

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

MIC-MAC TEA and COFFEE. CANADA'S STANDARD OF FRESHNESS and QUALITY. Includes prices for various tea and coffee products.

The HOUSEWIFE and HER ACTIVITIES

MY GARDEN. To each is given a garden plot. A spade, a rake and a hoe. And the choice is left with you and me.

ODD JOBS. How to Tackle Them. No matter whether we have house to flat there are always odd jobs in the way of repairs and similar tasks which, if we have to seek professional help, always mean a certain amount of expense.

When Cupboards are Damp. It is not at all uncommon to find that cupboards which are built into an outside wall are becoming musty and mouldy through the damp penetrating the bricks, and unless something is done to counteract this, the trouble gets worse and worse with time.

Loose Handles of Knives. Knife handles which have worked loose are very dangerous to use, and these should be repaired at once.

Felt Hats to the Rescue. Old felt hats no longer required for their ordinary use can still be

To Have The Best Cough Remedy, Mix It At Home. Quicker Relief. Big Saving! So Easy! No Cooking! This famous recipe is used by millions of housewives because there is no other way to obtain such a dependable, effective cough remedy.

A Morning Smile

"That's very sporting of you to cheer the team that gave you such a handsome beating," said the stranger to a burly member of the village football team.

A LITTLE NONSENSE

Professor—Which is the strongest water power known to man? Student—Women's tears.

If you do this a quarter of an hour before your meals, you will cultivate an excellent appetite. If your arms, legs, ankles or wrists are very thin, and you wish to hasten the fattening process you will find that a daily massage with warm olive oil is very good.

SILK MATERIALS FOR HATS

Taffeta, felle and corded silks are perfect fabrics for hats between seasons. One particularly nice model to wear with your winter coat right now and with a spring suit later on is of bright blue taffeta with a jaunty red feather stuck in the crown.

SHORT CUTS

Many a child who does not care for milk, will drink it if served as a chocolate milk shake. Add two or three teaspoons chocolate syrup or cocoa paste to one glass of milk. Add egg or egg white if desired. Sweeten to taste. Stir well.

For crushing ice cubes there is a new grinder. It is equipped with a glass bowl. You turn the handle and the crushed ice drops into the glass bowl, ready to be used in serving oysters, grapefruit or in drinks.

To build up resistance against colds, eat such raw vegetables as beets, cabbage, carrots and turnips. Use a combination of several of the above named vegetables, grate them and serve on lettuce with mayonnaise, cream cheese or peanut butter.

A high wall outlet will keep the ironing cord from dangling below the ironing board and around one's feet. If you have a low outlet, then attach a flexible arm with a groove on top to one end of the board.

In treating stains remember that the fresher the stain the greater the chance for success in removing it.

Next time you have occasion to use molasses in cooking, prevent it from sticking to the measuring cup, grease the cup first with butter or lard.

AT ROYAL LODGE

Decorative additions to Royal Lodge are still being acquired by the Duke and Duchess of York. The Duke's study is to have a "golfing cushion" from the Officers' Families Industries—of quilted glazed chintz with a copy of a 1790 golfing match at Blackheath (says the Daily Telegraph).

ANCIENT CHURCH COLLAPSING

LONDON, Feb. 5.—(OP)—What is believed to be one of the oldest Congregational churches in the United Kingdom—the church of the Pilgrim Fathers, New Kent Road London—is in danger of having to close down unless funds can be raised for repairs insisted upon by local authorities.

FROM GIRL TO WOMAN

GROWING girls are often sufferers from female irregularities, catarrhal discharges, Dr. Pierce's Favorite Prescription is the womanly tonic to give your daughter at such times. Heat what Mrs. M. V. Perry of 47 Birch St., Woodstock, Ont., said: "When I was growing into womanhood I suffered terrible pain periodically. I would have to stay in bed for several days. All this misery was soon corrected after taking Dr. Pierce's Favorite Prescription a short time."

Is Business Good School for Wives? Dorothy Dix Says Yes—and No!

Does Business Training Make a Girl a Good Wife?—Yes, Because it Teaches Her to Control Her Temper and Increase Her Efficiency—No, Because so Often it Kills Her Domestic Instinct

A young man wants to know if business girls make good wives. To which inquiry one must return the noncommittal answer of: "Yes—and no."



Undoubtedly in many ways the best training a girl can get for matrimony is in business. It broadens her mind and clears her vision. It brings her down out of the clouds and plants her feet on a hard world. It cures her of sentimentalism and the propensity to make everything a personal issue, which are the curses of her sex.

It teaches her to control her temper and her emotions, for no girl could keep a job if she went into hysterics every time she was criticized. It teaches her promptness and accuracy, for her bread and butter depends on her punching the timeclock at the precise minute and turning out good work. It teaches her the value of money and how much labor and pain and weariness go into the making of every dollar.

Above all, it teaches her understanding and sympathy with men. She knows, as the home-keeping girl cannot possibly know, how terrific is the strain of life upon men, how killing is the pressure under which they work. She knows that sick or well they must drive on, and that they dare not stop for even a moment to rest lest their competitors pass them by in the race.

She knows from experience that the worker cannot always control his or her own time. She knows what it is to have nerves so frayed that everything that anybody did irritated her into a sharp speech. She knows what it is to be so tired when she came home at night that all in the world she wanted was just to crawl to a couch and flop down on it and rest.

So the business girl is pretty sure not to waste her husband's money and to get value received for every cent she spends. She is also pretty sure to be interested in his work and to be willing to make sacrifices to help him along. She doesn't have conviction fits when he is late for dinner or telephones at the last minute that he has to meet a buyer from Oshkosh. She does not feel herself aggrieved because he does not feel bright and chatty at an evening, nor does she drag him out when he is half dead with weariness to night clubs.

So far the business school is better than the domestic school for brides, but if it fits them in some ways for marriage, in other ways it unfits them. For the effect of a business training seems to be to kill the domestic instinct in women.

At any rate, you seldom see an ex-business girl who isn't bored to tears by cooking and washing and scrubbing, and who doesn't pine for her mahogany desk or her old place behind the ribbon counter. Of course work in a kitchen is no harder than work in an office and sweeping floors is no more monotonous than pounding a typewriter, but the one is done in silence and alone, while the other is done to the tune of bustle and excitement, people coming and going, and gay comradeship.

Girls just naturally get more kick out of beautifying themselves of a morning and going downtown to work than they do out of putting on a bungalow apron and getting busy with the vacuum cleaner. Besides, the girl is business feels that she is doing something worth while and that she is an important cog in a big machine, whereas she despises the domestic labor she can do with one hand and half a loaf of her brain. A young woman who gave up a high executive position in a big firm to marry once said to me: "To put me to run a six-room apartment is like putting a thousand-horsepower engine to do a one-horse-power job."

Of course there are girls who have the domestic complex, who never thrill to anything but pots and pans and whose favorite reading is the cookbook. These are always outlanders in the business world. They never take root in an office and they are never happy until they hang up their own parlor curtains. But the average woman, and especially the successful business woman, no matter how much she loves her husband always casts a wistful backward glance at her old job.

Then there is the financial side of the matter. For any woman to once hold her pay envelope in her hand is for her to have tasted blood, and never again can she be contented to be a parasite and have nickels and quarters and dimes doled out to her by even a generous hand. She

Escapes Bandits, Survives Shipwreck. Fleeing with her baby down the Yangtze river, from Communist bandits, Mrs. Clarence Vicher, Toronto missionary, was shipwrecked when the treacherous current threw her steamer on to a rock. The mother and baby from terrible hardships and possible death. Through their servant's aid they were able to join Mrs. Vicher's husband (shown with his wife) at Chungking. Reports last night stated mother and baby to be safe and faithfulness of her Chinese servant, whose wife also had hidden away well after their trying experience.

Palmolive MADE WITH OLIVE OIL helps your skin in 3 WAYS ...it cleanses, soothes, beautifies!

There's a hidden natural beauty in your skin. And more than 20,000 beauty specialists join in recommending the one soap that has the power to bring this hidden beauty to the surface. "Use Palmolive," they insist, "because it's made from a blend of olive and palm oils." Every night and morning rub its creamy lather into the skin of face, throat and shoulders. Then rinse, first with warm water, then with cold. Because it is made from a scientific blend of natural olive and palm oils, Palmolive's soft lather has a three-fold action on your skin—it soothes and beautifies...as it cleanses.

And so when a girl marries and gives up her financial independence and goes back to panhandling a husband for her clothes and movie money, she doesn't take kindly to it, and she doesn't do it in a way that is soothing to masculine vanity. If a man wants a wife who will kiss the hand that hands her a dollar bill and who will tell him how wonderful and generous he is, he should never pick out a business girl.

Helping millions to END COLDS SOONER VICK'S VAPORUM

CHILD'S DIET. Cookery for children has become such a science that special courses are now given in home economics schools to prepare nurses and mothers for their responsibilities. Our laboratory experts have found you see, that many adult diets can be traced to badly-balanced diet in Milk, vegetables, cereals and fruits must be used in abundance for children but not much meat is necessary. One specialist in children's diets says that the "meat portion should be the size of the palm of the child's hand." However, that little is important for protein.

QUART OF MILK A DAY. Every growing child needs a quart of milk a day. This need not all be consumed as a beverage, but may be used in cream soups and sauces, custards and simple puddings and on cereal. If the child drinks his quart of milk in addition so much the better. Fruit is good for its mineral and vitamin content and often acts as a stimulant to a child's appetite. Either fresh, stewed dried or canned fruits are valuable used in every meal of the day. The mother who has difficulty in persuading her child to eat vegetables can use an entire amount of fruit in his diet.

BONE BUILDERS. Leafy vegetables are important. They have a unique value in being rich sources of both and bone-building material. A child as young as two years of age should have a portion of one or two leafy vegetables, finely minced, every day. Cereals may be used in gruels from the time a child is seven or eight months old. Gradually thickened, they may appear in porridge form by the time he is a year old. In a restricted diet, cereals may be used profitably twice a day. Two kinds should be served for the sake of variety and preference should be given to those made from whole grains. If the diet contains a generous supply of vegetables though, whole grain cereals need not be stressed so much.

THE COOK'S CORNER

ICE BOX ROLLS. 1 cake compressed yeast, 1/2 cup lukewarm water, 1/2 teaspoon sugar, 1 1/2 teaspoon salt, 1/2 cup sugar, 2 cups farm water, 1/4 cup shortening, 8 cups flour. Dissolve the yeast in one-half cup lukewarm water, stir in one-half teaspoon sugar and let mixture stand for about 1/2 to 1 hour. Cream shortening with rest of sugar, add beaten egg, salt, warm water and dissolved yeast. Then stir in enough flour to make a dough that is stiff enough to knead. Knead on a flour-dusted board until it is smooth and elastic. Return the dough to the bowl, which should be well greased to prevent the dough from sticking. Brush the top of the dough with melted fat to prevent a crust forming. Cover and keep in a warm place (not too hot) until the dough doubles its bulk. Knead it down again. Keep out some dough if you want to use it for rolls immediately. Put the rest in the refrigerator in a covered bowl. The dough that you want to make up into rolls should be shaped, placed in greased pans and let rise until light. For clover leaf rolls, you take off small bits of dough and roll them into balls about one inch in diameter. Put three of these balls side by side in each well greased muffin pan. Brush the tops with butter to prevent crusting and put in a warm place until double in bulk. Bake in a hot oven (400-425 degrees F.) until nicely browned on top.

UNUSUAL PANCAKES. An extraordinarily good pancake can be made if you pound up a little cooked fish and let mixture appropriate seasoning, to some unsweetened pancake batter. Make the pancakes as small, and as thin as possible, and you will be rewarded. Here is also something out of the usual. Make your batter, adding a little salt to it, and when it has cooled add an adequate time, mix smoothly with it about a third of its volume of finely mashed potatoes. These latter are admirable if served with melted butter.

PECULIAR REQUEST IGNORED. Mrs. Henrietta Lascelles, of Herne Bay, England, before her death expressed a wish that her small pug dog should be buried with her in her coffin. The request was not carried out.

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