

Woman's Realm Social and Personal Fashions Literature

Don't Keep Steady Company
Youth Needs More Freedom

Dorothy Dix Boys and Girls Should Have Plenty of Different Dates, for Only in This Way Will They Learn True Character and How to Cope With Different Personalities

It is announced that a movement has been started in one of our large educational institutions to do away with the provincial custom known as "keeping steady company." Let us hope that this social innovation will take and spread, and that soon the boys and girls everywhere will go collegiate, and it will be just as much the thing to have many dates as it is to wear sloppy socks or ride in a jalopy.

Especially should the girls get behind this reform and push it along, because they have been the victims of the narrow, keep-steady-company custom which gives the man all the advantages and leaves the woman to suffer the penalties.

Under the rules of this near-love game a man has the right to monopolize a girl's society during all the years when she is at the height of her good looks and attractiveness and keep all other men away from her, but he cannot hinder her from being as engaged to her. He has free and unobstructed access to her, and when he gets tired of her, or she gets tired of him, he has to do just face out of the picture. And that's that as far as he is concerned.

But it leaves the girl ditched. She is a leftover, with little to do except to climb up on the old maid's shoulders. She has missed her chance at a husband. She has been known to kiss as many a girl or young girl that she has been snubbed out of the matrimonial running as if she had been married, and it is almost impossible for her to get into circulation again. There are millions of disappointed partners who would have been happy wives and mothers if they had not been used up during the heyday of their youth and beauty with some lad with whom they were keeping steady company that they had no chance of meeting eligible men who meant business.

While it is true that women are the chief sufferers from the keep-steady-company habit, it is also true that men do not get off scot-free. It is always easier to enter into a sentimental relationship than it is to get out of it. Many a youth who intended only a casual acquaintance with a girl finds that she has pre-empted him for her own, and she has announced to all and sundry that he is her private property, and that she demands that he should drag her around to whatsoever place of amusement she desires to go.

Once one of these feminine highlanders gets her clutches on a youth, he never escapes unless he is possessed of unusual courage and daring. She always has him dined up so that he has no choice but to go with her. And she finds off every attractive girl so that he never has a chance of making new acquaintances. No matter how tired he gets of her, he is tied to her by the laws and customs of a creed he lacks the nerve to break.

That a lot of the unhappy and un congenial marriages that we see all about us are due to this senseless custom of keeping steady company, no one can doubt. For one thing, it narrows the choice that men and women should have in picking their mates and binds them down to the boys and girls who are their tastes in their teens, but who are not the ones they want or like in their maturity. In reality, the man and woman who have kept steady company with the same individual since they were a school boy and girl who have never gone out with any one else know absolutely nothing about how interesting and fascinating other men and women can be. That is why so many married people are swept off their feet by the first charmer they meet.

Also the man and woman who have kept steady company for years are virtually forced into marriage by public opinion, no matter how tired they get of each other. Sally and John have been linked together in the minds of all their friends so long and everybody has so confidently expected them to marry that they simply lack the hardihood to refuse to do it, no matter how much they realize that their romance has grown stale.

Instead of keeping steady company, every youth and maiden should go about as much as possible with different ones, and, likewise, they should know as many of the opposite sex as possible. For only by experience can they learn to judge people and to find out what qualities they really like and admire in people.

We shall have better and more lasting marriages when boys and girls have a different date with a different sweetie every night.

DOROTHY DIX.

For Quick Cough Relief, Try This Home Mixture

Splendid Results. Saves Money. Easily Mixed.

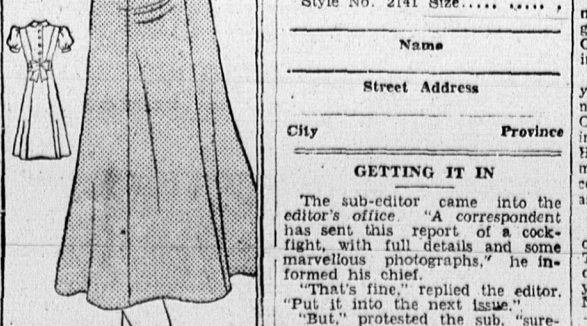
You'll never know how quickly and easily you can overcome a bad winter cough until you try this well known recipe. It gives you four times as much relief for your money and you'll find it very pleasant and dependable for real relief.

Make a syrup by stirring 2 cups of granulated sugar and one cup of water a few moments, until dissolved. No cooking needed—it's no trouble at all. Then put 2 1/2 ounces of Pinex (obtained from any druggist) into a 16 oz. bottle. Add your syrup and you have 16 ounces of medicine that will surprise you by its quick action. It never spoils, lasts a family a long time, and tastes fine—children love it.

This home mixture takes right hold of a severe cough. For real results, you'll say it's splendid. It loosens the phlegm, soothes the irritated membranes, and quickly eases soreness and difficulty breathing.

Pinex is a compound containing Norway Pine, in concentrated form, well known for its soothing effect on throat membranes. It's no money refunded if it doesn't please you perfectly.

Every Day Styles For The Home Sewer



Simple and youthfully styled... very flattering too... slim about the hips and flared about the hem, is this teal blue woolen dress. Soft sleeve fullness, broaden the shoulders and narrow your waistline. It has the smart tailored shirt neckline and interesting buttoned detail down the back. It would also be equally wearable and attractive in a soft twilled spun rayon fabric with wooly look or in velveteen. Rayon crepe silks and velvet are also ideally suited to this easy to sew one-piece model.

Style No. 2141 is designed for sizes 12, 14, 16, 20 years, 30, 32, 34, 36, 38, and 40-inches bust. Size 16 requires 3 7/8 yards of 39-inch material with 3-8 yard of 39-inch contrasting.

Send fifteen cents (15) in stamps or note (coin preferred) wrap coin carefully, address to Charlottetown, N.S. Style No. 2141 Size..... Name..... Street Address..... City..... Province.....

A Tea Sensation!

COLONY CLUB
ORANGE PEKOE TEA
STANDARD BLEND (BLACK) - ONE POUND NET WEIGHT

IT'S NEW!
Never Before So Good A Tea At Such A Price!

THE HOUSEWIFE - AND - HER ACTIVITIES

"HEATHER"

It was only a bunch of heather
"From someone across the sea"
Yet it bridged all space between us
The dear homeland and me.

I buried my face in its sweetness
And my thoughts sped swiftly away
To the land of the mountains and torrents
The land of a yesterday.

I saw the hills rise up before me
With the grey mist sweeping along
And the plash of a thousand waterfalls
In my listening ear made song.

And far away up the mountains
I heard a lamb's pitiful bleat
And from the lochsides the waverlets
Crooned in waltzes soft at my feet.

And the wind, sweet spiced, scented
laden
With a fragrance born of the west,
Freed my heart from its heavy burden
And my soul from a vague unrest.

Oh, land! Blessed land of my people
Let me see you again, once again!
Hark to that cry of the exile,
Dear God! Should the cry be in vain?

Again, once again, tread the heather!
Again see those hills of the West!
Far away from the world and its turmoil,
Let my heart in the Highlands,
find rest!

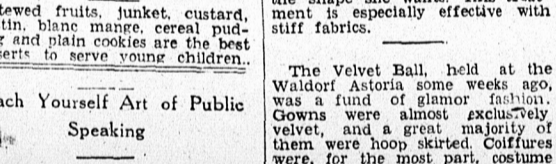
—E. M. M.

HELPFUL HINTS

To clarify bacon fat, slice a raw potato into it while the fat is hot and a pinch of baking soda. Strain through a piece of cheese cloth.

Stewed fruits, junket, custard, gelatin, blanc mange, cereal puddings and plain cookies are the best desserts to serve young children.

Teach Yourself Art of Public Speaking



Win New Friends, Success
Lucky Thelma! Chosen to represent her club at the gala radio program. Her charming well-rounded voice and air of poise won her the honor.

You, too, can cultivate a speaking voice that brings you opportunities and new contacts. How to train your voice? Using a single phrase, try to express many shades of meaning. Shout, "Tell me the truth!" Whisper it. Speak it angrily—tenderly.

For better enunciation, practice reading short paragraphs aloud, exaggerating each syllable so as to bring out its full value. Say SINGING, not singEN. Who is this?—not Whoosiz.

Soon the improvement you recognize in your voice will give you greater confidence in yourself. Others will begin to feel confidence in you, too.

When important occasions arise, you are selected to meet prominent people, introduce speakers. Our 32-page booklet gives detailed instructions on training your voice. How to deliver your speech. Specimen speeches of presentation, accepting membership. How to act as toastmaster.

Send 20c in coins for your copy of Public Speaking Selftaught to The Guardian Home Service, Address. Be sure to write plainly your Name, Address, and the Name of booklet.

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THE COOK'S CORNER

ROAST STUFFED SPARERIBS

1-2 cup chopped celery
1 onion, minced
1-2 cup cooked prunes
4 or 5 medium apples
4 tablespoons butter
1-2 cup sugar
1-2 teaspoon cinnamon
cup bread crumbs
Salt, pepper

Method: Chop the celery and the onion fine and cook them in the melted butter until they are tender but not brown. Remove the stones from the prunes and cut them fine. Peel and core the apples and slice thin, then cook them in the melted butter with the celery and onions until they are soft. Add the sugar and cook for a few minutes longer. You'll need apples which are fairly juicy for this, like the Spys or the Greenings. Now add the bread crumbs and the cooked prunes with a little salt and pepper, and if the dressing is too dry, add a very little water. But if you have nice juicy apples, you won't need that.

You'll need two pieces of about the same size and weight, and for six people, buy 3 or 4 pounds. Wipe these and sprinkle lightly with salt and pepper. Spread the dressing on the curved side of one section. Lay the other over this, curved side down. Sprinkle again with salt and pepper and dredge lightly with flour.

It is best to tie the two together with a piece of cord, for the dressing is apt to spill out if you don't. Place them in an open roasting pan and brown quickly in a hot, 500 deg. F. oven. Then reduce the heat to 300 deg. F. and continue to roast for about an hour longer, until the meat is done and a golden brown. Remove the cord before sending to the table, and carve between the ribs so that each person gets 3 or 4 ribs, with a helping of the stuffing.

BOILED SPARERIBS WITH SAURKRAUT

3 lbs. spareribs
1-2 teaspoon salt
1 quart sauerkraut
1 apple, grated

Method: Wipe the ribs and cut them in sections of about 3 or 4 ribs each. Place in a large kettle and add boiling water to cover. Add the salt and cook gently for about 45 minutes.

Add the sauerkraut and sprinkle over about 30 minutes longer, then lift out the sauerkraut and arrange the spareribs over it on a large platter. One of the objections to sauerkraut is the way it advertises itself all over the house and the neighborhood while it is cooking. You can do away with a lot of that objectionable odor if you lay a piece of toast on top of the sauerkraut while it is cooking and then leave the kettle uncovered. There'll still be some "cabbage perfume," but at least the neighbors down the street won't know what you're having for dinner!

Household Scrapbook

White Stains on Furniture

White spots on furniture can be removed by rubbing with a mixture of one tablespoonful of powdered pumice and enough linseed oil to make a thin paste. Wipe off carefully with a soft cloth, dampened with a good furniture polish.

Avoid Tough Meat

Meat should be removed from its cold storage place to the warm kitchen for about a half hour before cooking it. A too sudden change in temperature is liable to toughen the meat.

Children's Buttons

Try using heavy chochet cotton when sewing buttons on the children's clothes. It will stand a much greater amount of wear and tear than ordinary thread.

"I'VE FOUND MY PERMANENT BEAUTY TREATMENT,"



SAYS *Louise Kline* Charming Montreal

"Palmolive's new, extra mildness is so gentle and soothing."
"The new improved Palmolive is the answer to this maiden's prayer. You see my skin is sensitive, and I've got to be careful what I use on it. The extra mild lather of your new soap seems to suit it perfectly. There isn't the slightest irritation. And the new perfume and the extra hardness of the new Palmolive help too."

Your skin too will appreciate the new, delicate blending of soothing Olive and Palm Oils. The new, richer lather gently floats over even the tiniest particles of dust and cosmetics from your pores. Your skin breathes again, becomes fresher, healthier. And while this new improved Palmolive cleanses, it soothes your skin, leaves it softer, smoother, lovelier... all over.

So get three cakes of the new improved Palmolive today. Prove how soothing Palmolive's new mildness is to your complexion. Enjoy its new, lovely perfume. And let its new hardness save you money.

Try the new GARDY's gift size
New Improved

"Palmolive is the only soap used in the daily baths of the Dionne quintuplets. Their skin is clear, normal and healthy."
(Signed) *Allen Roy Dapr*

How Can I ? ?

(By ANNE ASHLEY)

Q. How can I launder ties successfully?
A. A tie should never be washed until the lining, or padding, is carefully basted. Otherwise, lumps will form. Remove the basting before ironing.

Q. How can I remove fat that has formed on the top of soup?
A. Put a piece of ice in cheesecloth, and pass it quickly over the surface of the soup. All fat will adhere to the cloth.

Q. How can I avoid getting colds?
A. The persons who gives his body the proper amount and kind of exercise will seldom have a cold. Nothing is better than walking in the open. Step briskly, hold the head erect, let the arms swing, and breathe deeply through the nose.

Modern Etiquette

(By ROBERTA LEE)

Q. If a young man whom a girl admires very much were to make an unkind remark about a close friend of this girl, and she knows that the statement is untrue, what should she do?
A. Tell the young man frankly that it is not true. A man who makes such remarks is not worthy of the friendship of a good girl.

Q. Is it necessary to answer a wedding invitation?
A. Yes. An invitation to a home wedding must be answered, as well as an invitation to a church wedding if it includes the reception that follows.

Q. What should a man wear to an informal dinner?
A. A dinner suit, or a conservative business suit.

A Morning Smile

Tourist (at roadside spring)—Is this cup sanitary?
Native—Must be; everybody uses

BABY'S CRY IS NOT ALWAYS TEMPER

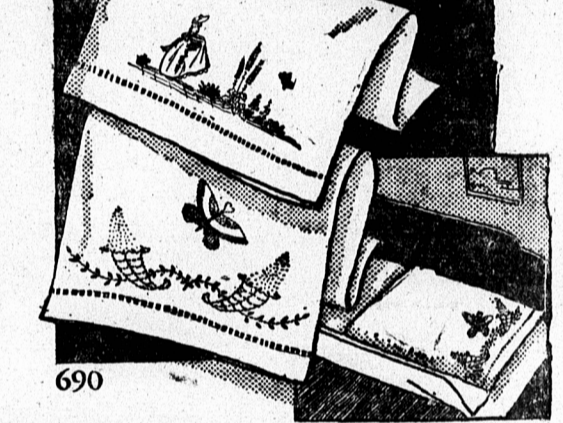
DISTINGUISH between your baby's cry of pain and cry of temper. When it's the "pain cry" give Baby's Own Tablets at once. Mrs. May Mundy, of Toronto, finds they work every time.

"I am the mother of nine children, three of them prize babies, and Baby's Own Tablets have been my only medicine in raising them to the healthy children they now are. As soon as my children became a little feverish I at once gave them Baby's Own Tablets and in a very short time the fever disappeared and the children were normal again."

Equally effective for diarrhoea, upset stomach, simple croup, teething troubles and other minor ailments of babies. Easy to take as candy. Quickly effective. Safe and harmless. Contains no opiates or stupefying drugs. Each package gives an analyst's report. Get a package today. Sickness so often strikes in the night. Satisfaction guaranteed or your money refunded. 25 cents.

To-Day's Popular Design

By Carol Aimes



EMBROIDERED PILLOW CASES

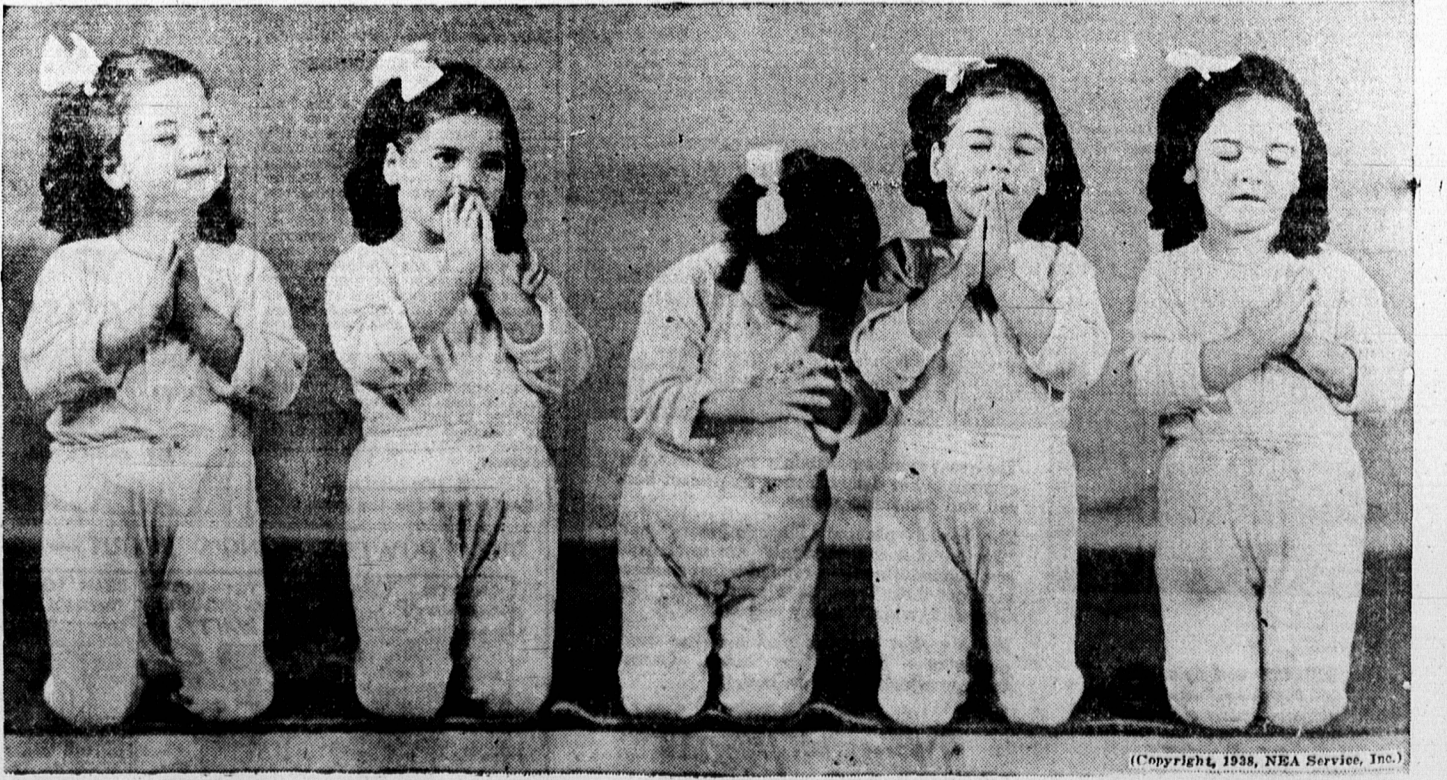
DESIGN NO. 690
Miss Aimes receives at least 200 votes for each design before it is accepted for this column. Send us your votes. We print all the popular designs.

Dear Readers: "Miss Mary, quite contrary" trips daintily across one of these pillow cases, while pretty sprays from her garden bedeck the other. Worked in delicate colors, and the simplest of stitches, these quaint designs can be completed in a surprisingly short time.

The pattern includes transfers of the designs, color and stitch charts, stitch details, material requirements and all instructions for finishing. Send 20 cents, coins preferred.

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Sung in flannel pajamas, the Dionne quintuplets pass at bedtime to offer their thanks for blessings received. Left to right in this 1938 Thanksgiving Day picture: Annette, Yvonne, Marie, Emilie and Cecile.

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