

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

The HOUSE WIFE and HER ACTIVITIES

ANTIDOTE. The day began with dismal doubt, A stubborn thing to put to rout; But all my worries flew away When some one smiled at me to-day.

Scarred Floors. If your hardwood floors are scarred with dark marks from rollers of furniture casters, rub the mark with very fine steel wool dipped in quite soapy water. Rub with clear water and then apply a good furniture polish. They will be greatly improved.

PREJUDICE. The greatest enemy of progress is prejudice. It is a greater danger to civilization than armament manufacture, malaria or debt. It has retarded the growth of the railway, the bicycle, the aeroplane and the motor car.—Prof. A. W. Loy.

Savory Castor Oil. Yes, it is possible, too. Squeeze the juice of half a lemon into a tall glass, then pour in the dose of castor oil. Add a pinch of ground ginger, then the juice from the rest of the lemon. Now add 1-4 teaspoon bicarbonate of soda and stir briskly. It will foam up like soda water, breaking the oil into tiny granules, so small that they cannot be noticed. Drink while it is effervescent.

Chiffon Jacket. A white chiffon jacket frock in 22-inch length is very flattering. The jacket is finger-tip length, with a flattering shirred collar and full sleeves gathered to a band of shirring. The dress had a square-neck, cool and open.

Poses on Toes. Plain sandals are the rage this summer, and for your formal gown you can wear poses on your toes—or the toes of your shoes for garden, afternoon or evening slippers. Very pretty and rejuvenating to your shoes.

FAULT-FINDING. What a gift some people have of finding fault. Praise anything, no matter what, and they will immediately confront you with a "but."

DANGERS OF SUNBURN. Many people try to get a heavy coat of tan in a few days, says Charles F. Pabst, M.D., chief dermatologist, Greenpoint Hospital, Brooklyn, N.Y. They do not realize that during June, July and August the sun's rays are especially strong. Ultra-violet light and it is this light which burns and blisters the skin. The intense rays of the summer sun hang over the unsuspecting victim like the sword of Damocles, and a few minutes of over-exposure will cut the thread, bringing down disaster in the form of a severe sunburn, which endangers not only the health, but also the life of the one so exposed.

The sun ruins millions of beautiful complexion every year. You know leather is simply ruined by the sun. An animal, note the dry, wrinkled, leathery skin of persons who are more or less constantly exposed to the rays of the sun. Several forms of skin diseases may be caused by excessive exposure to direct sunlight and certain diseases of the skin such as eczema and lupus may become worse and even spread after exposure to the sun's rays. No one should undertake self-treatment for a skin disease without the advice of his family physician. He will tell you whether or not it is advisable to expose your skin to the sun.

Skin Pigment. Many vacationists discover that they cannot acquire a coat of tan. There are certain individuals who do not tan, never did tan, and never will tan. I call them "Heliophobes." A heliophobe is a person whose skin will redden, blister, burn and peel but never tan. This is due to the fact that their skin is unable to manufacture the pigment which imparts the tan or brown appearance to the skin. This pigment is called melanin and is manufactured in the deepest layers of the skin cells.

The color of everyone's skin is determined by the amount of pigment it contains. Black skinned people have an abundance of pigment in their skin. Blondes have very little, and albinos have no pigment at all. Nature has given the Negro a dark skin in order to protect him from the strong ultra-violet light of the tropics. The blonde, white-skinned races in the North do not require this pigmentation.

Under the microscope the pigment in the skin cells looks like tiny particles of brown paint. Sometimes the pigment is unevenly manufactured, and collects in "spots" called freckles. The skin cells between the freckles are unable to manufacture the pigment which im-

parts the color to the freckles. This explains why it is so difficult to remove freckles. The pigment-bearing cells are in the deep layers of the skin and to remove them necessitates the destruction of the upper layers of the skin. This procedure is unpleasant and unsafe, as infection may take place through the broken surface of the skin.

Prolonged Exposure. Prolonged exposure to the sun's rays may cause sunstroke, sunburn or sun tan, which are three entirely different conditions. If one-half or more of the body surface is sunburned, with the formation of blisters, serious illness and even death may result. Even a mild sunburn that causes only a redness of the skin is extremely dangerous if it affects the entire skin surface. Nude sun bathers should heed this warning.

Every year 200,000 working days are lost because of illness due to sunburn, which represents an annual loss of \$1,400,000. In the United States the sunburn is deliberately and intentionally acquired; therefore this huge economic loss and the suffering of the victims could be prevented if a little care and judgment were exercised.

The ultra-violet light in the sun's rays is most intense from 10 a. m. until 2 p. m. (Standard Time), so if you wish to avoid severe sunburn, protect yourself from the sunlight between these hours. The safest way to obtain a sun tan, provided one is not a heliophobe, is to begin the sunbath before 10 a. m. and increase the time of exposure ten minutes each day. At the end of ten days a light tan is achieved without any burning of the skin and one may now indulge in longer exposures. It can be readily understood that a week's sunbathing is too short a time in which to hope for the deep mahogany tan of a life guard, especially when one considers the fact that he may have taken ten years to acquire it.

Be Careful. It is a good habit to sprinkle perfume or toilet water upon the skin before exposure to sunlight as it may produce a severe inflammation of the skin called "perforated dermatitis." This condition consists of redness and swelling of the skin, accompanied by a smarting and stinging pain. It persists for several weeks and requires the attention of your physician.

The effect of sunlight upon the hair is usually harmful. It does not increase the growth of the hair but usually causes the hairs themselves to become brittle and break off.

Bathers should not sit in the strong sunlight when the body is wet as the small drops of water set like tiny magnifying lenses and thus increase the intensity of the sun's rays, causing severe burning of the skin. It is well to remember also that water and sand reflect the ultra-violet rays of the sun. A hat may shield one from the rays beating downward from the sun, but not from those shooting upward from the sand or water.

Strokes are not a rare occurrence in the Temperate zone. There were 90 deaths caused by sunstrokes in New York City in 1930, according to a report by the health department. The number of deaths caused by elevated cars, subways, steam cars or electric surface cars during the same period in the city. Medical authorities agree that sunstroke is very apt to affect those who have second degree sunburn. They outnumbered the deaths caused by elevated cars, subways, steam cars or electric surface cars during the same period in the city. Medical authorities agree that sunstroke is very apt to affect those who have second degree sunburn. They outnumbered the deaths caused by elevated cars, subways, steam cars or electric surface cars during the same period in the city.

When sunburn is of the first degree, it simply causes a redness of the skin without blisters forming. For this mild type of sunburn there are several remedies which will afford relief. The application of boracic acid ointment or a mixture of equal parts of linseed oil and lime water will soothe and heal the inflamed skin. If burn is of the second degree, blisters are formed and it is not advisable to attempt self-treatment as the condition is very serious and requires the attention of a physician in order to avert serious complications. I have formulated a set of five rules which will prove beneficial to those who desire to acquire a sun tan:

Five Rules. 1. Acquire a coat of tan, if possible, by means of short exposures. 2. If your skin will not tan, you are a heliophobe, and should not expose yourself as every new exposure means a new burn. 3. Do not sleep on the beach in the direct rays of the sun. 4. When fishing or sailing, remember that the water reflects the

ultra-violet light which may burn you. 5. During June, July and August, protect yourself from the direct rays of the sun, especially when the body is wet, as a severe case of sunburn may cause serious illness and even death.

I have described many of the dangers that lurk in the summer sun because the benefits of sunshine are well known. The fact that the sun's ultra-violet rays possess valuable health-giving properties is doubtless what makes many persons think they cannot get too much of them. Such an idea is as foolish as it is to think that because small quantities of arsenic and strychnine are beneficial in certain diseases, you can take large quantities of them without being fatally poisoned.

By or by was a Danish word meaning town or dwelling place and by-laws referred to town laws. Later the original meaning was lost sight of and the word referred to any secondary or minor laws or regulations.—Pathfinder Magazine.

ELECTRO-CHEMICAL IMPULSES. The electro-chemical impulses by which nerves carry messages from one part of the body to another have been found to travel at the rate of 400 feet a second.

COOLING, SOOTHING. Mentholatum relieves the inflammation. Promotes quicker healing. MENTHOLATUM gives COMFORT Daily.

Does Your Home Run Smoothly? Dorothy Dix Suggests Reasons For Bumpy Places

Aren't We Dumb About Our Family Affairs? We Know Perfectly That a Little Tact Will Prevent a Family Fight and That a Little Appreciation Soothes Ruffled Feelings, Yet We Never Take the Trouble to Use the Cure at Hand

One of the most amazing things in the world is the lack of intelligence we display in solving our domestic problems. About other matters we are practical enough and use whatever gumption God gave us, but when we come to dealing with the difficulties we encounter in our homes we go completely haywire. We look for miracles to save us instead of doing something about it ourselves. And the result is that half of us suffer from a headache that we could cure with one dose of common sense.

For the great tragedies of family life, the death of a loved father or mother or wife or husband or child, or the unfaithfulness of an adored husband or wife, there is, of course, no alleviation. Such heartbreaks must be borne with what courage and fortitude we can summon. But the great bulk of domestic misery is not made up of soul-searing sorrows that cannot be avoided. It is compounded of little petty aggravations and irritations that get on our nerves and keep our tempers at the boiling point and that take all the pep out of life for us, but which we endure year after year when we could abate them in five minutes if we would only bring one lobe of our brains to bear on the subject.

Perhaps there is no other one thing that produces so much unhappiness as two un congenial people having to live together in the close intimacy of family life where their antagonisms rub each other raw. They are poison to each other. They keep each other physically and mentally upset all the time. They make a home a hell on earth.

Yet because they are mother and daughter or father and son, or because they think people will talk if they don't have some old father-in-law or mother-in-law live with them, they let the whole happiness of a household be wrecked, when all they need to restore peace and harmony to the family circle is to use the remedy that is so plainly indicated, and that is to break it up. Let the discordant members go their different ways. Separation makes the heart grow fonder. We never appreciate the good qualities of many of our near-relatives until we do not have to live with them.

Then there is the matter of the family quarrel, which makes the average home a scene of perpetual strife and warfare instead of the place of peace and rest that all of us crave. Most husbands and wives regard the quarrel as the most disastrous phenomena of Nature. Something terrible that wrecks their happiness and is likely to destroy them but which they cannot avoid.

Yet there was never a domestic fight that could not have been prevented by the use of a little tact and the giving of the soft answer that turns away wrath. Every husband and every wife know perfectly well the politics upon which they disagree, and that just to mention religion or the use of cosmetics or smoking is like waving a red flag before a mad bull to the party of the other part. But do they avoid these topics that are sure to start something? Not at all. They drag them in by the head or the heels and say things to each other that make the man bang the front door behind him and reduce the woman to tears.

The thing that makes marriage a failure for millions of men and women is that their wives and husbands take them for granted and never show them any of the love and appreciation for which they are starving. They drop all courtship at the altar. The man apparently looks upon his wife as a combination kitchen range and vacuum cleaner. The woman seems to regard her husband as nothing more than a cash register.

This makes both of them miserably unhappy and dissatisfied. It turns the woman peevish and fault-finding. It sends the man out to hunt up some appreciative lady who will tell him how handsome and wonderful he is and make a fuss over the things he gives her. Both husband and wife know that they are human, that they crave love and romance and appreciation. Each knows that he or she can make the other happy with a little flattery, yet they are so stupid that they will not say a "swind word" in order to secure their own well-being and make marriage worth while to their mates.

All men and women know that they have to "sell" themselves in business and in society to those whom they wish to please. They know they have to handle those with whom they deal with gloves, but they use no such finesse with their wives and husbands, though they are perfectly aware that they could manage them without friction if they did.

Dumb, aren't we, about our family affairs? DOROTHY DIX.

FOUND PEARL IN HIS OYSTER. To find a pearl in one of a casually ordered dish of luncheon oysters was the good fortune of Police Commissioner Childs of Sydney, Australia. He discovered the pearl while lunching on a train.—Australian Press Bureau.

TAKE 2 WOMAN'S PAGE. The English Bulldog. The general appearance of the English bulldog is that of a smooth-coated, thick-set dog, rather low in stature, but broad, powerful compact. His head should be strikingly massive, his face extremely short, his muzzle very broad, blunt and inclined upward. The chest should be broad, sloping and deep, very powerful and muscular. The fore legs are straight and set wide apart. The ears are set high on the head and are known as "rose-shaped"; the tail should be set on rather low, but not rather straight and then turn upward. The bull weighs around 50 pounds.

BY-LAWS WERE TOWN LAWS. By or by was a Danish word meaning town or dwelling place and by-laws referred to town laws. Later the original meaning was lost sight of and the word referred to any secondary or minor laws or regulations.—Pathfinder Magazine.

ELECTRO-CHEMICAL IMPULSES. The electro-chemical impulses by which nerves carry messages from one part of the body to another have been found to travel at the rate of 400 feet a second.

Goo Goo In Action



Goo Goo, trained goose, follows his mistress, Carolyn Summers, about the streets of Washington Court House, O., just as faithfully as a dog follows his master. However, Goo Goo attracts a great deal more attention as he struts his stuff. But he refuses to leave home after nightfall.

A Morning Smile

NOT A SUCCESS

A works foreman congratulated one of his men on his new Sunday suit, but suggested the use of a coat-hanger to make the jacket set better, adding the information that they could be obtained for three-pence. On meeting his colleague on the following Sunday the workman said: "I've had to give up that coat-hanger. It was very trying across the shoulders, and when I stooped down the 'ook pushed my 'at off!"

MAPLE PARFAIT

Beat 4 eggs slightly and pour onto 1 cup hot maple syrup, cook slowly in top of double boiler until mixture thickens, cool, and add 1 pint heavy cream which has been beaten until stiff. Pour into inset trays of electric refrigerator—or pack in salt and ice and allow to remain three to four hours or until frozen.

PRUNE MOUSSE

1 cup evaporated milk 2 tablespoons lemon juice 2 tablespoons orange juice 2 tablespoons sugar 1-2 cup prune pulp Chill milk thoroughly, then whip until stiff. Add lemon juice and whip until very stiff. Fold in orange juice, prune pulp and sugar. Pour into trays of electric refrigerator and freeze. Serves 6.

LEMON SHERBET

2-3 cup sugar 1-3 cup lemon juice 1-2 cups milk 1-2 cup cream, sweet or sour Few grains salt 2 teaspoons gelatine 2 tablespoons cold water Mix sugar, lemon juice, milk cream and a few grains of salt. Soak gelatine in cold water, then melt over hot water. Add gradually to first mixture. Chill in refrigerator pan, then beat 10 minutes or until very light. Return to inset tray and leave until frozen. If the mixture separates and the bottom portion becomes icy, beat again.

DOG COST HIM MONEY

LONDON, July 12.—For failing to report he had run over a dog, which subsequently died, John Silverstein was fined \$100 and costs.

A Curtsey For the Queen



An old-world English market with costumes of that day and age was part of a fair staged in Dean's Yard, Westminster Abbey, London, the other day, and here we see one of the quaint stall-holders curtsying to the Queen, as she paid a visit to the fair held for charitable purposes.

THE COOK'S CORNER

PINEAPPLE OR PEACH MOUSSE

2 cups crushed pineapple and juice, or 2 cups fresh, mashed peaches 2 cups whipping cream 2 tablespoons cold water 3-4 cup sugar 2 tablespoons lemon juice 2 tablespoons granulated gelatine Heat the pineapple (or peaches) to boiling point and add the sugar, lemon juice and gelatine which has been soaked for 5 minutes in 2 tablespoons cold water. Cool. When the mixture starts to congeal, fold in the stiffly beaten cream. Pour into refrigerator pans and freeze without stirring. Serves 6 to 8.

RASPBERRY OR STRAWBERRY MOUSSE

1 cup heavy cream 1-2 cup powdered sugar Few grains salt 2 cups strawberry puree (berries pulled through sieve). Beat cream until stiff, and fold in sugar, salt and strawberry puree. Pack in ice and salt, and let stand 3 hours. Or, pour into inset pans of refrigerator and let stand 3 to 4 hours or until firm enough to serve. Serves 4 to 5.

CHOCOLATE MARSHMALLOW

5 ounces marshmallows 1 cup evaporated milk 1-2 squares bitter chocolate 1 teaspoon vanilla 1 cup evaporated milk. Shave chocolate. Add 1 cup milk and marshmallows and cook over boiling water until well blended. If any of chocolate remains unblended, beat with egg beater. Chill and add vanilla. Chill milk well, then whip until stiff. Fold in chocolate mixture. Pour into inset tray of refrigerator to freeze 3 to 4 hours. Serves 8.

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"The car is doing away with the horse." But not with the ass. Goller: "Listen, kid, I'll swat you with a club if you don't stop making funny remarks about my game!" Caddie: "Hi! You wouldn't know which club to use!"

INSTANT RELIEF from SUNBURN. Doesn't stain clothes. FIRST Aid Hospitals all the big beaches use Noxzema Cream exclusively for sunburn. Notice how soft, cool and soothing this famous medicated cream feels—how quickly all "the fire" and soreness disappear from the worst cases of sunburn. Noxzema is snow-white and greaseless! Get a jar today from any drug or department store. NOXZEMA SAVE 25%—BUY \$1.08 SIZE 10 OZ. FOR \$1.08 4 OZ. FOR 54c

SMART CLOTHES FOR THE HOME DRESSMAKER

The practical play suit patterned for today is the ideal thing for active sports and for camp wear. It favors the tailored shirtwaist lines, with that little girl air about it, that you'll love. The suit, buttoning from neck to hem, makes it especially easy to slip into. Generous plaited insets at the sides, lend plenty of freedom to the detachable skirt. While gaily dotted pique—strawberry pink on lighter ground made the model pictured, there are numberless other smart and inexpensive schemes for this easily made play suit. Style No. 964 is designed for sizes 12, 14, 16 and 18 years. Size 16 requires 4 1/2 yards of 39-inch material for the entire outfit. Price of PATTERN 15 cents in stamps or coin (coin is preferred). Wrap coin carefully.



No. 964. Size ..... Name ..... Street Address ..... City ..... State .....

TROOPING HOME FOR BIG PARTY (Canadian Press) LONDON, July 13.—From almost every corner of the world women are travelling to England to participate in the Jubilee of Roedeau—perhaps the most famous school for girls in England.

Fifty years ago Lord Justice Lawrence, then a young barrister, loaned his eldest sister, Penelope, \$250 to start a girls' school. She rented a house in Lewes Crescent, Brighton, and in July, 1885, opened it as an academy in which girls could be trained to independence and self-reliance, and given "as much liberty as could be granted with safety."

Among the "old girls" who will attend the jubilee there may be some who spent their school days in the modest house in Lewes Crescent. In its place this summer they will find Roedeau on the height of the cliffs between Brighton and Rottingdean with rolling acres of playgrounds, cloisters and its chapel, its 40 teachers, and pupils drawn from the most famous families in England.

The celebrations will begin on Friday, July 26. At least 1,000 people are expected to come to the school during that time. Lord Justice Lawrence will be there, and so will his sister, Miss Theresa Lawrence, who founded a second Roedeau in South Africa, and who is now on holiday in England. Princess Alice, Countess of Athlone, will distribute the prizes. Fathers of pupils at the school will play their daughters in a cricket match on Roedeau's playing field. There will be a jubilee dinner in Brighton, and at 11 a.m. on Sunday a jubilee thanksgiving service will be held at the school.

Miss Penelope Lawrence died three years ago at the age of 75. Her sisters Dorothy and Millicent, who helped her to found the school and build its fortunes, are also dead.

OLDEST RIDER ONE ARMED (Canadian Press) TORONTO, July 12.—The oldest competitor in amateur bicycle races in Ontario is Gus Hogben, who still is a formidable rider despite his affliction. He has one arm. He still holds the Hamilton-to-Toronto road-race record and competed in the Canadian championships recently in Stratford, Ont.

successfully three times to plead guilty. Julius Thulin, 68, of Ogden, Utah, Margaret's grandfather, testified a few days after J. O. Weyerhaeuser, Jr., Tacoma lumber man, paid \$200,000 for his son's release. Mr. and Mrs. Waley and their fugitive assisted confederate, William Dainard, alias Mahan, began arriving at his home singly, each carrying a suitcase.

Brighten up with ALL-BRAN! You've had days when you've felt discouraged and low. Nothing seemed to go right. Frequently these dreary days can be traced to common constipation, due to lack of "bulk" in your meals. This ailment may cause headaches and loss of energy. Correct it by eating a delicious cereal. Laboratory research shows Kellogg's ALL-BRAN provides "bulk" to aid elimination. ALL-BRAN also furnishes vitamins B and food-fiber. The "bulk" in ALL-BRAN resists digestion better than the fiber in fruits and vegetables. It is gentle—and often more effective. Isn't this natural food better than taking patent medicines—often harmful? Two tablespoonsful of ALL-BRAN daily are usually sufficient. With each meal, in chronic cases. If not relieved this way, see your doctor. Brighten days with ALL-BRAN! Get the red-and-green package at your grocer's. Made by Kellogg in London, Ontario. Keep on the Sunny Side of Life

Waley to Testify At Trial of Wife. TACOMA, Wash., July 13.—There was a strong probability today the kidnapper would follow his victim to the witness stand in the rapidly closing trial of Mrs. Margaret Thulin Waley for the \$200,000 abduction of nine-year-old George Weyerhaeuser. George will be the last Government witness, District Attorney J. Charles Dennis said, and likely will end the prosecution's case today. Attorneys for the 19-year-old defendant indicated, her husband, Harmon, already serving a 45-year sentence after admitting his part in the kidnapping, will be brought to court from McNeil Island prison and will be the only defence witness.

Ask Acquittal. John F. Dore, defence attorney, said he would move this morning for a directed verdict of acquittal, but in event it is denied, will have the husband tell that his plump wife had nothing to do with transporting the young lumber fortune heir across the Idaho State line. The Government yesterday called upon Mrs. Waley's own kinsman to aid it in trying to convict the girl.