

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

The HOUSEWIFE and HER ACTIVITIES

THE JOY OF WORK
Give me always a goal to try for;
Let me fight till my breath be spent;

No, for sloth is the worst of sins;
Give me the joy and zest of the fray;

FAULTS

It is not by his faults, but by his excellences, that we must measure a great man—George Henry Lewes.

FRIENDSHIP

Friendship is a word the very sight of which in print makes the heart warm. A. Birrell.

IDLENESS

Shun idleness; it is the rust that attaches itself to the most brilliant metals. —Voltaire.

REACHING OUT

We have all heard about the (form driven ship whose crew was half frantic for water. At last another ship came near, and they cried, "Water! water! we are perishing with thirst."

CHARACTER

A beautiful character makes a beautiful woman. Not long ago I heard a homely woman spoken of as "beautiful".

DOMINION

You can never have a greater or less dominion than that over yourself—Da Vinci.

JUSTICE

Justice is a grand thing, and the man who prizes it in all affairs of his daily life sits on a higher throne than kings. His throne is reason, and he has conquered prejudice and policy, and holds in his hand the well balanced scales with which to weigh the acts and deeds of his fellow-men.

RULES OF CONDUCT

The great rule of conduct for us in regard to foreign nations is to have with them as little political connection as possible.

KEEP YOUR SKIN AS SMOOTH AS SATIN

A soft, satin-smooth skin is the ideal. It gives a pleasurable feeling of satisfaction to its possessor. Begin giving yourself a weekly tonic treatment and keep it up. It is not difficult, it does not take long, and it is heartily worth it.

Cleanse the skin in the ordinary thorough manner. Next massage in some mineral oil (liquid paraffin) using the following massage movements: working from (1) the mouth to the ears; (2) from the base of the nostrils to the ears; (3) from the temples up to the hairline; along the forehead from the top of the nose; (4) under the chin to the ear lobes, using the balls of the thumbs.

Massage—and Rest

Let the massage be gentle yet firm, and work the oil well. When it is practically all absorbed, follow with a quick massage (using the same movements) with your favorite nourishing cream, and allow that to remain on, for about ten minutes, during which time you should completely relax. Remove all the oil and cream with a clean cotton wool pad. Then have some cotton wool pads ready, soak them with a tonic lotion, and pat into your skin for about five minutes.

A good tonic lotion is made by most beauty experts, but you can make this one yourself, and it is very good; mix two tablespoons of

hydrogen peroxide with half a pint of rosewater, and keep it in a well corked bottle.

After you have "swished" your skin very thoroughly with the tonic, leave it to dry itself, then you are ready either for your make-up or your night's rest.

One of the biggest secrets of a clear, smooth skin is this: make sure that every trace of powder, rouge, or your make-up is removed at night.

VIRTUES THAT ARE LURKING WITHIN THE VINEGAR BOTTLE

A certain French saying, descriptive of a good cook, reads when translated, "She knows her onions." If it is incumbent upon the cook to appreciate the properties of the onion, it is equally important that the housewife should realize the virtues that lurk within the vinegar bottle.

Warm vinegar effectively removes heat marks or stains from muslin, and, if one is willing to use a modicum of elbow grease, acts as a polish too. Lacquer tables also respond to the same treatment, but the vinegar, though it cleans, is apt to dull the surface. A rub with a soft cloth and a spot of paraffin successfully combats this.

Neglected paint brushes (saving those with hairs glued in) may be fitted for work again by simmering in boiling vinegar for about half an hour. Follow by a good wash in soap-suds.

Fire-grates assume a cheerful brightness with a fraction of the ordinary labor if vinegar is used to moisten the stove polish, while curtain rings and hooks, rusty and dirty, with age, regain self-respect after a prolonged boil in vinegar and water. A subsequent polish whilst hot secures a brilliant shine.

Wash-day articles are lessened considerably by the use of vinegar to the water used for rinsing colored clothes, vinegar will set the colors without injuring the fabric. Moreover its magic will successfully rejuvenate ancient looking black lace. Dissolve the material in a solution of vinegar and water in the proportions of two tablespoons to a pint. Afterwards rinse in cold coffee, and iron, still damp, between two pads of woollen material.

These culinary operations may be accomplished easier and quicker if vinegar's kindly aid; for instance a cracked egg will boil quite well if a little vinegar is added to the water, while the flesh of fish may be kept firm and white during cooking by adding vinegar to the liquid in which it is being boiled. Cheese, wrapped in a cloth, wrung out of vinegar, will not become mouldy or dry.

Cases of ordinary hiccough are often checked by taking vinegar and brown sugar, a teaspoon at a time, allowing a minute to elapse between each dose, while an excellent remedy for a tickling cough consists of vinegar and honey mixed in equal proportions.

Clean lint, soaked in vinegar and placed over a bruise immediately, prevents discoloration, and, after a period of exercise, a cup of vinegar added to the bath will banish aches and stiffness.

THE COOK'S CORNER

MAGIC MAYONNAISE

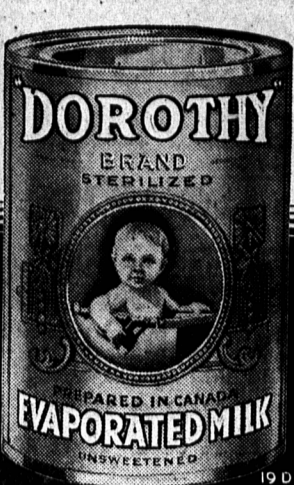
One-quarter cup vinegar or lemon juice, 1/2 cup salad oil or melted butter, 2-3 cup sweetened condensed milk, 1 egg yolk (unbeaten), 1/2 teaspoon salt, few grains cayenne, 1/2 teaspoon dry mustard.

COCOA CAKE

Two tablespoons cocoa, 1 egg, 1/2 cup sour milk, 1 tablespoon butter, 1 cup brown sugar, 1/2 teaspoon vanilla, 1/2 cup sour milk, 1 teaspoon soda, 1 1/2 cups flour, pinch salt.

For the first 19 weeks of this year, up to May 10, 1,254,582 hogs were graded in Canada, as against 1,220,766 for the same period of last year, an increase of 3.84.

It's CANADIAN from COW to CAN



All-Canadian, "Dorothy" Evaporated Milk is the welcome favorite in thousands of households—a pure cow's milk—concentrated to double richness—sterilized and sealed in airtight tin—homogenized for easy digestibility.

Grandmother's Quilt Patterns



ADAM AND EVE

Material Required: 2-3 yards white material for applique blocks, 2-3 yards white or colored material for print blocks, 1-3 yard light red material, 1-3 yard dark red material, 1-3 yards green material, 9 yards 3 inch binding, Finished Block is 12 inches square, 22 blocks with applique, 20 plain or colored blocks, 3 inch border around quilt.

A Morning Smile

A Smile or Two

A newly-made citizen asked what was meant by "the three R's," and was told by a wag that these three R's followed us through life. At 25 it's Romance, at 45 it's Rent, and at 65 it's Rheumatism.

A clergyman in a western town, just before service, was asked to marry a couple. He explained that there wasn't time for the ceremony but said he would perform the ceremony if the couple would be seated and wait till the end of the service, to which they agreed.

At the proper moment the clergyman said: "Will those who wish to be united in the holy bond of matrimony please come forward?" Whereupon thirteen women and one man proceeded to the altar.

Lost 20 lbs. of Fat in 3 Short Weeks



New Safe, Quick Reducing Method: "I took a bottle of BonKora and lost 20 lbs. in 3 weeks. Reduced hips 4 inches. Reduced waist and bust too and wear dresses 2 sizes smaller." —Mrs. Margaret M. ...

Confessions of a Debutante

By RUTH A. ABELING (Copyright)

"CONFUSION"

Tuesday, December 19th. "Go on!" Mother's voice awakened me from the daze which possessed me. I moved across the room to where the waiters were hastily arranging and serving four places for us.

"Hoddy—are you making love to me?" I wondered at the flirtatiousness of my tone. It seems that with a woman there are always two forces at work, one which deals with the world and other which deals with her own heart.

I dared not venture a look in the direction of Jonathan Grey. I felt too much as I think some of those old slave women must have felt when a sale was all but consummated and the prospective buyer hesitated unreasonably. Suffering that!

I had played blindly into Jonathan's hands. And were the cards on the table? Did they know, all these people grouped about the board? Did they know that I had come at the last moment to offer myself for a certain sum? And that other girl upon whose hand that other blue flame burned—what about her? Did they know about her? Did they know about her place? Was she to be avowed openly Jonathan's fiancée—this other girl who were an exact duplicate of my engagement ring?

I had heard a short while ago in the living room of our house came rushing back. I felt guilty, as guilty as if I had robbed someone. My mother had counted on the events of this night to spare to her, to dad and to Elsie, the house, the chauffeur, the maid, Elsie's education and debut family pride, in fact. She had played her confidence in this night against dad's will for immediate change.

Where lay my course? All of this was flashing through my brain while I chattered to Hoddy Mitchell who sat beside me. "You know you've changed—somehow," Hoddy was saying, "you're beautiful, you're ravishing! You're eyes are—I'd say like two stars if that wasn't so frayed out—why, you're wonderful!"

"MEMORIES"

Wednesday, December 20th. For a second the party was utter confusion. The next instant every one was saying: "Wasn't it clever—wasn't it clever!" And I was the centre of a perfumed chattering throng.

Look Before You Leap! Dorothy Dix Finds Old Adage Still Saves Worry

The Common Complaint of Disgruntled Husbands and Wives is That They Are "Disappointed" in Their Mates—But Why, Asks Dorothy Dix, Didn't They Find Out Before Marriage?

There are a lot of queer things about marriage, but the queerest of them all is that so many men and women seem incapable of finding out anything whatsoever about the character, mental caliber, disposition, habits and manners of those they marry until after the knot is tied.

This is the more strange because not one man and woman in a million are conscious deceivers. They do not deliberately set out to take in some poor, simple, unsophisticated girl or boy by camouflaging their defects, or pretending to virtues that they do not possess. Nor could they put across such a confidence game if they would, for the average individual is a poor actor who could not give a convincing performance of any one but himself.

Such as they are, with their every peculiarity and blemish and short-coming emblazoned upon them for all to see, there they stand for men and women to take or leave them, and the amazing thing is that so many people never seem to have the faintest idea of what they have picked out until they take their bargain home and look it over.

And, wonder upon wonder, these buyers of matrimonial pigs in a poke are not the Simple Simons one might suppose them to be. They are clever, sophisticated men and women of the world who bite their dollars to see if they are counterfeit, and who are keen enough to see that the goods is as represented in any other transaction, and that they are getting their money's worth.

Yet the common complaint of disgruntled husbands and wives is that they are "disappointed" in their mates. The woman isn't at all the kind of wife the man wants. The man doesn't come up to the wife's ideal in a single point. Each outrages the tastes and the ideals of the other. They grate upon each other's nerves intolerably.

And the question arises, why, oh why, didn't they discover this before marriage, since people seldom marry at first sight and without having an opportunity to get acquainted with each other? Most engagements last anywhere from a couple of months to five or six years, and it does seem that one would not have to be a Sherlock Holmes in order to ascertain in that length of time whether the party of the other part had any objectionable traits that would make marriage a hazardous experiment.

Nothing, for instance, wrecks so many marriages as un congeniality. Indeed, incompatibility of temper is recognized by law as a just cause for divorce. All of us know husbands and wives who never agree on anything, who never want to do the same thing, and who have not a single taste in common.

It is perfectly understandable why two people of different sexes, different heredit, brought up in a different environment can have little in common, but what is incomprehensible is that they don't find this out before marriage. How can a domestic stay-at-home man, for instance, think that he can have a Darby and Joan existence with a girl who always comes down with her hat on when good evening, and who does "where do we dine and dance" even before she bids him to call, and whose whole idea of happiness is making whoopee and going on wild parties?

How can the saving, penny-pinching man delude himself into thinking he is getting a helpmeet who will see eye to eye with him about running up a savings bank account in a girl who is clothes-mad and pleasure-mad, and who thinks that money was made to be thrown at the winds? Why doesn't a man suspect that the high-tempered girl with whom he is always having rows may possibly not make the placid and peaceful life companion he desires?

What makes the warm-hearted, affectionate girl marry a human refrigerator? Why does the domestic girl pick out a rounder for a husband. Why does Alice-sit-by-the-fire choose a man who must always be stepping out and going places and doing things? Why does the girl who hates games unless herself to a golf fend?

None of these things were hidden. Everybody knew that Sally was

sorry little bluffer—you!" he said, and for the remainder of the evening he didn't speak to me.

The telegram had been of course, the announcement of my engagement to Jonathan. More of Jonathan's high handed methods.

Father read the message only after he had been assured by Jonathan that it was quite all right and true and then the thing was carried off as if it had been a playlet all arranged for the amusement of the guests. Immediately after the reading of the message, the strange young woman beside Jonathan jumped to the table and danced abandonedly, while the girls bore down on me with their squeals of affected surprise.

A fresh cover was laid for me beside Jonathan and had a circle of roses was put around the plate. The dancer, when she finished her number, vanished, sapphire and all. And Jonathan seemed not at all concerned.

I sat beside his huge bulk in a daze. The thing had dazed me. I felt like a rubber ball dancing madly about on a sparkling sea of circumstance. Jonathan never talked to me or looked at me. Our elbows touched occasionally as he pried the flesh from the bones of the fowl on his plate and carried it to his mouth.

Mama, sitting almost opposite me, was radiant. Pride and satisfaction were evident in every motion. As I looked at her I sensed again that feeling of utter strangeness. That woman, across from me who happily watched me give myself to a man who meant nothing to me, even urged it, that woman my mother? I, flesh of her flesh?

An ironic grin twisted my mouth. At just that instant Hoddy Mitchell shot a glance at me. It was too knowing, too insinuating. I felt as if I must rush to the dressing room, dust my face with fresh powder, wash my hands and brush my clothing! I looked down at my dress, half expecting to find a smudge there and had an odd feeling of surprise when I saw its freshness. I felt actually soiled! It was unkind of Hoddy!

Varied Interests Of Maritime Club Of Montreal

The following is taken from the Montreal Gazette of May 17th: Wide range of interests of the Maritime Women's Club of Montreal was shown in the reports of the causes aided during the past year, presented at the annual meeting held last night at the Windsor Hotel. Among these were support given the Children's Library, payment of high school fees for a needy child, a contribution to the Fortier memorial in Fort Anne, all in addition to the usual social service work, which in itself represented a considerable outlay of money and large contributions of clothing.

Ask Mother—She Knows

Mother took this medicine before and after the babies came. It gave her more strength and energy when she was nervous and rundown. . . kept her on the job all through the Change. No wonder she recommends it.

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

Listen.....hear!



Kellogg's Rice Krispies are so crisp and crunchy that they actually snap, crackle and pop in milk or cream. So nourishing and easy to digest. Just the thing for the evening meal. Always oven-fresh. Made by Kellogg in London, Ontario.

Listen!—get hungry

a dancing fool, and Mary extravagant, and Fanny a waster, and John wa, a clam, and Tom a phlanderer, and Sam's mind never got a yard from the links. And there was no excuse for those who married them being disappointed in a husband or wife whose salient characteristics they must have perceived unless they were phenomenally stupid.

Then there are the husbands and wives whose alibi for seeking companionship outside of the home is that they are so bored in it. These husbands and wives do not understand them. They have not the same interests. A highly educated, brilliant man marries a little nitwit who never read a book in her life, and he complains that her babble drives him to drink. No doubt. But the mystery is why he didn't find this out before he chose her as a life companion. No woman on earth can conceal the fact that she is a Dumb Dora. Her ignorance and dullness stick out like a sore thumb.

A woman walks out that her husband wears her beyond all endurance. He hasn't an interest beyond the green grocery trade and the stock market. He never reads anything but the headlines in the newspapers and the comic strips. His tastes are all lowbrow, while hers are highbrow.

But why didn't she discover this before she doomed herself to a lifetime of listening to the price of potatoes and going to jazz shows? For a man doesn't go suddenly dull company. He doesn't stop reading good literature if he has ever read it. He doesn't lose interest in world movement if he has ever had a broad vision. Any girl wit enough sense to keep out of the fire can tell just about how exciting a husband a man will be.

Apparently before marriage men and women are blind to each other's characteristics. It is only marriage that proves an eye-opener to them. DOROTHY DIX.

New Spring Smartness Illustrated Dressmaking Lessons Furnished With Each Pattern

It's a fascinating affair in cool cotton printed handkerchief - finish lawn in yellow, brown and white coloring. Plain white lawn made the shirwaist collar and jabot.

Another attractive scheme would be sheer novelty cotton crepe in small plaid pattern in red and navy, with the collar and jabot of plain navy sheer cotton crepe.

Stick candy color striped seersucker, linen, printed sateen, cotton challis the prints, pastel tub silks, etc., are other nice suggestions. Style No. 754 is designed for sizes 14, 16, 18 years, 36, 38 and 40 inches bust. Size 16 requires 3 yards of 39-inch material with 1/2 yard of 35-inch contrasting.

Price of PATTERN 15 cents in stamps or coin (coin is preferred). Wrap coin carefully.

Form with fields for Name, Street Address, City, State.

No. 754. Size . . . . . Name . . . . . Street Address . . . . . City . . . . . State . . . . .

201 were distributed, also furniture and other necessities. Twenty-four visits were made to homes by members of the social service committee, and Christmas packages were distributed to 21 families.

Mrs. S. C. White, on behalf of the club, presented to the retiring president, Mrs. R. Bruce Marr, (formerly of Charlottetown), a silver tray, and Mrs. George Jeffries presented flowers from the board of directors.

At the dinner, Miss Mary Allen proposed the toast to the Maritimes, and Mrs. Darwin S. Higginson the toast to the club.

The following presented reports: Mrs. George Jeffries, recording secretary; Miss Florence Sutherland, treasurer; Miss Vera Bendall, corresponding secretary; Miss Mary Sutherland, membership secretary; Miss G. V. Beers, Maritime interests committee; Mrs. John Chalmers, arts and letters committee; Miss Annie L. Fraser, historical committee; Mrs. J. H. Fisher, music committee; Mrs. F. H. Mathewson, social committee; Miss Mary Allen, house and door committee; Mrs. J. R. Ferguson, Local Council of Women.

Elections resulted as follows: Honorary president, Miss D. L. Gass; president, Mrs. C. R. Smith; vice presidents, N. S. Miss Blanche G. Horman; P. E. I. Miss A. Elizabeth Rattée; N. B. Mrs. B. S. Ward; secretaries; corresponding Mrs. R. Vance Ward; recording, Miss G. Paige Dunno; membership, Miss Mary V. Allen; treasurer, Mrs. Florence A. Sutherland; provincial representatives; N. S. Mrs. H. C. Cann and Miss Rita Bond; P. E. I. Mrs. George R. MacLeod and Miss Amy Byrne; N. B. Mrs. L. T. Gronin and Miss Estella M. Burns. Conveners: Social Service, Mrs. L. M. DeWolfe; arts and letters, Mrs. John Chalmers; historical, Mrs. Eda Nelson; music, Mrs. J. T. Crisp; house and door, Miss Flora Turner; members at large, Mrs. Darwin S. Higginson, Miss Edna Bonson, Miss Christene Ross, Miss Ruth King. Mrs. R. B. Marr presided.



ASCO for COLDS HEADACHES



DOESN'T DRUG, DOPE OR DEADEN Soothes Away Pains and Aches. ASCO gives astounding results, because without harmful or habit-forming drugs. ASCO has every modern scientific pain-soothing and pain-removing ingredient in it. Absolutely safe. Prescribed by physicians. Creates no craving, constipation or digestive troubles. Every tablet stamped ASCO. Red, white and blue box. All drugists. Tune in on ASCO Program on C. F. C. Y. daily 7.15 to 7.30 P. M.

Hands an Awful Slight with Salt Rheum. Healed by Cuticura.

"My hands were red and started to swell and when I put them in water they would itch and smart. Then they were all water blisters and were an awful sight. I was told it was salt rheum. The skin was sore and red all the time and I had my hands bandaged up that I could not do anything. There would be nights that I would just lie awake and scratch."

"Then I used Cuticura Soap and Ointment, and after using one cake of Cuticura Soap and one box of Cuticura Ointment I was healed." (Signed) Miss Bernice Dow, Cornwall, Ont.

Sample each Soap, Ointment and Talcum free. Address Canadian Depot: Lyons Agencies, Limited, 256 St. Paul Street, W., Montreal.