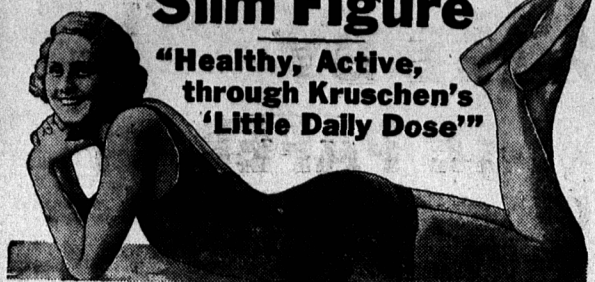


Woman's Realm :- Social and Personal :- Fashions :- Literature

Proud of Her Slim Figure

"Healthy, Active, through Kruschen's 'Little Daily Dose'"



"A year ago," writes a woman, "I was racked with pain from rheumatism, and other complaints. I got so ungrainy that I was ashamed of my figure. I used to feel so miserable, until I was persuaded by my husband to take Kruschen Salts. After taking Kruschen for a short time the rheumatism was less painful, my nerves got stronger, and my step lighter. I am not boasting when I say that I feel younger and more active every day, and I have a much better figure and am much healthier than I have been for years."—(Mrs.) J. S.

Kruschen is based on scientific principles—it is an ideal blend of mineral salts found in the aperient waters of those European spas which have been resorted to for time immemorial for the relief of various ailments, and for the maintenance of a perfect figure. Kruschen helps glands, nerves, blood and body organs to function properly and maintains a splendid degree of health and fitness. Take a half-teaspoonful in a glass of hot water every morning. A jar of Kruschen Salts that will last four weeks costs but 75c. at any Drug Store.

The HOUSEWIFE and HER ACTIVITIES

FUNDAMENTAL

What makes a home? I asked my little boy, "You, mother, and when you come." Our table set all shiny, And my bed; And, mother, I think it's home Because we love each other.

You who are old and wise, What would you say If you were asked the question? Tell me, pray.

And simply, As a little child, the old Wise ones can answer nothing more.

A man, a woman, and a child, Their love Warm as the gold hearthfire Along the floor; A table, and a lamp for light, And smooth white beds at night: Only the old, sweet, fundamental things.

And long ago I learned: Home may be near, home may be far, But it is anywhere that love And a few plain household treasures are.

—Grace Noel Crowell.

TAKING CHILL OFF ROOMS

A portable oil or electric heater which combines a smart appearance with good heating qualities is a fine thing to have about the home on chill early-spring days. They are especially good to use in bathrooms and children's rooms after the furniture has been allowed to relax its vigilance.

SIMPLE MINT ICE CREAM

Rose mint frost—wouldn't such a delectable name make any dessert taste better? Here's how you make it—simple as simple. Just add crushed peppermint sticks when you are making vanilla ice cream in the refrigerator. Then melt chocolate bars for a sauce for this lovely-colored, lovely-flavored dessert.

INDIVIDUALITY

As far as the beauty-minded

98 OUT OF 100 WOMEN REPORT BENEFIT



No More Backaches

"I used to have backache most all the time and other troubles. Now I feel and she told me about your Vegetable Compound. I have taken it for four months and feel much better."—Mrs. F. L. McLean, 1011 Wellington St., Halifax, N. S.

If your back aches periodically, Mrs. McLean's did, give this medicine a good trial. Take it regularly and you will be pleased with the results.

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

A Morning Smile

That Explained It A Scotsman was observed by a constable walking up and down a busy London street with a large piece of bread in his hand. "What are you doing with that bread?" asked the policeman curiously. "Well," replied the Scot, "I'm looking for the traffic jam."

No Use The Hollywood film director wanted someone to play a Scotland Yard detective, and the casting office sent along a possible man. After a very brief interview, the director sent the actor back with a note: "This man won't do. He hasn't a trace of a Scottish accent."

tubular flowers close in midday, but open as evening approaches and give forth their rich perfume. Sweet Rocket, a hardy perennial which grows easily from seed, is a most fragrant flower. It blossoms in early June, 2 to 3 feet tall, with heads of star flowers resembling heads of pilchard. Or lavender pink. Look for it in catalogues under hesperis matronalis. It was Marie Antoinette's favorite.

Evening primroses, oenotheras, are native American flowers of notable evening fragrance. Some varieties are hardy perennials, flowering from June to October, others are grown as annuals. They like dry soil with plenty of lime and other fragrance is distinctive and delicate.

HEALTH EXERCISE

Right in the category with beauty aids that cost nothing is a particularly easy-to-do health exercise. It stimulates sluggish circulation, encourages the liver to do its work properly, thereby eliminating yellowish, sallow tones in the skin, and keeps the body supple. It won't make you lose many pounds but, like swimming, it will equalize your weight.

When you get up in the morning drink two full glasses of lukewarm water. Then do this exercise: Sit on the floor with back straight and legs spread wide apart. Now, without bending your knees, stretch forward as far as you can, making fingertips touch the floor beyond your feet. Hold the position three seconds and then sit upright again. Repeat ten times.

Plain simple bending exercises are good for circulation and they encourage the digestive organs to work efficiently, too. Stand erect with the right arm stretched above your head. Then bend toward the left as far as you can, keeping your head back. Reverse, holding the left hand up and bending down toward the right. Repeat more than ten times the first day.

PRESENT GROWTH

Be the noblest man that your present faith, poor and weak and imperfect as it is, can make you be. Live up to your present growth, your present faith. So, and so on, until you take the next straight step forward, as you stand strong where you are now; so only can you think the curtain will be drawn back and there will be revealed to you what lies beyond.—Phillips Brooks.

Discovery of a hitherto unrecorded mountain range and a large glacier in the southwestern corner of Yukon territory, has been reported to the National Geographic Society by Bradford Washburn, young explorer of Cambridge, Mass. On his way to explore the Society the tangle of mountains in that region of the dominion which holds the highest unclaimed peaks on the North American continent, Washburn telegraphed from Carcross, his temporary rail base, that he had just returned from an eight-hour aeroplane flight over part of the rugged, unmappped wilderness. "Between Mount Hubbard and Mount Lucania stretches a range of hitherto unseen mountains in which there are at least 20 peaks over 10,000 feet in height and several even higher." Washburn reported.

A witness in court in Montreal Lee Gim, refused to take the customary oath that he would "tell the truth, the whole truth, and nothing but the truth." He said, however, he would be willing to take the Chinese "oath of fire." When the court's permission, he obtained a piece of paper, touched a match to it and as he held the burning sheet mumbled a statement in Chinese which, interpreted, meant, "If I do not tell the truth, my soul will burn in Jehenna like this piece of paper."

POCKETS

Pockets continue to be important in collections of spring fashions for daytime wear, posed at a high neckline, something on one side and again on both sides, and also introduced in the bodice, with corded, quilted and tucked pockets accented, they are also sometimes pleated, with a pleated flap at the top edge, and often a pocket has a flap in contrasting fabric, taffeta, for example on a monotone or printed crepe, or of mullonette taffeta on a printed taffeta. Shadow edges of Valenciennes are also applied to edges of pockets, dyed to match the dress, or in white to agree with the lingerie detail at the neckline. More tailored ideas are expressed in pique, introduced in white or flesh on navy or black, in a mere edge of the pocket or a wider band as a heading, also match other trimming accents of the frock. The pockets vary in shape, too, with square, oblong, three-cornered and oval shapes all approved, the pocket usually straight across the top.

Dorothy Dix's Letter Box

Beware of Marriage With Mother of Two Spoiled Girls, Dorothy Dix Warns Irritated Man; Victim of Too-Early Marriage Asks Why Matrimony is Flop



Dear Dorothy Dix—I am in love with a widow who has two girls, one 12 and the other 15. They are under very poor control and do just as they please. I just simply can't stand the way they act, though I don't say anything. But if I married their mother I would have to change from that and I am afraid that it would cause her and me to get along badly. I feel I can't give the mother up, but I can't endure the kids. Please give me your advice. M. R. H. A.

Answer: You certainly have a prophetic soul when it warns you that you will have trouble with the mother the minute you begin to try to control her undisciplined children.

Brother, you are headed for grief if you attempt it. If you feel any call to be an animal tamer, begin on something mild and gentle, such as a wild elephant or a man-eating tiger or a starving lion, but don't tackle two spoiled adolescent girls, as you value your life.

Why, they will tear you limb from limb and enjoy doing it. They will frazzle out your nerves until they drive you insane. They will make your home a perpetual battleground. They will spoil your meals with their quarrels. They will deprive you of sleep with their goings and comings and their whoops and yells and their boy friends. They will spend all of your money on gasoline and sport clothes and costume jewelry and soft drinks and cigarettes. They will trample your every right under foot and you will spend your time wondering what the fool-kicker was doing that he didn't get you on the day you married their mother.

Why, only parents who have the love and patience and humility that parenthood brings with it are enabled by reason of their superior fortitude and the mercy of Heaven to live through their children's adolescence. For one not thus miraculously sustained the ordeal is unbearable even for the most adventurous.

Don't deceive yourself into thinking that, if you marry this woman with her half-grown girls, she will side with you and hold up your hands when you try to discipline them. She won't. She will go over to the enemy's camp every time and align herself with the children and think and tell you how mean and cruel and tyrannical you are when you think and that the poor, dear children should be made to believe themselves and not permitted to run wild. In practically every family it is mother and the girls against father, even when it is their own father, and what happens to a stepfather when he faces that consolidated opposition is too horrible to think of.

Being a stepfather is the toughest job that any man ever tackles. It is really harder for a man to be a good stepfather than it is for a woman to be a good stepmother, because most women have some maternal instinct that makes them fond of children and gives them some intuitive knowledge of them, but few men are endowed by Nature with much paternal instinct. That is something that has to be developed in them by their own children. Children are an acquired taste with men, so to speak.

Hence no man should marry a woman with children unless he feels within himself the call to be a real father to them, unless he is determined within himself to use tact and diplomacy and kindness in dealing with the children whose lives he has taken into his hands. He takes a big mart to be a stepfather. It takes a generous man to be willing to support another man's children. It takes a just man not to be jealous of them and not to resent their mother's preferring them before him. It takes a patient man to be willing to put up with all the follies of youth and to be kind and forbearing to those who take all that he does for them without appreciation or gratitude.

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Dear Miss Dix—My husband and I have been married almost four years. No children. No happiness because we are just two opposite types of people. He likes to sit at home and never enjoys anything when he must spend money. I like to step out occasionally. He fusses even when I spend my own money. About six months ago I became tired of such a life and so I left him. We were separated only a few days and he begged me to come back after which he was an ideal husband for two or three months. I was perfectly happy and thought he was, but he says that he can never be happy with me again. He believes there is a mate for every person and he thinks we are mismatched. I love him and it breaks my heart to think of giving him up. I am working and am self-supporting. I am 20 years old and he is 22. What should we do? T. N. C.

Undue Tiredness The result of Anaemia

Anaemia and nervous disorders are very closely allied. Deficiency of iron in the blood Robs the blood of its nourishing qualities And the necessary amount of nerve force is not supplied to the system. Nerve Force is lacking to run the machinery of the body. And you become over tired. Not only do you feel bodily tired, But your brain is tired and sluggish. Every organ of the body is slowed in action, You have indigestion and headaches And you are restless and sleepless at night. To get rid of the tired feelings Caused by anaemia of the blood It is only necessary to use Dr. Chase's Nerve Food. This medicine feeds iron and other restoratives to the blood. Fills the system with new nerve force And brings back vigor and energy, New hope and confidence to the tired body.

THE COOK'S CORNER

SCALLOPED OYSTERS

To each quart of oysters allow 1 cup of stale bread crumbs and 1/2 cup of melted butter. Mix the crumbs with the butter, stirring until well mixed. Arrange a thin layer in the bottom of a shallow greased baking pan, cover with a layer of oysters, sprinkle with salt and pepper, pour over 2 tablespoons of cream blended with the same amount of oyster liquid, cover with second layer of crumbs, and so on, and cover finally with crumbs; bake in a hot oven for about half an hour.

OYSTER STEW

Allow 1 quart of oysters to each quart of milk. This amount will make eight generous servings. Pick over the oysters to remove any bits of shell. Heat oyster liquid to boiling point, strain, and add oysters. Cook until oysters are plump and edges curl. In the meantime scald the milk. Combine and add 4 tablespoons of butter to each quart of oysters; season to taste.

OYSTER LOAF

Slice off the top of a small loaf of bread. Scoop out the soft inside and line the shell with water-thin slices of lemons and sweet pickles. Roll oysters in bread crumbs and fry them until the edges curl. Fill the loaf with the fried oysters and add 1/4 cup tomato ketchup. Cover with the top crust and place in a hot oven for 1/2 hour. Make a cream sauce flavored with cayenne, salt, lemon juice and a dash of horseradish to serve with the sliced oyster loaf.

THICK OYSTER STEW

2 cups rice 1 dozen oysters 1 can tomato 1 teaspoon salt Dash pepper 1 can shrimps 1 large onion sliced 2 tablespoons shortening and 3 cups hot water Bring oysters in their own liquor to a boil. Drain. Place shortening in saucepan and heat. Add oysters, shrimp and sliced onion to the fat and cook until they begin to brown. Add tomato soup, rice, hot water, salt and pepper. Cover and cook over slow heat until rice is soft.

ANCHOVY PIQUES APPETITES

Anchovy paste steps from its sophisticated role as an ingredient of hors d'oeuvres to aid the rejuvenated potato in yet another antic. Why not oysters, while marine life is still under discussion? Here's another surefire trick: 3 large baked potatoes 18 small oysters, rice, hot water 1/2 cup hot milk 3 tablespoons butter Salt and pepper Whip the baked potato centres with the hot milk and seasoning and pile them back into the halved shells. Then in the fluffy top of each half make three rounding dents with a teaspoon, flick a bit of butter into each hollow and follow that with an oyster. Then put the oyster

TUNA FISH SALAD

2 1/2 cups tuna fish flaked 1 1/2 cups celery cut in pieces 2 tablespoons sliced stuffed olives 3 tablespoons capers 1 teaspoon salt 1 teaspoon paprika French dressing Mayonnaise dressing Combine the tuna fish, celery, capers, olives, salt and paprika. Marinate in French dressing and let stand in the refrigerator to chill. Just before serving moisten with the mayonnaise dressing. Arrange on crisp lettuce and garnish with hard-cooked eggs.

SALMON OR CRAB SUCCEULET

You'll have to decide for yourself the relative charms of tuna fish, salmon, crab meat, and shrimp, for they all seem to fulfill their destinies quite beautifully in this jolly variation. Its making, with any of these sea foods, goes like this: Bake potatoes, cut them in half, and whip the scooped-out centres with hot milk or beaten egg white and a bit of salt. Then spoon about half of the mixture back into the shells, tucked in a generous spoonful of well-seasoned flaked tuna fish or salmon, shrimp or crabmeat, moistened with

Spring Fashions



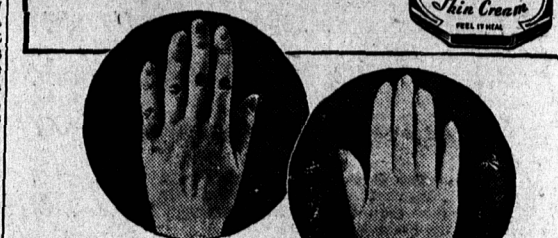
802

Ellen Worth offers pattern of this attractive model suitable for silk or cotton prints. Style No. 802 is designed for sizes 14 to 18 years, 36 to 40 inches bust. Size 16 requires 3 yards of 35 inch material with 1/2 yards of 38 inch contrasting.

Price of PATTERN 15 cents in stamps or coin (coin is preferred). Wrap coin carefully. No. 802. Size Name Street Address City State

SPECIAL TRIAL OFFER

25¢ Jar NOXZEMA 15¢ at ALL DRUG and DEPARTMENT STORES



Overnight RED CHAPPED HANDS soothed, softened, whitened

NO matter how red or rough your hands may be—how badly chapped and irritated—here is a quicker, distinct way to restore them to soft, white, healthy loveliness! And here is a special offer which makes it easy for you to see for yourself what a big improvement Noxzema can make in your hands—overnight! This week, you can get a 25¢ trial jar for only 15¢.

Noxzema is entirely different from ordinary scented creams and lotions. Noxzema is a skin medicine—not a surface grease. This special medication penetrates deep—soothes the smarting irritation—helps Nature mend the painful little skin breaks quickly. Noxzema starts working the instant it touches your hands. You'll feel its soft, soothing effect right away—you'll see your hands softer, smoother, whiter, even after one application!

Try Noxzema tonight—while this special low-price offer lasts. BRINGS NEW BEAUTY BY ENDING SKIN FAULTS! Let Noxzema end your complexion troubles, too! It corrects skin blemishes by helping to make the skin healthy, purging it of deep-clogged impurities that cause ugly blemishes like: LARGE PORES BLACKHEADS PIMPLES OILINESS FLAKY SKIN

decorated potatoes into the oven, this time under the broiler and keep them there until the edges of the oysters begin to curl.

2 Shredded Wheat Biscuits 1 pint peaches, canned in syrup 1/2 cup minced nut meats 1/4 cup sugar 2 tablespoons butter 1 teaspoon cinnamon Drain the liquid from the peaches and heat to boiling. Pour this over the broken up biscuits to fluff them. Put a layer of biscuits in baking dish, then the sliced peaches; add butter in small pieces; sprinkle over this the nuts, sugar and cinnamon; cover with the remaining Wheat Biscuits, and stir over all the liquid left of the peaches. Bake in covered dish 20 minutes, serve with whipped cream. Serves three persons.

Other fruits canned in syrup may be used as a variation.

WILL TALK ELECTRICS BOURNEMOUTH, England — (C. P.) — The first National Electrical Convention ever held in this country is to open June 3 and continue for a week here.

YOU MUST WEAR MIR-O-KLEER* HOSIERY...75¢ MADE IN CANADA



ONLY KAYSER MAKES IT STOCKINGS—GLOVES—UNDERGARMENTS Moore & McLeod Ltd.