

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

Living & Leisure THE WOMAN'S REALM

THE SAFEST MEN

The safest men are the men who care. They never take chances anywhere. They always watch where danger lies. To save their limbs or else their eyes.

The safest men will do their best to save their lives and all the rest. They'll tell their partners to watch their step.

And see that safety rules are kept.

The safest men keep guards in place.

To shield from danger their face. They always keep a cut well bound. So it will heal both safe and sound.

The safest men when using a machine will keep it oiled and also clean. They will always try to do their best.

To their work will always stand the test.

The safest men will always be the only men of quality. They are the ones who get ahead. When all the careless men are dead.

—Fleet Flashes.

CHECK QUALITY NOT WRAPPING

New York women are trying to cut down on the high cost of buying beautiful, according to a survey of cosmetics industries, says a woman commentator.

Cosmetic firms report that Mama is cutting out a lot of the luxury items such as bubble baths and expensive perfumes. Mama's romantic she considers necessities, such as cleansing cream, lipstick, powder, etc., she looks beyond the glamour packaging to the price tag.

Smart woman. Papa is working so hard trying to keep up with the high cost of living he hasn't time to compare Mama's romantic appeal with that of every woman he sees.

When he comes home tired after a hard day's work, he'll fancy perfume will do as much to make him contented with his lot in life as the aroma coming from a steak on the broiler rack.

CHANGE of LIFE?

Are you going through the functional "middle age" period peculiar to women (38 to 52 yrs.)? Does this make you suffer from hot flashes, feel so nervous, bloated, tired? Then try Lydia E. Pinkham's Vegetable Compound to relieve such symptoms. Pinkham's Compound also has what doctors call a stomachic tonic effect.

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

How Can I!!!

By Anne Ashley

Q. How can I prevent rubber boots from cracking when not used for some time?

A. By placing rolls of cardboard in the boots to keep them standing erect when not in use. This permits a free circulation of air and the rubber will not crack.

Q. How can I prepare croquettes when I find there is not enough fat to fry them?

A. Place them in a greased pan and bake in a hot oven, turning them until browned all over.

Q. How can I erase finger marks from a light felt hat?

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1948's Woman



Dr. Lillian M. Gilbreth, of Montclair, N. J., has been named "Woman of the Year" by the American Women's Association. Mother of 11 children and grandmother of 18, she has a successful career as a management engineer at the age of 70.

Ellen's Diary

By an Island Farmer's Wife

"Reading, Ellen!" James commented in mock surprise when he came indoors to get a cooling drink from the pump this afternoon. "And what, may I ask, could claim your attention so closely on a day like this and everyone else so busy they hardly know which job to go at first?" The waxy pup and cats, to the number of three, had seized the opportunity afforded by the opening of the door, and were muddying the new waxed and polished kitchen floor. "It's 'Peace of Mind,'" I returned. "A new one that came this morning. Written by Dr. Joshua Loth Liebman, Rabbi of Temple Israel in Boston—I've had a sort of 'An excellent list' that reads: 'When James stops to inquire into something, it is no use to furnish him the bare details. Oh, no, one must go into it thoroughly, skipping no part of origin or interest. 'Want to hear a little of it?' 'Well, I might, but just for a minute or two,' he replied seating himself on the edge of a chair near the open door."

I read: "Once as a young man I undertook to draw up a catalogue of the acknowledged 'goods' of life, I set down my inventory of the desirable: health, love, talent, power, riches and fame. Then I proudly showed it to a wise elder. 'An excellent list,' said my old friend, 'and set down in not unreasonable order. But it appears that you have omitted the one important ingredient that makes your list become an intolerable burden.' He crossed out my entire schedule. Then he wrote down three syllables: peace of mind. 'This is the true goal of life for his special protégés,' he said. 'Talent and health give place to many. Wealth is commonplace, fame is the contrary. It's good, I reckon have that.' James chuckled, 'who else among farm women would be content to sit indoors reading on a lovely day like this—on a winter day?—to accept rights health should head the list.' 'But as the writer points out, it does not always bring peace of mind—and as you've often noticed, often quite the contrary. It's good, I know to be well and strong,' I agreed, 'but give me the peace and calm of the Untroubled mind!'

"Well, there's no doubt that you already have that," James chuckled, "who else among farm women would be content to sit indoors reading on a lovely day like this—on a winter day?—to accept rights health should head the list." "But as the writer points out, it does not always bring peace of mind—and as you've often noticed, often quite the contrary. It's good, I know to be well and strong," I agreed, "but give me the peace and calm of the Untroubled mind!'

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DOROTHY DIX SAYS—

Deadbeat Husband Wife Who Works In Home, Factory Gets No Help From Mate

DEAR MISS DIX: How much help has a wife a right to expect from her husband? I am the mother of two fine children, aged 2 and 4, and between holding down the wife and mother job and working in a factory I am kept going 18 hours a day, which exhausts me so that I am ready to collapse.

Yet when I ask my husband to lend me a helping hand, he refuses. He says that this is now 1948 and that women are expected to work outside the home as well as in it. He also threatens to leave me and take the children with him if I give up my job in the factory. He only works three days a week and spends all the money he makes on himself, and I have to support the family. He says that's a wife's duty.

Don't you think he should help me a little with the children, anyway?

MRS. B. F.

ANSWER: Well, I'd say that the woman who not only feeds the bacon but brings it home, and who spends 18 hours a day on the treadmill to expect her husband to give her a lift now and then. Even the slave-drivers do that, if for no other reason than because it is bad policy to work a useful animal to death.

UNSYMPATHETIC

Personally, I never have been able to get up much sympathy for the wives who let their husbands make slaves of them and who suffer themselves to be trampled on and kicked around as no self-respecting dog would stand for. Yet we all know plenty of women whose husbands force them to bring home their pay envelopes unopened. Plenty of men who never do a lick of work after they get a wife to support them. Plenty of women who double on the wash tub and factory jobs while their husbands loaf in barrooms.

No woman need stand for this shameful state of affairs for, as the deadbeat husband of the woman who writes this letter says, "it is 1948" when women have rights which they can enforce by law, if necessary, and no woman need work herself to death to support a lazy husband unless she enjoys doing it. Furthermore, no woman who has a no-account husband need worry about his taking her children away from her. The last thing that type of man wants is to be bothered with kids.

DEAR MISS DIX: I am a widow 25 years old, with a little girl of 4. My friends think that I should remarry and they always are trying to make a match for me. But I feel that a single man should marry a single girl and that a widow with a child should marry a widower with children. I think that I should find a man in my situation, one who would need me to give his child, or children, a good mother and him a good wife; and in return he would give my child a good father, and make us both a good living.

Another important point about protein is that while starches—potatoes, bread, sugar—are considered the "energy" foods, when protein is used to supply energy, it gives about the same number of calories of energy as do starches.

The thought, then, is that protein foods are the "building blocks" of the body, maintaining its structure and secretions (joints). As proteins can repair worn tissues, supplying new tissues as required, and also can supply energy to supply energy, leaves more money to buy proteins to maintain body structure.

MRS. RIGHT OR WRONG

ANSWER: Your idea seems very logical to me, and I think it would do much to secure the happiness of every marriage if the high contracting parties had a similar training for marriage. Certainly a widower with children would know far better how to get along with your children than a bachelor would, just as the widow with children would be much more apt to have a mother heart than a young inexperienced girl.

DEAR MISS DIX: Some 20 years ago my wife's brother died and my wife and I cheated her sister, the only other heir to the estate, out of some \$40,000. The sister now is old and has very little money. I was kind to us when we had nothing, providing food for us and our five children.

Now my health is failing rapidly and I am becoming a nervous wreck worrying over the matter, for I am conscience-stricken and unable to sleep at night. Can you advise me what to do in order to secure peace of mind?

ANSWER: The only way that you can possibly atone for your crime is by returning the money you stole. The setup for your crime is by returning the money you stole. The setup for your crime is by returning the money you stole.

Household Scrapbook

By Roberta Lee

Furniture Scratches

Light scratches on mahogany and walnut furniture can be made almost invisible by carefully applying some tincture of iodine. When this is dry rub down well with furniture polish on a dry cloth.

Closets

Furs and silk are said to keep much longer and in better condition if they are hung in cool closets. So try to find the coolest spots for these particular garments.

Eggs

Cooked eggs can be kept warm in the top of a double boiler. Have a low flame underneath.

Gold Leaf Frames

Dampen a sponge lightly with turpentine and wipe off dust and fly specks from the soiled gold leaf frames, wetting them as little as possible. Let dry without wiping as it sometimes injures the gold leaf to wipe it with a cloth.

The Stars Say—

By Genevieve Kemble

For Thursday, November 18

THIS would prove to be an unusual, intriguing and eventful day, probably arriving by virtue of the ideal, strange, unique and glamorous. There are subtle undercurrents (subliminal) which could be put to good account in a thoroughly practical manner, as creative drives, ideals and skills are happily stimulated. Intuition, "hunches," unusual forebodings and facilities could develop in home or business in realistic and workable expression. Personal charm and magnetism could prudently be "turned on" to a justifiable denouement.

A child born on this day may possess much talent of an out-of-the-ordinary scope, with personality, genius and subtlety of intriguing importance.

Those whose birthday it is may anticipate a period of the exceptional and novel in which affairs of an obvious and sordid flavor are not held in awe. There are undertones of beauty, charm, glamour and glitter which could be put to good account in a thoroughly practical manner, as creative drives, ideals and skills are happily stimulated. Intuition, "hunches," unusual forebodings and facilities could develop in home or business in realistic and workable expression. Personal charm and magnetism could prudently be "turned on" to a justifiable denouement.

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That Body Of Yours

By James W. Barton, M. D.

WHY PROTEIN FOODS ARE THE MOST VALUABLE

The discovery of vitamins and their uses is one of the most important findings in nutrition in recent years.

However, despite the fact that some eat too much protein food—meat, eggs, fish—nutrition experts now state that the most valuable foodstuff is protein food. In "Rocky Mountain Medical Journal" Dr. Gladys Kinsman points out that proteins are unique among the three classes of foodstuffs because they alone contain the most important raw materials, the amino acids out of which the complex tissues of the body are constructed.

Protein requirement is greatest when new tissues or secretions are being formed—that is, during the growth period of children and teenagers and also during pregnancy and while mothers are nursing.

One man and woman attain full growth and maturity, they do not need as much protein as when they were growing; they need just enough to replace the parts of the body used or worn out by the day's work. Of course, if heavy physical work is done or hard exercise taken, both of which cause wearing out of body tissues, more protein is required than when only light work is done. "In infancy and childhood, the greatest growth period, the protein needs are much higher in proportion to body weight."

Another important point about protein is that while starches—potatoes, bread, sugar—are considered the "energy" foods, when protein is used to supply energy, it gives about the same number of calories of energy as do starches.

The thought, then, is that protein foods are the "building blocks" of the body, maintaining its structure and secretions (joints). As proteins can repair worn tissues, supplying new tissues as required, and also can supply energy to supply energy, leaves more money to buy proteins to maintain body structure.

DEAR MISS DIX: How much help has a wife a right to expect from her husband? I am the mother of two fine children, aged 2 and 4, and between holding down the wife and mother job and working in a factory I am kept going 18 hours a day, which exhausts me so that I am ready to collapse.

Yet when I ask my husband to lend me a helping hand, he refuses. He says that this is now 1948 and that women are expected to work outside the home as well as in it. He also threatens to leave me and take the children with him if I give up my job in the factory. He only works three days a week and spends all the money he makes on himself, and I have to support the family. He says that's a wife's duty.

Don't you think he should help me a little with the children, anyway?

ANSWER: Well, I'd say that the woman who not only feeds the bacon but brings it home, and who spends 18 hours a day on the treadmill to expect her husband to give her a lift now and then. Even the slave-drivers do that, if for no other reason than because it is bad policy to work a useful animal to death.

Personally, I never have been able to get up much sympathy