

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

BURGESS BEDTIME STORIES

Beware of those whose ways are sly; Regard them with a watchful eye.—Old Mother Nature.

Those who are sly seldom are to be trusted, for slyness and trust go not together. In the Green Forest are two persons who are sly and neither is trusted by his neighbors. One wears a coat that is largely blue. The other wears a coat of red. One wears feathers. The other wears fur. So, you see, in looks they are not at all alike. But in their ways in the things they do, in what we call character, they are much alike. One is Sammy Jay. The other is Chatterer, the Red Squirrel.



So, keeping Chatterer in sight but himself out of sight, Sammy slyly followed.

Now, while these two are what might be called rascals, they are by no means all bad. I wonder if anybody really is. They are sly. They do mean things, sometimes really bad things. But also they do many good things. They love to get other folks into trouble, but more than once each of them has boldly given warning just in time to save a neighbor. The Green Forest wouldn't be the same without both of them. Many of the trees that together make the Green Forest were planted by the great-gandthers of these two, and they are themselves carrying on the good work. Each fall they bury nuts and acorns in the brown earth, though Chatterer's gray cousin, Happy Jack buries far more than Chatterer does. Many of these are forgotten or are not needed, and so remain buried until they sprout and little trees spring up from them to grow into the big trees that make the Green Forest.

Both Chatterer and Sammy do a lot of spying on each other, and nothing pleases either more than to prove himself smarter than the other. Both are noisy at times, for each dearly loves the sound of his own voice, and both delight in scolding each other, and other folks as well. But the Green Forest wouldn't be what it is without them, and most folks who love it know this.

RHEUMATICS GET FASTER RELIEF

Eat meat sparingly and take but little sugar. Avoid intoxicants. Keep away from dampness. Drink water abundantly and rely upon Nerviline as a quick relief for external pain. "I proclaim Nerviline an efficient relief for Rheumatic pain," writes an old sufferer. "After years of suffering I can say it is the most pain-subsiding liniment I ever used. With Nerviline I have helped to rub away my aches and pains, and I urge others to use Nerviline for sore joints, stiffness and muscular or rheumatic pain." 35c bottles sold everywhere.

ON NERVILINE

VEL works magic!

cleans with or without suds
CUTS DISHWASHING TIME IN HALF



DISHS, GLASSES CLEAN WITHOUT WIPING

VEL cuts grease instantly!
NO streaks!
NO soap scum!
NO dishpan ring!

VEL makes hard water act soft . . . gives any water amazing new cleaning power!

VEL keeps WOOLINS SOFTER... STOCKINGS SNEAKER, LOVELIER
VEL is not a soap, so no dinging soap film! No soap feding!

MarVELous for washing baby bottles, diapers, mirrors, rugs, curtains, woodwork, porcelain.

VEL washes better in the lukewarm water safest for woollens, slips, blouses . . . so fine washables stay fresher, brighter.

Works Bubble Bath Magic Too! Put VEL in tub, run water full force. Presses. Comes of lasting fragrant Bubbles—and no ring around the tub.

P.S. My hands love Vel by actual test milder than luxury soaps.

VEL Quality guaranteed by COLGATE

That Body Of Yours

By James W. Barton, M. D.

WE DO NOT NEED TO BE TENSE ALL THE TIME

It is only natural for most of us to get upset or angry at times, as we see what we consider to be foolish things being done by members of the family, by friends or others. What do we not realize is that these emotional disturbances take their toll of our energy. "Some tension of nerves and muscles, varying to suit the occasion, sometimes even in emergency rising to a high pitch, is wholly normal and may be accepted as 'tone'—the healthy opposite of listlessness."

When man was created, life on earth was filled with danger and he had to be ready for emergencies of all kinds—wild animals, storms, human enemies. Therefore, he was equipped with an electric signal service—his nervous system—and with the power to flee or fight by the use of his muscles, every fibre of which is equipped with a tiny nerve ending which gives the alarm.

This is why muscles act immediately. This wonderful equipment, of always being aware of an emergency and with ability to meet that emergency, is a wonderful gift from the Creator. But, unfortunately, we human beings—as with many other gifts from Nature—do not use it in a sane or sensible manner. Instead of using it only when a real emergency is at hand, we keep it in such constant use, keep ourselves in such a state of nervous alertness and tension, that we wear down our mental and physical strength. I have in mind the worry that so easily besets us.

What is worry? It is natural—sensible, in fact—to take thought of the morrow. But keeping in constant tension, through fear of everyday little things keeps nerves and muscles tense all our waking hours, so that we are too tired to do our daily work. And if that work is not work that we like, there is no outlet for our emotions, no relief from tension.

However, there are hours of leisure for everybody. Therefore, instead of worrying when we have this extra time for worry, we first should thoroughly examine into the unimportant things that are causing our tenseness and tiredness, and thus be able to dismiss them. We then should turn to some agreeable work, reading, a hobby or other recreation, and mind and body will relax.

NEUROSES
Neurosis—believing you have a physical ailment when none exists—is becoming increasingly common. Send today for Dr. Barton's informative booklet on this subject entitled "Neurosis." To obtain it, just send 10 cents and a 3-cent stamp, to cover cost of handling and mailing, to The Bell Syndicate, in care of this newspaper, Post Office Box 99, Station G, New York, N. Y., and ask for your copy.

there they were, the two slyest folks astr in the Green Forest so early that morning, trying to feel each other, for of all the people from whom Chatterer most wanted to keep his secret Sammy Jay came first.

The next story—"Sammy's Smart Trick."

Dorothy Dix Says—

The Family Goat

Girl Planning Marriage Should Give Up Keeping House For Family

DEAR MISS DIX: I am 26 years old. Since my mother passed away four years ago I have kept house for my father and brother. I have told the family all along that when I got married I would pass the responsibility of this to one of them, for I believe that all young married couples should live alone while they are adjusting themselves to each other.

There are eight married members in my family and all have been married for quite some time, but none of them is willing to make a home for my father and brother so that I can have the privacy which every girl would like to have when she first marries. Do you think I am selfish in asking this favor of my brothers and sisters? My father and brother would be no financial burden on them.



DEWILDERED GIRL
ANSWER: No, I don't think you are selfish. And I think your brothers and sisters should leap at the chance to repay you the favor that you have done them by making your father and brother a comfortable home for four years. But your family is following the usual family pattern, which is to elect one special member the family goat. Sometimes it is a billy goat, oftener it is a nanny.

ONE IN EVERY FAMILY

But in almost every family you will find one man who hasn't much education, because he had to get a job as soon as he could get his working papers to help support a raft of brothers and sisters and send them to college. Or an old maid, who has been a slave all of her life, taking care of mother and father, while the girls and boys danced and had good times.

For a girl to desire to go into her own home when she marries and where she can have the solitude of two as the French say, with her husband, without any relatives hanging around and advising and suggesting and correcting, is no whim. It is a marriage-saver precaution, for it gives the young couple a chance to know each other and to have their own spats and arguments in privacy.

DEAR DOROTHY DIX: Do you think it is wise for two very young people to marry? I am 16 and the boy is 17. We love each other very much, but he wants to be married at once, while my mother says we should wait until I am 20. My boy friend says he will leave home if I do not give him my answer before next Sunday.

NERVOUS

ANSWER: Gee, I don't wonder you are nervous if you have to decide the most important question in your life before you have even time to think it over. But calm down. Relax. Take it easy. Tell the Boy Friend that you refuse to be rushed; that when you marry you expect to stay married a long time, and you want to consider well where you are going to land before you make the final jump. First of all, face the fact that there is no sense in jeopardizing the happiness of your whole life in rushing into marriage before you (Continued on Page 3)

Household Scrapbook

By Roberta Lee

Soft Hands

A good remedy for softening hands can be made by molasses and a little Indian meal with lemon juice and then rubbing the hands with hot water and before dry, bathe them with a glycerin lotion.

Cleaning Yarn

Dirty yarn can be washed and used again if wound into a skein, then tied in several places so it is held loosely. After washing, hang in the sun until dry and it will look like new yarn.

Warming Bread

Try using a double boiler for warming biscuits and rolls, particularly if the bread is somewhat dry.

Modern Etiquette

By Roberta Lee

Q. When a hostess knows that a guest is dieting, isn't it inconsiderate for her to insist that the guest eat more than she desires?

A. Yes, whether the guest is dieting or not, a hostess should never urge that she eat more than she wishes.

Q. When asking a person to repeat something, is it all right merely to interject an inquiring "what?"

A. No; this is very crude. "I beg your pardon, what did you say?" Or "I am sorry, I didn't understand you."

Q. When a woman is giving a luncheon in honor of a woman guest, where should this woman guest be seated?

A. At the immediate right of the hostess.

The Stars Say--

By Genevieve Keable

For Thursday, February 12

HONORS, distinction, preferment, an enhanced scope of opportunity and progress, may turn the energies and aspirations into new fields or fresh starts, in which popularity and prestige grow with efficiency, cheerfulness and good will. Personality, allure, culture and friendliness have much importance in advancement in business, possessions and in purely personal relations. Assets may be expended by romance and beauty as well as creative skills.

Those whose birthday it is may be assured of promotion, preferment, substantial support from those in friendly relations, in which personality, social and cultural factor have real worth. In attaining such aspirations and ideals, resources and possessions also count in a purely practical way, with emphasis on beauty, charm and ideals as well as matter-of-fact considerations. Travel, change a build-up of good will and kindly contacts could accent popularity and assure enduring prestige and influence.

A child born on this day has excellent talents, efficiency with personality for a happy progressive and honored career.

Cook's Corner

RICE SUPPER DIET
2 cups boiled rice
2 cups chopped cooked meat
3 eggs
1 cup milk
1/2 teaspoon celery salt
2 tablespoons fat
2 tablespoons catsup
Salt
METHOD: Season the chopped cooked meat with salt and pepper and place in a well greased baking

Ellen's Diary

By an Island Farmer's Wife

"You would perhaps fall and not be able to right yourself—and perish there", James had protested when I proposed snowshoeing the mile to the corner alone last evening. But then when I came warmly dressed for the outing, I thought I surprised a glint of relief as he advised: "Well if you must, I wouldn't wear gloves if I were you. If you fall—" and when presently along the depths of snow I had reached the summit of the hill, "I'm all right!" was the call I sent ringing back to James watching my progress from a lantern-lit spot in the yard. "You be careful, Ellen—and be sure you keep to the road in the fields—nobody'd ever find you elsewhere." This was his message. I could not hear his exact words though I was aware of the concern they held.

Indeed so anxious they appeared I was sure that by detouring the circuitous route which I secretly did not intend to follow he would have arrived at my destination before I had reached there, going "as the crow flies." And now that my eyes had become accustomed to the dimness of the night and "alone, alone, yes, all alone," in the wide-open spaces (unless Pat

(Continued on Page 3)

Morning Smile

IMPOSSIBLE

The men were dining in a group in an army camp, discussing any subject that arose to pass the time.

One of the subjects was reincarnation, and one of the men was a firm believer and was giving his views to the corporal, one of the most disliked men in the camp.

"Yes," he insisted, "when we die we always return as something or someone else."

"Rubbish!" snapped the corporal. "Do you mean to say that if I died I might come back as a worm?"

"Not a hope!" put in one of the men, seizing an opportunity. "You're never the same thing twice!"

TOO CHATTY

A parrot was left alone with a dog and kept saying "Bow-wow, Bow-wow. There's a good dog. There's a good dog. There's a good dog. There's a good dog."

Completely ignored, Polly got bolder, hopped down on to the table, and repeated his remarks. The dog took no notice until, still bolder, Polly hopped on to the floor, where it was immediately grabbed by the terrier and eventually returned to its perch minus feathers.

I know what's the matter with me, the parrot squawked. "I know what's the matter with me. I talk too much."

How Can I!!!

By Anne Ashley

Q. Should the electric light globes be cleaned often?

A. Yes. It is surprising how much light dirty bulbs and soiled glass globes prevent throwing out. If they are neglected, the housewife will be paying for illumination that she is not receiving.

Q. How can I polish ebony toilet articles?

A. They can be given a brilliant polish by rubbing a little white Vaseline jelly into them with a soft cloth. It is necessary to keep rubbing until the wood has absorbed all the jelly.

Q. How can I prevent rough hands caused by dishwashing?

A. Use a good white soap for dishwashing. It will benefit the hands and also the fine china and glassware.

Better English

D. C. Williams

1. What is wrong with this sentence? "All of us do not think we shall succeed."

2. What is the correct pronunciation of "irrevocable"?

3. Which one of these words is misspelled? Antimosity, antihilate, anonymous.

4. What does the word "jocund" mean?

5. What is a word beginning with ag that means "quality of being nimble"?

ANSWERS

1. Say, "Not all of us think we shall succeed." 2. Pronounce i-rev-oc-a-b'l, i as in it, e as in red, o as in un-stressed, and accent second syllable, not the third. 3. Antihilate. 4. Merry; gay. (Preferred pronunciation is jock-un-oh as in on account first syllable). "Everyone joined in the merriment of the jocund festivities." 5. Agility.

Living & Leisure

THE WOMAN'S REALM

QUITE HEROIC

Heaven gives our years of fading strength
Indemnifying fleetness;
And those of youth, a seeming length.
The River of Life — Thomas Campbell

WIND YOUR WATCH

Wind your wrist watch once a day at the same time, advises the Jewelry Industry Council. If left un wound for any length of time, the watch's mainspring may lose its tension.

LOSING WEIGHT

Don't just wish you could lose some of that extra weight you gained during the holiday season—do something about it. And you can get rid of some of those extra inches by doing some exercises every day. Do them faithfully and don't skip a single day, if you really want to get good results.

Raisins make an excellent addition to cabbage and carrot slaws. Before using them "plump" or steam them by putting them in a covered wire strainer over a small amount of water which is kept gently boiling for about 10 minutes.

WEAK—NERVOUS

Are you troubled by distress of female functional periodic disturbances? Does this make you feel so tired, high-strung, nervous—at such times? Then do try Lydia E. Pinkham's Vegetable Compound to cure such symptoms. Pinkham's Compound is made especially for women, and is very helpful for women troubled this way. Any Druggist.

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

Mother, Mix Your Own Cough Syrup. It's Fine

This well-known medicine mixed in your own kitchen, costs very little, but it gives delightful, swift-acting relief from coughs due to colds. It takes but a moment to prepare—it's so easy anyone can do it. And it saves real money.

Make a syrup by stirring 2 cups of granulated sugar and one cup of water a few moments until dissolved. No cooking is needed. Or you can use corn syrup or liquid honey, instead of sugar syrup.

Then get 2 1/2 ounces of Pinex from any druggist. Pour this into a 16 oz. bottle and fill up with your syrup. Pinex is Quick Acting. Easily Mixed. Saves Money.

Needlecrafts FOR THE HOME

CHILDREN'S EDITION

To suit brother and sister . . . these sturdy suspender-strap overalls have a jaunty jacket to wear when the winds blow! Just the type of outfit to make in a cunning corduroy.