

# Woman's Realm Social and Personal Fashions Literature

**DUETS**  
by JOFISCHER

SEE YOU LOOK AWFUL HYSTERIA! YOU'VE BEEN WORKING TOO HARD!

I'M ON THE EDGE OF A NERVOUS BREAKDOWN!

WHY DON'T YOU TELL THE BOSS ABOUT IT?

I DID HE SAYS I CAN HAVE IT THE FIRST TWO WEEKS IN AUGUST!

Rule for success in business:—Get all you can without hurting your body, your soul, or your neighbor.—John Wesley.

## Dorothy Dix Says—

### Facial Expressions

#### Mother Errs in Telling Girl She Looks Dumb

DEAR MISS DIX: I can't look anyone in the eyes when I am talking to them and naturally they don't think I am paying any attention to them. I look dumb. My mother says I have a dead pan face. I have practiced in front of the mirror how to look intelligent, but all I do is just look a little dumber. Even my smile is a friendly sneer. Is there any facial exercise that I could take that would help me?

LOREEN: Of course, actors do learn how to register different emotions, such as fear, or joy, or mirth, or anger, but I think it would be a hopeless undertaking for any amateur to acquire what is called a speaking countenance. Anyway, an individual's expression should come from within instead of without. If it is to make any genuine appeal to the beholder, so you will waste your time in smirking before a mirror. All that you would gain would be to look hypocritical if you assumed a glad, expectant look when you were talking to a bore, or if you tried to look tender and loving at someone you loathed.

#### GAIN SELF-CONFIDENCE

Your inability to look people in the eye is shyness and you can conquer that by gaining self-confidence, and the way to get that is to quit thinking so much about yourself and the impression you are making on others and concentrate your attention on the one to whom you are speaking. Your mother has done you a great, if unintentional, wrong, by continually telling you that you look dumb. To be made conscious of our shortcomings impresses them on us far oftener than if cured them. Millions of people are failures in the world because their families have always thrown up to them that they would never amount to anything. (Continued on Page 3)

## How Can I !!

By Anne Ashley

Q. How can I make a good dentifrice?  
A. Lemon juice is a good dentifrice. Dilute it with water and use as a mouth wash. It will make the mouth and teeth feel clean and wholesome.

Q. How can I revive faded colors in a garment?  
A. Use a little vinegar in the rinse water after laundering, and it will help revive the colors.

Q. How can I improve the appearance of palms and ferns?  
A. Two tablespoons of olive oil at the root of the palm or fern once a month will make a decided improvement in the plant.

## Modern Etiquette

By Roberta Lee

Q. Shouldn't one congratulate the bride at a wedding reception?  
A. No; only the bridegroom is to be congratulated, but very best wishes should be extended to the bride.

Q. Is it customary for the parents of a well-bred girl to sit up during the evening until her callers have departed?  
A. Yes.

Q. What are a few intimate closings for a letter?  
A. Affectionately yours, Lovingly yours, Devotedly yours.

## Living & Leisure

### THE WOMAN'S REALM

#### WINTER SONG

Sing a song of snowflakes  
In the winter sky,  
Sing a song of a smooth pond  
And skaters gliding by,  
Sing a song of sleigh bells  
Ringing sweet and clear,  
Sing a song of icicles  
Where trees and meadow meet,  
Sing a song of footprints  
Shining smooth and bright,  
Sing a song of footprints  
On a path of white,  
And a window glowing  
With a welcome light,  
Sing a song of home again  
In the winter night.  
—Sara Van Alstyne Allen.

#### SINGING KETTLE

We have come to the time when, with all respect to Mr. Shinwell, a fire becomes a goody—indeed, a necessary thing. So, providing you chain the poker out of reach of the fire, a well-doing blaze is an excusable luxury. And out comes the black kettle in our home at last.

Take warning, Science advances. The coal fire is doomed. The black kettle—ha, it belongs to the Middle Ages that know not the electric kettle so shiny and efficient and songless.

An electric kettle does not sing. It fuses and screams and boils all its water out and explodes in a nasty bang to eject its plug. A black kettle sits at the side of an interior grate (the modern hob, grates) and purrs.

I switch off the radio to listen to it. From purring to sweet music. A blazing fire, a singing kettle with spume or two of steam—clinging to these simple pleasures, my hearties, before the electricians produce an electric fire with a kettle painted on it and a little dynamo arrangement to produce synthetic singing.

Confession—Actually our black kettle is a soot-blackened aluminum one. Not a real black iron kettle with a glass marble inside it—as it should be. More's the pity.

#### PLASTIC DIAPERS ON THE WAY HERE

NIAGARA FALLS—Canada's nylon future was visualized here by delegates attending the Canadian section of the Society of Plastic Industries.

Nylon evening gowns and bathing suits, plastic diapers so inexpensive they will not be worth the price of laundering, were also forecast for this country.

Canada now is self-sustaining as far as plastic materials are concerned, delegates were told. Basic manufacturing in most industries

#### IT'S A POOR RULE

To measure a man by the coat he wears.  
To judge a man's thinking by his grammar.  
To estimate value by price or appearance.  
To approve of something just because it is financially profitable.  
To condemn an idea just because it is new.

#### HELPFUL DISCIPLINE

A loose wire gives out no musical note; but fasten the ends, and the piano, the harp, or the violin, is born, with their world of musical possibilities.

Free steam drives no machine; but hamper and confine it with piston and turbine, and you have the great world of machinery made possible. The unhampered river drives no dynamo; but dam it up and we get power sufficient to light a great city.

So our lives must be disciplined, and our very thoughts kept under control if we are to be of any real service in the world.

#### LANDSCAPE LANGUAGE

There are more than a dozen different words for valley, a particular part of the country being suggested by the term used.

There is the dale of the North of England, the glen or den of Scotland, the nant or glyn of Wales, and the coomb or combe of the short valley running up from the coast of the West Country.

A dell is a little village with tree-clad sides; a chine a narrow and deep ravine; a gill or ghyll, chiefly used in Scotland, a narrow valley with a stream; while a shallow valley is called a slask; a steep valley, usually with a torrent bed, a gully; a narrow opening generally with a stream, between steep mountains or hills, a gorge; the track or road between high mountains, a pass or haue; a small valley or green spot in a dale a haw.

## Here's Welcome Relief From ACUTE CATARRH

Put a few drops of Va-tro-nol up each nostril and feel the work right away. Catarrh misery is—bringing quick, soothing relief from misery.

**VICKS V-A-TRO-NOL**

## Morning Smile

#### COMING, GOING, GONE

A man hired a small hall in a country town. He engaged no assistance, but a month before the date for which he had rented the hall he put up signs all over the town stating in large letters: "He is coming."

A week before the fateful night, that was replaced by: "He will be at the Town Hall in April." The moon shone then, when was the simple legend: "He is here." The following morning: "He will be at the Town Hall tonight at eight o'clock."

That night the man himself sat in the box office and sold tickets to the shilling audience. The lights went up inside, however, all the crowd that night, a huge sign reading: "He's gone."

#### DISCIPLINE

A British officer was arguing with an American officer as to whether the Army had the better discipline.

As the American was talking, one of his men came in.

"Cap," said the private, "can I have your jeep tonight? I've got to take out a dame."

"Sure," replied the officer. Then, turning to the Briton, he said: "There's a proof of our discipline. He needn't have asked me."

## Cook's Corner

#### MOLASSES SPONGE

1 envelope (1 tbs.) unflavoured gelatine  
2 cups milk  
1/3 cup sugar  
Few grains salt  
2 egg yolks  
1 teaspoon vanilla extract  
1 egg whites  
1 1/2 squares unsweetened chocolate.

Soften gelatine in milk. Add sugar and salt. Place over hot water, stirring occasionally, until gelatine is dissolved. Beat egg yolks slightly. Add melted chocolate to hot milk and add mixture to eggs. Cook over hot water stirring constantly, until mixture thickens and coats the spoon. Cool. Add vanilla. Beat egg whites stiff and fold in. Pour in large or individual molds which have been rinsed in cold water. Chill until firm.

#### CHOCOLATE SPANISH CREAM

1 envelope (1 tbs.) unflavoured gelatine  
2 cups milk  
1/3 cup sugar  
Few grains salt  
2 egg yolks  
1 teaspoon vanilla extract  
1 egg whites  
1 1/2 squares unsweetened chocolate.

Soften gelatine in milk. Add sugar and salt. Place over hot water, stirring occasionally, until gelatine is dissolved. Beat egg yolks slightly. Add melted chocolate to hot milk and add mixture to eggs. Cook over hot water stirring constantly, until mixture thickens and coats the spoon. Cool. Add vanilla. Beat egg whites stiff and fold in. Pour in large or individual molds which have been rinsed in cold water. Chill until firm.

**A HOT hearty cereal—no cooking needed!**

WHAT A BOON to busy breakfasters! Place Nabisco Shredded Wheat in strainer—pour boiling water on biscuits. Drain, salt to taste, serve with sugar and cream for a breakfast hearty enough to fill Junior's "hollow leg." This 10 second HOT breakfast is as nourishing as a "cooked" cereal because Nabisco Shredded Wheat is pure whole wheat steamed, shredded, baked.

For the original Niagara Falls product ask for Nabisco Shredded Wheat.

**NABISCO SHREDDED WHEAT**

The original Niagara Falls product baked by the Canadian Shredded Wheat Company Ltd., Niagara Falls, Canada.

## Ellen's Diary

By an Island Farmer's Wife

James said at breakfast, glancing towards the old clock on the shelf: "Well Ellen, if I live 'till ten o'clock, I'll be another year older." Fortunately for the rest of us, at any rate for one of us, at this house, James lasted all through the events of today, obviously with a measure of enjoyment. Old? Not so ancient yet, but old enough to acquire much "wisdom and understanding" that seems to come with the years. Physically, he is not much changed though he does say his step is slower and he "can't run like I used to." If not, the spirit is still there. His hair is showing more of the liver, a hair for each Winter storm and one for each of his worries—and even a farmer can find them—and for those that never happened but if they had, he would have found him prepared and admirably calm in any emergency. "Ellen" he will tell me "you disregard any signs of trouble until it is too late—I believe in preventive measures so that distressing eventualities may not get a chance to develop." That is among his philosophies. So he carries an extra rug or a pair of mittens on a fine Winter's day for bilzards come suddenly; or closes stove-dampers in the wind; or scatters snow on the glib of the ice or does many other thoughtful acts, which all go to prevent disaster.

## Household Scrapbook

By Roberta Lee

**Removing Wallpaper**

About the simplest method of removing old wallpaper is to soak it with hot water and then scrape. Use a brush to wet the paper and repeat until the paper and paste are soaked through. When all the paper has been removed, wash the wall with clean water.

#### Ivory Toilet Articles

To whiten the ivory toilet articles that have become yellowed, wash in soap and water and place in the sun to dry. If necessary, repeat.

#### Rust Stains

If iron rust stains have appeared on the porcelain, they can be removed with a little lemon juice. Follow this with a clear water rinse and wipe dry.

## Better English

D. O. Williams

1. What is wrong with this sentence? "We had reached the final end of our journey."  
2. What is the correct pronunciation of "alienate"?  
3. Which one of these words is misspelled? Mundane, humane, ordane.  
4. What does the word "sang-uitre" mean?  
5. What is a word beginning with sb that means "to annul by an authoritative act"?

#### ANSWERS

1. Final is redundant and should be omitted. 2. Pronounce ai-yen-at, both s's as in ate, e as in men. 3. Ordane. 4. Disposed to be hopeful; anticipating the best; as, "sanguine of success." 5. Abrogate.

## The Courteous Way at The Table

The table isn't a feed trough, battleground, or place where good manners should ever deviate, no matter how few are present or whether its home or company dinner. All reprimands, criticisms, personalities, fault-finders, unpleasant gossip, tribulations, business worries, bad tempers, moods, grouches, woes should be temporarily banished for good digestion and general peace. One set of manners should be insisted upon because it is easier in the long run and avoid further humiliations and embarrassments.

In training children, good example is very important. So don't slouch it, flop down any old way, plant elbows on table and vent immediate lamentations over household griefs, aches and pains, or anything else unpleasant. Be smiling, greet everyone courteously and never be unpunctual without apology, nor permit unpunctuality. Don't bicker or quarrel or tolerate it from the children says the Maritime Farmer.

Sit down squarely and unfold your napkin immediately. Do not ask a blessing do it simply before the meal. If not, ask if a guest served, express your preference promptly, if asked. If not, take what's given you and begin to eat.

#### Accidents Will Happen

Never notice accidents unduly, or scold about carelessness or stupidity at the table. Don't hit you silver in your hand when passing your plate—place the knife and fork beside each other on back of plate. Never return anything from your plate to a platter, do not peck at food on your plate as if looking for something noxious, and don't cut fat or anything from meat as if it were disgusting.

(Continued on Page 3)

## Fashion Horoscope

by Colette

If fragile type—

Do have soft robe harmonious with your fragility.

Don't have thick bulky fabrics.

The material of all your clothing should suggest the ethereal, filmy, airy quality of your appealing personality. And if you want to appeal romantically, it is easy for your fragility to dress in the softest, most feminine, flakiest of robes. They, why do you make the mistake of looking pathetic and lost in bulky, drab robes? Plain mousy if you drown your frail type in unromantic, bulky negligee. So, don't!

eyes will be on kayser nylons february 19th for good and fitting reasons

**KAYSER**

**Borden's EVAPORATED MILK**

CHILDREN LOVE CEREAL

WITH Borden's EVAPORATED MILK