

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

Living & Leisure THE WOMAN'S REALM

The seas are quiet when the winds give o'er, to calm are we when passions are no more! For then we know how vain it was to boast Of fleeting things, so certain to be lost. Clouds of affection from our young-er eyes Conceal that emptiness which age describes. The soul's dark cottage, battered and decayed, Lets in new light through chinks that time has made; Stronger by weakness, wiser men become, As they draw near to their eternal home. Leaving the old, both worlds at once they view That stand upon the threshold of the new. Of the Last Verses in the Book

—Edmund Walker.

CHECKS POPULAR IN PARIS MODE

PARIS—Wherever you go in Paris you will see dresses and two-piece outfits in small black and white, navy and white, or brown and white checks. Such materials, whether wool or silk, are dear to the heart of every designer. Carven, recently returned from a visit to Portugal, gives them a big hand. Although she says her produce is collection influenced by any such obvious inspiration as foreign travel she admits to having been influenced unconsciously by the sunny glamour there. On that account her present collection is gay, youthful, and colorful with a wealth of frills, bows, and braided trimmings which show that not only the new look but also the influence of native costume can be adapted to life in a great city.

GOLD FOR THE YOUNG

NEW YORK—As it was a hundred years ago, gold is for the young. It's a gay fashion, to be worn with either very casual clothes or very grand costumes. Young girls and smart young matrons like it because they can buy a pair of gold knit sandals and a bag of crushed gilt kidskin and wear them right through an important weekend—for lounging on the terrace, for the cocktail hour or for starlight dancing.

IT'S BEEN SAID

Wisdom does not show itself so much in precept as in life—in a firmness of mind and mastery of appetite. It teaches us to do, as well as to talk; and to make our actions and words all of a color. Seneca.

A jar of cocoa or chocolate syrup kept ready in the refrigerator may be used in cold drinks, over simple cakes or ice cream. A drop or two of peppermint extract may be added to the syrup on occasion for a taste-change.

DON'T FRITTER LEISURE TIME

"I can count on about two hours of free time a day. How could it be spent to best advantage?" asks a reader. That isn't a question one woman can answer for another. The only real mistake the reader could make is to fritter the time away. It doesn't much matter how she plans to spend the time if she has a plan. For with a plan she will be getting what she wants. She will be doing the things that are most helpful to her.

It's frittering her precious, free time away that is the mistake so many housewives make. They hang on the telephone, read trashy fiction, listen to soap operas or spend whole afternoons window shopping and at bridge tables. And if she is to grow as a person, to find time to learn to do some of the things she wishes she could do, she can't afford to waste the hours that are her own. It is easier for most women to plan a satisfactory work schedule than to figure out how to make good use of the time that belongs just to themselves.

And without a plan the time gets wasted day after day, until a woman is middle-aged and has a much time on her hands that killing it becomes a real problem. The woman who uses a little spare time to good advantage will some day be able to use an abundance of it just as well. But each woman must figure out for herself how her own time can best be spent.

BLUE STOCKINGS WITH DIOR DRESS

NEW YORK—One of the smartest dresses shown here was a light navy with slimly draped skirt and pockets placed right on the shoulder. Buttons right down the slit skirt, typical of Dior, accented the blue stockings, and again the mauve tone with which it also was shown. Two piece dresses have both slim or full skirts. When the skirt is slim, it is narrow as the hobble skirts of many years ago, and when they're full they're exaggerated by means of folds or folds of fabric, or drapery and of buckram beneath the skirt. The 20th's have a deceptively simple look. The world's most skilful cutting gives them this effect while in reality they are masterpieces of subtle detailing.

Dior coiffures were copied on the New York Mannequins, with the aid of the same type chignons and braids which Dior's models in Paris wear. With the hair drawn sharply back, one girl wore a huge plaited coil on the crown of her head and well to the back, another model wore bangs, another little curls on either side of a centre part.

Children enjoy two kinds of crisp, ready-to-eat cereals sprinkled over bananas and milk as a breakfast or after-school dish. The same type of cereal served with applesauce and milk makes a good dish too.

That Body Of Yours

By James W. Barton, M. D.

FRESH AND DRIED FOODS

For a number of years housewives, travelers, explorers and others have been using milk from which all the water has been extracted. The addition of a certain amount of powder of a certain amount of water gives milk exactly the same food value as fresh milk itself. It was only natural, therefore, that nutritionists should be testing out the value of various other foods after the water has been removed from them.

However, as taste and appetite are important factors in nutrition derived from foods, these two points must be considered in comparing fresh and dehydrated (deprived of water) foods.

In the "Journal of Nutrition," Drs. H. J. Daniel, Jr. and R. M. Johnson show the results of the comparison of the use and acceptability of fresh and dehydrated foods. They made prolonged feeding tests on eight men with fresh food diets and comparable diets made from dehydrated foods.

Losses in body weight on the 2,600 daily calorie level were the same on the two types of diets. The acceptability or desire for the fresh or the dried diet was equally good in the fresh and the dehydrated foods. This is an important point as one would expect that the majority of the men would prefer the fresh foods, as most of us would sooner eat a nice fresh apple than a dried apple. Also, it is known that "attractive" food causes the digestion juices in the mouth, stomach, liver and pancreas to pour out in larger amounts than when foods are not attractive in themselves or in their serving. Apparently these extra amounts of digestive juices speed up digestion only.

On the basis of studies on the protein and fat digestion, and on the nitrogen values in the urine and the wastes from the bowel, it is concluded that the diets made from dehydrated foods may be equally as nutritious as those prepared from fresh foods.

From the above experiment we may expect more use of dehydrated foods in future.

EATING YOUR WAY TO HEALTH

Be sure you are getting the proper all-round daily diet for your type of build, occupation, etc. Send today for Dr. Barton's handy booklet on this subject entitled "Eating Your Way to Health." 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 19, N. Y.

Morning Smile

Tom: Which is the better satisfied—a man with a million dollars, or a man with six kids?
Joe: A man with six kids.
Tom: Can you prove it?
Joe: Sure. A man with a million wants more.

The old lady had lost her purse.

Dorothy Dix Says—

Early Engagements

Girl Of 18 Should Not Give Up All Boys For One Only

DEAR MISS DIX: I am a girl 18 years old, holding a good social position. Have been going with a boy for about a year and am very much in love with him, but my mother objects to my going with him to the exclusion of all other men, as it will be a long time before he will be in a position to marry me.



She nags me constantly about this "steady company business. Now, do you think I am old enough to know my own mind?"

ANSWER: I agree with you that mothers shouldn't nag their daughters, and that the main reason that girls don't listen to their mothers' advice is that mothers can never say a thing once and let it go at that. They keep on harping on the same string until they get on their children's nerves, and that makes them stubborn and feel as if they would rather die than give in.

But in your case, my dear, I think your mother is right in advising you not to give up all the other boys and devote yourself exclusively to this boy when you are not even engaged to him and it will be years and years before he could marry you. After a while you may tire of him, or he may tire of you. You may outgrow him, or he may outgrow you. Or he may go away to seek his fortune, and where will you be then if you have let him monopolize you?

You will be left forlorn and stranded and it will be pretty hard to get back into the old circle with the old boys. I think a girl is just naturally lacking in good, hard, horse sense who gives up going with other men until her wedding day is in sight.

DEAR DOROTHY DIX: I am to be married in three months to a girl who is everything I have always hoped to find in a wife, but she has me puzzled about one thing. She has not lived with her parents for four years and she only visits them once a year and never speaks of them. She evades every question I have ever asked about them, and when I tell her that we will drive up some Sunday to see them, she always makes the same answer: "They will not be at home," or "Mother isn't able to see people," or something like that. She also tells me that her family will not attend our wedding. Why do you suppose she refuses to let me meet her parents? Shall I go ahead with the wedding, or not?

ANSWER: There certainly must be something about the girl or her family that she does not wish you to know, because it is most unusual for a woman not to want to show off her fiancé to her family and friends.

I am a great believer in heredity, and I think a man in your position is very foolish not to make some investigation as to her character and as to what sort of stock she comes from.

DEAR MISS DIX: I am a young woman of 32 I have never married because my parents died and my two younger brothers were left in my care and I have spent my time taking care of them. Now that they are grown and on their own I am free and I would like to marry. It seems, however, that I am a little late. All the eligible bachelors I meet are too young for me.

My problem is this: Would you consider it degrading to ask the aid of a Lonely Hearts Club? My brothers say if I do such a thing they will never speak to me again. They say I am still young enough to snare a man in the traditional manner, but I am tired of waiting. What should I do?

ANSWER: Forget the Lonely Hearts' Club. No man who would be fit to marry a girl in your position would seek a wife in that way. At 32 you are by no means on the shelf. You are just at an age, look out for a wife who will make him a good home.

and she rushed into the police inspector's office and tearfully told her story. The inspector was very kind and calmed her fears as best he could. Laying his hand on her arm, he said: "We will leave no stone unturned to find your purse, madam."

Leaving his office, she noticed a group of city workers busy tearing up the streets for drainage repairs, and she remarked to herself, "Well, they don't lose much time, I'll say that for them."

Ellen's Diary

By an Island Farmer's Wife

The swallows were back to Alderlea today. We suspected it yesterday when we saw birds on light wing dip to touch the water in the mill pond but it remained for Jamie and his grand-father to give proof to our thoughts today. "You don't know what's here this morning!" Jamie came in from a round of barns and stables to report "something that lives away up high—where the cats can't get at them," and later Jamie called to me: "The swallows are back Ellen!" adding "and us with no work on the land yet!" Though without it, there was no lack of work. The grading of potatoes continued in one that was free of any choring and it was Jeanie who was the assistant today while Jamie and I held roving commissions which allowed us to come and go at will. We saw our farmers weigh young pigs, one or the other of them with a weighing or hung of them snugly in arms on the new scales. Then a weighing and a brief pause which meant a reckoning before steps turned again to the pigery. Interesting it is to note the gains of those small fry as week succeeds week. A new calf lately added to the herd, one that caught Jamie's interest on account of its mostly-white coat meant extra pails to carry and though the season for this grows daily shorter or there must be the feeding and bedding of the cattle-kind, the watering as well and the cleaning of stables by farm-cart to the heaps in the field.

So busy it was for the family that there was no time left in which to stop to wonder about any strange "feeling" one might have, nor to repine nor perhaps to envy others with less care. But while hands were busy as one worked the mind often was free to follow intriguing thoughts. Such as Judy's letter to Jeanie—the first since her marriage containing snapshots and a clipping from a mainland paper giving an account of the wedding. In the evening it was, in the church with a bridesmaid and groomsmen, making it an event to be remembered better because of its nice setting. The pictures of the bridal pair are good, Judy in the navy suit—which buttons to the neck—and pretty hat of the

Modern Etiquette

By Roberta Lee

Q. What are the duties of a godparent?
A. He promises to befriend the child always and advise it at any time. At the christening he gives the baby a gift, usually a silver mug or spoon, or a check to start a bank account.

Q. For what reason is a ring always used in a wedding ceremony, instead of some other article of jewelry?
A. The ring, an unbroken circle, is a symbol of eternity.

Q. When eating cherries or grapes at the table, what is the correct way to remove the stones from the mouth?
A. Remove them with the tips of the fingers, and place on the plate.

Household Scrapbook

By Roberta Lee

Design No. E-713

Clock Cleaner

If your mantel or grandfather clock stops running for no apparent reason, try setting a little cup of kerosene inside the case for a day or so. The fumes of the kerosene have a way of cleaning and lubricating the works, and if there's nothing else wrong with it, the clock should resume its running.

Shampooing

Time can be saved when shampooing the heads of invalids or children if the towels are heated. The towels should be hung over the radiator and then alternated during the process of drying.

Pickles that are left over from a meal should be replaced in their brine. Otherwise they will shrivel.

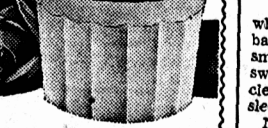
Better English

D. C. Williams

1. What is wrong with this sentence? "When the officer approached, the boys ran every which way."
2. What is the correct pronunciation of "delude"?
3. Which one of these words is misspelled? Calisthenics, calistmine, callope.
4. What does the word "furtive" mean?
5. What is a word beginning with gr that means "characterized by fantastic exaggeration"?

ANSWERS
1. Say, "the boys ran in all directions." 2. Pronounce de-lud, e as in me untrussed, u as in fuel, accent last syllable. 3. Callope. 4. Sly; secret; stealthy. "He made a furtive effort to attract the speaker's attention." 5. Grottesque.

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The Stars Say--

By Genevieve Kemble

For Thursday, May 20

A SUDDEN and quite unforeseen trial of the Wheel of Fortune, a brilliant coup or flash of genius, could have power to make a sensational change in current events, delivering static or menaced situations from dire calamity and distress. But quick action is vital to the issue, even though it demand a complete about-face in plans, programs, associates and scene of action. Concentrated creative work could recoup lagging ambitions, and to an adventurous and romantic climax. Fast work tells.

For the Birthday
Those whose birthday it is are advised to be ready for keen, alert, initiative and firm grasp of affairs, when some surprising swing in the affairs is destined to sweep into new channels of high adventure, romance and possibly spectacular achievement, probably following in the wake of some devastating experience. Ready action, preparation for drastic change, new fields and affiliations, could have a radical and far-reaching effect on the life, its fortunes, achievements and dramatic fulfillments. Creative and fast work are the open sesame to thrilling climax, involving all phases of life.

A child born on this day will have special equipment for thrilling, adventurous and romantic life, with high adventure and dramatic experiences. Promotion and rewards may come suddenly.

How Can I!!!

By Anne Ashby

Q. How can I store linoleum without cracking it?
A. Linoleum must be warm when rolling it to prevent it from cracking and breaking. And before unrolling it, it should be placed before a fire and warmed.

Q. How can I insure a crisp crust on the pie, preventing it from becoming soggy?
A. After taking the pie from the oven, place it on a high wire rack to cool, instead of a flat surface such as a table. An inverted dish drainer will serve the purpose.

Q. How can I draw out the inflammation from a finger that has been bruised by a hammer?
A. Hold the finger in water as hot as can be borne for a few minutes.



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