

Women's Realm Social and Personal Fashions Literature

Living & Leisure - The Woman's Realm

MEMORY'S PAGE

Garden where the sun-kissed flowers can grow,
A linden tree, with blossoms all aglow,
A strip of daisied lawn, dappled with gold,
A little house with lovely things to hold.

A little praise, to lift and cheer the day,
And thankful hearts to labor and to pray.

A home, entire, love-filled, blessed and complete,
In memory's book, this page is ever sweet.

—Mary Eversley

After gladiolus bulbs have been dug and thoroughly dried in the sun for several days, stalks should be cut off roots, bulbs separated from the old and stored in a fairly cool part of the cellar for the winter.

Visiting cards for social purposes were the vogue during the reign of Louis XIV.

HANDICAPPED COMPOSER HE LEFT A RICH HERITAGE

Some of the world's most handicapped people have conferred the greatest blessings upon their unhandicapped fellows. John Milton was blind and Beethoven was deaf. The latter had no regular income and he often lived in extreme poverty. But he left a rich musical heritage to succeeding generations, and persons of all nationalities and stations in life enjoy his beautiful compositions.

FOOD FOR BEAUTY

What question so frequently asked by the woman of forty and over, "Should I starve myself to keep thin?" Madame Rubinstein makes this answer, "No—definitely no. The rule for a woman of forty is the same as the rule for good looks."

The excess poundage which may spoil the figure when a woman approaches the increasing age has nothing to do with years. "Extra weight is not necessarily a concomitant of years. It is rather the result of an appetite that is more eager than the needs of the body. Every ounce of food entering the body which is not consumed as fuel turns into fat. But note this point—every ounce of food which the body needs does not turn into fat."

"In early life, the body is in the process of being built. The process of growth demand larger quantities of food, naturally. But by the age of thirty, these constructive needs decrease because the physical structure has been about completed. From then on, a diet of course the body must be maintained in perfect functioning condition, extra material for building is no longer needed. From thirty on, food should be eaten only for maintenance."

"Nature, however, has her little joke, and plays it too often at the cost of a woman's youthful appearance. Despite a woman's decreasing need for fuel food and despite the tendency to take less and less strenuous part in tennis, golf, swimming and riding, the human appetite goes right on being active as it was in childhood. As a result, a woman without self-restraint will eat herself into excess weight and unbecoming bulk, be-

lieving she must keep up her strength.

"Every calory of food eaten, which is not required by the normally functioning body, turns into dreaded fat. However, and fortunately, calories are far from being the only food elements required to keep the body in vital health. A clear skin, glistening hair and an active digestive system, demand their supply of the regulating minerals and vitamins. These are bountifully supplied by vegetables and fruit."

KEEP ON CULLING

With egg prices showing a tendency to strengthen it would seem advisable to feed the hens for production rather than have them search for all the feed they get. The hens need a good laying mash, and also a certain amount of scratch grain. If they are not laying, then the best thing to do is to send them to the market. The price for fat hens is not so high as it was in the present time. There is too often a tendency to carry the old birds until past midsummer before starting to cull them. They are in competition with early hatched spring chickens and the price is usually lower than it is at this season.

WHITE ACCESSORIES MUST BE CLEAN

White accessories, to be flattering, must be kept spotlessly clean. To keep fresh white gloves on hand, you will probably need several pairs. One day's wear will show considerable soil. After each wearing, wash them in a thick suds and lukewarm water, then turn them inside out and put them through a second suds bath. Rinse thoroughly. To hurry drying, blot with an absorbent towel to blot up excess moisture, then hang to dry. Washable leather gloves should be dried in the shade.

A Morning Smile

The meanest man in the neighborhood died. His body was placed in the grave, and, according to old custom, the people stood around the open grave, waiting for someone to say some good things about the deceased before filling the grave.

After a long wait, one neighbor cleared his throat: "Well, I can say just one good thing about Bill; he wasn't always as mean as he is sometimes."

It is believed the following epitaph found in a New England graveyard, is the only one of its kind. It is in memory of Anna Somebody and runs thus: "Here lies the body of our Anna; done to death by a banana; it but the skin of the thing that made her go."

HOME GUARD SHOT

MANCHESTER, (CP)—James Milnes, 49, a platoon officer in the Home Guards, died in hospital here from a bullet wound he received when handling his revolver at his home.

RIVALS OF THE TRAIL

By Samuel White

CHAPTER VII

In the deepest obscurity of the ebony shadows, where the canoes skirted the shore of White Moose Island in the outer bay, Claude gave a whispered command for his two canoes to land. Wonderingly his crews obeyed, stepping out like silent phantoms to the lonely beach.

From the bottom of his canoe, Claude reached out a number of large canvas bags. "Fill these!" he directed the men. "Stuff them tight with leaves and moss, and sand in the centre for weight. And make speed!"

To begin with, it is a fatal thing for a man to marry without love because all the circumstances of his life tend to make "him critical upon her shortcomings."

Moreover, in addition to the imperfections that all wives have, the wife contributes still more drawbacks to the problem of how to be happy though married. Her money makes her independent, so she can snap her fingers in her husband's face and tell him where he can go if he doesn't like what she does.

And the whole rearing has cultivated in her selfishness and arrogance, and made the pursuit of pleasure her main object in life, and she expects her poor little husband to earn his board and keep by toiling at her heels and "yes-tiring."

(Continued on page 6, Col 5)

Dorothy Dix's Letter Box

THE FORTUNE HUNTER FINDS TROUBLE AT RAINBOW'S END

Ambitious Young Men Should Not Marry Wealthy Girls Unless They Want to Place Themselves on a Dole

Dear Miss Dix—I am a young professional man, engaged to marry a girl much better off financially than I am. When I met her I was impressed with her expensive car, her furs, jewels and so forth, and I liked her personally, too, but I know that if she had been poor I would not have given her a second thought.

ANSWER — No, I don't. I think no other marriage has as little chance of success as that in which the wife holds the purse strings, and that no other man gets so richly punished as the one who sins against love by marrying a girl for what she has instead of what she is.

WHY CHILDREN SEEK FREEDOM

Dear Dorothy Dix—As a father of five, I am much interested in the problem of why youngsters get out of college. They are so homes and loving parents, are so anxious to get away from them, and yet they seem to have no other goal in view.

ANSWER — I think that more children leave home because they are surfeited with love and tenderness than because they are tyrannized over.

LOYAL MUSLIMS

TINNEVELLY, India (CP)—"We have to stand by Britain firmly now when she needs all our moral, physical, and financial support," declared the head of the Madras District Muslim League.

FEMALE PAIN

Women who suffer painful, irregular periods with nervous, moody tempers to functional causes should use Lydia E. Pinkham's Vegetable Compound very effectively to relieve such distress. Pinkham's Compound is made especially to help such women during difficult days.

For Gay Indoor Garden Start Flowering Bulbs

Pot Now for All-winter Bloom

Autumn days are here—saying it's time to start flowering bulbs if you'd have a truly lovely indoor garden this winter.

A Queen and a Pair of Aces



A beauty queen and two aces who hope to dethrone her pose amicably together at the annual Atlantic City, N. J., beauty pageant. "Miss Ohio"—Violet Berze, of Bradley, Ohio—and "Miss Missouri"—Virginia Morrison, of St. Louis—hope to win the crown of Patricia Donnelly, center, of Detroit, Mich., winner of the 1939 contest. She will reign until "Miss America, 1940" is chosen.

Eight Provinces Sent Their Best To National Contest



Girls from eight provinces—the ninth was held up by passport difficulties when she attempted to travel through the United States—competed in the "Miss Canada" contest at the Exhibition in Toronto. Pictured here in east-to-west order, they were: Phyllis Hutch, (Charlottetown, P. E. I.); Mary Elyan Batten, Thorold, Ont.; Mary Elyan Batten, Thorold, Ont.; Mary Elyan Batten, Thorold, Ont.; Mary Elyan Batten, Thorold, Ont.; Mary Elyan Batten, Thorold, Ont.; Mary Elyan Batten, Thorold, Ont.; Mary Elyan Batten, Thorold, Ont.

make more effort than they do to get their children started early in some constructive work and let them do it their own way, instead of standing over them and telling them every move to make. It would burn up a lot of their youngsters' superb energy and initiative, and therefore make them more content to stay at home. And, if possible, let them try out what they want to do and get it out of their systems.

YOUR INDIVIDUAL HOROSCOPE

(By FRANCES DRAKE)

Look in the section your birthday comes in, and find what your outlook is, according to the stars.

MARCH 21 to APRIL 20 (Aries)—Constructive, favorable influences. Take advantage of every opportunity to advance your, your family's and your company's interests. Business and heart affairs equally sponsored.

APRIL 21 to MAY 20 (Taurus)—Work that requires industry, accuracy and a knowledge of symmetry and proper distribution, (concrete, masonry, etc.) particularly favored. Deal with superiors; promote your personal interests; Courtship, marriage, travel favored.

MAY 21 to JUNE 20 (Gemini)—We have to stand by Britain firmly now when she needs all our moral, physical, and financial support," declared the head of the Madras District Muslim League.

JUNE 21 to JULY 20 (Cancer)—Half-hearted efforts will result in just that kind of returns. But there is no limit to achievement and happiness if you will function to the best of your ability and let your priceless gift of fun and humor do the rest.

JULY 21 to AUGUST 20 (Leo)—A.M. advises you avoid the bizarre and unconventional. Make plans for the very stimulating and beneficial afternoon and evening hours. These generous rays extend through until after 8:30 tomorrow morning. Make this a lucky day!

AUGUST 21 to SEPTEMBER 20 (Virgo)—Whether your activities are of a confidential nature, financial or industrial, they are highly favored by star aspects this magnificent day. Give YOU and your family and pet hobby a just share of attention.

SEPTEMBER 21 to OCTOBER 20 (Libra)—It will certainly pay alert to advantages and fresh leads broadcast this interesting, peppy day. Mental and physical work, especially sports, artistic and literary endeavors, romance, study and travel are favored.

OCTOBER 21 to NOVEMBER 20 (Scorpio)—Excellent day for seeking and granting benefits, dealing with important people, business, household, student and teacher. No excess for you not achieving in some measure!

NOVEMBER 21 to DECEMBER 20 (Sagittarius)—Dedicate your physical talents, mental powers and services to the business of going others some good and at the same time advancing in your profession, trade or career. Push ahead!

DECEMBER 21 to JANUARY 20 (Capricorn)—You'll find new openings and greater scope for personal attainment today by using the latest and best equipment; put glamour where needed for better selling, and employ your own most sincere and persuasive personality.

JANUARY 21 to FEBRUARY 20 (Aquarius)—Financial gains indicated; past sound investments likely to make some returns now. Don't neglect important business or family affairs in a desire to all others or for any other less important reasons.

FEBRUARY 21 to MARCH 20 (Pisces)—Heed advice recommended for both Scorpio folk and Sagittarians. Personal pleasure must first give way to paramount issues, urgent duties. Evening best for recreation.

A CHILD BORN ON THIS DAY will be persuasive, magnetic; great personal appeal, especially to the opposite sex. Will react happily to intelligent teaching and reasoning. One in whom confidence can be placed. Politics, the stage, dietetics, chemistry, designing, decorating, dressmaking, millinery are fields particularly suited to its talents.

Needlecraft—For The Home

As new as today's headline news and as smart for her first Fall-like dress is this side drapery style. The graceful skirt is becoming to all ages and sizes and the face framing neckline is the very place for your favorite clips. A soft, dusky brown or deep green should be your color choice for a smart Fall and either is a lovely color to wear right now for more festive occasions. Rich rayon jersey or heavy crepe with a good drape are fabrics that will make your slim skirted side drapery dress the smartest in town. Skirt can also be made plain if you prefer.

Send Twenty (20c) coin in preferred, for pattern. Write plainly your Name, Address and style number. Be sure to state the size you wish.

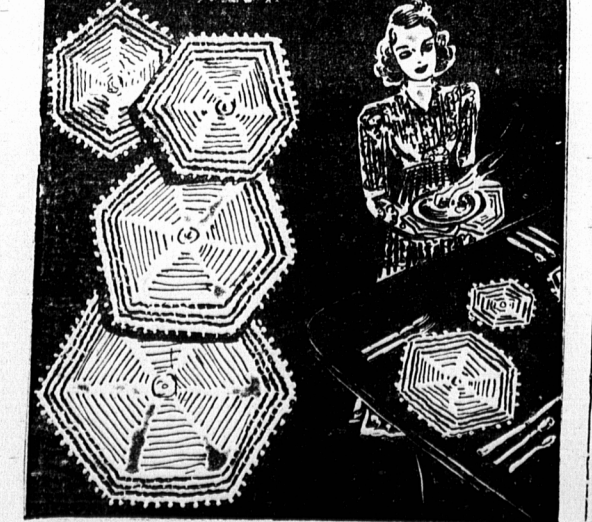
DANISH SHIP STRIKES MINE

NEW YORK, Sept. 5.—(AP)—The Danish passenger steamership Rise, 107 tons, struck a mine and sank near the Aereo Islands last Monday with a loss of eight lives, the New York Maritime Register reported today.

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Hexagonal pot holder and hot plate mats have lent themselves to the Mexican theme with the use of stripes. Pattern No. X 291 contains list of materials needed, illustration of stitches and complete instructions for making three sizes of plate mats and pot holders.

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Name _____ Street Address _____ City _____

THE COOK'S CORNER

TOMATO CATSUP

- 10 pounds tomato pulp
- 2 chopped onions
- 1 cup chopped sweet red pepper.
- 2 tablespoons salt
- 1/2 cups sugar
- 1/2 cup vinegar
- 1-2 tablespoon whole cloves
- 1 tablespoon broken stick cinnamon
- 1-2 tablespoon celery seed
- 1 teaspoon peppercorns
- 1 teaspoon dry mustard

Method: Use well-rinsed tomatoes for this. Place in boiling water and then in cold water, then remove the stem end and any green portions and peel the tomatoes. Cut the tomatoes into sections and combine with the chopped and sweet red pepper and the onions. Heat these together and simmer the mixture until the vegetables are tender. Now put the whole thing through a strainer.

All the whole spices in a cheesecloth bag. Add these to the tomato pulp, along with the salt and the mustard. Cook for about 1-2 hours until the mixture is reduced to about 1-2 of the original bulk. Add the vinegar and cook rapidly, stirring almost constantly to prevent sticking to the bottom of the pan, until the mixture is thick and smooth.

Pour the hot catsup into hot sterilized jars and seal at once. This may be poured into catsup bottles, provided these bottles have been sterilized. When these have been filled, cork the bottles and then dip the corks in melted paraffin to insure a perfect seal.

for HEADACHE and other pains



DR. CHAS. PARADOL

I always carry PARADOL in my handbag