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

The HOUSEWIFE and HER ACTIVITIES

Open thy lips and speak,
Protect the dumb and weak
Their cause maintain.
Why should we them abuse?
Why these kind friends misuse?
O! let us never choose
To cause then pain.

COAL ECONOMY

Mix with every shovelful of coal dust a handful of common salt. Bind to a mortar with warm water and store in old Jars for several days, then turn out the brickettes.

Short of Ice

If you should run short of ice over the week end, add 2 teaspoons of lime water to each pint of milk you are keeping and it will stay sweet over this short time.

Take Away the Appetite

Never have your grapefruit or fruit cocktail too sweet when it is to start the large dinner. Sugar is an energy food and will take away the appetite rather than encourage it. Sweeten lightly.

Tea in the Making

Tea strength should be regulated by the amount of tea leaves used, never by the length of time the water and leaves stand for strengthening. The leaves in three minutes will give up all flavor, aroma and caffein. After three minutes the leaves begin to give up their tannin.

No Place for Economy

Don't try to economize by buying poor grades of tea and coffee. There articles appear at every meal and should be enjoyed. Besides, poor grades of tea and coffee usually mean lack of strength and more of the article is needed than a better brand and so the economy is lost.

Deeply-chilled crushed pineapple has been found quite as attractive as applesauce, as an accompaniment for roast pork. Sauteed pineapple slices can replace the more usual fried apple slices very well.

Then there are prunes—have you ever tried two or three large meaty stewed prunes with your pork chops, baked spareribs or roast loin or shoulder? They are just as delicious with pork as with the duck for which they are such a highly-praised accompaniment.

Pears are another fruit which combine admirably with pork. If you like to poach them in pink-tinted syrup, you will give them glaze and color at the same time and so produce a very attractive garnish for a pork dish.

HOW OTHER PEOPLE BRING UP CHILDREN

Terry is five years old, he weighs seventy pounds, and is already over four feet in height. He leads an extremely healthy and quiet life. He gets up early and before breakfast is out of doors on his small bicycle.

Breakfast at 8 a. m. is of cereal, egg, milk, and fruit.

He walks to school after breakfast—t twenty-minutes walk. The school is a small kindergarten one run on common-sense lines.

Later on he will go to a large boy's day school. His parents do not believe in boarding schools, as they want Terry to balance his school life with a quiet, normal home training.

Lunch at 1 p. m. consists of fish, cheese, vegetables, fruit. Terry does not eat meat, pastries, or highly spiced foods. School again after lunch. His tea is at 4.30, and at that meal there are a salad and uncooked foods. Bedtime is 6 in the winter and 6.30 in the summer.

Loves history or any subject where imagination is brought into play. Is learning French.

Terry is, of course, extremely interested in anything athletic and will ride miles on his bicycle, is learning to box and swim, and also rides a pony.

He is very independent and has never been treated as a baby. All his questions are sensibly answered, and he is taken to all the things that most interest a young boy—such as horse shows and the docks, to see over ships, etc.

COTTAGE CHEESE

Heat sour milk to about 100 degree F. and turn into a strainer lined with cheese cloth. Pour over one quart hot water Let curd hang in cheesecloth bag until all whey has drained off. Add enough cream and melted butter to moisten. Add salt.

"PLEASE FIND ENCLOSED——"

Most people at some time want to send enclosures in letters. Stamps, cuttings, snapshots, patterns of material, etc., are the most usual.

Often the recipient complains that these have not arrived. Probably because they have been slipped should not be sent through the into the envelope unattached. Pins mail.

Here is a good idea given us unconsciously by a reader. She cut two slits in the corner of her notepaper and pulled the stamp through. It was safe, could be seen, and was easily detachable.

USEFUL IN KITCHEN.

Adhesive tape is useful in the kitchen as well as the emergency kit. A new use for the wet-proof type of tape is to seal jars and tins to keep out moisture and air; especially coffee which must be left in the house untouched for a few days; fruit, spices and tea. The same tape is used over and over again. Ink can be used on it for noting the date.

WHERE DO OUR TOYS COME FROM?

Where do the tops come from which are in the pack of jolly old Santa Claus as he climbs down the chimneys to delight the little hearts, and bring Yuletide joy, to good Canadian children?

The toys are not all made at home, although many are, and Canada even exported to other countries, chiefly to the Unites States New Zealand and Newfoundland, toys and other fancy goods valued at $28,342 during the last fiscal year.

Many of the toys enjoyed by children of this country are purchased abroad. During the fiscal year ended March 31, 1931, Canada imported toys, including dolls, to the value of $1,974,434. Of this total those imported from the United States were valued at $830,-634; from Germany $637,179; from the United Kingdom $241,416; from Japan $182,679; from France $28,-544; from Czecho Slovakia, $17,374.

ABOUT DOGS.

For five thousand years dogs and men have been scared. The Egyptians worshipped them, and dog statues have been dug up in the most ancient of tombs.

Both the Chow and the Pekinese have come to us from China. The Chow in China is the common village dog. A. Sloan and A Farquhar tell us in their book "Dog and Man." The little Pekinese, however, is of royal line. Five of them were found left behind in a palace when Pekin was sacked many years ago.

One was sent to Queen Victoria, the others to the Duchesses of Wellington and Richmond. It is from this little group that most of the Pekes of England are descended.

Legend has it that the first Peke of all was really a lion that, by means of wizardry, reduced himself in size to suit the whim of a lady love.

There is a legend, too, that relates how lap-dogs went to Ireland. In the beginning, Britain seems to have had a monopoly of tiny dogs, while Ireland was without them. And it was forbidden to give or sell a tiny dog to an Irishman.

But, as it happened, an English law decreed that a criminal should be given to the man he had wronged, so a clever Irishman succeeded in getting a tiny lap-dog to "injure" him

The ruse succeeded, and the dog was taken to Ireland, where all the kings fought among themselves for possession of her—until she brought about peace by producing a large litter of puppies.

A most extraordinary law concerning dogs was current in England in the days of Edward I. Only those people living a considerable distance from the forests were allowed to keep large dogs, for fear they might form into hunting packs.

A dog-gauge was used, and only dogs that could squeeze through this were allowed within a ten-mile radius.

In those days dogs were so valuable that fines were often paid in them.

Another astounding law was passed in the reign of Edward III, when it was decreed that only "gentlemanly dogs" were allowed to wander London's streets alone or at night. Others were liable to a fine of forty pence.

TIRED, WORN OUT, NO AMBITION

ARE you nervous and rundown? Does your work seem a burden? Take Lydia E. Pinkham's Vegetable Compound. It quiets quivering nerves — helps you to eat better — sleep better — feel better. Life will seem worth living again. Get a bottle, from your druggist today.

Mrs. Roscoe Anderson

"It Improved My Health"

"Lydia E. Pinkham's Vegetable Compound is a life saver for rundown condition. My mother recommended it and it improved my health a lot. I have a good appetite, sleep well, and do my work every day. I am sure your medicine will help other women if they give it a trial." — *Mrs. Roscoe Anderson Blair St., New Glasgow, Nova Scotia*

Mrs. H. Wakeling of Toronto says, "I was nervous and rundown. My mother told me to try Lydia E. Pinkham's Vegetable Compound and it did me lots of good. I took three bottles and I feel like a new woman."

Do You Suffer Periodically?

Take Lydia E. Pinkham's Tablets. They ease periodic pain and discomfort. *Ask your druggist.*

Try Lydia E. Pinkham's VEGETABLE COMPOUND

THE COOK'S CORNER

"BUTTER FOR PASTRY"

The majority of women who pride themselves in their cooking take particular pride in their pastry, for it is generally felt that the ability to make delicious, tender pastry is a real accomplishment in mastering the culinery art.

It is not a difficult matter to make good pastry, provided the proper ingredients are used and care is taken in combining them. Shortening is an important factor because it has much to do with the texture of the pastry as well as the flavour. A combination of equal parts of butter and a soft shortening, such as lard, is ideal for the purpose, since the butter provides both flavour, and colour while the other shortening assures tenderness.

PASTRY NO. 1

1½ cups pastry flour
½ teaspoon salt
¼ cup butter
¼ cup lard
Cold water (about ⅜ cup.)

Sift flour and salt, cut in shortening with two knives or pastry blender. Moisten with cold water, adding just enough water to combine ingredients. Pat into shape. Chill thoroughly before rolling. Bake in a hot oven.

PASTRY NO. 2

1½ cups pastry flour
½ teaspoon salt
¼ cup butter
¼ cup lard
Cold water (about ⅜ cup)

Sift flour and salt, cut in lard with knives or pastry blender. Moisten with cold water. Toss on slightly floured board. Roll in rectangular sheet ⅛" thick. Dot outter on half of sheet, fold, press down edges, roll lightly. Fold and roll again. Chill thoroughly. Bake in hot oven.

NOTE: For those not expert in pastry making, the first of the above methods may be more satisfactory, althoughthe second method gives a more flaky pastry.

Dorothy Dix's Letter Box

Morale is Just as Important in the Home as on the Battlefield, Dorothy Dix Warns Whining Wife — Which is Better: Scolding, Thrifty Wife or Good-Natured, Easy-Going One?

Dear Miss Dix—I have been married two years. Since my marriage my employment has diminished to part time. My wife nags continually and whines about this and says that other men make enough to live on, so why can't I? It seems to me that invariably every time I screw my courage up to make a desperate effort to find something steady she gives me a couple of hours of complaining that just sinks me. It makes me feel licked at the start, although I know that no matter what came she would not be satisfied and would whine about something else, anyway. Can you give me some helpful advice about what to do? GERALD.

Answer:

The only helpful advice anybody can give a man who is afflicted with a whining wife is to gag her every time she starts out on an orgy of self pity. But there are plenty of things I can tell the lady in the case.

The first thing is that every complaining wife brings down upon herself the fate she resents. She makes all of her dismal prophesies come true. She kills with her own hand the goose that lays the golden egg, for she takes every bit of pep and ambition and self-confidence out of her husband so that he is defeated even before he begins to fight. The woman who never lets her husband forget that she regards him as a failure becomes a failure. The wife who always belittles her husband's judgment and ability, who is forever telling him that other men do so and so, turns him into a coward and a quitter. The wife who is always reproaching her husband because he doesn't make as much money as some other man kills his ability to make any money at all.

Before any of us can succeed we must have faith in ourselves. We must believe in ourselves. We must be sure that we can do the thing we are attempting to do. Otherwise we lack the hope and enthusiasm, the push and energy that enable us to achieve, and if a wife deliberately robs her husband of these she simply dooms him to failure.

As long as a man's wife believes in him, as long as she bucks him up and tells him how great and wonderful she thinks he is, and that no matter if he has had a body blow just now, he will come up again and that you can't keep a good man down, he will fight through almost any difficulty to success. His wife's faith in him is the motive power that keeps many a man going.

But if his wife does not believe in him, if she throws cold water on his every plan, if she puts the bad-luck sign on his every endeavor by her dismal forbodings and if she whines and complains because she has married a man who can't hold his own with other men, she takes away his every chance to win out.

During the war we were told the importance of keeping up the soldiers' morale and that the spirit with which soldiers went into battle largely determined the results, whether victory or defeat. It is a pity that wives do not realize that morale is just as important in the home as on the battlefield. DOROTHY DIX.

* * * * * *

Dear Miss Dix—Please tell me which wife would be the best for an ambitious man, a scolding, thrifty one, or a good-natured easy-going wife? L. C.

Answer:

Well, the thrifty, scolding wife might save more of your money than the good-natured, easy-going one, but she would cause a lot more wear on your disposition, and as between the saving-bank account and peace and comfort in the home I'd take the peace and comfort every time.

Of course, wives help husbands in different ways and there is no doubt that there are gadfly wives who sting into action men who might otherwise be inert and lack ambition. A scolding woman can make things so unpleasant around the house that her husband is glad to get off to work and loath to leave it. Such women tolerate no loafing on their husband's part, and husband has to be a go-getter because he is afraid not to bring home the bacon.

But while the driving wife has her points, so has the easy-going wife who is so pleasant to live with and who makes her husband so happy that he is inspired to do his best work just because he loves her so much that he wants to give her the world with a blue ribbon tied around it. Love of a woman is at the bottom of most men's ambition and desire to succeed.

So there you are, and you will have to decide for yourself which type of wife you need—the woman who scolds or the woman who smiles. DOROTHY DIX.

Dear Dorothy Dix—Should two children aged 10 and 7 be left alone at night while their parents go out to meetings, bridge parties, etc? I say they are not old enough to be left alone. My husband says they are. He goes out frequently. It is very seldom that I go out any other night except Thursday to my bridge club. Do you not think that he might stay at home that night with the children so that I could go out with my mind at peace, as it certainly is not when I am wondering if anything has happened to them? My husband says that as nothing has happened to them so far I am foolish to worry, but I can't help it. A PERPLEXED MOTHER.

Answer:

I think it is a terrible thing for a mother and father to go off and leave two small children alone in the house. Suppose the house should catch fire. Suppose one of them should be taken violently sick. A thousand catastrophes could happen for which you would be responsible if you left them alone when too little and ignorant to know how to take care of themselves.

I certainly think your husband should be willing to stay at home one night a week with the children, but if he isn't, your duty is plain. Stay with them unless you can get some reliable person to take care of them. You can hardly pick up a paper without reading about children who have been burned up in some house while their parents were away, or who have fallen down stairs and broken their legs, or who have killed themselves while playing. And if the fathers and mothers of these children have any hearts at all they must suffer a lifelong purgatory of remorse. DOROTHY DIX.

MILLIONS NOW USE MEDICATED CREAM TO END SKIN FAULTS

Scientific formula saves money—costs only a "penny-a-day"

PIMPLES BLACKHEADS LARGE PORES

WANT to make faulty skin and red, chapped hands beautiful—*for only a penny a day?* Already 6,000,000 women have adopted this inexpensive new, scientific cream that quickly improves even the worst skin.

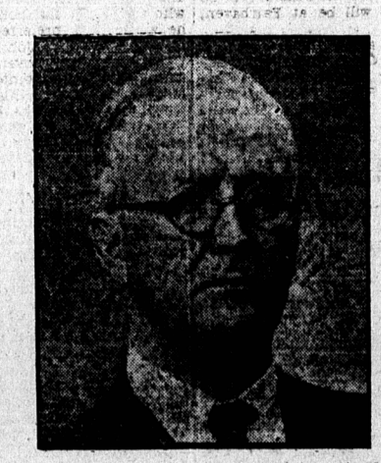
It's Noxzema Skin Cream. Not a salve. Greaseless. Noxzema's penetrating *medication* purges away deep hidden pore-poisons that cause blemishes. Then its bland oils and gentle astringents soothe, soften, refine the coarsened skin to baby-fine loveliness.

Today apply Noxzema as a corrective *foundation for powder* and *at night after removing make-up.* See new beauty tomorrow! For lovely hands use regularly after exposure.

RED ROUGH HANDS

This Week—Special Offer
25¢ Jar only 15¢

This week you can get the generous 25¢ jar of Noxzema for only 15¢. Take advantage of this big saving. Get a jar *today* while the offer lasts. At all drug and department stores.



ARTHUR BRISBANE

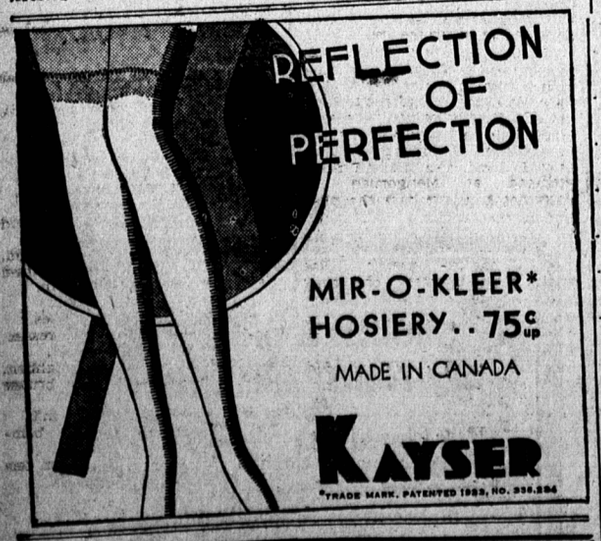
in his daily column said, the other day:

"There are many smart newspaper girls in the United States and THE SMARTEST OF ALL IS STILL

DOROTHY DIX"

whose column appears daily in the

GUARDIAN



KAYSER
STOCKINGS—GLOVES—UNDERGARMENT
Moore & McLeod Ltd.

A Morning Smile

AN IRISHMAN'S WAY

An Irishman out of work applied to the "boss" of a large repair shop for a job. After quizzing him for some time, says the Pittsburg Bulletin, the superintendent put him this question:

"Do you know anything about carpentry?"

"Sure, I'd like to see the man that can bate me at it."

"Do you know how to make a Venetian blind?"

"I do that!"

"Tell me then, how you'd make a Venetian blind?"

"Sure, I'd poke me finger in his eye."

John had given the information on his test paper in geography that a furlough was a donkey. The teacher was interested in knowing why John gave this information, hence this conversation:

Teacher: "John, where did you find the information that a furlough was a donkey?"

John: "In my geography."

Teacher: "Please bring the geography to me."

John did so, and a picture was shown of a soldier sitting on a donkey. The caption under the picture read: 'Off on a furlough.'"

-: FASHIONS FOR SPRING :-

The model patterned for today, would make any girl happy.

And it's really very simple both to wear and to make. In navy blue novelty ribbed wool crepe was the original of this darling model. The shirtwaist collar of white pique ends in jaunty revers that "button on" with bright red buttons. The matching pique cuffs also fasten with red buttons. The red accent is repeated in the belt buckle.

You can copy this exclusive model for a very nominal sum.

Blue and white checked tweedy-like cotton with pique trim, is quite as smart for its development.

Style No. 941 is designed for sizes 10, 12, 14 and 16 years. Size 12 requires 2¾ yards of 39-inch material with ¾ yard of 35-inch contrasting.

Price of PATTERN 15 cents in stamps or coin (coin is preferred). Wrap coin carefully.

No. 941. Size .....

Name .....

Street Address .....

City ..... State .....

Apply Minard's Liniment to cuts.