

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

For The Cook

BAKED GRAIN PUDDING

1 pint milk. 1/4 cupful granulated cereal. 1/4 teaspoonful salt. 1-3 cupful powdered sugar. 2 eggs—slightly beaten. 1/2 teaspoonful vanilla. Scald the milk. Add the cereal and salt. Stir constantly for five minutes. Cook in double boiler for 25 minutes. Set aside until cool, then add sugar, eggs and vanilla and stir well. Butter and sprinkle small moulds with sugar. Fill with the mixture. Set in pan of hot water. Bake in moderate oven (325 degrees) for 35 minutes. Serve with sherry sauce.

Sherry Sauce 1 tablespoonful butter. 2 tablespoonful flour. 1 1/2 cupful boiling water. 2 tablespoonful sugar. 1/4 cupful nonalcoholic sherry flavoring. 1/2 teaspoonful salt. Melt the butter, stir in the flour and, when thoroughly blended, add the water and sugar. Cook, stirring constantly for 10 minutes. Remove from fire, add sherry flavoring and salt. Serve hot.

A Morning Smile

"STOP ME IF YOU'VE HEARD THIS ONE"

"I reckon," said the farmer, "that I get up earlier than anybody in the neighborhood. I am always up before 3 o'clock in the morning." The second farmer said he was always up before then, and had part of the chores done. The first farmer thought he was a liar, and decided to find out. A few mornings after, he got up at 2 o'clock, and went to his neighbor's house. He rapped on the back door, and the woman of the house opened it.

"Where is your husband?" asked the farmer, expecting to find his neighbor in bed. "He was around her early in the morning," answered his wife, "but I don't know where he is now."

stretching exercises that consist of clasping your hands above your head and moving your hands, arms and body above the waistline, first to one side, then the other, and describing a circle with your hands above your head. Now lie down on the floor and begin the bending exercises. They are practically the same as bending standing up, but they are easier to do and some way are more effective.

Stretch out flat, moving your shoulders up as far as you can while holding your body flat with your hips. Now flex your knees, grab them with your arms and rock yourself up to sitting position, back down to flat position, up to sitting, down again, doing it 20 times. Now hold your knees in your arms and rock from side to side on your back. Do that 20 times, too.

Now stretch out flat, arms palms downward alongside of your body on the floor, and try to flip your legs up over your head until your toes reach the floor above your head. If you can't do this at first, go as far as you can. When you succeed in doing this, slowly raise your feet, touch the floor above your head, slowly bring them back to supine position and repeat 20 times. If you really do this, all of it, morning and night for ten minutes each time, you need not worry overly about how your waistline will look by Easter.

THE NEW HAT

(By H. T. J. Coleman) I saw so many sights today That told me of the spring; A row of dainty crochets, A robin on the wing; Yet nowhere could I match the joy I found in gazing at A dear old lady In a new spring hat.

For what is age when skies are blue And clouds are fleecy white, When nature doffs her faded dress For garments of delight, And leaves the pentland bench Where she, a mourner sat To walk abroad so all may see Her new spring hat.

I have a shelf in memory For sundry odds and ends, Like random bits of poetry And sayings of my friends; And there I carefully will place, Along with this and that, The dear old lady



Miss Jessie Marie De Both makes her delicious

Apple Dumplings with Magic Baking Powder



WHEN a young housewife asks me what baking powder she should use, says Miss De Both, director of the famous De Both Home Makers' Cooking Schools, "this is my advice: Use the best—that is pure, uniform and invariably dependable. You can't use second-rate baking powder and expect first-rate results."

"My experience with Magic has been particularly happy. I find that it never varies—that it is consistently reliable. And I know it is pure, and free from harmful ingredients." Statements by other well-known cookery authorities give wholehearted support to Miss De Both's judgment. In fact, the majority of dietitians and cookery teachers throughout Canada use and recommend Magic exclusively.

Apple Dumplings 1 quart flour 1 1/2 cups milk 2 teaspoon Magic Sugar 1/2 cup Baking Powder Cinnamon 1/2 teaspoon salt Apples 2 tablespoon butter

Sift into a bowl flour, baking powder and salt. Rub in the butter. Add cold milk to make soft dough. Turn out on to a floured board and roll into a sheet. Cut in squares. Peel and core the apples. Place an apple on each square of dough. Fill the core with a small piece of butter, sugar and a little cinnamon. Fold the dough over, taking care that there are no openings, as the steam inside dumplings cooks the apple while dough is baking. Brush dumplings with a little cream, and place in greased pans. Bake in moderate oven at 400° F. about 40 minutes. Serve with cream or hard sauce.

FREE COOK BOOK—When you bake at home, the new Magic Cook Book will give you dozens of recipes for delicious baked foods. Write to Standard Brands Ltd., Fraser Ave. & Liberty St., Toronto, Ont.

STRENGTHEN THE MUSCLES AROUND DIAPHRAGM AND GET RID OF SPARE TIRE OF FAT

If you want to wear the new high-waisted clothes with chic, begin now to do something about getting a slim, lithe line through your diaphragm. You can't hide a spare tire of fat that lodges there. You must work off it. Before I give you some exercises that are particularly good for just that touchy spot, remember this: The woman who sticks to liquid food, such as orange juice and coffee for breakfast and bouillon and tomato juice cocktail for lunch and then eats a carefully balanced dinner at night will get in trim twice as soon as one who exercises herself to pieces but goes right on eating cream puffs.

Stretching and Bending Now to get to exercising. Stretching and bending are the two forms of exercise that flatten out that diaphragm and slenderize the waistline and that stretch above the waistline. To get in perfect form you need to strengthen those muscles through that section, but to take of the flabby fat. Mornings and evenings do this and her new spring hat.

Dorothy Dix Letter Box

Overbearing Husband Who Fears Lest His Wife Should Henpeck Him — Can a Garulous Wife be Gagged? — Straight Talk to Would-Be Runaway



Answer:

I think a man is not only weak but foolish when he lets his wife dominate him as your Mr. C. permits his wife to do. No woman has any respect for a husband she can run over roughshod and I have never yet seen a wife who loved the husband she henpecked.

Of course, very often a woman has a certain fondness for the husband she bosses out of his life, but her feeling is not the love that a woman has for her mate. It is the pitying tenderness that a mother has for an unfortunate child that lacks the strength to stand alone. She has a contempt for him because he has been coward enough not to stand up and fight her, and she would love him better if he would get up and beat her than she does when he meekly turns the other cheek when she smites him.

A man who is so poor-spirited that he lets his wife collect his salary and have all of their possessions in her name is such an abject creature that we can only pity him. But he has his revenge, if he only knew it, in the fact that everybody despises the overbearing, dictatorial, tyrannical woman who reduces her husband to a state of such abject slavery.

But all of the domestic tyrants do not wear petticoats, Mr. Husband, and it seems to me that you are falling into exactly the same error that this autocratic woman has, and that you are oppressing your wife just as much as she is her husband. After all, you know that while it is well and good for the man to be the head of the household he isn't the whole works. No is a happy marriage a state of penance for either the woman or the man.

The ideal marriage is a partnership in which a man and woman pool all that they have: themselves, their time, their labor, their sacrifices for the common good, and they should go fifty-fifty in authority and in the profits and perquisites of the firm. The wife has just as much right to a say-so in everything as the man has. And a husband just as much right to independence of thought and action.

I see no more reason why your wife should ask you when she buys a new dress than you should ask her permission to buy a new suit. You say you pay for it, but you do not. She has earned all that she gets over and over in her labor in the house. If she worked as hard and faithfully in an office as she does in the kitchen she would have more money to spend and be able to dress better than she does, and she wouldn't have to ask her employer's permission to go shopping, either. And by what authority are you given the right to say with whom she shall associate? She does not arrogate the right to pick out your friends.

Think this over and try to give your wife a fair deal, or else she will come to hate you as much as the henpecked man hates his tyrant. None of us love our jailers. DOROTHY DIX.

Dear Miss Dix—I have a good wife and am very fond of her, but she has one weakness that makes trouble between us. She tells all of our affairs, even our most private business, to every one who cares to listen. I have begged her not to talk about a certain legal matter in which we are involved in setting up an estate, but she holds up all with whom she comes in contact and goes into the most minute details, which is not only bad ethics, but bores the people to death. What can I do?

Nothing, I am afraid, except to keep her from finding out anything that you don't want her to repeat, for a leaky vessel is bound to spill its contents. The women who have the blasé complex just can't control their tongues. They are bound to wag.

A great many of the wives who complain that their husbands never tell them anything have only themselves to blame for being shut out of the confidence of the men to whom they are married. They can't be happy until they broadcast all that they know and so their husbands find that silence is their only protection and that they had better publish any secret on the front page of a newspaper than tell it to their Marys and Susans.

I once knew a man whose whole career was ruined by a garrulous little wife who repeated something that she overheard him say about a big deal and which resulted in the whole affair going blooey. Reproached with what she had done she replied naively: "Oh, I only told mother and the girls and they only told a few of their best friends."

Many wives feel that they have a perfect right to discuss all of their husbands' most personal and secret affairs with their families, and then they wonder why their husbands are glum and silent at home and never talk over their business or their hopes and plans with them. DOROTHY DIX.

Dear Miss Dix—I am a 15-year-old girl, uncared for and disliked. My mother and father support me from a sense of duty. They loathe me. I am also unpopular at school. What can I do? If I ran away where would I go? Where do runaway girls go?

Runaway girls almost invariably go straight to perdition. Virtually, there is no other place for a young girl to go when she leaves the security of her home, for sadly enough the only doors that are open to her are those which have "danger" written above them.

No doubt it seems very alluring to you to leave a home that isn't happy, and parents who are perhaps too strict with you and go out into the great world where you will be free and able to do as you please, but stop and think what that freedom means. It means that when night comes you will have no shelter. That you will have no food. That you will be footsore and weary. That you will be dirty and unkempt, and that you will be thrown for companionship with the kind of people that you didn't know even existed, and that the chances are that when you get to the first city you will be arrested and thrown into jail as a vagrant.

Have you ever seen the miserable bedraggled little creatures who hitchhike their way from place to place, and the tramps and hoboes with whom they consort. Believe me, my child, a little helpless lamb would have more of a chance to escape unharmed from a pack of wolves

What the Fashionables are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern

By Annabelle Worthington

Every woman knows she can't have too many home ensembles that will tub and tub and always come up smiling. And today's model is just lovely. The dress is suitable for the house, garden, porch, marketing, etc. And incidentally, it's decidedly slimming to the heavier build. It has a very becoming slimming neckline. Then there is the diagonal hip seaming that reduces bulk. Inverted plaits give a graceful width and flare to the hem.

And isn't the one-piece apron attractive? And it won't slip off the shoulders either, for the suspender straps are useful besides being modish.

Design No. 910 includes the dress and the apron in sizes 16, 18, 20 years, 36, 38, 40, 42, 44 and 46 inches bust. Size 16 requires 3 1/2 yards of 39-inch material for the dress with 1 1/2 yards of 35-inch material for the apron and dress collar.

Be sure to fill in the size of the pattern.

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. 910, Size, and a small illustration of the dress and apron.



GIVE the children a bowl of Kellogg's and milk. Just the nourishment they need. Delicious. Healthful. Easy to digest. How much better than hot, heavy food. No trouble to prepare. Try Kellogg's yourself for afternoon refreshment. Quality guaranteed.

LEON BANNETT—popular young screen star

After School



Enjoy a bowl of Kellogg's

Allow Child To Become Himself

SCOLDING WILL ONLY IMPRESS BAD HABIT MORE FIRMLY ON THE MIND—LISTEN TO STUDENTS OF CHILDREN NATURE

Need I repeat that the minds of children work strangely? Do strangely that we, their elders, know almost nothing about them—much of course the children themselves do not. We go about blindly trying to train them when we are absolutely ignorant about the whole business. It's like the old way of doctoring, guessing at one medicine after another when a person was sick. When I say "we" I mean parents as a whole. Students of child nature are trying to tell us as hard as they can if we would only listen.

The whole fabric of child handling is based on two facts: "Allow the child to become himself, not anyone else," and "Know yourself thoroughly first before you attempt to doctor his actions to suit you." Along this line let me go into one thing—what we like to call little children "bad habits". The psychology of a habit is interesting.

What are "bad habits"? They are what we, their elders, call bad, not what the child thinks is bad. There is a decided difference. Our "nice" minds, a terrible word, jump at something a little child is doing innocently and naturally enough and we scold and threaten.

Here's what we are doing. We are fixing that habit. We are setting his interest in that habit in cement and he will go back to it—the next time perhaps privately, so we won't know. Or if he doesn't scold that, the urge to do it is still there. In some way, some day it will come out, perhaps in a more violent form, perhaps in another form altogether.

The Garden

shady wood that is their native home. Here one finds flowering plants as well as ferns and foliage plants, and among the varieties which do well when the sun reaches them only part of the day is the acornite. This plant, commonly known as Monkshood, is closely related to the well known Bee-Larkspur (Delphinium). One of the oldest plants in cultivation, it would probably be more widely grown were it not for the fact that its roots, from which the drug acconite is made, are poisonous.

Ends Piles Quick

Without Salves or Ointment Itching, bleeding, protruding piles are caused by bad circulation of the blood in the affected parts. The parts become weak, flabby, and bleed. Only an internal remedy can remove the cause—that's why salves, suppositories and cutting fail. Dr. Leonard's prescription, HEM-ROID, succeeds because it removes congestion, restores circulation, and repairs the diseased parts. HEM-ROID has such a wonderful record of quickly ending even piles of long standing, that Hughes Drug Co., Ltd., says one bottle of HEM-ROID Tablets must end your pile agony or money back.