

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

The HOUSEWIFE and HER ACTIVITIES

PRESERVING TIME I cannot help but chuckle when I come upon them there. Drawn up in file formation with their noses in the air, Their pompous little figures, taut with glory of themselves— The Crown Imperial Regiment upon my cellar shelves! Their armor is of shiny glass, their helmets are of tin. And past their shields of sealing wax I challenge you break in! There's Captain 'Arry Apricot of plump and rosy mien, And Private Pickles, long and thin, and comically green. And Major Morris Marmalade, as complex as his name, And all the rugged veterans of current battle fame; The General is Chili and the Gherkins very sour, The Worcestershire men inclined to sauce, and hotter ever, hour. The grapes look rather seedy, and it's well and widely known That the gallant Plum commander has a heart of very stone. But they make a cheery showing and I know that I can flirt With them all the hungry winter, even will them to dessert! They're my trusty own retainers, and I look on them with pride, They are made of splendid stuff (And here's a morsel of inside information: Though their fate is sealed, no soldier ever swerves From duty in the unit of the Author's Own (P) Reserves!) —Anne Sutherland, Toronto Globe

Don't pull on hose from the top Roll the stocking from the heel up! Don't darn stockings wearing rings on with roughened fingernails. You are almost bound to start runs. Don't wear garters so tight that when seated they put an unnecessary strain on the stocking. This is the cause of many runs.

Damp Chimney If a chimney is damp the fire will not burn readily. When this is the case roll a piece of newspaper lightly, light it and allow it to blaze as it goes up the chimney just as the fire is lighted.

Cause of Poor Drafts Insufficient height of chimney is the common cause of poor draft and dead fires. Chimneys should be of sufficient height so that air currents are not cut off by the curbs of the building or by adjoining and near-by buildings.

Laying Bricks The standard size brick is 2 1/4x 8. Laid flat four and one half bricks will cover one square foot of floor area. When laid on edge seven bricks will cover a square foot. This allows for quarter inch joints which should be filled with cement.

Varnished Surfaces Surfaces to be varnished must be perfectly smooth for effectiveness. When preparing wood for varnishing use No. 1 sandpaper at the start and finish off with No. 0 always rubbing with the wood. For turned surfaces such as table legs, chair legs and spindles, steel wool is best.

QUILTING IN BLOUSES Quilting done in gold or silver metal thread on colorful velvets, taffeta or chepe, or scattered motifs in metal, are representative of the formal overblouse of this season. There are many of these in tailored versions with long sleeves and others with high ruffled necklines and ruffled armholes.

ADJUSTABLE GADGET FOR SHOULDER STRAPS The new adjustable slide and link set in brassiere shoulder straps has serrated teeth that hold the ribbon in place and keep it from sliding into the corners of the buckle. The zigzag construction of the link, which comes in three-eighths to five-eighths widths, will not mutilate the ribbon. The link set is available either on ribbon straps ready for use on foundation and undergarments or they can be had in bulk without the ribbon.

BARRETTES FOR HAIR The barrette hair ornaments are included in lines to match other jewelry items. They may be little bows of fabric or metal, or done in jewels, or the flower types of jewelry ornament—at any rate they work after the fashion of a little girl's barrettes and are usually designed to be worn on either side of the forehead to hold the wave back from the brow.

ODDITIES IN STYLE REALM Gloves and bags match up this

The FEET What is worse than itching, burning, stinging feet and toes. Relief is quickly obtained by applying Dr. Chase's Ointment after bathing in warm water. The proven medicinal Ointment adheres to the irritated skin and soothes and heals it. Is tube or box. Dr. Chase's OINTMENT

Dorothy Dix's Letter Box

Self-Pity is a Dangerous Ailment — If You Foster it You Will Find Your Health and Happiness Ruined

Dear Miss Dix—I am a woman of 27, married six years to a man who is one of the best. We live with my widowed mother, who has a large country home and she has established my husband and me in a little business of our own.



It is what I have always wanted and I adore it and I should be happy, but I am not. I am so miserable I wish I could die. I hear so much of the depression, sickness and death I don't think it is worth while living. A friend of mine dropped dead the other day. Another one who has always been healthy and strong is dying gradually. Our rivals in business are trying to discourage us in our new venture. The younger generation hasn't a chance. Even rich people are not satisfied. Life is just one struggle after another. When I am glad, something inside of me keeps whispering to quiet down. I am afraid to laugh because I know I will make up for it with tears. Is something wrong with me, or is the world all wrong? UNHAPPY.

Answer: The trouble with you is that you are afflicted with about the worst case of self-pity I have ever encountered, and that is just about as dangerous an ailment as anybody can have. If you let it run on, it will not only kill all the joy in life for you, but it will shorten your days, for it has been conclusively proved time and again that the power of the mind over the body is almost infinite and that just as there is no topic that traces us up like hope and cheerfulness, so there is no poison that is more deadly than gloom and despair.

So, if you want to live, snap out of your depression. Wake up from your nightmares. Quit darning yourself up on your own tears. Be a little ray of sunshine instead of a wet blanket. Take what Stevenson called "a brave attitude toward life" instead of stourning a coward and a quitter before it.

Of course, there is plenty of trouble in the world, but there is just as much joy. There is just as much sunshine as rain. Just as many things to laugh over as there are to cry over. There is sickness and sorrow and death, but most of the people we know are well and hardy and a long way from the cemetery. Why not give the live wires, the well and strong, a thought instead of concentrating your attention on the moribund and the crippled and the melancholy?

Nothing is truer than that what we go out to seek we find. If we hunt for trouble, we discover it on our own doorstep. If we are always looking for something to worry over, it is right down our alley. There isn't anybody alive so healthy that they can't find some sort of ache or pain or symptom if they sit down and explore their systems. There isn't anybody who can't find some fault in their husbands or wives, or who gets all of the love and appreciation they desire, or who isn't apprehensive about the future in some way.

Oh, you can always find plenty of gloom about if you are bent on making yourself miserable. But you can always find plenty to be cheerful about if you will go on a still-hunt for happiness and are determined to grab it. You can look on the bright side just as well as on the dark side. You can learn to laugh things off instead of making tragedies of them. You can make the best of people and of things. You can even put your heartbreaks behind you and go on with a smile on your face so that you will not make life sadder for other people.

It is only the cowards who whine and howl and complain over every cloud in their skies. The braves go on singing through the rain, thanking God for whatever blessings they have.

In these hard times it seems to me that a woman who has a good husband, a good home, a mother willing and able to help her and who yet complains about being unhappy should be ashamed to look at her face in the mirror. DOROTHY DIX.

Dear Dorothy Dix—We are several 14-year-old girls and we want to know why our mothers will not permit us to correspond with boys. We know a girl who had been writing to a boy and when her mother found it out she took all the letters and would not let her write to him any more. JUST US.

Answer: The reason that mothers object to their daughters corresponding with boys is because they are trying to keep them from doing something they are sure to be sorry for. If Mother could be certain that you would write to Tom, Dick or Harry about nothing except the state of the weather and the baseball games and the crowd you met at the soda fountain she would not object. But Mother has been a girl herself and she knows that a "pen in a girl's hand is just as dangerous as a loaded pistol—that it is pretty sure to go off and explode, and there is too much danger of its wrecking a young life for her to be permitted to play with it.

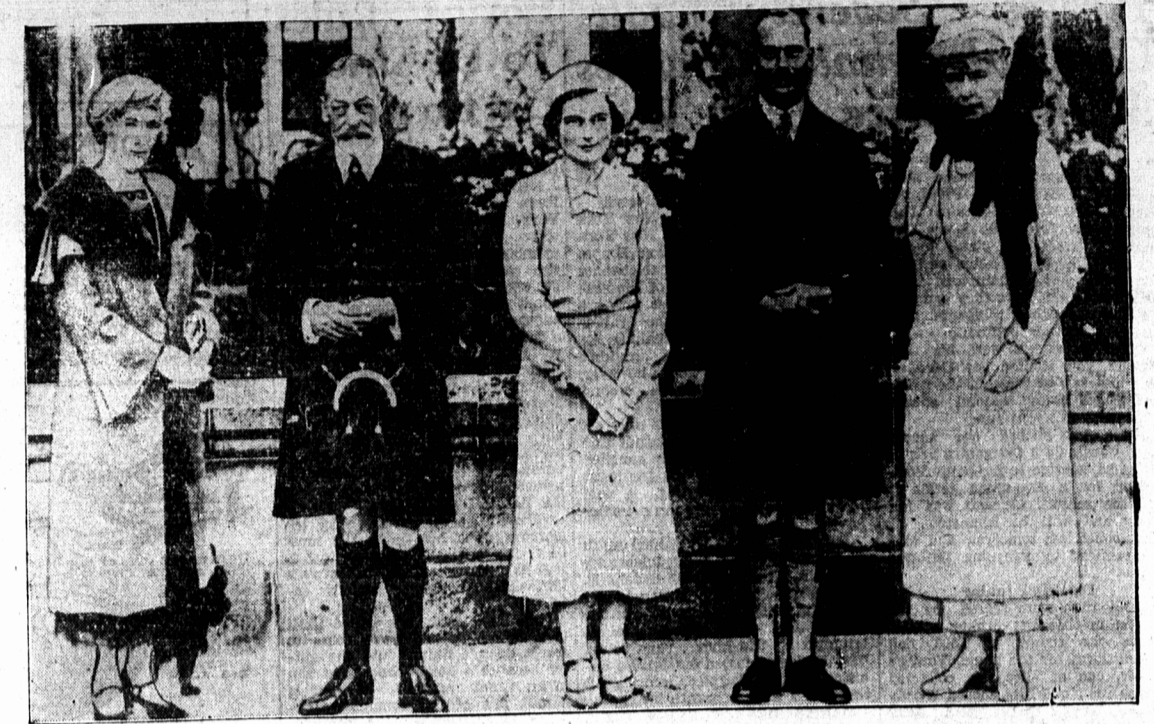
Mother knows that a girl makes herself cheap when she writes to a boy. She writes to him and when she writes him half-a-dozen letters to his one, and she doesn't want her little girl to do that. Mother knows that a girl will write things to a boy that she would never say to him in the world; that she will tell him that she loves him and can't live without him, when she really doesn't care for him at all and only writes it because she has to have something to fill up the blank pages with, and it looks grand and romantic and passionate on paper, and Mother doesn't want her daughter to throw herself at a boy's head, or for her father to

SMART CLOTHES FOR THE HOME DRESSMAKER

Tunic dresses have come back again and are tremendously fashionable. Pin tucks to give the bodice fullness, contribute to the soft character of today's model. The shirtmaker collar and buttons from neck to hem of the tunic are youthful details you'll like. Rabbit's hair checked woolen is a lovely medium for this model. Silks with wool effect, wool jersey, satin-back crepe, woolen with metal glints, etc., are other delightful suggestions for your choice. Style No. 430 is designed for sizes 12, 14, 16, 18 and 20 years. Size 16 requires 3 3/4 yards of 39-inch material with 3/4 yard of 35-inch contrasting for long sleeve dress. Price of PATTERN 15 cents in stamps or coin (coin is preferred.) Wrap coin carefully. No. 430. Size Name Street Address City State



Duke of Gloucester's Fiancee Greeted by King and Queen



The first official photograph taken of the Duke of Gloucester, third son of the King and Queen, and his fiancée, Lady Alice Montague-Douglas-Scott, as she was presented to their majesties. Left to right: The Duchess of Buccleuch, the King, Lady Alice Montague-Douglas-Scott, the Duke of Gloucester and the Queen.

have to buy back, as many fathers do, foolish girls' indiscreet letters.

And Mother knows that boys show the letters girls write them around to prove what sheiks they are with the girls, and she doesn't want her daughter to be subjected to the humiliation of being jeered at by other boys and girls.

So Mother is quite right when she tries to keep her 14-year-old daughter from corresponding with boys. It is one thing to say a thing and another to put it down in black and white. A great flirt once boasted that, no matter what she might have said to men, no man had ever had a scrap of her handwriting. That is a good tip for all girls.

Dear Miss Dix—I am a boy of 18 years of age and will finish high school this year. My parents wish to send me off to college, but I want to attend a college here in my home city. What should be done in a case like this? B. L. R.

Answer: Your parents must have some good reason for wishing to send you away to college, or else they would not insist upon it when you prefer your home town. Perhaps the college they have in mind offers better educational advantages. Perhaps they realize that you need to be thrown upon your own.

There are exceptions to every rule, of course, but generally speaking, it is a good thing for every young boy and girl to be sent away from home to school, because, in the first place, it gets them through the adolescent period among strangers and so saves the conflicts between them and their parents that are sure to occur when they stay at home, and that often makes life miserable for all parties.

Then it broadens young people's vision for them to get out into the world and to be brought in contact with new people, new ways of living, new points of view, new customs and habits.

It teaches them self-confidence to have to rely upon themselves and no longer to have Mother to cater to their whims about what they eat, or to pick their clothes up for them when they drop them on the floor. I have known more than one boy and girl who were regenerated by being sent off to college. DOROTHY DIX.

THE COOK'S CORNER

MOCK DUCK

2 lbs. round steak Salt and pepper to taste. 2 cups mashed potatoes (cold) 1 egg 1 small onion, finely minced 1 tablespoon butter 1 stalk celery, finely minced, or half teaspoon celery salt Slice side bacon 1/2 pound beef through the meat grinder. Season well with salt and pepper. Flatten it into an oblong shape and spread thickly with potato stuffing. Fold it together and place in a baking dish and place this slices of bacon over the top and bake 40-50 minutes in a moderate oven. In making the potato stuffing, mix the cold mashed potatoes, 1 well-beaten egg, the finely minced onion, the butter, salt and pepper, and finely minced celery or celery salt. This recipe serves six to eight people.

"JELLIED CONSOMME"

One of the most attractive cold appetizers, is the delicately jellied consommé that gives us the good flavors of soup, but in a cold form. It can be made in a very simple fashion suitable to our work-reducing Fummer plans, by the short-cuts taken in this recipe. 1/2 to 1 tablespoon gelatine 2 tablespoons cold water or 2 bouillon cubes or 2 teaspoons meat or vegetable extract in 2 cups boiling water. Salt, pepper Worcestershire or thick condiment sauce (optional) Scraped onion, if desired. Soften gelatine in cold water, then dissolve in the meat stock which has been heated to boiling and seasoned to taste with salt, pepper, Worcestershire or condiment sauce, and a very little scraped onion, if desired. Strain through scalded cheesecloth into bouillon cups, filling 2/3 cup full. Chill until set. At serving time, break up slightly with a fork. Jellied consommé should be only lightly set; use the smaller amount of gelatine unless the weather is very warm. For tomato consommé, replace 1 cup of the meat stock by 1 cup strained tomato juice and scald the stock and tomato juice together. As variation, a little finely-cut celery, chopped raw carrot and some drained cooked peas may be added to the consommé just before it sets. Shredded raw cabbage, chopped celery, chopped raw cucumber and a little finely chopped pimento or green pepper may be used as another interesting combination.

Mr. CAFFEINE-NERVES gets thrown out

SMITH, YOU'RE GETTING TO BE THE WORST Grouch I KNOW! GET OVER IT OR LOOK FOR A NEW JOB! DOESN'T THE OLD FOOL KNOW YOU HAVEN'T BEEN SLEEPING WELL FOR MONTHS? DON'T TAKE ANY OF HIS LIP! HA-HA! YOUNG MAN, YOU CERTAINLY BAWLED YOUR BOSS OUT PLENTY! WHAT IF HE DID FIRE YOU? YOU'RE SURE BURNED HIM UP! DEAR - MY NERVES HAVE LOST ME MY JOB AND MADE YOU UNHAPPY. BUT TONIGHT I'M DRINKING POSTUM INSTEAD OF TEA AND COFFEE. CURSES! WHEN POSTUM COMES IN I ALWAYS GET THROWN OUT ON MY EAR! ...30 DAYS LATER I'VE GOT A JOB AGAIN, HOWEY! GEE! I'M GLAD I SWITCHED FROM TEA AND COFFEE TO POSTUM! YOU'VE LOST YOUR BAD TEMPER, HEADACHES AND INDIGESTION - AND YOU'RE SLEEPING LIKE A TOP. YOU'LL DO BETTER WORK THAN EVER NOW, TOM! WHILE many people can safely drink tea and coffee, there are thousands and thousands who cannot. Maybe you are one without realizing it. For any reason, you suspect that the drug found in both tea and coffee is undressing your nerves, your digestion, switch to POSTUM for 30 days and see how much better you feel. There is nothing in POSTUM that can possibly harm you. FREE - Let us send you your first week's supply of POSTUM free. Write for it to Consumer Service Department, General Foods, Limited, Cobourg, Ontario.