

# Woman's Realm Social and Personal Fashions Literature

## Salute to a Princess



A small boy in naval uniform produces a smart salute for Princess Elizabeth at Manchester's post-war housing project. Woman lord mayor of city is also shown.

## Household Scrapbook

By Roberta Lee

### A Cleanser

A very good cleanser for painted walls can be made as follows: Two ounces of borax in 2 quarts of water, and 1 teaspoon of ammonia. Use about half this quantity to each pail of water. No soap will be necessary.

### Umbrella Ribs

Save the ribs of discarded umbrellas. They make very good and lasting supports for trailing flowers. If they are painted a soft green, they will hardly be noticed in the garden.

### Young Onions

When there are more young onions on hand than one can use, place them in the ground, close to the kitchen door, and they will keep in perfect condition.

## Cook's Corner

### COCONUT APPLE BETTY

4 cups thinly sliced, pared tart apples (3 large apples)  
1 teaspoon lemon juice, if needed  
1 cup soft bread crumbs  
1 cup shredded coconut, cut  
1/2 cup brown sugar, firmly packed  
Dash of salt  
1/4 teaspoon cinnamon  
4 tablespoons butter  
Arrange 2 cups of the apples on bottom of greased baking dish. Sprinkle with 1/2 cup of the bread crumbs and 1-3 cup of the coconut. Combine brown sugar, salt and cinnamon and sprinkle half of mix-

## The Stars Say--

By Genevieve Kemble

For Thursday, April 28

AN intensification of the skills, potencies, plans and objectives, with serious study, sound judgment and long-range insight, may bring about surprising results, in which fundamental and creative work may reach to high places, enlisting cooperation of dependable and tangible worth. Personal, social, professional or sentimental values, which duty, obligation and economy may be factors to be reckoned with. Thrift, intensive effort, and a responsible attitude toward responsibilities assure rich rewards and pleasant relations.

### For the Birthday

Those whose birthday it is, may find unusual recognition for earnest and skillful marshalling of their forces, opportunities, with studied plans and objectives, in which practical, faithful and loyal sense of duty, obligation, of pledges and promises, reach rich reward. A social, domestic, cultural and professional sense of values introduce the personal element, which has more than passing influence in promoting long-term benefits and happiness. Readiness to take heed of these finer obligations bring exceptional gratification.

A child born on this day while industrious, resourceful, serious, with a sense of duty and responsibility, may also feel the force of the finer ties and duties in promoting happiness and welfare. Care over the coconut. Dot with 2 tablespoons of the butter. Repeat, sprinkling remaining 1-3 cup coconut over the top. Cover and bake in moderate oven (350 deg. F.) 35 minutes. Uncover and bake 10 minutes longer, or until apples are soft. Serve with cream, if desired. Serves 6.

## That Body Of Yours

By James W. Barton, M. D.

### CAUSES AND TREATMENT OF LOW BACK PAIN AND SCIATICA

Several years ago I spent some time at the outdoor clinic, Massachusetts General Hospital, Boston. I was particularly interested in low back pain and sciatica, at least 20 to 25 cases presenting themselves daily. In the majority of cases, the patient gave a history of lifting an object and then immediately, or within a few hours, having pain in the lower back, hip, and down the back of one leg (sciatica). The treatment consisted of strapping the sacroiliac joint tightly, the patient measured for a belt which was applied on his return a week later.

However, pain in the lower back with sciatica is not always caused by lifting or by a fall or misstep, so that physicians today try to study each case before prescribing permanent treatment. It is estimated that at least two of every three of these cases are caused by infection—teeth, tonsils, gall bladder.

One of the established facts about low back pain and sciatica is that where the symptoms are worse when the patient is on his feet, injury should be suspected. Of course, injury and infection could both be present.

In the "British Journal of Surgery," Drs. M. A. Falconer, M. C. George, and A. C. Begg, after a review of 100 consecutive cases on which operations had been performed for low back pain believed caused by a protruding disk, state that while all such cases cannot be completely cured, the results obtained depend upon the good judgment of the surgeon during the operation.

These physicians suggest that all patients with severe sciatica and low back pain should be put to bed for one month. Investigation during this month may show the presence of a growth or tumor on the spine; the other cases usually have the protruding disk.

The three constant signs of a protruding disk are pain on coughing, inability to raise the leg with the knee straight, and rigidity or stiffness of the spine. After the operation, exercises should be taken to straighten the spine erect. One simple exercise is lying on the abdomen and trying to bring the head and heels together, the knees kept straight. This should be done several times night and morning.

### CHRONIC RHEUMATISM AND ARTHRITIS

Sufferers from chronic rheumatism and arthritis will find many helpful suggestions as to diet, heat, massage and other aids in Dr. Barton's booklet entitled "Chronic Rheumatism and Arthritis." To obtain it, just send 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., and ask for your copy.

To prove what a part women play in the trend of men's ties—several of the topflight female dress designers are now using some of their gayest prints and making them up into ties.

## DOROTHY DIX SAYS--

### Are Children Worth While?

#### Wife Fears Expense, Responsibility Of Rearing Offspring.

DEAR DOROTHY DIX: I have been married for several years and my husband is very anxious that we have a family, but I do not want any children. In the first place, they cost too much to rear and, in the second place, they are very likely to turn out badly and bring nothing but misery to their parents.

Would you say that children are worth while? MRS. X. Y. Z.



ANSWER: The woman who refuses to have children robs herself. She robs her husband and she robs her country. She cheats on Nature. If she did not mean to give her husband children, then she had no right to marry.

Children are worth while for many reasons. First, they are one's greatest pleasure. Seeing a little child's mind develop is the most fascinating sport that you will ever engage in, and if you miss that, you will have cut yourself out of a world of entertainment and happiness.

Then, children are worth while because they give you an interest in life. When you get along towards middle-age and have come to the point where you are not so keen about having or doing the things you used to, then you begin living your life over again in your children. You will get lots more kick out of giving your youngsters the good things of life than you ever did from buying things for yourself. Listen to mothers brag about their daughters' beaux. Listen to fathers boast of the success of their sons. (Continued on Page 9)

## Ellen's Diary

By an Island Farmer's Wife

This afternoon brought our farmers the end of their wood-splitting. From a window, where we saw last sticks being thrown to the heap, and the base of it made neat and compact, and then much as we would stop to regard and admire a fresh-gathered bouquet, the men passed to view their handiwork before leaving the scene of it, the lengthy and toilsome task over at last. "It's remarkable," James commented of it when he came in to supper, "how much of a chore a fellow can get done, if only he is content to keep at it. A few minutes each day, Ellen, given over to some work or another, will one day give one 'something done' to be proud of. You know that was quite a heap of blocks to start at and we with only small time to give to it—some days not as much as a dozen sticks made, but", and he drew a happy sigh, "just by sticking at it—there it's done!"

We fancy that when many a housewife visits Alderlea, in the interval between this and the storing, it will not be to carry away with them the memory of the exquisite sheen of Summer sunlight on the pond-water, which dimples and mirrors below the front meadow, nor to take in the pastoral of meadow and woodland about us, but practical eyes will rest most of all wistfully on this treasure which belongs now to the housewives—the rounded heap of wood in the yard!

In many places the tempo of the house-cleaning quickens, while this house tidied by many a woman in the season of it, still awaits the glint of the green light which is to appear only when an event-ful come in the piggy is safely past. This alone will bring to James peace of mind to accept the indoor upheaval. "And what's your mother busy at this morning?" I queried of grand-daughter when she appeared suddenly in the quiet of our kitchen. "She's house-cleaning!" she replied. "It is a current interest. 'I'm cleaning house, Ellen', a busy woman would say, and I started it a little earlier than usual this year so that himself could help me, before he got too busy out of doors—you know how it is! I do hope the cropping doesn't come on too fast! or at least not until the end of it is in sight, because you'd never believe what a help he's been, especially at the painting and papering."

We have the kitchen done—I always fancy that's the worst of the cleaning don't you? He didn't mind helping with the walls but he grumbled some when we were at the ceiling. I didn't blame him a bit for what an awkward job that is! We had to throw the first strip away—it parted right in the middle, but we got along fine with the rest. We had it done, just barely finished and he went out to the chores—and found a new calf! And that very evening didn't we get word that the chickens had arrived? And the minister called, and we had other company. I always say "it never rains but it pours"—now does it?"

Karolyn too was so busy with her cleaning, she stopped only long enough at the phone to check our times and to add: "I'm washing the kitchen ceiling and Gage must be up on the step-ladder with me! It's a great time of year," she laughed, "never a dull moment!" And today when we called Central and must wait a moment for connections, two housewives chatted briefly.

It might have been to escape an upheaval of house-cleaning that anglers were along the pond this evening or perhaps to enjoy the delightful even-song of the birds as from field and woodland they blended exquisite notes. But all is still and deserted now, the pond and stream left to mirror the stars which besprinkle now the clear night sky. "Many a field's been sowed in April," James says, opening a door which admits him and Mr. C. from the house on the hill, bringing with them day's close.

## DELICIOUS COLD CEREAL

Everyone loves those fresh, golden whole wheat biscuits served cold, too! And you get 12 big 1-ounce biscuits in every package. So ask your grocer for NABISCO Shredded Wheat. Remember, it costs less to buy 2 packages!

## DELICIOUS HOT COOKED CEREAL

It's so easy! Bring to boil in saucepan 1 cup lightly salted water, add 2 coarsely crumbled NABISCO Shredded Wheat biscuits. Cook 1 minute, stirring constantly. Serve with top milk or cream and sugar. Ready in "1 minute!"



## AMAZING 2 IN 1 BREAKFAST BUY



## NABISCO SHREDDED WHEAT

## How Can I!!!

By Anne Ashley

Q. How can I remove Vaseline jelly stains?  
A. Rubbing with kerosene will remove Vaseline jelly stains. If the stains are of long standing, put the article to soak in kerosene, and then rub and wash with soapuds after the stains are loosened.  
Q. How can I preserve straw articles?  
A. Give an occasional coat of white varnish to all articles made of straw, such as baskets, cutlases, matting, etc. It will preserve them for a longer time.  
Q. How can I keep caramel frosting from getting grainy?  
A. Cool caramel frosting before you begin to beat it. If it is beaten before cooled, it tends to become grainy.

ly. "It's getting busy already," one commented of the work. "Busy!" the second lady replied, "it is indeed—I'm trying to get the pantry cleaned today and ... but there I've just got to run. I hear a hen cackling. As though I hadn't enough to do with the house-cleaning and all, haven't the pesky things started to eat their eggs?"  
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## Needlecraft FOR THE HOME

FOR SUBTLE FLATTERY  
The new softly feminine silhouette, smoothly tucked at the shoulders . . . gently draped in the bodice . . . and gracefully gored in the skirt. Choice of rippling cape sleeves or long sleeves.  
No. 2923 is cut in sizes 12, 14, 16, 18, 20, 36, 38, 40, 42, 44 and 46. Size 36, 3 3/4 yards 39-inch.  
Send 25c for each PATTERN which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you want. Include postal unit, or zone number in your address.  
Address: Pattern Department, The Charlotte Guardian, Pattern No. 2923.



## SINKO

CLEAR CLOGGED DRAINS Keeps Traps Germ Free

## Living & Leisure THE WOMAN'S REALM

### LINES IN PRAISE OF LITTLE BOYS

My heart inclines to little boys—I like their monkeyshines and noise, Their strident strutting and their boasting, Their prediction, too, for coasting On butcher's sawdust, leaves and ice, I just think little boys are nice.

I like their darling, grimy paws, Their wobbling faith in Santa Claus, Their shabby teeth, their shaggy hair, Their shining eyes and their de-

I like their pungent, earthy smell—I just think little boys are swell! —By Margaret Fishback in the New York Herald Tribune.

Spring is the time to check up on screens and screen doors. Properly placed, these appliances are among the best means of avoiding insect-borne infections. Peppy sea food cocktails make an impressive beginning for dressed-up dinner menus. To make them even

### Morning Smile

They had not met for some time. They were sitting in the gloaming listening to the languorous roll of the sea below. "And you say that last week you were in the town where I live?" she murmured. "Yes!" "And you thought of me, John?" "Ay, I did," replied John. "I said to myself, 'Why, isn't this where what's-her-name lives?'"

better, cut ripe olives into quarters and include with the other ingredients. Be sure to include a little horse-radish in the dressing.

Soft-stemmed flowers, such as daffodils, irises, carnations, tulips, should be cut on a stem with a knife and slit about a half-inch up the centre of the stem to ensure nourishment. The florist stresses the fact that scissors should never be employed to cut soft-stemmed flowers, as they crush the stem, cutting off the water passage to the bloom.

After selecting the container, place chicken wire or "snowpack" in the bottom of the bowl to hold the flowers firmly. Snowpack, sold by florists, has just recently come on the market and is a rubber-like substance that crushes down into any size bowl. It is very absorbent and should be thoroughly soaked before using.

A single rose in a rose bowl can be turned into a different type of ornament with the use of colored ink in the water. The florist assures that it in no way harms the flower. Before putting the rose into the water, fold back the outside petals and it will open up and fill the bowl.

"One must remember that flowers should be arranged in the same line as the room. A square arrangement for a square room and a low, long arrangement for a long room," the designer said.

Flowers can be made to last longer if at night the arrangement is dismantled and the flowers put "up to their necks" in water and left in a cool place. If they begin to droop on the second or third day put 1 tablespoon of cornstarch in the water and they will straighten up.

### Constipation Relieved By A Gentle Remedy

This dangerous condition causes headaches, piles and sore eyes. A most satisfactory remedy is Dr. Hamilton's Pills, which assist in making the bowels so well-oiled that natural and unassisted action is established. These little pills are mild and certain in action — they never cause distress or inconvenience. You can help yourself to correct Constipation and establish perfect regularity by Dr. Hamilton's Pills—safe, reliable and sold by all druggists.

### Better English

D. C. Williams  
1. What is wrong with this sentence? "She pled with her husband not to go."  
2. What is the correct pronunciation of "ocular"?  
3. Which one of these words is misspelled? Abattoir, abbreviation, abstemious.  
4. What does the word "tierarchy" mean?  
5. What is a word beginning with the letters "capriciously" that means "capriciously fretful"?  
ANSWERS  
1. Say, "She pleaded with her husband." 2. Pronounce jok-u-lar, o as in on, u as in unit, accent first syllable. 3. Abattoir. 4. Government by three persons; also a country under three rulers. 5. Petulant.

### Painful Throat Quickly Eased

Speaking of valuable home remedies that mothers might well keep on hand, a trained nurse says: "I haven't met any preparation more dependable than 'Nerviline.' For me it is an ideal liniment. It seems as if nearly every drop rubs in. With me, its pain-relieving powers were absorbed quickly and it relieved congestion in a short time. For chest colds, pain in the side, stiff neck, earache and toothache, I have found Nerviline very valuable and in treating the minor ills that arise in so many homes, I have found nothing in the way of a 'Rub-On' that is more efficient than Nerviline."

# "Be Lovelier Tonight!"

"My Beauty Facials leave skin softer, smoother," says charming Jane Wyman.



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