want their affection and feel that it is most unjust of their mother to plant such thoughts in their minds. Is there anything I can do about it?
F.

Very little, unless your wife has enough intelligence to be brought to see the error of her ways and realize that not only is she hurting you, but she is doing the children an irreparable wrong. And it is a pretty hopeless thing to try to get a mother to use her brains instead of her heart where her children are concerned.

Why women who have plenty of sense and good judgment about other matters use none at all of either in dealing with their children is a mystery that nobody can explain. It just is. The stupidest woman in the world can see that any business would be bound to go to smash if the two partners pulled different ways, if one undermined the authority of the other all the time, if one deliberately prejudiced the employees against the other and countermanded the other's orders.

She would know that no firm prospers in which there is not team work, but even a smart woman will not recognize that the same principles apply to running a home and rearing children. She will thwart her husband's discipline at every turn. She will make his punishments of no avail by plying and petting the culprit who has got his just deserts. She will teach the child that his father is cruel and unjust and a tyrant to be feared and outwitted, rather than a father to be loved and respected.

Many a girl goes wrong because Mother helped her to sneak out the back door to go to some place that Father has forbidden. And many a boy grows up into a bar-room loafer because Mother pinches the man's money to give him the money Father has denied him. Mother undermines Father's authority and kills the children's love and their reverence for him, then when the time comes when they need a man's strong hand to hold them steady she wonders why he has no influence over the children.

Raising children properly in these days is a hard job and one that takes a man and a woman, working together and backing each other up, to pull off. Neither one can do it alone.
DOROTHY DIX.

Dear Miss Dix—We are a poor couple who are being eaten out of house and home by week-end guests. In addition, my husband has been sick and I am far from strong and we can't afford either financially or physically to entertain this crowd of deadbeats. What can we do?
DISCOURAGED.

Answer: Just write the chief offenders a little note and tell them that while you are sorry not to have them any more, you are simply in no position to run a free hotel. They will be as mad as forty, but you should worry over being rid of a lot of parasites.
DOROTHY DIX.

Why Lipstick is Used As a beauty aid

When the blood is rich and red It is shown by color in the cheeks and lips. Such color tells of health and vitality and youth. To be beautiful and charming and attractive Woman must display good health And the elasticity and vivacity which goes with it. Pale lips tell of weak blood and anaemia And so lipstick is used to restore At least the appearance of health and youth. How infinitely better it is to have real health. The result of rich blood flowing through the body. For health after all is the real basis Of charm and attractiveness. Dr. Chase's Nerve Food actually creates rich blood. It supplies to nature the priceless ingredients From which new nerve force and vitality are formed. It gives you the pep and energy Which is essential to the enjoyment of life. Health and beauty and happiness Result from the use of this great blood and nerve restorative.

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A Morning Smile

An Aberdonian had been invited to attend the funeral of a neighbor's third wife, and as he had attended the funerals of the first two, his own wife was surprised when he informed her that he had declined the invitation. She continued to press for a reason, so at last after a great deal of hesitation he told her: "Well, Mary," he said, "I feel a bit awkward to be accepting Brown's civilities when I never have anything of the sort to ask him back to."

ARMISTICE

After an immense amount of trouble the vicar of a country parish succeeded in reconciling two old women who had been quarrelling for years. He even induced them to meet under the vicarage roof. In his drawing room they shook hands. After an embarrassed silence he said: "Well, Mrs. Tyler, I wish you all you wishes me."
"An' who's sayin' nasty things now?" snapped Mrs. Tyler.

VEGETABLES PLATES ARE MOST INVITING AT THIS SEASON

With so many flavoured vegetables to choose from, it does seem a pity that we go right on serving meat and potatoes and string beans and lettuce and pie to our families. Properly cooked and tastefully seasoned, no one will make much ado about eating vegetables.

One of the surest economical meals is the vegetable plate, with eggs or cheese bringing up the protein content.

Vegetables must be cooked carefully to preserve their vivid colors. And avoid over-cooking. Vegetables should be tender, of course, but not soft or mushy. Over-cooking causes loss of color and flavor.

START IN BOILING WATER

Always put vegetables on to cook in boiling water. Old potatoes are the only exception.

Cook strongly flavored vegetables in a large quantity of water, keeping then uncovered for the entire cooking period.

Cook delicately flavored vegetables in as little water as possible. Some cooks salt vegetables when they are about half done because they think the flavor is improved. Seasoning that adds to the palatability of many vegetables is lemon juice. You know how often old-time cooks used vinegar! Well, lemon juice does the same trick, but much better.

The best way to plan vegetable plates is to see the whole thing in your mind's eye—just as it will look when served. Don't repeat flavors and colors. Try to work out contrasts, using parsley and paprika for high lights.

A mound of rich green spinach topped with a poached egg and encircled by carrot slices, asparagus stalks slipped through a lemon ring and crimson beets makes a colorful plate.

If you serve fruit salad, which will answer also for dessert, you will have a delicious dinner which is very little trouble to prepare.

These dessert salads are ideal for spring meals. They may be frozen or jellied to suit your own convenience.

GINGERBREAD SALAD

Two tablespoons granulated gelatin, 4 tablespoons cold water, 1-2 cup boiling water, 1 cup ginger ale, 1-2 cup lemon juice, 4 tablespoons ginger syrup, 1 cup sliced apple, celery, cream cheese, canned red cherries, pecans, 1 cup mayonnaise, 1-2 cup whipping cream, preserved ginger.

Soften gelatin in cold water for five minutes. Dissolve in boiling water. Add ginger ale, lemon juice, and ginger syrup. Pour into a mold and let stand until firm and chilled. Unmold and serve with mayonnaise combined with whipped cream and threads of preserved ginger surrounding the mould with cherries stuffed with pecan meats and inch slices of celery stuffed with cream cheese.

:- FASHIONS FOR SPRING :-

Brother and sister of near the same age get real joy out of wearing costumes of similar styling.

Sister's dress is white pique. It combines effectively with nautical blue cotton broadcloth, which also distinguishes brother's white pique blouse. The nautical blue cotton broadcloth shorts button on to the blouse.

Today's pattern includes both models in the same size. In case of different sizes, two patterns will have to be ordered, and it will cost 15c extra.

Style No. 572 is designed for sizes 2, 4 and 6 years. Size 4 requires 1 1/2 yards of 35-inch material with 1/4 yard of 35-inch contrasting for dress; and 1/2 yard of 35-inch dark material with 1/4 yard of 35-inch light material for suit.

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

HOUSEHOLD USES FOR SALT

There are many little kitchen tricks that make housework and many of them are very simple. If the iron seems rough and dirty, just when the clothes are all ready for ironing, sprinkle some salt on a newspaper and rub the hot iron over it. It will be like new.

When washing, too, if you discover clothes or sheets with iron rust or ink stains, these may be easily removed by a mixture of salt and lemon juice.

Ink stains can be removed from



carpets and other fabrics by covering the spot, when moist, with salt and continuing to apply salt till it no longer discolors.



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