

# Woman's Realm Social and Personal Fashions Literature

## Living & Leisure

### THE WOMAN'S REALM

#### THE LITTLE MUSIC

The sound of a flute comes from the waterfall; on the bank playing a melody clear and small, a coolie sits, lost in a noontday trance. Beside the rainbow spray and the pouring thunder. The reedy notes dart in and out and under. The pounding plunge of sound like birds that glance. Among the columns of water with wings unmet. The years roar over the brink "Never forget." Sweetly the flute is saying, "The waterfall. Without my music would never be heard at all." —Robert Hillier, in the New York Times.

#### FOR LIGHT LASHES

Women with light, fuzzy eyebrows should not use an eyebrow pencil which is more apt to darken the skin underneath. Instead, accent your brows lightly with mascara. Use very little water to moisten the brush and you'll do a smoother, more effective job of it.

#### BANISH SHINE

Many homemakers have asked for a good method to remove shine from a worsted suit. And here's the answer; shine may be removed by pressing the worsted suit with a warm iron and cloth dipped in water and vinegar. Then scuff lightly with fine sandpaper.

#### HANDY HOLDER

A handy twine holder is a small funnel suspended from the kitchen wall in a convenient place by a small ring attached to the funnel. Place a ball of string inside and run end of the string out through the funnel end.

#### PERFUMED HAIR BRUSH COMES FROM ENGLAND

Revolutionary in functional design, a new English hair brush contains a refillable bristle base. Behind this bristle base is a perfume pad which can be saturated with personal perfume, and with each stroke of the brush the delicate essence is imparted to the hair. The practical design combines the elements of both glamour and hygiene. Its removable and refillable bristle base makes it the first brush which can be thoroughly washed and cleaned from tip to root separately from the handle. It dries in one third the time required by ordinary brushes. If desired, an additional bristle base can be kept in reserve to be placed into the handle while the other is drying. A similar procedure can be followed with the perfume pads to suit the mood of the moment.

## HOT FLASHES?

Are you going thru the functional "middle-age" period peculiar to women (38-52 yrs.)? Does this make you suffer from hot flashes, feel so nervous, high-strung, tired? Then try Lydia E. Pinkham's Vegetable Compound for relief of these symptoms. Pinkham's Compound also has what Doctors call a stomachic tonic effect on the outside.

LYDIA E. PINKHAM'S VEGETABLE COMPOUND



One of the most dramatic incidents in Hamilton, Ont., court history was enacted at the trial of Mrs. Electa Cartmell, 27-year-old widowed clothing designer, who is charged with manslaughter and neglect by failing to provide necessities of life for an infant daughter. Permission of the court was asked to call in Mrs. Cartmell's four-year-old daughter Holly, shown above with her mother, for the purpose of showing what a loving mother the accused is. Every eye in the courtroom was focused on the mannerly little girl in the neat spring suit as she came in. She was only allowed to remain a few minutes before being taken out again.

## Ellen's Diary

By an Island Farmer's Wife

The small pigs, our earliest Spring litter, that had arrived during the chill of the Easter season and to James' mind had seemed rather listless, appeared to be stimulated by today's pleasant weather and to an individual concentrated on his or her supping and sleeping—to our farmers' satisfaction. True in the interval there had been a loss or two from the number, rather discouraging, though as they agreed "it might have been worse." It was no trouble for James to recall instances out of his lengthy experience in farming—though rarer in later years, when we "lost all the young ones" and indeed there was the occasion when we "lost sow and all!" a trying catastrophe to farm folks. "I've always seen" James commented coming from surveying the lot in the pen this morning, "that sows have better luck when they're on the thin side. You've noticed that too?" he appealed to Jack. James nodded in agreement. "Yes," James continued, "I think that's one reason why this little litter didn't do so well—apart from arriving in the cold spell. She's so fat." "Much too fat!" I whispered to Jamie, shovelling industriously to clear a path in the yard. He fancied for the passage of the small wheel barrow he had just taken from Winter storage in the wood shed. "She's too fat for me!" Jamie finished the line of what he terms "that silly song" chuckling so heartily that James turned in his tracks towards the barns to find out the cause of his merriment.

Jamie had come unexpectedly, having asked a favorable opportunity to ride this far with Bob on his way to the corner store. "They're intending to thresh here this afternoon" he told me "so tonight I'll as well come this morning. I'd be coming this afternoon anyway!" If Jamie had not arrived I doubt if the cooks would have been so well prepared for the event. His tidings overlooked by James in his busy-ness, were the cue to beat up a cake and go to mix a pan of Rob's favorite cinnamon rolls, for supper. Later there were humorous suggestions of food being wasted when some of the help chanced to come by the doorway near which Jamie stood surrounded by our sizable family of cats. In a box in the small bar row rested a number of grey bodies of mice taken in an exciting hunt among the sheaves in the granary. He proceeded to hand them in turn to the mewing cats commenting "I guess you'll be wondering where they've gone to, when they don't come to the stable for their milk this evening. By the time they eat all of these they'll be too full to hold one more bite!" The threshing, which progressed nicely in a fair pulsing of machinery that reached us indoors was suspended when the sun's westering reminded the workers that chore-time had returned.

For those of the family who enjoy the social side of rural life there was a basket social this evening in the hall down the river road. As a means of raising funds for community enterprises, it appears that these once most popular festivals are enjoying a return to favor. It is amusing and often satisfying to note that in a cycle of years, Time's pendulum is apt to swing back to revive many an old custom that had been almost lost in the past. From a perspective afforded by a lapse of years many folks, contrasting the present with the past, can realize how wonderfully wise in most directions were those of our forebears and picking out the best features of their ways of life that had been wholly good, would try to integrate them into the times at hand.

"And how do you teach your pupils?" I asked a Public School teacher last Summer, a visitor from the South. She teaches a beginners' class. "By sound, perhaps?" She shook her head. "No," she replied "neither by sound nor by sight. You will be surprised to know that I teach them by the same method that my mother taught me. And she learned it down here in one of your 'little red schools.' I teach them the letters of the Alphabet, from A to Z, and to spell words in time. And" she chuckled "the funny thing about it; is the interest the Principal takes in my work. He even asked me where I learned my splendid method! If much of the quaintness of the setting has been given up to progress, there were familiar parts to this evening's scene. The same delicate flush suffused maidens' cheeks when their baskets came to be auctioned, and I suspect that some of the matrons' hearts skipped a beat when the bidding on theirs passed the sum that a husband had declared on the way thither: "I'll be darned if I'll go one cent higher than that—good cause or not!" All in all, socially and financially the basket social in the hall down the river road has been a decided success.

Until tomorrow — Diary — Good night.

**NO INTEREST IN BUDGET**  
LONDON, April 4—(AP)—Britons, who usually love to try to guess the surprises in the annual national budget, don't seem to care much this year. The budget, to be opened in Parliament Tuesday, seems to hold no prospect of any sizable tax cut.

## Dorothy Dix Says—

### Most Unhappy People

#### Individuals With Grouchy Dispositions Have Trouble Living With Selves

Did you ever realize that the most unhappy people are those whose worst enemy is themselves? That the lonely people are those who cannot bear their own society, and that the bored people are the ignorant who have no resources within themselves?

There are no other people in the world for whom I feel so sorry as I do for those who have bad dispositions. The people who are grim and grouchy. The people who are filled with bitterness and envy and jealousy and malice and spite, who see the worst in everybody, who have no friends and who even alienate the affections of their own families from them.

Now we can avoid these meannesses and seek pleasure company, but the curse upon them is that they can never get away from themselves. They have to live with themselves. Think of the horror of having to endure such a companionship through the years, and have pity upon them!

Our personality is always with us. We cannot escape that, so unless we are right with ourselves we are wrong with the universe. Unless we can approve of our own conduct, the applause of others is as nothing to us.

#### CANNOT ESCAPE SELVES

If our parents are pessimistic and make home a depressing place, we leave them as soon as possible. If our husbands and wives are violent-tempered and uncongenial and hard to get along with, we can divorce them. But we cannot get away from ourselves. It seems to me that we do not sufficiently appreciate this fact, nor realize how important it is to provide ourselves with good company during the long journey through life.

Surely if we did, more people would cultivate a pleasant, amiable disposition, for there are few men and women who are more disagreeable to be brought in daily contact with than peevish, irritable ones who are always flying into rages and who always have a feud on with someone. Why, then, should one choose as one's most intimate companion as individual whose nerves are always shaken to pieces by storms, and whose very blood is poisoned with hate?

If people would consider how long they have to be together, they would cultivate a cheerful outlook on life. Nobody seeks the society of Gloomy Guses and Calamity Janes. On the contrary, those we enjoy being with are the genial, courageous optimists who snap their fingers at Fate and carry on with a gay laugh on their lips, even when the sledging gets hard.

Why, then, shouldn't we provide ourselves with a high-hearted companion, who will whistle and keep our spirits up during the long march, instead of tying up with a whiner and a complainer who will always look on the dark side of things and sap our strength by taking the spirit out of us?

Surely, as we have to endure our own society so long, it is worth providing ourselves with an interesting companion. Someone who will never bore us, because he has read and thought and observed and traveled and made his mind a storehouse of thrilling memories into which he has only to dip and bring out something interesting with which to entertain us. We would never tire of such a one.

So let's all try to make ourselves better company for ourselves.

## The Stars Say—

By Genevieve Kemble

For Wednesday, April 7

THE progressive state of affairs seems suddenly endangered by a false move, wrong decision, or the intervention of an unusual, abrupt and perhaps devastating or shattering event or experience. Under pressure of strain, suddenness, or excitement, the judgment may be warped or erroneous, opening the way for tricky, "phony" or singular contacts in which financial plans, even personal or romantic relations are in jeopardy. For combating this it is as well to safeguard all avenues of loss or peril.

## For the Birthday

Those whose birthday it is may be startled into restless or excitable conduct by the sudden advent of an unusual, irregular or inexplicable circumstance, which tends to threaten or upset a train of progressive programs and subject them to tricky, false or suspicious entanglements. The plans, objectives, affiliations, business and private, may assume erratic or curious proportions. Emotional impulses may magnify such perils.

**Needlecraft**  
FOR THE HOME

**2653**  
SIZES 10-40

A fresh-looking frock like this with brief cap sleeves and deep square neckline will make a sweet start for Spring. Add a sprinkling of scallops for an eye-catching accent.

No. 2653 is cut in sizes 10, 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40. Size 16 requires 3 1/2 yards 35-inch.

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**MOTH-DED**  
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SAFE • SURE • ECONOMICAL

## That Body Of Yours

By James W. Barton, M. D.

### LINING OF NOSE AND SINUSES IMPORTANT TO HEALTH

It is only within the last few years that nose and throat specialists have begun using more medical and less surgical treatment in sinus diseases.

Previously, surgery was almost the first thought, as straightening the septum of the nose and opening a hole for drainage from a sinus was considered proper treatment. What physicians have been finding out is that the lining of the nose is important to general health, as a healthy lining destroys the great majority of organisms that set up disease not only in the nose and throat but throughout the whole body.

Dr. F. Johnson Putney, Jefferson Medical College, in the "Medical Clinics of North America," states that the main use of the nose and the sinus (three on each side of the nose) as a part of the breathing or respiratory system of the body is to aid proper ventilation by warming and filtering air going down to the lungs, as the mouth is not equipped to do this. We all know how dry and sore the throat becomes when the nose is blocked with a cold.

The mucous manufactured by the lining of the nose and the lining of the sinus, which is really a continuation of the lining of the nose, keeps the upper part of the respiratory system moist and prevents drying which then would be followed by crusts, stagnation and infection. It is this moist mucous on the lining of the nose and sinuses which keeps the cells of this lining in proper shape to kill and carry off the organisms which cause infection. Once the lining loses this power to kill harmful organisms, these organisms get the upper hand, form pus, and a real case of infected sinus-sinusitis develops.

While headache is one symptom of sinusitis, pain is the serious symptom, as this pain is caused by the pressure of the pus in the sinus, unable to drain out through the opening into the nose. Loss of smell and bad breath are other symptoms.

Treatment today consists in nose drops or sprays to shrink the lining. Operation is the treatment in serious cases, where pus cannot be drained despite medical treatment.

### THE COMMON COLD

Never neglect the common cold as it may often be the forerunner of other more dangerous conditions. 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., and ask for your copy of the Barton booklet entitled "The Common Cold."

## Don't Say Bread— Say LANE'S BREAD Please



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## LANE'S BAKERIES LIMITED

### Cook's Corner

#### CARAMEL CHIFFON PIE

1 1/2 tablespoons granulated gelatin.  
1/4 cup cold water  
1 cup sugar  
3/4 teaspoon salt  
2/3 cup boiling water  
1 cup cream  
1 teaspoon vanilla  
3 egg whites, stiffly beaten  
Whipped cream  
Chopped nuts

**METHOD:** Place the cold water in a bowl and sprinkle the gelatin over it. Allow to stand for 5 minutes.

Add the salt to the sugar and heat in a heavy skillet until the sugar is melted and a delicate straw color. Add the boiling water and stir and cook until the caramel mells and the mixture thickens somewhat.

Remove from the fire and cool slightly, then add the cream and the vanilla. Add the soaked gelatin and stir until this is dissolved. Strain the mixture into a bowl that has been rinsed in cold water, and set in a cool place until it reaches a honey-like consistency. Now beat the gelatine mixture thoroughly and fold in the stiffly beaten egg whites.

Turn into a baked pie shell or a prepared crumb crust of some kind, and chill until firm. Serve this topped with sweetened and flavored whipped cream that is sprinkled with a few chopped nuts.

### Better English

D. C. Williams

1. What is wrong with this sentence? "He is a cigarette fiend." 2. Which one of these words is misspelled? Recompense, recommendation, recognizance. 3. Which one of these words is "dis-derivation" mean? 4. What does the word "dis-derivation" mean? 5. What is a word beginning with "t" that means "limited by time"?

#### ANSWERS

1. Say, "He is a cigarette addict." 2. Accent last syllable, not the first. 3. Recommendation. 4. An essay; thesis. "The professor is writing a dissertation on the habits of the vulture." 5. Temporal.

### Morning Smile

Father—Hullo! Where's Alfred gone to?

Mother—If the ice is as thick as he thinks it is, he's gone skating, but if it is as thin as I think it is, he's gone bathing.

#### FOR BETTER CAKES

For baking cakes, fairly light metal pans are generally used. They heat quickly, yet reflect the heat, so that the cake browns delicately.

Probably pondering his diet—are you?

HEINZ BABY FOODS

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A normal baby's diet really shouldn't take much pondering! Not when Heinz Baby Foods offer 25 delicious varieties from which to choose his menus. And all of them nourishing—chosen specially for babies from the pick of the nation's meats, vegetables and fruits—cooked and vacuum-packed at their freshest to retain minerals and vitamins in high and uniform degree. And when baby is older—around twelve months—15 tempting varieties of Heinz Junior Foods are at his service and yours. Like Heinz Baby Foods, Heinz Junior Foods are constantly checked and tested in the Quality Control Department for flavor, color, texture and nutritive value. So give your baby foods that bear the dependable name of Heinz. Look for the complete line of Heinz Baby Foods.

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**Heinz Baby Foods**