

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

The HOUSEWIFE and HER ACTIVITIES

MORNING-GLORIES.

Padraic Colum in the Dublin Magazine.

Morning with its stillness, and these flowers Offering themselves above the trellises and saying: That there's a noon before our heated noon: Their forms are but veils that hold the white, Purple and blue of that undialed noon. Whose memory they offer us, these flowers That fall not into sleep, that broken death. But give their lives as day turns past our noon.

To keep celery crisp thoroughly wash it and cut for serving. Place it in a cheesecloth bag and store it in a cold place.

A cloth dipped in vinegar and rubbed over the kitchen stove before it is blacked will remove all the grease that may have accumulated on it.

SEASONINGS

Sugar as a seasoning is far too little regarded, probably because by most it is not considered to be seasoning. Of course, you must use it with such discretion that the eater will never suspect it has been used at all, but handled judiciously, it will restore their natural sweetness to slightly jaded or canned vegetable, add richness and flavor to the roast and rest to the salad dressing.

Salt, too, is more versatile than any except the best cooks realize. Desserts, candies and sweets of all kinds gain character when a few grains are added—become more themselves than ever. Coffee is enhanced, too.

If you aren't already an onion-and-garlic cook, now's the time to start being one. Only, of course, be sparing with the garlic, for a subtle flavor the mere suggestion of savorniness is better any day than a flood one.

HELP BLEND FLAVORS

Both sugar and salt are helpful in blending mild-flavors into smooth perfect combination. Highly spiced sauces and stuffings for instance, are most dependent for success on skillful seasoning.

Don't forget that spices and salts that have been exposed to the air lose savorniness.

As for pepper there are a few important items to remember, such as that while pepper is considered a bit easier to digest, but it is less effective because the real strength of the berry is found in the outer shells of which black pepper is made.

Cayenne pepper must be used sparingly, but a suspicion lends piquancy to many a dish. And don't forget your celery salt, and for that matter, an occasional sprinkle of nutmeg for variety.

Paprika's mild and sweet flavor enhances soups, meats and salads as well as fish, sauces and vegetables. Its vivid color makes it an excellent garnish, too.

ENGLISH CHARMS MUCH IMPROVED IN 25 YEARS

One visitor who has not been in London for years comments on the improved looks and the better dressing of the women.

Well-groomed, well shod, smart, slim and pretty she declares that the English girl and her mother are a vast improvement on the women of the first year of the King's reign. If in future anyone

says a disparaging word about the Englishwomen's looks he is ready to break a lance on their behalf and gives notice hereby to this effect.

FASHION PLANS WHITE SUMMER

White summer suits and frocks have been popular for a long time in America, where the sun is kinder than in England and the cities cleaner. But people in the know in London are prophesying an almost all-white summer this year.

There is no more becoming color to wear when faces and backs acquire a real (or synthetic) tan, so white evening and tennis dresses are always firm favorites. But how women are to wear white all round the clock, and linen, cotton, wool, chiffon and tulle will all play their part, with such unusual color alliances as dark plum, prune, tigger-brown or very dark navy.

The white towel-wrap for beach wear is coming in again, after several seasons of brightly-colored wraps, and white bathing-suits are always a good choice.

White skirts with bright coats of velvet are shown for street wear and "matrons" have white dresses specially designed for them, to wear under varied-length coats, with big white hats.

BEAUTY RITES

This is the time of year when shapely beauty routines suffice. The warm breezes do not dry out your skin as did the cold winds of last winter. The afternoons, you spend in the sunshine tend to keep you more healthy and therefore much better looking. You can put in a minimum amount of hours in front of the mirror and just let nature do the rest.

Substitute a bi-weekly game of golf or some other outdoor sport for the usual setting-up exercises. Ride a horse, swim or play tennis to get rid of that excess weight on stomach and hips. Don't overdo it, of course, but keep out in the sunshine as much as possible.

You may use more cold lotions and fewer heavy creams. Be sure, however, to keep a sun tan lotion on hand and to apply it whenever you expect to spend a good deal of time in hot sunshine. Cuticle oil and hand lotions are necessities too. Active sports are good for your figure, but they certainly go a long way toward making your hands rough and ugly. If you want to be as attractive in a chiffon evening dress as you are on the green on astride a horse, use hand lotions and preparations to keep cuticle soft several times a day.

Home bleaches will come in handy and they are extremely simple to use. Try lemon juice on discolored elbows knees and ankles, or the liquid from cucumber rinds or the liquid from cucumber rinds that have been soaked in water overnight to see which is best for your face and throat. If you put lemon juice on your face, be sure to dilute it half and half with water.

Experiment with fresh tomato juice on the liquid from cucumber rinds or the liquid from cucumber rinds that have been soaked in water overnight to see which is best for your face and throat. If you put lemon juice on your face, be sure to dilute it half and half with water.

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FAVORITE SHADES OF LEADING PARIS DESIGNERS

Famous Paris couturiers feature the following colors in their mid-season collections: Louisboulanger:—Blues in vivid purplish casts for day and evening. Lanvin:—Pale flax blues fading to grayish cast are highlighted; bright orange-red gay daytime colors and combinations such as reseda green for suits worn with red blouse. Vionnet:—New looking shades of golden yellow, coppery red under

THE COOK'S CORNER

LEMON CHEESE

One-half pound butter, 1 pound sugar, 3 lemons, 4 eggs. Method Melt butter, add sugar, stirring until dissolved, then put in lemon juice, also grated rind. Stir well, beat eggs and pour in slowly, stirring all the time until it comes to a boil. This is nice for tarts or jelly roll, and will keep for some time.

STRAWBERRY POPOVERS One cup all-purpose flour, 1/2 teaspoon salt, 2 eggs, 1 1/2 cups milk. Sift flour and salt together. Beat eggs well, and combine with the milk. Add slowly to flour while stirring constantly until well mixed. Beat for 2 minutes with egg beater or electric mixer. Pour into well greased earthenware cups or heavy iron gem pans which have been heated until they sizzle. Fill 2-3 full. Bake 10 minutes in a very hot oven (500 degrees Fahr.), then reduce heat to moderately hot (375 degrees Fahr.) for 25 or 30 minutes. This recipe makes about eight popovers.

FILLING 1 1/2 cups strawberries, 1/4 cup powdered sugar, 1/2 cup whipping cream. Wash and hull strawberries and crush 1 cup in bowl, reserving 1/2 cup for decoration. Add powdered sugar. Whip cream, reserving small amount for decoration, and fold crushed strawberries into the remainder of the cream. Make opening in top of popovers and fill. Decorate each with whipped cream and one whole strawberry.

coists of brown-and-white mixture, pale green, or brown coats; many changeable effects; much white for sports. Paray:—Scarlet and emerald in blouses; emerald and scarlet in suits; black dresses; much black for day, also greens, warm brown tones like rosewood; ice blue, pale blue chalk white for evening. Masgy Rouff:—Ooks green and bronzy green in fall dresses; streaky beige and brown mixtures; much black; pale pink, blue and white for evening. Mainbocher:—New-looking rich colors in the shade associated with the Italian Renaissance; soft beetroots; brown with a more rusty tone than mahogany, navy and black. Lelong:—Purple tones, such as aubergine, purple-blue and mauve; much black; American Beauty; almond green. Scherwill:—Red over health blue with red and white stripes; pink-ruby over print; yellow over navy; rose over printed yellow. Patou:—Beige with green; brown with yellow; black with red. Dikutska:—Sage-green and cocoon and are featured colors for swim and beach wear. Aik:—Wine red with hyacinth blue.

Will PROTECT RUINS OF ANCIENT NUNNERY The remains of the Augustinian Nunnery of White Ladies (famous through its adventitious connection with the escape of Charles II. after the battle of Worcester) are now protected under the Ancient Monuments Act, 1913 and 1931. These remains, which, at one time, were of considerable importance, are now under the guardianship of the Office of Works through the Treasury for such purposes limit the Commissioners in taking on further commitments. The whole of the Shropshire abbey and priories are now to be protected. Buildwas, Littlehale, Haughmond, and Wenlock have been scheduled some years ago. All that now remains of the White Ladies' Nunnery, founded towards the end of the twelfth century, are the walls of the chapel and the foundations, exposed here and there, of the other conventual buildings together with some vestigial medieval sepulchral slabs. The greater part of this chapel, originally cruciform in plan, survived the Dissolution, but in 1651 was reduced to a mere shell by the Cromwellian soldiery who fired the chapel in reprisal for the owner's suspected connivance in Charles's escape. The remains therefore cover work of various dates, including a transitional Norman doorway with pillars and delicately carved capitals in perfect condition.

White Ladies is the property of Lord Stafford, who has given every facility to John Morris, F. R. S. A., and other members of the Shropshire Archaeological Society in the preliminary work of freeing the walls from the severe decorations of ivy, and in tracing and exposing the remains so far as possible. Lord Stafford has included a surrounding site which will allow a beginning, at least to be made to trace the other conventual buildings.

The continued preservation of the chapel was probably due to the nunney having passed into the hands of the Giffard family, leading Roman Catholics of the district, whose mansion, built near the west end of the church, sheltered Charles after Worcester and before he took refuge in Boswell, a house belonging to the same family half a mile away. From that time until 1844 the site of a Roman chapel was used as a Roman Catholic burial ground. However, thanks to the concurrence of Lord Stafford and the ecclesiastical authorities concerned, no obstacle has been raised on this score against the scheduling. The chapel will be open to the public.

R.C.M.P. Chief's Daughter on Honeymoon



Mr. and Mrs. George Arnold Murphy of Ottawa, have arrived back from their honeymoon trip to Bermuda, and are seen here on their arrival in Montreal. Mrs. Murphy is the former Miss Julia MacBrien, daughter of Major-General Sir James A. MacBrien, and Lady MacBrien, and Mr. Murphy is the son of Col. and Mrs. George Patterson Murphy of Ottawa.

What Families Crave Most - Dorothy Dix Finds, Is To Hear Mother Laugh

Are Tears a Woman's Most Effective Weapon? So Women Think, But They Are Mistaken, Says Dorothy Dix - A Woman With a Laugh Hung on a Hair-Trigger Can Always Get What and Whom She Wants

I once heard a small child ask another why she never laughed as Mrs. A. did, as a jolly peal of mirth came from a neighboring window. Before she could answer, her husband exclaimed: "I would give a thousand dollars to hear your mother laugh like that just once," to which the woman replied by sighing and saying self-righteously that SHE was not of the vulgar and noisy type.

The little episode made me wonder why it is that among women cheerfulness is a discredited virtue and one they feel that they are under no obligation to practice in the home. Yet it is the one thing that their families crave of them above all others, the one thing that would do more than anything else to make them successful as wives and mothers.

When a conscientious woman tries to do her sacred duty by her family, she keeps her house clean and orderly; she serves scientifically balanced meals that contain the proper vitamins; she insures her husband's and children's physical wants, but she only too often overlooks their need to be pepped up and she fails to realize that they would rather she made good jokes than good pies.

For proof of this we have only to observe the women among our personal acquaintances. All of us know some one woman who is a slack housekeeper, whose windows are as clean as they might be, whose meals are never on time, whose children generally need a patch or a darn or to be washed behind the ears, who wastes her husband's money, but who is invariably she is adored by her husband and children and her home is the gathering place for all the youngsters in the neighborhood.

A happy home does not depend upon the material comfort in it. It depends entirely upon the attitude of the woman at the head of it. A gay and light-hearted woman can make a palace an abode of woe that gives el. A dismal, weary woman can make a palace an abode of woe that gives el. A dismal, weary woman can make a palace an abode of woe that gives el.

"A cheerful mother is the greatest blessing any boy can have, his greatest asset," said a man who had risen from poverty and obscurity to greatness and fame. "We were desperately poor when I was a child. The riches and fame we were never to know were in the potatoes and milk for supper. But my mother laughed us through it and never bemoaned the fact that we were underprivileged." She never made work a thrilling adventure and we were underprivileged."

Cheerfulness is the one and only genuine follow-this-and-you-cannot-fail recipe for retaining a husband's affection and nailing him to his own fireside. Beauty fades, besides, if a woman doesn't look good long to her husband if she wears crepe trousers around the house. A woman ceases to be a spellbinding woman to a husband if it is salted with tears. No man good cooking calls upon a husband if it is salted with tears. No man good cooking calls upon a husband if it is salted with tears.

Life is hard on men. All day they are bullied and badgered and torn with anxieties and by night they feel that they have had about all the grief they can stand. They don't want to hear the saga of anybody else's troubles. They don't want to be reminded of the depression. They don't want to hear of everything that has gone wrong in the home.

They want to be met at their front doors by a wife who wears the smile that won't come off, a wife who has read something funny in the papers or heard a good joke, and when a man finds a wife like that no half the men who leave home do so in search of cheerful companionship and to get out of a place that reeks with gloom.

Moreover, cheerfulness is first aid to popularity. Gay people attract us and we just gravitate toward them. It is such a relief to get with someone who isn't going to tell us a tale of woe and beat upon their breasts while they bemoan their sorrows. We have troubles of our own that are all we can bear and we shun those who are going to add to them.

Women have always thought that tears were their most effective weapon. They are mistaken. It is cheerfulness. A woman with a laugh hung on a hair-trigger can always get what and what she wants. DOROTHY DIX.

AS BABY GROWS HE LEARNS TO PLAY A steady gain in weight. Bowel movement every day. A good appetite. No vomiting. Bright, wide open eyes. Very little crying. Quiet, unbroken sleep, with eyes and mouth closed. A constant growth in stature and intelligence. Child points in normal development.

The soft on the top of the head (fontanelle) begins to close at fourteen months and should be entirely closed at two years. The baby learns to hold up his head unsupported, during the fourth month. He laughs aloud from the third to the fifth month. From the fifth to the seventh month he reaches for toys and holds them. At seven or eight months he is usually able to sit erect. He begins to walk alone in the twelfth and thirteenth months and walks without aid at the fifteenth or sixteenth month.

A Morning Smile

AN ANSWER, PLEASE

A clergyman who was passing a freight station was shocked to hear a string of abuse coming from the other side of a cattle car.

On investigating he saw two workers endeavoring to force a mule inside the car. The mule, however, was determined not to enter without a struggle.

"Ah, my good fellows," said the clergyman, "I see you are having a hard task. Can I be of any assistance?"

"Yes," said one of the men, wiping his perspiring brow. "Being a preacher, maybe you can tell us how Noah managed to get two of these consarned mules into the Ark?"

Two Negroes who had not seen each other in five years discovered each had been married during that time.

"What kind woman did you all get, Moses?" asked Rastus.

"She's an angel, Rastus, dat's what she is."

"Boy, yo' sho is lucky. Mine's still livin'!" Rastus muttered sorrowfully.

Monday for wealth, Tuesday for health, Wednesday the best day of all, Thursday for crosses, Friday for losses, Saturday for no luck at all.

The first three days of the week have something to recommend them and the second three nothing. The bride will do well to choose for "health" or "wealth" or "wednesday is the best day of all."

For some reason or other June 4 is regarded as the day of days for weddings and happy is the fortunee who gets that day to fall on a Wednesday. Then she should have an extremely happy married life.

Having selected the wedding day and so far avoided ill luck, the bride must see she does not court misfortune by an unlucky choice of color for her wedding garment.

There is a rhyme which will assist the superstitiously minded one, as to what she should wear.

Married in white, you have chosen alright; Married in gray you will go far away; Married in black, you will wish yourself back; Married in red, you will wish yourself dead; Married in green, ashamed to be seen; Married in blue, he will always be true; Married in pearl, you'll live on a wharf; Married in yellow, ashamed of your fellow; Married in brown, you'll live out of town; Married in pink, your spirits will sink.

If, in addition to her choice of color, she would make her assurance doubly sure in the matter of good luck the bride should see that she does not go to the altar without wearing.

Something old, something new, Something borrowed, something blue.

And that none of the bridal guests appear at the wedding

DOCTOR SAID SHE NEEDED "BULK" FOR HER CONSTIPATION

Kellogg's ALL-BRAN Brings Relief to Mrs. Manceley

Read the following unsolicited letter:

"Up to five years ago, I knew no end of suffering caused by constipation. I used all kinds of laxatives but only found relief till I got used to them. My physician told me to get some Kellogg's ALL-BRAN, and instructed me how to use it.

"I did just as I was told by my doctor, and today I send my highest praise for what your ALL-BRAN has done for me."—Mrs. Jas. Manceley, Jr. Address upon request.

*Due to insufficient "bulk" in meals.

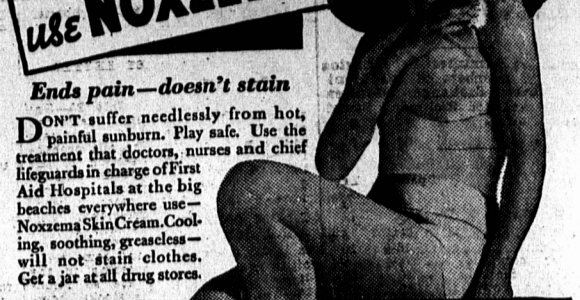
ALL-BRAN provides gentle "bulk" to help overcome common constipation. It is also a good source of vitamin B and iron.

The "bulk" of ALL-BRAN is often more effective than the "bulk" in fruits and vegetables, as it does not break down within the body. Two tablespoonfuls daily are usually sufficient. If not corrected this way, see your doctor.

Isn't this food much pleasanter and safer than rickety patent medicines? Get the red-and-green packages at your grocer's. Made by Kellogg in London, Ontario.

Keep on the Sunny Side of Life

for SUNBURN PLAY SAFE USE NOXZEMA



Ends pain—doesn't stain DON'T suffer needlessly from hot, painful sunburn. Play safe. Use the treatment that doctors, nurses and chief liegards in charge of First Aid Hospitals at the big beaches everywhere use—Noxzema Skin Cream. Cooling, soothing, graceless—will not stain clothes. Get a jar at all drug stores.

SAVE 25%—BUY 1.08 SIZE

SMART CLOTHES FOR THE HOME DRESSMAKER

It's so decidedly feminine and individual. Tiny yokes, front and back, join the smartly shaped cape sleeves, that cut in one with the shoulders. Made in any soft summery cotton print such as wale, batiste, handkerchief-lawn, batiste, crinkly crepe, and the many weaves of this character, this model is lovely. The model pictured is chiffon cotton voile in lovely lilac and purple tones. The belt is purple grosgrain ribbon, fastened with lilac bone buckle. Style No. 934 is designed for sizes 14, 16, 18 years, 36, 38 and 40-inch bust. Size 16 requires 3 1/2 yards of 39-inch material with 1/4 yard of 98-inch contrasting for belt. Price of PATTERN 15 cents in stamps or coin (coin is preferred.) Wrap coin carefully.

ceremony in a costume entirely black. Another superstition is that the bride is not to look in the mirror after she is completely attired for her wedding. If she does so ill luck, is sure to follow. To avoid that the bride must leave a minor detail of her toilette unfinished—such as a glove to be put on—until she has satisfied herself that she is dressed quite to her taste.

ROBERT LINSIG, BORN WITHOUT ESOPHAGUS IS STILL LIVING

MARLBORO, N.Y., July 20—Robert Earl Linsig, who was born without an esophagus on February 16, reached the age of five months yesterday. Physicians at his birth had given him only one chance in ten of survival.

"He weighs fourteen and one-half pounds," his mother said in response to birthday felicitations, "and is just as happy and sturdy as any baby his age. He seems to find life just fine."

Bobby still subsists on the diet of milk, orange juice and cod liver oil prescribed for young babies, but within a few days he is to have his first experience with cereals. All his feeding is through a rubber tube inserted directly into his stomach, to take the place of the missing esophagus.

Eyebrows Stage Comeback Eyebrows have made a comeback. No longer does the fashionable woman shave off her natural eyebrows and pencil in an exotic line wherever fancy may dictate. Natural brows, trimmed of course, are the order of the day.

A Courty Bow



This little English lad makes an elaborate bow to the Duchess a York (RIGHT), after presenting his purse during a garden party at St. James' palace in aid of the national council for child welfare in England.

He Practiced It For Weeks



When this little boy has the opportunity of saluting a lady of royal blood, he goes through the gesture with a seriousness and stiffness that would do justice to the commander-in-chief of the entire British army. The occasion was the opening of the crippled training college at Leatherhead, England, by the Duchess of York. The lad was one of the children who walked up to the dais with a monetary presentation.

PEETERSFIELD, England, July 19.—Observing a servant girl with scaling a £50 ring police declared the inserted her own death notice in the papers after the alleged theft.