

Woman's Realm :- Soc

The HOUSEWIFE and HER ACTIVITIES

FINDING HAPPINESS

Be seek for happiness—alas, the day!
Ye find it not in luxury nor in gold,
Nor in the fame, nor in the envied sway
For which, O willing slave to Custom old,
Severest the mistress yield your hearts
Have sold—P. B. Shelley.

FACILITIES

We are not here to have facilities found us for doing the work we like, but to make them.

INFINITY

I meddle not at present with infinity or eternity; when I can comprehend them I will talk about them. V. S. Landor.

COOL ROOMS

The recent heat wave caught most of us unawares, with the result that rooms seemed unbearably stuffy.

And yet it is quite easy to make the house feel and look cooler. Strip the rooms of everything that looks hot. Heavy door curtains and table covers may be packed away. Upholstered sofas in heavy dark materials should all wear summer jackets of oatmeal linen cretonne, shadow cloth, or crash.

Always arrange that you have a direct current of air through the house. An electric fan works wonders. Keep rooms reasonably dark.

FEW FLOWERS

Go easy on flowers, especially the "heavy" variety; they sap the air and make the room seem stuffy and over-perfumed. Keep to the fresh lightly scented flowers, such as a few pansy faces floating in a wide green bowl.

Bowls of water placed in advantageous positions will help to cool the atmosphere. Have one or two on the window sill: those very modern square tanks of green glass are ideal and with a few gaily colored glass fish and bubbles they are decorative as well.

HOUSEHOLD HINTS

When binding with this material, fold the bias strip down the centre and sew the two raw edges to the edge of garment, thus leaving the folded edge for sewing on the inside.

If you have not a fish kettle with drainers the fish in muslin so that it may be removed without breaking.

A folding clothes-prop will keep clean indoors. Just cut the prop in two. On one side put a small hinge and on the opposite side a bolt. You can then fold it up.

When the children have outgrown their cot it may be made into an ideal garden seat for them. Remove one side, shorten the legs and if shabby, give a coat of bright paint. Cover the mattress with cretonne and make cushions to match.

When making sandwiches grate the cucumber instead of slicing it, and it will not slip out.

TO MAKE LIPSTICK STICK

Before you blame the brand for the fact that your lipstick does not stay on for hours, check up on your method of application. Lipstick should be set on dry lips, allowed to set for several minutes and then wiped off with cleansing tissue. Do not moisten your lips until the surplus has been removed and rough edges have been straightened.

SUNBATHING

Gradualness is the key to successful sun-bathing. Injudicious exposure to the sun can be both harmful and dangerous. Every year innumerable people find this out to their cost. For those who are accustomed to strong sunshine, particularly those with fair skins, the sun's rays should be of short duration—five to ten minutes, and best carried out in the early hours of the morning and the late afternoon or evening. Occasionally, a calamine lotion will be necessary for the protection of the face. When on holiday, most people should avoid basking in the glare of a midday sun against a cloudless sky. It is no doubt pleasurable at the time, but later the skin may be disfigured by a lobster-colored blush, accompanied by burning irritation and possibly blistering. In some headache, lassitude and irritability will be experienced and several days' indisposition may result. Special care in this matter must be exercised with children. Parents should insist on their wearing light but wide-brimmed hats of the Panama type which give protection to the head and neck, and should also ensure their resting in the shade during the hottest part of the day.

Scald Animal D'shes

Don't forget to scald the household pet's drinking water utensils every day. Neglected water utensils are said by veterinarians to be the cause of many ailments of the dog or cat.

LIPSTICK HANKIES

There's only one proper place for lipstick—on the lips; but it is surprising how often it turns up unexpectedly!

One sees a forerunner like a red danger signal, or a smudge across a dainty handkerchief that spoils the effect of otherwise good grooming.

It is a good plan to have a special lipstick hanky. A small square of red silk or chiffon with the edge hemmed or piped is easily carried in one's bag and may be used to wipe the offending finger, or to remove surplus rouge from the lips.

TRUE BEAUTY JUST CAN'T BE BOUGHT

"I can't spend money on expensive preparations, but I do want to have nice skin and hair," writes a girl. "What should I do to keep my complexion lovely through the years?"

The best answer is the old rule—Keep Healthy! In addition, make the most of beauty aids which cost a negligible amount.

Fresh water (eight glasses a day); reasonable amount of exercise, eight hours sleep each night and plenty of fresh air are the best beauty treatments in the world. They cost nothing, yet they practically guarantee rosy cheeks, shining eyes, glossy hair a supple figure.

To take a daily bath involves so little expense per month that it would be silly to try to set down on paper. However, cleanliness is one of the first requisites of loveliness and the woman who bathes daily, using a bath brush on her back, shoulders and arms, is sure to have a certain fresh charm that is close kin to beauty.

Smiling eyes and a nice disposition have an infinitely more important bearing on beauty than any amount of preparations that are to be rubbed on the surface. If you get enough sleep, take exercise and eat the right food, there's no reason under the sun why you should go around with a sour expression. Learn to think pleasant thoughts about the people you know, the situations you are forced to face. Remember that mere prettiness can be painted on the surface, but true beauty comes from within. Stop worrying about lack of money to spend on creams and lotions and do the best you can with material that costs little but which is more effective.

CHILDREN NEED MORE PARTIES

Psychologists say that occasional parties for children are as important to their personality development as milk is to their teeth and bones!

Parties for children should happen often and be far simpler. Refreshments may be nutritious, yet amusing and colorful. It's the sociability that counts.

The table scheme should delight the small guests with its novelty and humor. If you organize the activities before and after the refreshments to keep the children occupied and happy, there won't be much more havoc when the guests have gone than when you entertain your own friends at home.

It's almost more fun to plan the party when there's no special occasion to guide the color and decorative scheme, and when you must go through your broc-a-brac and search department and ten-cent stores looking for materials for the party scheme. Perhaps it will be a circus table, and you'll pick up all the jumping, rollicking figures you can find for the centerpiece, which is a trayful of sawdust. Over the "ring" you have a "Big Top" made of cheese cloth and there are colored on the tent line.

Plenty of sandwiches, fruit salad a punch and dessert are sufficient for the children's party that comes every month or so, rather than once a year! A tall glass of chilled orange juice with a scoop of ice cream in it is a frosty delicious dessert for summer parties.

Why does no party seem like a party to children if it doesn't wind up with ice cream? If you have a Kelvinator, you can make your own—peppermint stick ice cream, cinnamon candy mousse, or a fruit sherbet, with crisp little refrigerator cookies to go with it.

SALAD PEPPERS BLENCHED

Green peppers are better for salads, less pungent, in flavor and more readily digestible, if blanched for 3 minutes in boiling water to cover, then drained and dipped in cold water, before shredding or chopping. This blanching allows only time enough to parboil, leaving the peppers crisp, but not tough after cooking; Green peppers may be combined very happily with any vegetable, meat or fish mixture, and in some cases, with fruits.

VACATION SETTING REDUCES EXPENSE

Are all the windows locked? Lights turned out? Hot water heater shut off, milkman and paper boy notified the goldfish taken over to the neighbors? Many of the responsibilities of leaving a home for the annual vacation concern the electric equipment.

Except for an extended absence, it is false economy to shut off the operating current of the electric



QUAKER CORN FLAKES
are the ONLY corn flakes wax-wrapped and triple-sealed for fresh, crunchy for fresh, crunchy for fresh, crunchy



THE COOK'S CORNER

BANANA AND RHUBARB

Two large bananas, 3 cups 8 cups diced rhubarb. Cook rhubarb in water until done, sugar, and, lastly, sliced banana just long enough for the bananas to be soft but not mushy. Five minutes. Seal in sterilized. Makes 4 pints of fruit.

CURRENT COCKTAIL

One small piece stick cinnamon, 3 lemons, rind from 3 oranges, 2 cups water, 1 cup currant juice, 3 lemons juice of 5 oranges, 1 cup tea infusion, 1-3 cup sugar syrup, 4 cup currants. Boil cinnamon, lemon rind and orange rind in the water for 10 minutes. Strain and when cool, add other ingredients. Serve very cold. This makes 10 cocktail size servings.

BUNS

One quart flour, 2 cups of milk, 1/2 cup granulated sugar, 1 1/2 spoon butter, 1 tablespoon lard, 1/2 salt, 1/2 cup cold water, and 1/2 cup yeast. Roll out spread by letting come to a boil. Make a mound in flour and pour liquids in. When cool, add 1 cup yeast rising and rise till light. When very light, add more flour—enough to roll nicely—then roll out spread and cut into buns, and bake twenty minutes in a moderate oven. When done, rub with corn or maple syrup and sprinkle well with sugar. These are also nice with a date rolled in the centre of the bun before baking.

JELLED TOMATO LEAF

One-half cup canned tomato, put through a sieve; 2 tablespoons gelatin, 1/4 cup cold tomato juice, 1 cup boiling tomato juice, 1/2 teaspoon salt, pinch white pepper, 4 drops tabasco sauce, few grains cayenne pepper, 1/2 teaspoon onion juice. Open a (No. 2) can of tomatoes and drain off the juice, reserving it. Put tomatoes through sieve, then set in refrigerator until ready to use. Add gelatin to cold tomato juice and allow to stand until softened. Then add to boiling tomato juice with seasonings and strained tomato. Place in a round mould which has been rinsed in cold water, and seal in refrigerator to chill. The recipe makes 1 pint of jelled tomato or 4 to 5 slices.

refrigerator. This is true especially of week-end vacations, when the refrigerator contains a quantity of food. The amount of current required to bring back refrigerating temperatures and freeze the water in the ice cube trays amounts of... to maintain continuous operation.

The "vacation setting" on Kelvinator models need the need for a reduced operating cycle for vacation periods. By a simple turn of the dial on the control panel, the home-maker may set her refrigerator to operate at minimum cost and still hold an adequate temperature in the cabinet to preserve food safely. This setting is possible because the refrigerator is not opened while the family is away.

It is estimated that the refrigerator in daily use is open on an average of forty-eight times a day. The refrigerating unit which is not subject to the continuous recurring "load" caused by admitting warm air and moisture each time the door is opened, can be operated economically on the reduced cycle or "vacation setting" and avert the necessity of costly shut-off periods.

POISON IVY
Poison ivy, insect stings, burns and wounds call for quick antiseptic treatment with Dr. Chase's Ointment. Chafing, itching and burning of the feet and toes are quickly relieved by the proven medicinal treatment. It is tube or box.

Dr. Chase's OINTMENT

they do not run with the pack they are left behind, but they are not to be despised. If Mary's parents make her come home from a party at 11 o'clock, she is soon dropped from everybody's invitation list. If Sally's parents park themselves in the room when boys call, the boys never come back a second time.

If Maggie and Jenny and Sadie are not permitted to go riding with boys, or to dance, or to play cards, they sit at home with Mama and Papa. If Geraldine's parents think that a girl should never go out with one at all, many an old maid is the result of having been sidetracked by her parents because they wouldn't let her do what the other girls did.

So that phase of the matter must be considered, and the solution of the problem is for fathers and mothers to get together and organize the Amalgamated Parents Association with ironclad rules and regulations that will establish the canons of taste and conduct for the young in their communities. For in union there is strength, and what no one father and mother can do, the combined parenthood of the country can accomplish.

If no adolescent boy and girl were given a car with which to commit suicide and murder, no boy and girl would think that father was a grouch and a tightwad if he did not provide them with an automobile. If all parties began early and ended early, the youngsters would have just as good a time and wouldn't ruin their health with late hours. If all mothers refused to buy G-string costumes for their daughters, we would be spared the anatomical displays that now offend our eyes. For all that the young want is just to do what the other kids are doing.

And it is up to the parents to unite in a mass movement and see that they do the right thing instead of the wrong thing.

DOROTHY DIX.

NOT AN ASSET
On his appointment, the new manager of a certain big bank was given much publicity, and photographs of him were reproduced in newspapers. All were not printed attractively.

A depositor wandered in, walked up to the manager, produced one of the photographic reproductions, and said: "Is this our picture?" The manager assured him that it was. "Are you the manager of the bank?" The other admitted that he was. "Well, give me my money!" ordered the depositor.

"Monkey Gland" Specialist On Vacation



Dr. Serge Voronoff, famous "monkey gland" specialist, photographed with his beautiful young wife when they arrived at Vichy during their annual vacation.

:- Fashions :- Literature

ONE WAY STREET

By JOSEPH McCORD

CHAPTER 3
After mulling a lengthy grace, the merchant ate ponderously the while he conducted an uninterrupted monologue between mouthfuls. As he listened politely, Sturges was more and more bewildered by Edythe's silence. He wondered if it indicated boredom or if, by any chance, it was the result of Cannon's dominating presence as head of the house. Recalling the episode in the office a few days before, Mark was inclined to believe the first conjecture was correct. Gorman was Spencer Cannon's theme. He evoked a dreary outline of history, with the city's substantial institutions and revered customs paraded at length for the newcomer's benefit.

"You will find us progressive, Sturges," But solid and conservative always. Gorman never encourages the radical. An unblinking stare emphasized the last word, leaving the victim with an impression that some personal message was being relayed. He acknowledged it by turning and addressing himself to his hostess. "And what do you do, Miss Cannon, by way of contributing to a much progressiveness? Do you do in for politics... women's clubs and that sort of thing?" "No indeed. I have no ambitions that night. When I am at home, do the usual things. Bridge... gossip."

"Edythe, my dear." A purring admonition from the head of the table. "My daughter," this to Sturges, "is too modest. In addition to her own social activities, she is obliged to act in an official capacity for me, of course." With the conversation safely in his hands once more, Cannon took care not to relinquish it until the meal was to an end. When the three returned to the library, the host resumed his position before the fire, the fingers of one hand toying suggestively with his watch chain.

"I make it a duty never to miss morning or evening services," he announced. "I hope you young people will accompany me."

Before Sturges could voice polite acquiescence, Edythe interposed. Freed from the oppressive atmosphere of the moose-guarded dining room, she seemed more assertive.

"I am not going to change again," she remarked placidly from her corner of the couch. "Mr. Sturges is going to stay and keep me company while you're away."

Mark found himself half hoping to hear some objection. There was none. Instead, Cannon made ready to leave, pausing long enough to suggest: "Then I will hope to find you both here."

"Of course," Sturges spoke cheerfully as he rose to his feet. At the same time he stole a furtive glance at the clock, resolving privately to be well on his way home before the worshipper reappeared. "If not," he added, "I will see you tomorrow. It was very kind of you to have me here this evening."

"Sit here by me and talk," Edythe commanded, when her father left the room. "We haven't had a chance to get acquainted yet. Dad makes it a rule never to discuss business on Sunday," she added irrelevantly.

Sturges had a strong desire to suggest that the omission had proved no particular handicap, but thought better of it.

"Does that mean you and I are going to talk business?" he ventured.

"Of course not. I want to hear something about you."

"But don't you really think you should entertain me? After all, I'm a stranger here... trying to find my way about."

Mark had the feeling he might have evolved a more inane remark, but it would have taken a long time to perfect it. He felt ill at ease in this young woman's presence. And irritated. She inherited something from her father, after all. He had rather been inclined to pride himself on his composure in an ordinary situation. Now, he was jittery. Like some callow swain keeping his first date.

He wondered if he imagined a note of polite amusement in Edythe's voice as she inquired gravely, "And just how may I entertain you?"

"Well, we can't do much at bridge. So I'm afraid we'll have to resort to gossip. The question is about whom?"

"You don't forget things, do you?"

"I was interested." "I can imagine. You do play bridge, of course?" "Not guilty. I used to be able to fumble a game of whist in my young days. But contract is a sealed book. I've never had the time for it."

"Will you tell me something?" Edythe leaned forward suddenly. "If I can." "You don't like me very well, why?" "What makes you ask that?" Mark demanded. He reached for the silver box and offered it to his questioner. She shook her head impatiently, watching him steadily as he lighted a cigarette for himself.

"Possibly I shouldn't have asked," Edythe resumed after an uncomfortable silence. "But I'm curious. You've made it so apparent."

"I was not conscious of having been rude," Mark reflected. He blew out a thin thread of smoke.

"But you don't in the least approve of me." "You're mistaken, I assure you." He snapped the mechanism of the lighter in an irritated fashion, extinguishing the resulting flame. What the deuce was the girl getting at now? He waited for her to continue.

"I think I know your opinion of me," she told him evenly. "Plenty of others think the same thing. But you showed it the first time we met. You make up your mind that I was hopelessly rude and arrogant... used to having my own way and fed up with it. Am I right? You needn't be afraid of hurting my feelings."

"You're quite wrong. I've made no estimate of you whatever." "You would say something like that. You're so proper... so correct. Why can't you be frank? It would be refreshing." Edythe settled herself comfortably among the cushions, somewhat closer to her guest. "You may as well get used to the idea now, my dear. You and I are going to be very good friends."

"I hope so." "That's better. You see, it really isn't your fault if you've gained wrong impression. I dare say I am spoiled. I'll admit I've had almost everything I thought I wanted. In spite of that, I've always moved in a small circle. If you only knew..." Her voice trailed away wistfully.

"And of course I do not," Mark volunteered helplessly. "It's hard to explain when you act that way," she sighed. "Do you know I did my best to persuade Dad not to let you come here... to Gotham, I mean?"

"Wasn't nice?" Sturges crushed his partly consumed cigarette in the ash tray.

"I couldn't bear the idea of a total stranger taking over the store. I was so sure you would be the fussy type... a so-called. One of those persons who fairly bristles with statistics, telling us how wrong we were about everything."

"I see. And you've been disappointed." "Pleasantly." She smiled. "Perhaps I shouldn't tell you this... but Dad has been almost enthusiastic about you. He seldom is that way. He thinks you have remarkably keen judgment and..."

"Was this recently?" Mark interjected, significantly to the question. "You can't imagine how relieved I was when I saw you... I find that you were different."

"That's encouraging." "I had a feeling at once that you were someone I could talk to. That you would understand. I'm afraid I am putting it badly, but... it was a disappointment to find that you disliked me so. You didn't give me a chance."

"Please... somehow, that you could help me do the things I always have wanted to."

"And what are they?" "Really worth while things. There is so much that you and I might do... together. One of those sudden touches of a hand startled Sturges. Fingers crept gently over his, slim cool fingers.

He sat without moving, staring into the fire. For the moment he was held by Edythe's nearness, the touch of her. He could feel her lips like some heavy wine. The faint perfume. "What?" she breathed softly. It was barely a whisper.

The spell was broken. Sturges laughed. A trifle constrainedly.

Aids Stevens



MISS PHYLLIS AXFORD Selected to head women's organization work for the Reconstruction party, headed by Hon. H. H. Stevens, is Miss Phyllis Axford of Brantford. Miss Axford is a graduate of Harvard University, specializing in economics.

A Morning Smile

NOT THE SAME OBJECTION

Calgary Herald
A Scot and a minister were in a train together traveling through a lovely part of Scotland, with beautiful scenery—mountains, dales, rivers, and all the glories of nature. When passing a grand mountain they saw a huge advertisement for So-and-So's whisky.

The Scot gave a snort of disgust. The minister leaned forward and said "I'm glad to see, sir, that you agree with me that they should not be allowed to desecrate the beauties of nature by advertisement."

COUNT 'EM

A little man bought two tickets at the theatre box office and, followed by his wife and 11 children, started to enter.

"Here," shouted the doorkeeper, "Where are the other tickets?"

"Oh. You're making fun of me... I'm not." He turned and met the gray eyes raised reproachfully to his. He gave Edythe's hand a slight pressure as she withdrew it. "I was afraid. That was it."

"Afraid of me... Mark?" "Yes." "Why?" "Because you're... rather overwhelming," he answered candidly.

"Then I was right," she said in a low voice. "Tell me. Was it because I didn't want that girl in the store?"

"No." "A matter of simple justice," he observed quietly.

"You would say that. I am going to make you like me a little." "I like you now. Very much." "Do you know you're... funny?" "Am I?" He marveled at her swift change of mood. Her lips were smiling, but he could have sworn tears lurked behind those dusky lashes.

"Very. You need so badly to be taken in hand. Social contacts among other things. Something tells me you're my mission in life." Edythe rose abruptly from the couch and strolled to a radio cabinet in one corner of the room. "Your Chicago is on the air, I dare say."

(To Be Continued.)

SMART CLOTHES FOR THE HOME DRESSMAKER

Experience has proved time and time again that few things are more attractive for growing girls than the fascinating fresh printed cottons. Today's darling little dress was in soft powder blue dimity all dotted in white. It was trimmed with blue grosgrain bows. The collar and cuffs are crisp white organdie. Checked seersucker in yellow and white with white plique, would also be lovely for it.

Candy striped batiste in red, white and blue with plain blue trim is fetching.

Style No. 766 is designed for sizes 8, 10 and 12 years. Size 8 requires 2 1/4 yards of 35-inch material with 1/4 yard of 35-inch wide contrasting and 1/4 yard 35-inch dark contrasting.

Price of PATTERN 15 cents in stamps or coin (coin is preferred.) Wrap coin carefully.



No. 766. Size

Name

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City

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CAPE TOWN — Exactly four months after leaving London a motorist, Miss Phil Paddon, arrived here having motored down the length of Africa and covering about 12,000