

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

Living & Leisure

—THE WOMAN'S REALM—

FRIENDSHIP

If you would have a friend that's true, A friendship that you'll never rue, Whose reticence will never hide His pleasure when he's by your side. Who'll never lie nor cheat in spite No matter what may be your plight, Whom you can trust as tight as glue Because he thinks so much of you, Whom never in his lesser life Do you a wrong or cause you strife— Of human traits so low and mean His character seems wholly clean— Then go and get yourself a pup, And cherish him as he grows up. You'll have a friend—no doubt you've heard? Who knows the meaning of the word.

HELPFUL HOUSEHOLD HINTS

For an unusual touch, add a tablespoon of minced onion to baking powder biscuit dough that is to be used as the crust for meat pies. Here is an "oldie" you may have forgotten. Keep a glass shaker containing a mixture of one teaspoon of cinnamon to half cup of sugar. It can be sprinkled evenly when required for cinnamon rolls, toast and rice. To prevent a jar of olives from spoiling after they have been opened, pour in about a teaspoon of olive oil and the olives will keep firm and have a better flavor. When the window blind falls or is drawn so far that it locks, use a clothes peg as a wrench by inserting the flat projecting end of the shade roller in the groove of the peg. The shade is rewound and replaced without the necessity of first rolling up the shade, replacing it in the lock, unrolling it and then rewinding. If the shade is locked by being drawn down too far, use clothes peg to move the spring slightly and so loosen the ratchet.

Remove the Buttons

When cutting underwear into cleaning cloths, be certain there are no buttons left on them to scratch the floors or furniture. Besides, those buttons are apt to be needed later on.

Covered

When purchasing new ash and trash cans be sure to invest in covers for the cans. It is the only way to insure ashes and trash from blowing away and causing disturbances in the tidy appearance of the neighborhood.

Hardened Flannels

Flannels that have become hard and shrunken can easily be restored to their former softness by soaking them in gasoline for a few hours. Then wash in soft soapsuds as usual and rinse in the same temperature clear water.

THE HIGH SCHOOL AGE

When entertaining girls and boys of high school age make the party as informal as possible and they will enjoy it far more. Avoid the long formal dinner party and in its stead have an informal buffet supper where the young people mingle and have a good time. This is a shy age with some and a formal party is more terrifying than enjoyable.

The Too-Perfect Home

Mother, do not have your home so perfect that there is no place for the young son or daughter to play and have an imaginary world of their own. They should have a place for play that may remain undisturbed except at stated cleaning intervals. No one will condemn you for a poor housekeeper just because you have a play room for the youngsters.

No More Senses to It

It is a foolish parent who indulges in constant argument with the children, with both sides wailing more indignant and louder with each statement. When the child is inclined to answer back, it is time to declare an ultimatum on the subject and they keep quiet. However, after the child is through sticking to the decision and you will find this habit of "back talk" will soon be stopped.

SOCIETY QUEENS OF SCRUB WOMEN

Rich or poor alike—this fine medicine is very effective to relieve pain and nervous tired, irritable feelings of "certain days"—when due to feminine monthly disturbances.

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

Morning Smile

The young married couple were "having a few words." "You just hang about smoking." "You never see me holding a cigaret in my mouth." "You couldn't," he seized the chance to retort, "your mouth is never shut."

"Your methods of cultivation are hopelessly out of date," said the crop advisor to the old farmer. "Why I'd be astonished if you got over 10 pounds of apples from that tree."

"So would I," replied the farmer, "it's a peach tree."



KEEP SLIM
KEEP REGULAR
KEEP LOVELY

For Reducing Diets



Household Scrapbook

By Roberta Lee

Vacuum Cleaner

So often the housewife will let the dust accumulate in the bag of her vacuum cleaner and then wonder why the vacuum is giving poor service. Keep the bag emptied and you will get much better service. Otherwise you are making the motor pull against a heavy bag of dust.

Cold Feet

To prevent the feet from getting cold and help circulation in the winter time, try sprinkling a little salt in the bottoms of the shoes.

Cake Baking

When the oven is getting too hot while baking a cake, place a vessel of cold water on the shelf beneath the cake. This will reduce the heat.



FORTUNE IN PELTS IN FUR EXHIBITION

Fortune in furs surrounds Mrs. J. Moffatt, a visitor at the annual Manitoba pelt show in Winnipeg. She is wearing platinum fox. The few pelts shown here are valued at \$6,800 and special police guarded the exhibits.

vide initials or first name. Write on one side of the paper only. City press reporters have the benefit of telephone and can talk the report, but the rural reporters must rely on written accounts, so their news for news must be trained.

THIS FLOWER LIKES CROWDED CITIES

The Sun plant (portulaca grandiflora), a relatively of the common pusley weed of gardens, finds in a sunny location the ideal place in which to grow. Portulaca is one of the most brilliant annuals, and may be used in several ways. It grows from 4 to 6 inches high, depending on the soil conditions, and has red, yellow and white flowers and also a fragrant sort colored and curiously striped. The flowers open in the morning, close



Top candidate among the nine women picked as additions to the police force by Montreal, is Mrs. Mary Elm, dark-haired mother, shown with daughter Patricia, 9.

DOROTHY DIX SAYS—

Lonely Widows

Women Can Prepare For Middle Age By Developing Interests

Among the most pathetic letters that come to this column are those from middle-aged and elderly widows who are practically dying of loneliness. Whether their mates were good husbands or bad husbands their deaths closed a chapter in their wives' lives, and the poor souls do not know how to fit themselves into a life in which they will be strictly on their own.



Marriage has been their profession and with their husbands' death, their occupation is gone. Their houses are empty with no man in them. There is no incentive in getting up an elaborate meal to eat alone. Even the most garrulous can't carry on an interesting conversation talking to themselves. There is no fun in making plans for things that you have to do by yourself. And you can't put any real pep into an argument when there is nobody to dispute you.

Besides which, the lonely widow finds that just living has become a complicated problem for her. She doesn't want to break up her home, yet she is afraid to live in it alone. She doesn't want to inflict herself on her married children and be resented by her in-laws. She can't just put on her hat and kill a dull evening by going to the movies, or a concert by herself, as a man can. And she isn't invited out to dinners by her friends as often as she used to be, because while an unattached man is always a godsend to a hostess, an extra woman is a millstone about her neck.

UNWISE DECISION

So it is no wonder that widows are lonely and that so many of them are on the husband hunt and not overly particular about what sort of game they bag. Just any male who looks reasonably good and who will talk back when talked to. But, alas, the woman who does this often finds that she has jumped out of the frying pan into the fire, and the widow discovers that instead of getting a fireside companion she has a critic on the hearth.

Inasmuch as statistics show that wives are apt to outlive their husbands, every woman should prepare herself for potential widowhood by providing herself with enough interests to keep her occupied and interested, if she is left alone. Primarily, she should familiarize herself with her husband's business and be able to handle his estate if he dies. And, in case her husband is a poor man, she should acquire some trade or profession by which she could support herself and her children.

She should keep up her friendships as a protection against the time when her children will have grown up and gone about the business of life for themselves, and when she will be left forlorn if her husband should die. It is easy to keep in touch with those to whom you can say "do you remember?" but it is practically impossible for a middle-aged woman to break into a circle of strangers. It is nonsense to say that every woman should keep herself young and beautiful, because it can't be done. But every woman can keep herself interesting and companionable if she keeps in touch with her world and reads and studies and goes places and does things that give her something to talk about instead of Johnny's croup and Marybell's dates.

The lonely widow is a pathetic figure. True, but she needn't be if she will make herself good company.

Better English

D. C. Williams

1. What is wrong with this sentence? "I am sure you will make good."
2. What is the correct pronunciation of "debut"?
3. Which one of these words is misspelled? Uproarious, upheaval, unwarrantable.
4. What does the word "lentive" (noun) mean?
5. What is a word beginning with "ma" that means "to enlarge"?

ANSWERS

1. Say, "I am sure you will succeed (or, be successful)."
2. Pronounce de-bu, first e as in debt, second e as in me, accent second syllable.
3. Uproarious. 4. That which soothes. (Pronounce first e as in lend). "Time is the most effective lentive in suffering."
5. Magnify.

ing at night, but because of its sunny habitat, requiring warmth for full development, it begins to flower from June and continues throughout the summer or until cut down by frost.

There are both single and double varieties. The doubles, when fully expanded, resembling a fully blown rose. There are few flowers so easy to grow and they are useful as an edging plant, to ramble over the rockery, and when sown in mass

How Can I!!

By Anne Ashley

- Q. How can I patch woolen cloth more effectively?
- A. Use a thin sheet of gutta percha, which can be purchased especially for tailors' use. Place a piece of the tissue between the layers of cloth to be cemented, and then press with a hot iron.
- Q. How can I extract the juice of an onion?
- A. Cut in half and press in an ordinary lemon squeezer. The juice will be less affected by this method and the juice will have a better flavor.
- Q. How can I treat a pain in the side or in the neck, caused by a cold in a muscle?
- A. There is nothing better for this than an alcohol rub.

produce a dazzling effect. The plant self-sows, with some doubles reverting to the single type. It is easy to fill bare spots by taking cuttings and simply inserting them in the soil, where they take root.

The seeds are very fine and should be mixed with dry sand to avoid planting too thickly. They can be started early in the house and transplanted to the garden. Seeds can be sown outdoors from early spring until July 1. Varieties of separate colors may be obtained, which offers an opportunity to arrange them for color effect.

Don't Make This Mistake When Child Is Constipated

Don't upset a child already upset by constipation with nasty-tasting laxatives or harsh-griping cathartics. Give Children's Own Tablets. This new corrective made especially for growing youngsters' needs is so pleasant to take—acts so gently and naturally without disagreeable reactions that even the fussiest children object to its use. Make laxative-taking time easy on the child as you would toilet-training. Give Children's Own Tablets today at your druggist, 25c.

Ellen's Diary

By an Island Farmer's Wife

And so as I sat by the room fire last night listening to the chattering in the kitchen, while a repair man worked at the innards of the old clock a past era came to my mind with a measure of longing—the days when various peddlers on foot, and wagons of this or that came to the farmers' doors. I recalled too, the visits of the shoe maker towards Fall; the dress maker with tape and chalk and chart in Spring and I have been told of an earlier time when the tailor's coming was hailed with delight. Peddlers' calls were perhaps the most highly colored of all for he brought the most fascinating wares. It was heavenly just to look them over. The most impressive display in a Jeweller's window never has held half the charm for me that was disclosed when tray by tray, each more beautiful than the last, the peddler showed the contents of his pack. I can remember yet, it was as if the sun had suddenly gone out of sight behind a cloud; when trays were replaced after small purchases had been made and a box in hand and a bundle on shoulder, he was once more on his way. And the wagons stocked with groceries and other merchandise, that various country stores sent to outlying districts—egg crates on top, house brooms at the "mast-head."

Folks could have been rich in calico and cotton, once upon a time. Many a time, when the tea in the kitchen runs low, have I wished for a sight of one of these bewitching vehicles. In bygone days, meat wagons were common, the interior white and clean, with tempting cuts displayed. Weigh-scales were suspended from the hook, during the deal and sizable pieces of suet accompanied the roast. "The tin man" too was a familiar and welcome caller. Now that I remember it vaguely, never was there a more bewitching character on wheels than the tin man. The door to the box-like affair opened to reveal glittering new tinware, arranged neatly on walls and shelves. To become the proud possessor of a brand new "tin pint"—well, nothing could give me more pleasure than a glass nor china, nor precious metal, but the tin man's wares were what the deal and sizable pieces of suet accompanied the roast. "The tin man" too was a familiar and welcome caller. Now that I remember it vaguely, never was there a more bewitching character on wheels than the tin man. The door to the box-like affair opened to reveal glittering new tinware, arranged neatly on walls and shelves. To become the proud possessor of a brand new "tin pint"—well, nothing could give me more pleasure than a glass nor china, nor precious metal, but the tin man's wares were what the deal and sizable pieces of suet accompanied the roast.

In the wake of yesterday's storm which left a clean whiteness across the countryside, I saw wild ducks on the wing this morning. They came from "in along" and Eastward into the gates of the morning, three small dark bodies winging their brave way through the expanse of blue towards the lower reaches of the mill stream. "I don't believe there's a wild duck left in the vicinity," James and I have remarked more than once since the autumn. In past winters, we often surprised them swimming in glens of open water here or there along the stream, but these are the first we have seen this season. Breasting the frosty air buoyantly, they skirted the farmstead and I lost them presently behind the distant tree tops. I was fetching the supply of wood to the box at the time, a chore much easier done now that we draw it in by hand sled—Jeanie seizing an opportunity when the breeze is asleep and I when about the earlier choring. James it is who brings cuttings of the green wood, cat-sticks that sputter and burn with a pleasant woody smell.

The country was beautiful today, brightened by the sunlight which all day cast fetching shadows on the snow. It was moulded prettily in small drifts about the fields and roadway. There was a pleasant tang to the air that was more than invigorating to those whose endeavours took them beyond the boundaries of the farmyard. You could catch an idea of the frostiness by the creak of the passing sleigh when the men folk were at their week-a-day hauling; manure from the stables to the fields, returning presently with a load of wood from the bush, heaped up well on the sleds. Trucks and cars were obliged to detour today by way of the fields to reach the highway at the corner store, back went there this evening but by horse and sleigh, for groceries and mainly I believe to buy

Modern Etiquette

By Roberta Lee

Q. Can a person's breeding be determined by what causes him to laugh?

A. Yes; nothing is a better test. A well-bred person is quick to discriminate between what is a flippant jest, and what is entitled to reverence. The person who laughs at one who is unfortunate, physically, mentally, or perhaps a mere accident, is not well-bred. Q. When an engagement is to be a long one should it be announced right away? A. In this case the announcement is frequently withheld until the wedding date is set. Q. What is the best phrase to use when telephoning and one has been given the wrong number? A. Say, "I am sorry for the mistake."

THE STARS SAY—

By GENEVIEVE KEMBLE

For Friday, January 17

BY means of a soundly studied, and well-organized program, with carefully considered objectives, ways and means, it is possible that a highly beneficial change may come into the development of plans and objectives for far-reaching security and dependability. Well-considered thought and high purpose, patience, integrity, good sense and duty, bring their own rich rewards. A high born on this day has many sterling qualities and constructive plans, fitting it for a purposeful career, and bringing recognition, security and much lasting happiness.

If It's Your Birthday

Those whose birthday it is may look for a year in which there may materialize certain lasting and appropriate returns for long-term endeavors in which sound, constructive qualities and performance may at last win appreciation and generous recognition from employers, elders or other sources of appreciation. It may be well to work to this end with studied development of plans and objectives for far-reaching security and dependability. Well-considered thought and high purpose, patience, integrity, good sense and duty, bring their own rich rewards. A high born on this day has many sterling qualities and constructive plans, fitting it for a purposeful career, and bringing recognition, security and much lasting happiness.



THE QUINTUPLETS

Use this great rub for COUGHS & COLDS

Child's Mild MUSTEROLE

an axe handle to replace one that James said "snapped off" this afternoon at the cutting. James himself is a Gypsy tonight. He accompanied Mr. C. on invitation to "come over and have a look at our pigs". They set out by lantern light their steps crunching noisily down the driveway. It is strangely quiet here with only the Tabby cat for company. Par? He scouted off ahead of James, sensing as dogs will the shortness of the hunt. "Me-ow" implies Tabby edging towards the doorway, meaning "astroling I would go." Well, if I am to be left alone, a-stroiling I will go—to collect the latest report on the tooth situation in the house across the line. Until tomorrow. Diary. Good-night.

HOUSEHOLD HINTS!



PAINT IN CANS When you buy a new can of paint, place it upside down for a few days, before using. It will stir itself this way and save you from performing this messy operation.

and for Bright Spots in Your Day... Use BLUE RIBBON TEA



FREE "LOOPN and JABBERS" delicately written and illustrated in colour. SAVE COUPONS FROM BLUE RIBBON TEA—COFFEE and in handy 1/2 lb. tin containers.

Cook's Corner

BROILED KIDNEY KABOBS 8 lamb or 5 veal kidneys 1/2 cup French dressing Tomato quarters.

METHOD: Split the kidneys straight across horizontally, so that they will retain their distinctive shape. Remove the white membrane and trim, and soak in salted water about 30 minutes. Drain and dry. Then place in French dressing that has been highly seasoned and allow to stand in this for a few minutes. Now arrange the kidneys on skewers alternately with unpeeled tomato quarters.

Preheat the broiler until the unit is glowing red. Place the skewers on the rack in the broiling pan and place the rack under the broiler so that the top surface of the meat is about 2 inches from the source of heat. Broil for 12 to 15 minutes, leaving the oven door slightly ajar and turning the skewers from time to time, to insure even browning of the kidneys.

The last of these is a recipe for a meat loaf made with kidneys.

KIDNEY LOA 1 pound beef kidneys 1 cup milk 8 slices bread 1/2 cup onion drippings 2 eggs, slightly beaten 1 onion, chopped 1/2 teaspoon sage

METHOD: Wash the beef kidney in cold water and then put through the meat chopper. Pour the milk over the bread slices. Combine the ground kidneys and the moistened bread with the rest of the ingredients, and mix thoroughly. Pack firmly into loaf and bake in a moderate oven (350 deg. F.) for 1 1/2 hours. This is nice served with a tomato sauce.

Appetizing CLOVER LEAF ROLLS

USE FLEISCHMANN'S ACTIVE FRESH YEAST



Yes, Fleischmann's active Fresh Yeast helps you bake fluffier, tastier Clover Leaf rolls. Fleischmann's works fast because it's full-strength. It saves you extra steps.

IF YOU BAKE AT HOME, you'll want Fleischmann's active Fresh Yeast—the Yeast cake with the familiar yellow label that has been Canada's favorite for over 70 years. Order some today!

Always fresh... at your grocer's.

HEINZ BABY FOODS
Your Baby Will Enjoy The Tempting, Fine Flavour of HEINZ BABY FOODS
LOOK FOR THE COMPLETE LINE OF BABY FOODS

MOTHERS!
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Run-down Feeling is Often Caused By Nervous Trouble
Strained, tense nerves are often the cause of restless nights. Improper rest, night after night, is quickly followed by loss of appetite, irritability and a tired, run-down condition. For disorders such as these, Milburn's Health and Nerve Pills are highly beneficial and, once tried, their medicinal value soon becomes apparent by the improved general condition of the health. The iron and other ingredients they contain help to improve the blood content, stimulate the nerve cells, and the appetite, aid digestion, thus helping to promote peaceful sleep. They have helped thousands of others. They should do the same for you. Milburn's Health and Nerve Pills are sold at drug counters everywhere. Price 50c a box. The T. Milburn Co., Limited, Toronto, Ont.

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