

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

## The HOUSEWIFE and HER ACTIVITIES

Sow a thought, and you reap an Act.

Sow an act, and you reap a Habit; Sow a habit, and you reap a Character; Sow a character, and you reap a Destiny.—George D. Boardman.

### CHAIR SEATS

To keep the seat of a chair clean (one covered with a loose cover) take a piece of the same cretonne six inches longer than the seat of chairs, fasten in front with press studs, and push the other end down the back. This can be washed when soiled without the trouble of doing the whole cover.

### REPAIRING GLOVES

When repairing kid or suede gloves, always buttonhole stitch round the hole or tear before drawing together; this will prevent the kid or suede splitting away from the stitches.

### LATTICE WINDOWS

Small diamond lattice windows are rather tedious to polish, especially the corners of each pane. Try using a new black-lead brush. Window cleaning will be the work of a few moments then.

### TEAR DROPS

What are tears? And isn't it a strange mysterious thing—that when the heart is wounded—from the eyes hot tears drop spring—How are they formed? Why do they come—these burning tears that flow—from out the soul when we are sick with bitterness and woe?

It may be God's own way of giving ease and a release—A storm of tears brings to the heart a benediction of peace; emotion bursts the bounds of self-control and gives relief—from all the pent-up agonies of loss and pain and grief.

Surely angels count the tears we human beings shed—the tears that fall in anguish when the last faint hope has fled—Perhaps when life is closing and we look back down the years—we may find out the meaning of our heartaches and our tears.—Patience Strong.

### REMEMBER THAT—

You can knock a nail "home" in half the time if you hold the hammer at the end of the handle.

You can polish windows or mirrors in half the time if you put a tablespoonful of methylated spirit in the water with which you clean them.

You can sew fringe or binding on carpets in half the time if you keep wadding your needle.

You can iron starched things in half the time if you stir the starch with a candle when you make it.



You can wash paintwork in half the time if you add a little paraffin to the water.

### AN IRONING BLANKET

To secure ironing blanket, sew small curtain rings at the four corners, and to each side. Thread a piece of tape through, and tie ends securely.

### MAKING PEA SOUP

When making pea soup add a grated carrot and a pinch of ginger. It gives a delicious flavor.

### STRONG POCKETS

When trousers are new, if the bottom half of pockets are lined with washleather, you will not have holes worn in them by keys or coppers.

### WOOLLEN STOCKINGS

When woollen stockings are too old to wear, cut off the feet, draw one leg over the other, fold over and tack down the sides to form a bag that you can easily slip your hand through.

They make splendid polishers for shoes, stoves or floors and bright articles and keep your hands clean, too.

### CORONATION SETS WORLD HAIR STYLES

A peeress' crowning glory—her hair—will have a coronet placed on it at the Coronation, and so that the hair may be arranged suitably for the occasion experts throughout the British Isles have been designing coiffures which will set styles for fashionable women throughout the world.

It took two months to evolve an "official" Coronation season hair fashion, but husbands and fathers of debutante daughters can now sigh with relief, for the new mode is comparatively cheap and the hair can be set for a few shillings. Women can be grateful, too, for the setting will take only half an hour.

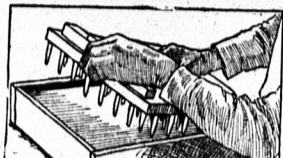
A leading hairdresser, explaining the "official" coiffure, said the front is composed of a cockscomb dressed in an upright position, from the forehead. The temples and sides are dressed with claw curls with open or revealed root line. The back is composed of large claw curls showing open ends and graduated reducing the size of the curls towards the neck. The top is dressed with a slight impression of a wave—essentially very smooth.

In less technical language, it means two or three waves in front and curls at the sides and back. This fashion was chosen so that it could be adapted to meet the needs of a peeress at the Coronation ceremony, ordinary evening functions, general day social occasions, and sports meetings. It is also eminently suitable for the

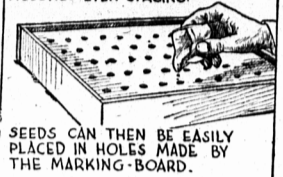


## WHAT IS HOME WITHOUT A GARDEN?

SIMPLE INSTRUCTIONS GIVEN FOR STARTING SEED INDOORS FOR TRANSPLANTING LATER



A SPIKED MARKING-BOARD PRESSED INTO FIRMED SOIL OF SEED FLAT ASSURES EVEN SPACING.



SEEDS CAN THEN BE EASILY PLACED IN HOLES MADE BY THE MARKING-BOARD.

A Novel Contrivance for Spacing

Seed boxes in a south or east window give thousands of gardeners an early start each year, and are a reliable aid to good gardening if properly handled. The preparation of the seed box is a simple matter but one that needs to be well done to be reasonably certain of bringing the seedlings to planting size.

Most important is the question of drainage. The seed box, whether

small hats now being worn. The most important innovation for which 1937 will be remembered will be aptly named polster fringe which will soon be the rage and will be welcomed by those women who are born with ugly foreheads. The fringe is about 1 1/2 inches long and is "puffed" out by tiny iron rollers for evening wear.

### WASH FRUITS AND VEGETABLES

Do you wash all the fruits and vegetables for the baby and the children?

One should, because of insects. You know, of course, that farmers and growers spray plants and trees with substances that are injurious to bodies as well as insects.

"But," you exclaim indignantly, "why do they do it? My grandfather had a farm and I never so much as saw him spray a weed. The children picked off the potato bugs and he sprinkled ashes or something over the cucumber vines, but as for poison, he never thought of such a thing.

### METHODS HAVE CHANGED

Which is true of all our grandfathers. But if they lived today, they would have to do what nearly every other grower must do either use insect-sprays to keep down the pests or give up farming. Because destructive insects have increased in recent years in uncounted horde, and there is no choice. Either we eat by destroying the destroyers first, or we don't eat at all.

These sprays do not, of course, touch the fruit itself, or the product of plant or vine, because spraying is done early in the season, but food surfaces may pick up a little here and there from ground or three later on.

No one will eat an unwashed apple or tomato and fall down dead, or even get sick. It isn't as bad as all that. It is just that certain chemicals are not good for us in a general way, and a little bit of foreign substance, finding its way to stomachs, after a period of time may result in "accumulation," meaning that instead of going out of the system, it stays there. And every little bit added to what you've got makes a little bit more. Not so good for health.

### DOCTORS URGE PRECAUTION

Doctors today are urging patients more strongly than ever to wash all raw foods. It is so easy to put them into a big pan of water and let them soak off any injurious substances that may happen to cling.

It's best to be on the safe side, especially as it is so little trouble. Anyway, the very handling of produce by so many people before it reaches the kitchen makes this a fine precaution against disease and at the very least, dirt which is not always visible either.

The mother of a family is usually most particular about the milk she uses, meat and so to add these other items to the list of suspects is right in line with ordinary precaution.

If you bemoan this added responsibility that has been thrust on you, comfort yourself by this thought. Not so long ago the winter table bore no fresh fruits or vegetables at all. Now, we expect, and get, whatever we want in season or out. We have everything the year around. Isn't it compensation enough?

### KEEP CHIN UP

For a lovely throatline there is nothing so important as carrying the head high and the chin up and out. Look about you. Women who have double chins let their heads slump down on their chests. Don't do it. Hold head up.

it be a cigar box or "flat," needs to have holes bored in the bottom, about 6 inches apart in large boxes and 3 inches in the cigar box.

Over the bottom of the box spread broken pieces of flower pots, crockery or small pebbles, then coarser soil and last of all finely sifted soil.

For the first seeds it is an excellent plan to cut burlap to fit the box and lay it over the coarse drainage and then place the soil upon it so that the box may be watered by setting it in a pan of water and there will be no danger of washing the tiny seeds or seedlings. Firm the soil and sow the seed thinly in rows. This is better than sowing broadcast as it will be appreciated when it comes to transplanting.

This sowing is economy. Quantities of seed are wasted by too thick planting. The tiny plants crowd each other and none of them has a fair chance when they come up thick as tur. This necessitates early transplanting before the seedlings are strong enough to be handled.

Cover the seed boxes with a damp cloth or piece of paper until germination starts, and set a pane of glass over the top. Remove the paper or cloth as soon as the first tiny humps of the little plants break the soil. Wipe off the glass as water collects on it from evaporation so it will not drip on the plants and cause them to damp off.

Keep seed boxes moist but not wet or water-logged. Good drainage will help take care of this but do not deluge the seed boxes.

## THE COOK'S CORNER

### SWEET MILK SOUP

This milk soup can be made in two ways. With vegetables, as described below, and also (omitting the vegetables) as a sweet soup by adding a couple of lumps of sugar and a touch of cinnamon or nutmeg. For the vegetable variation tie up a small onion, a few inches of celery, and a sprig of parsley in a muslin bag and simmer half an hour in three pints of milk. Then remove the bag of vegetables, bring the milk to the boil, and sprinkle in two tablespoons of very fine tapioca. Simmer a few minutes until the tapioca clears, season, and serve at once.

### POTATO AND LEEK SOUP

This is a delicious change from the more usual potato soup. Peel and cut up small two pounds of potatoes and wash and cut up six leeks. Boil the vegetables for two or three hours in three pints of stock, not forgetting to season. Then rub through a coarse sieve, return to the saucepan, add a piece of butter the size of a walnut and bring to the boil. When ready to serve stir in a teaspoon of hot milk.

### WITH CARROTS

This recipe for carrot soup gives a pleasing combination of vegetables. Prepare and cut up four carrots, two onions, a turnip, and two or three sticks of celery. Throw the vegetables into a saucepan with a piece of butter, the size of a walnut and cook with the lid on 10 minutes. Pour over a quart of stock, add a ham bone or a slice of ham, a couple of lumps of sugar, and a muslin bag containing two or three sprigs of parsley, a sprig of thyme, and a bayleaf, and simmer for two hours. Remove the bag of herbs, put the soup through a sieve, return to the saucepan to season and reheat, and serve with a spoonful of fried bread.

### DELICIOUS CABBAGE

Here is a cabbage soup which no one can despise. Take a cabbage with a good heart, wash and drain it, cut into shreds, and fry gently in dripping until it is colored and soft. Fry separately a pound of onions but be careful not to let them brown. Have ready a pound of the best cut leg of beef. Cut it up small and throw into a saucepan, together with the cabbage, onions, and a quart of water. Season and cook slowly with the lid on for three hours. Then blend two ounces of flour with a pint of milk, stir this mixture into the soup and bring to the boil. Sprinkle in a dessertspoonful of chopped parsley and serve with a spoonful of fried bread.

Each of these recipes, as given will make enough soup for four or five people.

## MUFFETS A 100% WHOLE WHEAT BREAKFAST CEREAL



Delicious as they are nutritious!

## Marry In Your Own Age Class Dorothy Dix More Chance for Success

### Disparity in Ages Can Be One of the Greatest Drawbacks—Boy Should Be Between 25 and 30 and Girl Between 21 and 29

No other problem looms larger on the matrimonial horizon than the question of age. There isn't a day that I don't get dozens of letters from young girls asking if they are too young to marry, and from men and women who are seventyish who want to know if they are too old to marry.



Rich old men, who say they are boys at heart, ask if there would be any risk in their marrying girls young enough to be their granddaughters. Wealthy elderly widows, who are sure they are loved for themselves alone, want to know if there is any danger in their turning cradle-matches. Both men and women ask what is the best age to marry? How much difference should there be between a husband's and wife's age? And does it matter if the wife is the older?

Not without reason do the prudent, who are contemplating starting forth on the matrimonial journey, stop and ask: How old is Ann? How old is John? For whether that long journey is a gay adventure or a horrible endurance test depends upon the age of one's traveling companion more than any other. This is bound to be the case because happiness in marriage is impossible without congeniality between the husband and wife. There are a thousand more chances that a man and woman of approximately the same age will have the same tastes and habits than there is that a couple between whom there is a great disparity of age will like to do the same things or enjoy the same things.

That is the great argument against an old man marrying a young girl or an old woman marrying a boy husband. The old want to sit by the fire and nurse their rheumatism, while the young want to be going places and doing things. The young are looking forward and the old are looking backward. They have no point of contact. They bore each other because they have no memories in common. They are forever at cross purposes because new times have brought new manners and customs. Many things that are shocking and abhorrent to the old are perfectly innocent and innocuous to the young.

Of course, calendar age and real age are not always the same. There are men and women who are born old and who are virtually gentle in the cradle. There are other men and women who are Peter Pans who never grow up and who carry the heart of youth to the grave with them. One of these perpetually young men may safely marry a staid, prudent-and-practical girl much younger than himself, but, generally speaking and dealing with the millrun of humanity, a man should not be more than ten years older than his wife. Five is better, because the nearer the same age they are, the better they understand and sympathize with each other.

As to what is the best age to marry, no one can say, except that children in their teens should be prevented from doing so. They are immature, undeveloped. They have no idea of what they are going to be themselves or what they will want in a husband or wife when they grow up, and it is sheer luck if any girl-and-boy marriage doesn't end in divorce. Besides, ninety-nine times out of a hundred, they have no way of supporting a family and so they dump the burden of their wives and husbands and children on their unfortunate parents.

If any rule can be laid down for marriage as regards the age factor, I should say that the ideal time would be between when a man is 25 and 30 and a girl between 21 and 29. By that time they have come to themselves. They have had their playtime. The man has generally got into some line of work that will support a family. They are both ready to settle down. They are both young enough to be romantic and old enough to make a suitable choice of a mate.

The question of the advisability of a woman marrying a man younger than herself cannot be categorically answered because it depends upon so many things, principally upon the sporting blood of the woman. For she cannot disguise to herself that she takes a great risk when she does so.

Any husband is hard to hold. That job is increased a hundred-fold when he is younger than his wife. Moreover, the elderly wife lets herself in for a lifetime of slavery trying to keep young and attempting to keep a boy amused, and there are mighty few men worth it. Probably kidnapping is the last profitable matrimonial venture in which a woman ever engages.

So it all boils down into saying that we have the best chances of happiness in marriage when we marry in our own age class. DOROTHY DIX.

## Today's Short Wave Radio Program (All Time is Eastern Standard)

- FRIDAY, APRIL 30
- ROME
  - 6 p.m.—News in English; Concert; "Rome's Midnight Voice." ZRO, 31.1 m., 9.63 meg.
- SCHENECTADY
  - 6:45 p.m.—Mexico Cabelleros. W2XAF, 31.4 m., 9.53 meg.
- MOSCOW
  - 7 p.m.—The History of May Day. RAN, 31.2 m., 9.6 meg.
- LONDON
  - 7:25 p.m.—"Responsibilities of Empire"—a talk by Winston Churchill. GSF, 19.8 m., 15.14 meg.; GSD, 25.5 m., 11.75 meg.; GSB, 31.5 m., 9.51 meg.
- BERLIN
  - 7:30 p.m.—Musical treasures. DJD, 25.4 m., 11.77 meg.
- BERLIN
  - 8:45 p.m.—The Interview of the Month, Prof. V. Arnim: The Technical College (Technische Hochschule) Berlin. DJD, 25.4 m., 11.77 meg.
- CARACAS
  - 9 p.m.—Concert Orchestra. YV-SRC, 51.7 m., 5.8 meg.
- LONDON
  - 9:55 p.m.—"Music of the West-ern Isles." GSF, 19.8 m., 15.14 meg.; GSD, 25.5 m., 11.75 meg.; GSC, 31.3 m., 9.58 meg.
- PARIS
  - 10 p.m.—Gramophone Records Concert. TPA-4, 25.6 m., 11.72 meg.
- VANCOUVER
  - 12 midnight—Continental Varieties, directed by Jark Avison with Ramona Lambert, soprano. CJRO, 48.7 m., 6.15 meg.; CJRX, 25.8 m., 11.72 meg.

## EXCLUSIVE STYLES FOR PEERLESS DRESSERS

This youthful little warm weather cotton dress reveals interesting soft bodice fullness and perky square shoulders. The ric rac braid accents the smart neck that is cut for coolness, and the buttoned shoulders. The ric rac appears again on the pockets.

In navy heavy sheer crepe with white pleated grosgrain ribbon trim, it makes a perfect summer town dress.

Another enticingly cool scheme is a dark ground dotted swiss. For sports, you'll like it of striped linen or of cotton challis print.

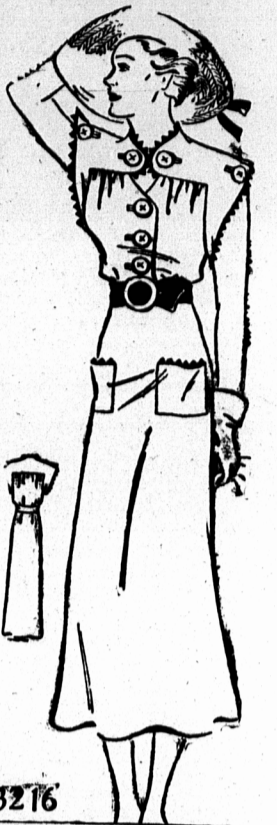
A Diagrammed Sewing Chart is included with the pattern to show step-by-step how to cut and stitch it.

Style No. 3216 is designed for sizes 14, 16, 18, 20 years, 32, 34, 36, 38 and 40-inches bust. Size 16 requires 3 yards of 36-inch material with 1-4 yard of 35-inch contrasting and 2 1-2 yards of braid.

Price of pattern 15 cents in stamps or coin (coin preferred) wrap coin carefully address to Charlotte-Guardian giving—Style No. 3216 Size.....

Name \_\_\_\_\_ Street Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

## BABY'S OWN SOAP Best for You and Baby too 3216



## Applique Sail Boat Motifs by Mayfair



Mayfair Needle-art Design No. 34 Selling right into your kitchen, bathroom or bedroom come these picturesque little applique ships floating atop waves of stitches. Smart and very appropriate for summer homes, boys' rooms, sun parlors, nurseries or kitchens. If you wish to carry out the very popular vogue for "red, white and blue" color scheme in your kitchen or elsewhere in the house, this design is most suitable. The valence, tie backs and glass curtain ships are blue, the blanket stitching is red and the glass curtains are white. Effective and charming this design is also lovely for pillows, bedspreads, shelving, tea towels, guest towels, runners, etc., etc. The pattern contains transfers for eighteen motifs, detail chart of stitches and color suggestions complete easy-to-understand assembling and finishing instructions.

For complete patterns and instructions for all of these designs, send 20 cents in stamps or coin (coin preferred) to The Charlotte-Guardian Needlework Department.

Use this coupon. Print your name and address plainly. To The Charlotte-Guardian Needlework Dept. DESIGN NO. 340 Name \_\_\_\_\_ Street Address \_\_\_\_\_ City \_\_\_\_\_ Province \_\_\_\_\_

## OLD DUTCH OFFERS YOU

Wm. A. Rogers A-1 Plus Quality Silverware in the attractive "Croydon" Pattern made by Oneida, Ltd.

HOW TO OBTAIN THIS SILVERWARE—Send 50c and the windmill panels from 3 Old Dutch labels for any one of the units mentioned in this advertisement. You may order one, or as many as you like. You can obtain a complete set at an amazingly low cost.

This offer, good only in Canada, expires Dec. 31st, 1937

- SIX TEASPOONS—value \$3.50 per dozen—for 3 windmill panels from Old Dutch labels, and . . . . . 50c
- ONE DINNER KNIFE—value \$1.50 per dozen—for 3 windmill panels from Old Dutch labels, and . . . . . 50c
- THREE OVAL SOUP SPOONS—value \$5.00 per dozen—for 3 windmill panels from Old Dutch labels, and 50c
- THREE SALAD FORKS—value \$5.50 per dozen—for 3 windmill panels from Old Dutch labels, and . . . . . 50c
- THREE ICED DRINK SPOONS—value \$6.00 per dozen—for 3 windmill panels from Old Dutch labels, and . . . . . 50c
- THREE BUTTER SPREADERS—value \$2.00 per dozen—for 3 windmill panels from Old Dutch labels, and 50c
- THREE OYSTER OR COCKTAIL FORKS—value \$6.00 per dozen—for 3 windmill panels from Old Dutch labels, and 50c
- THREE TABLE OR SERVING SPOONS—value \$6.00 per dozen—for 3 windmill panels from Old Dutch labels, and 50c
- ONE GOLD MEAT FORK—value \$1.00—for 3 windmill panels from Old Dutch labels, and . . . . . 50c
- ONE GRAY LADLE—value \$1.50—for 3 windmill panels from Old Dutch labels, and . . . . . 50c
- ONE BUTTER KNIFE AND ONE SUGAR SPOON—value \$1.00—both for 3 windmill panels from Old Dutch labels, and . . . . . 50c

## Old Dutch Also Offers You—the Greatest Cleaning Value

because it's made with Selsmolite—a fine cleaning and polishing material that is free from harsh, scratchy grit. Old Dutch cleans quicker and cleans more things, polishes as it cleans and it doesn't scratch. It is kind to sensitive hands and leaves no gritty residue and doesn't clog drains. Save time and money by using Old Dutch for all your cleaning.

Remember each unit of silverware requires 50c and 3 windmill panels from Old Dutch labels

OLD DUTCH CLEANER, Dept. 100J 64 Macaulay Ave., Toronto I am enclosing \_\_\_\_\_ windmill panels from Old Dutch labels (or complete labels) and \_\_\_\_\_ for which please send me  6 Teaspoons  3 Oval Soup Spoons  3 Tablespoons  3 Salad Forks  3 Iced Drink Spoons  1 Cold Meat Fork  3 Oyster Forks  3 Butter Spreaders  1 Grey Ladle  1 Dinner Knife and Fork  1 Butter Knife and 1 Sugar Spoon Name \_\_\_\_\_ Address \_\_\_\_\_ City \_\_\_\_\_ Province \_\_\_\_\_

SHIRLEY TEMPLE

This is my cereal!

QUAKER PUFFED WHEAT

3 WRAPPINGS GUARD ITS CRISPNESS

## A Morning Smile

He had worn the same hat for 15 years, and reluctantly decided there was nothing else for it—he must buy another. With a heavy heart he entered the hat shop. "Well," he said, sadly, as the manager came forward. "Here I am again."

Tradesmen, interviewing applicant for job as messenger boy "What's your name?" "Stanley Baldwin, sir." "My word! That's a well-known name!" "So it ought to be. I have been delivering milk round these parts for the last two years."

## PERSISTENCE

Almost anybody can do business fairly well. Many men can do business superbly well. But the man who not only does his work superbly well, but adds to it a touch of personality through great seal, patience, persistence, making it individual, distinct, and unforgettable, is an artist. —Gilbert Hubbard.