

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

Living & Leisure THE WOMAN'S REALM

THE ART OF ARTS

Some girls are gifted with the art of painting like the master; the dullest canvas they impart the freshness of the pasture.

While others with their ready pens find hours of busy pleasure in polishing prose, or then light poetic measure

Another like a woodland bird may set the sad world ringing with carols sweet as ever heard, here is the art of singing.

But there's a maid and there's an art to which the world is looking. The nearest art unto the heart. The good old art of cooking.

FRENCH CHIC

Elvire Popesco, famous French comedienne, chose her gowns at the establishment of Jacques Fath. She prefers sharply defined lines and subtle shades. Her recent choice was a gray-green suit with a clinging skirt of which the hemline is eight inches from the ground and a blue-white satin evening gown with an 1880 bodice and a bustle.

"Write it in your heart that every day is the best day of the year. No man has learned anything until he knows that."—Emerson.

Water for the farm home should be carried by pumps and pipes, not hands; and that's no pipe dream.

You must expect to be bored if you are not interested in anything but yourself.

The hostess may serve the dessert at the table, and pass it down the line, just as her husband carried the roast and passed it.

A DAINY DRESSING STOOL

If you have an old piano stool, why not transform it into a very pretty and useful dressing stool for

your bedroom? Get your husband to saw off part of the legs first, then get a small tin of Japanese lacquer and paint them to go with your colour scheme. Now tack a piece of damask or casement cloth over the stool with brass upholstery tacks. I am sure you will be pleased with the result.

Where there is no honour there is no grief.

EXERCISE CARE BUYING GIRDLE

Wise women will try on the foundation garment they plan to buy under the supervision of an experienced saleswoman. This is the best way to insure a comfortable and proper fit, say the experts. When you try on a girdle, test its fit and comfort by walking, sitting, bending and standing. A properly fitted girdle will permit you to move with ease. Check the placement of boning, seams, insets and darts. These should be placed so that they do not pinch or pull into flesh. A girdle should come down well over the hips and be long enough to control thighs. It should not, however, be so tight that it cuts into skin or pushes flesh over the top of the waistband. In buying a panty girdle, make sure that it is long enough so that it won't ride up or bind the legs. Inspect workmanship and material. Stitching should be even and strong, girdle garters fastened securely.

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 relieve 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

That Body Of Yours

By James W. Barton, M. D.

WONDERFUL WORK OF THE X-RAY

Although the X-ray was discovered by Roentgen in 1895, it was not listed as a major specialty by the American Medical Association until 1921—that is, 26 years later. Dr. George W. Holmes, Boston, in the "Journal of the American Medical Association," states that the X-ray revolutionized the practice of medicine, and that one year after its discovery—that is, 1896—more than 1,000 articles and 50 books on the X-ray had been purchased. Many physicians, and others, will remember that the two points about the X-ray that first were brought to notice was that the physician could tell at once if a bone were broken, and if an object got into the stomach or lung. The X-ray would show it and also its exact location. Today the physician not only knows at once if a bone is broken, but also can set it by means of the X-ray. When the bone has been splintered or banded, he can inspect it again by X-ray to make sure the two ends of the bone are in their right positions. The condition of diseased bones—rheumatism, osteomyelitis—can be detected by X-ray, and improvement or non-improvement noted. X-raying the chest now is considered the best single method of detecting tuberculosis, and diseases of the bronchial tube clearly are shown by use of the X-ray or the fluoroscope. X-raying the stomach also is considered the best single method of detecting ulcer and cancer. The gastroscopist, which allows the physician to see the lining of the stomach, is considered a valuable aid in confirming the diagnosis made by X-ray. The presence of gall stones was detected by X-ray as early as 1900. But it was not till 1924 that the present method of using a dye with the X-ray definitely established the presence of stones. The presence of stones in the kidney, as well as the general condition of the inside of the kidney is shown by X-ray. Then came the examination of the nervous system by injecting

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Dorothy Dix Says—

Fallacy Of Marriage

Increasing Divorces Due To False Hopes For Perpetual Honeymoon

Practically every young couple who gets married is firmly convinced that marriage is going to be a perpetual honeymoon. They know that other husbands and wives get on each other's nerves at times, and have spats, and fights and arguments, and that many a bride goes to bed in tears after what John has said about her biscuits, and that to many a John wonders what made him pick out a little nincompoop, who can't even add up the grocery bill, for a wife. They also are aware that one marriage out of every three goes on the rocks and that, any way you look at it, marriage is a hazardous undertaking.

But not for them. It can't happen to them. Their marriage will be all sweetness and light and billing and cooing, with never a harsh word nor a cross look. And that, when you come down to brass tacks, is what's the matter with marriage. It is because the optimistic youngsters are so sure that their marriage is going to be a great success that they take no steps to keep it from being a failure.

In vain does Mother, who has cut her wisdom teeth on Father's little peculiarities, try to give daughter a few tips on how to smooth her husband's fur the right way. Daughter feels that she doesn't need them because she is so certain that her husband will always purr under her hand.

She can't imagine a time ever coming when her John will cease to be a great lover and become just a mere husband who takes her for granted and brings home beef steaks instead of orchids, and who doesn't feel that he is called upon to tell her how much he loves her when he is providing it by his actions.

Most wives find that their roles have been shifted from lady love to cook, and some it makes bitter and resentful and whining and complaining, and some it makes wise to the fact that the way to retain a husband's affection is to keep him well fed and comfortable.

It is natural enough for a girl who has been through a high-pressure courtship to expect it to continue in full force after marriage. Of course, she has seen other men drop their love-making like it was a hot potato as soon as they got home from their wedding tour, but it knocks her for a goal when it happens to her. She thought she was going to be the one shining exception to the rule that men don't chase after the bus after they have caught it.

Then there is the temperament, both male and female, that lovers never take into consideration before marriage, but that looms the biggest and most menacing thing in their lives after marriage. No matter how infatuated a young couple may be with each other, no matter if they belong to the same class, and have the same amount of education, no matter how good and kind and worthy they are, if they don't laugh at the same jokes, read the same books, like the same kind of food, they will never be happy together. Each expects the other to change into the sort of wife the man wanted, or the kind of a husband who was the woman's heart's desire, and when they don't, because they can't, another marriage goes in the discard.

Nothing is more tragic than that so many marriages that are entered into with such high hopes and great expectations of happiness fail, and the pitiful part of it is that they fail because neither men nor women realize that the disasters that wreck so many other marriages CAN happen to them.

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Ellen's Diary

By an Island Farmer's Wife

In spite of the coldness prevailing then, and in our respective kitchens, Carolyn and I mixed our bread-doughs last night, one of the frostiest in our memory at Alderlea. Though in the calmness any of the family who went to read it could scarcely believe the glass at a house corner. "But she must be a cold one!" Jock came in to observe and James agreeing said: "Of course we usually get it a little colder than most, here beside the stream of fresh water." And as folks will we brought to mind, other cold nights from the past. James recalled "that one in late March, when it dropped to twenty-eight below." That is one which James can bring back easily because in a way tragedy was stalking our fortunes that night. However as it happened everything turned out well for us in the end.

But only that James, thoughtful man that he is, having what he calls "a feeling" chanced to look into a pen in a corner of the cow stable before retiring to find a lot of piglets new-born, most of them strayed from the side of their mother and almost perished with the cold. (James is bound that having piglets arrive in the cold winter months is going definitely against nature and therefore they need much expert care, not needed in warmer seasons). "Don't you mind, Ellen?" he will ask me such times as we speak of that cold night. I suspect anxious to know whether or not I carelessly have forgotten so important an item in our years of farming together. Then satisfied when I have "passed muster" he will continue: "It was indeed a miracle that we were able to save them—there were thirteen in all. Cold! Even in that warm place, it was cold!" I secretly believe that the incident would have been pretty well swallowed up among many others were it not for the fact that from the results—selfish creatures that women kind can be—I got a fine new hat that Spring. But when the stars glitter frostily and I see a moon late-rising lighting up the drifts and moving to another side of the heavens out of respect to the rising sun, then it is that such nights are bright in my memory.

Last night however was frostier than any we could recollect. "And how did your bread do?" Carolyn asked me this afternoon when we chatted by phone. I hesitated for a moment, but I had a good report to either my daughters-in-law. "It's—it's not quite ready for the oven yet!" I said. "And

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Morning Smile

Lady of the House: "Norah, the window in your room is so dirty you can't see out of it." Norah: "But, Adam, when I want to look out I open it."

Cook's Corner

BEEF HOT POT

Cut 1 1/2 lb. lean stewing beef into 1-inch cubes. Peel 6 white potatoes and slice 3/4-inch thick. Peel and thin-slice 3 medium-sized onions crosswise. Put a layer of 1/3 the potato in an oiled casserole. Cover with a thin layer of onion, then with half the meat. Dust with salt and pepper. Repeat, adding another layer each of potatoes, remaining onions and meat. Top with the remaining potato. Dot with 2 tablespoons butter dust with salt and pepper. Pour in boiling water to a little more than half fill the casserole. Add 2 bouillon cubes dissolved in 1/4 cup water. Cover; bake 2 hours in a slow oven 325 to 350 F. Top with minced parsley and serve.

GRAHAM APPLE PUDDING

1/2 cup butter
4 cups diced apples
1/2 cup sugar
1/2 teaspoon salt
1/2 teaspoon cinnamon
2 1/2 cups coarse graham wafer crumbs
1/2 cup brown sugar
1/2 cup cream
METHOD: Place the butter in a square pan and heat until melted. Spread the apples over the butter evenly. Now mix the white sugar, salt and cinnamon and sprinkle this over the apples. Crush graham wafers coarsely and mix with the brown sugar. Moisten this mixture with the cream and spread over the first mixture. Bake in a moderate oven (375 deg. F.) for about 35 to 40 minutes, or until the apples are tender. This may be served either hot or cold, with well chilled cream.

The Stars Say—

By Genevieve Kemble

For Friday, February 13

WHILE the astral indications make for a successful and well-planned schedule, with sound and secure foundations, at the same time there seems to be an undercurrent of the subtle, crafty and sinister as well, in which case it would be wise not to build too solidly on false hopes, mistaken values or the wily conduct of designing and tricky gestures from suspicious sources. Plod ahead on sound judgment, reasonable and sagacious effort, minus frolics

Better English

D. C. Williams

1. What is wrong with this sentence? "He came nearly winning the game." 2. Pronounce fa-sad, first a as in ask unstressed, second a as in ah, accent second syllable. 3. Analyze. 4. To thrust out; eject. "These talk the most who observe the least, and obtrude their remarks upon everything, who have seen into nothing."—Colton. 5. Cynical.

CIDER DRINKERS

The native beverages of Normandy and Brittany are cider and apple brandy.

NOXZEMA SPECIAL

25¢ JAR only 19¢



See how Chapped hands heal FASTER!

Take a tip from professional people! Give your hands 3-way help with medicated Noxzema. This greaseless vanishing cream helps heal tiny cracks and cuts... soothes and smooths irritated skin... whitens red, rough hands. And Noxzema works so quickly you can see and feel results—often overnight!

This special offer gives you a TRIAL OFFER—Limited Time Only only 19¢

Household Scrapbook

By Roberta Lee

Modern Etiquette

By Roberta Lee

Brass and Copper

For cleaning brass and copper, there is nothing better than salt mixed with an equal part of flour and vinegar, enough to make a paste. Let this remain on for an hour or so, then rub off with a soft cloth. Afterwards wash and use a soft brush for places that cannot be reached with a cloth. Then polish.

The Cleanser Can

To prevent the rim of rust wherever the can of cleanser is placed, secure a wire tumbler holder and screw it to the kitchen wall, close to the sink.

Pouring Catsup

Who hasn't experienced the difficulty of pouring catsup from a bottle? But all necessary is to push back the thickened portion that congeals around the top. It will then pour easily.

fancies or dubious collaborators. Keep well organized.

Those whose birthday it is may show a straight-and-narrow course by adhering to logic and reason, shrewd and well-thought out plans or policies ignoring the fanciful suggestions of officious or dubital persons, too eager to take part in sound and workable propositions. A keen and clever policy of keeping to the right and true might work for stable and enduring rewards with future stability and growth.

A child born on this day may have practical and sterling factors for success and sound place in life, although easily victimized by false hopes or the machinations of clever tricksters.

Needlecrafts FOR THE HOME

TIMELY TWO-PIECES For day-long distinction, there's nothing nicer than the two-piece suit-dress. And here's one destined to take top honors with the fitted jacket that comes out with a flare for fashion... buttons up to a sweetheart of a neckline. No. 2162 is cut in sizes 10, 12, 14, 16, 18 and 20. Size 18 requires 3 1/2 yards 39-inch.

Send 20c for each Pattern, which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you wish. Include postal unit or zone number in your address.

Address Pattern Department The Charlotteville Guardian, Pattern No. 2162

Name _____ Address _____ City _____ Province _____

Promptly Relieves BABY'S COUGH

For every baby's cough MUSTEROLE

Doctors Prove 2 out of 3 Women can have Lovelier Skin in 14 days!

That new lipstick is wonderful but it just calls attention to how dull and coarse my complexion is!

You're about the fifth person who's told me that, Jean!

Then get busy, Mary! Remember, 36 doctors—leading skin specialists—tested this Plan on 1285 women and proved it can bring a lovelier complexion to 2 out of 3... in just 14 days!

You should try the 14-Day Palmolive Plan, Mary!

Here's the Plan. It's easy as you can see. Just follow steps 1, 2 and 3!

- 1 Wash your face with Palmolive Soap!
- 2 Then, for 60 seconds, massage with Palmolive's soft, lovely lather. Rinse!
- 3 Do this 3 times a day for 14 days. This cleansing massage brings your skin Palmolive's full beautifying effect!

YOU, TOO, may look for these skin improvements in only 14 Days

- Less Oily.....
- Smoother, Younger looking.....
- Less Coarse-looking.....
- Fewer Tiny Blemishes.....
- Less Incipient Blackheads.....
- Fresher.....
- Brighter, Clearer Color.....

If you want a complexion the envy of every woman—the admiration of every man—start the 14-Day Palmolive Plan today! Remember, 36 doctors—leading skin specialists—tested this Plan on 1285 women of all ages. In addition, Canadian women from coast to coast tested this Palmolive Plan in their own homes, women with all types of skin. Dry! Oily! Normal! Young! Older! And 2 out of 3 got noticeable complexion improvement in just 14 days! No matter what skin care they had used before! Do start this new Beauty Plan with Palmolive Soap... today!

DOCTORS PROVE PALMOLIVE'S BEAUTY RESULTS.

P.P.
For tub and shower, get the new, Big, Thrifty Bath Size Palmolive—enjoy Palmolive's soft, lovely lather all over!

HEAR "THE HAPPY GANG!"
Men. New Ft. C.S.C. Trade-Cards

Morning Smile

Lady of the House: "Norah, the window in your room is so dirty you can't see out of it." Norah: "But, Adam, when I want to look out I open it."

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