

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

The HOUSEWIFE and HER ACTIVITIES

THERE'S A SONG IN THE AIR

There's a song in the air, there's a star in the sky There's a mother's deep prayer and a baby's low cry; For the manger at Bethlehem cradles a King.

There's tumult of joy o'er the wonderful birth, For the Virgin's sweet boy is the Lord of the earth, Ay, the star rains its fire and the beautiful sing, For the manger at Bethlehem cradles a King.

In the light of that star lie the ages imperiled; And that cry from afar has swept o'er the world, Ev'ry heart is aflame and the beautiful sing In the homes of the nation that Jesus is King. We rejoice in the light, and we echo the song That comes down from the heavenly throng. Ay, we shout to the lovely evangel they bring And we greet in the cradle our Saviour and King. -A. WILSEY.

PRINCESS ELIZABETH'S COUSIN

The engagement of a 20-year-old cousin of Princess Elizabeth and Princess Margaret is announced. She is the Hon. Jean Constance Elphinstone, second daughter of Lord and Lady Elphinstone of Carberry Tower, Musselburgh, who are brother-in-law and sister of the Duchess of York.

Miss Elphinstone is to marry Lieut. John Lyceet Wills, of the Life Guards, second son of Captain and Mrs. Arnold Wills, of Thornby Hall, Northampton.

Captain Arnold Wills is a race-horse owner and a member of the millionaire tobacco family. Lord Elphinstone is Esquire Royal of the Company of Archers, the King's Bodyguard for Scotland.

EARLIEST CHRISTIANS

In the ancient church of St. Pietro ad Aram in Naples, where St. Peter is said, according to legend to have prayed, a secret vault has been discovered containing the skeletons of earliest Christians.

In still another vault and a mysterious subterranean grotto beyond this vault, there has been found thousands of skulls and bones considered to be over 2,000 years old, and the site is believed to be the necropolis of Palaeopolis on which Naples is built.

The church building has venerable associations dating from Santa Candida, who is said to have been converted to Christianity by St. Peter himself, and the altar is still shown at which it claimed the Prince of the Apostles celebrated Mass.

The present revelations bring important confirmation of the local belief that here is the shrine of Christianity on the continent of Europe.

USEFUL KETTLE

A heavy covered kettle is a convenient utensil to use in cooking meat, especially the economy cuts, it is pointed out by a noted home economist. The kettle may be one of the Dutch oven types with a trivet to be inserted under the meat after it is browned, or it may be of the regular covered kettle variety. It is convenient, however, to have it of a size and shape that can be put in the oven, for should dinner be delayed, as sometimes happens in even the best-regulated families the kettle and its contents may be placed in the oven to keep the food warm. Also many meat

dishes, such as a pot-roast, may be cooked as successfully in the oven as on top of the stove. The same heavy kettle is a good utensil to use in preparing a stew, except of course no trivet is needed. The small pieces of meat are first browned in hot lard, season- ed, covered with water, and allowed to simmer slowly until done with the vegetables being added just long enough before serving so that they are done. It is not necessary for the water to cover the vegetables, as when the kettle is tightly covered, they can be cooked by steam.

MAKE YOUR HIP LINE SYMMETRICAL

Bending and stretching exercises that cause a direct pull on muscles and tendons in the back of the legs burn off fatty tissue, thereby reducing weight on the thighs, says Donald Loomis, trainer of Hollywood stars. That's a good thing to remember during coming weeks when you're sure to eat pound-adding sweets and holiday feasts that threaten your figure.

"You can't reduce the hip bones, of course, so don't wear yourself out trying to obtain a V-shaped figure. Women aren't supposed to have broad shoulders and narrow hips. However, the perfect figure does have symmetrical thighs that are firm and round.

"Deep knee bending is useful both for developing muscle and for burning off fat. To reduce excess weight, the movements should be rapid. To develop muscle, they must be done slowly and deliberately. The old riding-the-bicycle routine will slenderize legs and thighs if you do it quickly. It will develop them if you do it slowly, making the muscles stretch and pull with each motion. Rolling back and forth on the floor will help to reduce the thighs, too.

"Another good exercise to slenderize the thighs is done flat on your stomach on the floor, as shown in the illustration. Clasp your hands behind your back, raise your chest upward. Then, keeping knees straight and stomach flat, raise the legs slowly upward in the direction of the small of the back. Hold the position a few seconds, then lower feet to the floor again. When you have mastered the technique, repeat rapidly ten times night and morning."

"You may rely upon me," said the big man. "Friday, the 28th, in the parish room. It's quite a non-sectarian affair. I suppose," he said, "Bless your heart, sir," came the reply. "The place was only limo-washed last week. You won't find nothing of the kind on the premises."

An elderly woman, who is treasurer of a local ladies' aid society, went into the bank the other day to deposit the organization's funds. She handed the money to a hard-of-hearing teller with the casual remark that it was "the aid money."

"The teller thought she said 'egg money,' and he promptly wanted to compliment her on the organization's endeavor. "Remarkable," he said, "Isn't it, how well the old hens are doing these days."

The lady left with a frown.

A Morning Smile

A local celebrity's presence in the chair at an entertainment was desired, and two of the organizers waited upon him with deferential request. The required promise was duly obtained.

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THE TELLER TOLD 'ER

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What Makes People Boreome? Dorothy Dix Gives You A Guide on How to Be Popular

Some Self-Analysis of Your Faults May Have a Lot to do With Changing Your Personality and Make You Better Liked

What are the qualities that you dislike most in other people? I don't mean the big defects of character that make it a righteousness for you to avoid them as you would the plague, but the little personal peculiarities that make some otherwise worthy individuals persona non grata to you. Each of us has our own catalogue of things that get on our nerves and rub our fur the wrong way, but most of us would put on our blacklist those who are.



Egotists. We can forgive every other sin easier than we can forgive self-complacency. We can see no beauty in the prettiest woman if she is vain. No talent in the most gifted man if he is his own chief admirer. We just naturally hate those who seize the center of the stage and turn the spotlight on themselves while they proclaim how wonderful and great they are and repeat the compliments they allege have been paid to them.

Monologists who are so enamored of the sound of their own voices that they never let anybody else get a word in edgewise. Nothing but the strongest moral principles keep us from committing murder upon the person who seizes the floor and goes through his repertoire of stale jokes and molly stories, or the woman who just babbles on and on and on while her victims writhe in agony.

People who talk about themselves and who seem to think that the world is waiting breathlessly to hear every detail of their private lives and all about how many miles their cars make on a gallon of gas, and what they said to Jones and Jones said to them, and what kind of breakfast food they use, and the cute thing little Johnny said, and the smart thing little Sally did.

Oracles, the know-it-alls who lay down the law on every subject and tell you how to raise your children, and conduct your business, and what to take for your rheumatism, and where to go on a vacation, and who know exactly how to balance the budget and take care of the unemployed and who is going to be the next President.

Practical jokers. Village cut-ups. Would-be wits. Buffoons. People who think it hilariously funny to hold some shy, sensitive person up to ridicule and who simply split their sides with laughter when they burn cigarette holes in your best tablecloth just to tease you, or spill coffee over your new evening gown.

Buck-passers. People who never give anything themselves, or buy anything from the agents who go from door to door, but who see all the beggars and peddlers onto you, who send the widow with seven small children to you because you are so kind and sympathetic, and give the purveyors of allegedly smuggled goods your name because you are so fond of fine linen.

People who give letters of introduction. Anathema be their name. Friends who give a friend of their friends a letter to you that causes you to spend your time and money taking people about and feeding them, people that you never saw before and hope to Heaven you will never see again.

People who make you do their entertaining for them by asking if they may bring a guest with them to a dinner or luncheon you have invited them to, and that means that you will have to squeeze another one in at the table and have an alien break up a perfectly balanced party. People who cudge the drinks on you by stopping by your country place with a car full of people and demanding sandwiches and cocktails.

Borrowers. People who borrow your money and books that they never return; who ask for the use of your car and bring it back battered and worn; who sponge on you for stamps and food and clothes and put you to untold inconvenience and loss.

People who pay surprise visits and who always drop in on you when you have a scrap dinner or a house party, or who come to your house and wreck your house by playing Indian with your old mahogany and making tents out of your finest rugs and put their dogs to sleep on your satin-covered couch.

Melancholy people whose conversation makes the lamentations of Jeremiah sound like a cheer leader. Polyannas who tell you what a bright, beautiful world it is and how happy you should be when you have a slight headache and a notice from the bank that you are overdrawn and a letter from Cousin Sally that she is coming for a nice, long visit.

Reformers who think everything is wrong that they don't want to do themselves. Husbands and wives who stage their fights in public. And others. DOROTHY DIX.

Too Many Beaus By ALMA SIOUX SCARBERRY

CHAPTER 26 Mother Friddle ran into the bathroom and got a glass of water. Then she raised Jane Lee gently and forced a few drops between her lips. The brown eyes fluttered and the old lady hurried into the bathroom and brought back a damp cloth to lay on her head. She felt Jane Lee's pulse and knew it was just a temporary fainting spell. In a few seconds Jane's eyes opened and Mother said soothingly, "Don't try to get up. You've had a shock. Rest awhile, dear."

Jane Lee made an attempt to rise. Miss Friddle pushed her back gently. "No, yet. Is there something you want me to do?"

"Go—and get the girl," Jane Lee said with an effort, and closed her eyes wearily. "Leave me alone. I don't want anybody. I'll stay here."

"I'll be back in a little while—with your daughter." Mother bent over and smoothed Mrs. Le Masters' hot brow. "I'll try to make her understand."

In front of the house the old maid met Jim Carter. She was amazed at the storm in his usually sunny face. He grabbed her arm. "Have you been up to see Jane Lee about Sugar?" he demanded.

"I have, Mother nodded, puzzled at his manner. "You just leave it to me. Sugar will be out in a few minutes. Where were you going?"

Cart grunted savagely. "In to tell Jane Lee just what I think of her. Then I'm going to pack up and move to the hotel."

"You leave this to me, and keep out of the house now, if you really have Sugar's interest at heart. Go on back to the hotel and wait till I send for you. Why are you so interested?"

"It so happens," Jim Carter's face took on the radiant look of a bridegroom stumped with adoration. "I'm in love with her. Hadn't you heard?"

Mother looked around for a place to sit down. But there was no seat but the curb. She leaned on the arm of the pride of Virginia Military Institute for support, and studied his face gravely. But there was no doubt the football captain was in deadly earnest.

"Bless my soul!" Mother looked stunned. "Well, bless my soul! Is Sugar in love with you?"

THE COOK'S CORNER

Unusual Christmas Pudding

One lb. raisins; 1/4 lb. cut peel; 1/4 lb. grated carrot; 1/2 lb. mashed potato; 1/2 lb. flour; 1/2 lb. fine bread crumbs; 1/2 lb. brown sugar; 1/2 lb. sultanas; 1/2 lb. suet; rind and juice of 1 large lemon; 1/2 teaspoon each nutmeg and ginger; 1/2 teaspoon each cinnamon and allspice 1 oz. shredded almonds.

Method as in foregoing recipe. Recipes for suitable sauces to serve with Christmas puddings abound, and the "correct" one is the one that most members of the family enjoy.

know the news," Mother Friddle whispered to him confidently. "At last, we know who Sugar Friddle is."

Cart looked incredulous. "You—don't mean you know who her parents were?"

Mother nodded. And retold the story. It gave her a chance to get her bearings, and she felt better when she had finished. She expected Jim Carter to look happy. But he looked out over the hills, and she could see his jaw harden with grimace.

"That woman!" he said finally. "I can't believe it. I never will. Jane Lee is not Sugar's mother. It sounds like a movie melodrama. It—just doesn't make sense."

"You must put all thought of hatred out of your heart, Jim Carter. Jane Lee has suffered more than you'll ever know. Her life was ruined when she was only seventeen."

She didn't have the strength of character to withstand grief. But she is not a bad woman. She'll spend her life trying to make it up to Sugar. I'm sure she will."

Cart got up tiredly. "I've got to get away where I can think." He ran his hand through his unruly blond waves. "If I don't, I'll go batty. Call me when I can see Sugar."

Mother felt that her hardest task was yet before her—breaking the news to Sugar that Jane Lee Le Masters was his mother. She went into the sheriff's office first and informed the surprised officer that Mrs. Le Masters had ordered that the prisoner be released at once.

The old lady decided the jail was no place to tell her story. In a few minutes a male but entirely composed Sugar was locked lightly in the arms of the only mother she had ever known.

"I knew you would come," Sugar smiled whitely. "Now," Mother said gently, "you mustn't ask any questions or make any protests. I am taking you some place where we can talk. Just trust me. Will you?"

"Of course," Sugar followed obediently. But when Mother Friddle turned in at the Le Masters' Jane Sugar drew back with a shudder.

"Must—I go in there?" she asked tensely. "Can't we go somewhere else?"

"We're going in here awhile. Now you be a good girl. I'm with you, and you must leave everything to me."

Eurasia met them at the door. She grinned affectionately when she saw Sugar. Sugar embraced the old dandy convulsively. "Bless mah soul, honey lam," Eurasia beamed lovingly. "I see so glad to see yo' all ah could fly lak a bird."

Sugar smiled wanly. "I'm glad to see you, Eurasia. I'll come out to the kitchen before I leave." (To Be Continued.)



For Christmas This Year GIVE LINGERIE

No other gift will serve so well at Christmas time, for lingerie is gay enough to belong in the gift class... and practical enough to please anyone! And the variety we're showing would make any woman thrill at tailored types for those who want them, lace trimmed garments that are smart as can be, and hundreds of new and gay and practical suggestions are here!

FINEST ALL-SILK LACE TRIMMED LINGERIE. Panties and Pantie Sets, trimmed with hand made lace, in rose, blue and white pure silk crepe, at \$2.25. Slips and Gowns, tailored and trimmed types. All sizes and colors. Guaranteed pure all silk crepe. \$2.95.

SILK AND RAYON GOWNS, SLIPS AND PAJAMAS. Gowns and Slips. Bias cut, carefully tailored. Garments like these ordinarily sell for much more. All sizes at \$1.50. New Pajamas. Several styles, some lace trimmed, others with contrasting colors. One and two piece styles, on. \$2.95.

REAL VALUES IN FINE NEW RAYON GARMENTS. Pantie Sets and Step-Ins, carefully made. Some are lace trimmed... all are unusual values! Special at 89c. Pajamas, Slips and Gowns, Easy to launder, extremely smart in appearance. Popular colors, all sizes at \$1.50.

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DR. WILLIAMS' PINK PILLS ENRICH YOUR BLOOD WITH IRON. Your strength—and your resistance to disease depend upon your blood. And your blood depends upon a full supply of iron if it is to keep you strong and well.

Baked Plum Pudding. Two cups very fine breadcrumbs; 1/4 lb. currants; 1/4 lb. citron; 1/2 teaspoon each nutmeg and cinnamon; 1/2 cup butter 3 cups milk; 1/2 lb. raisins; 1 cup sugar; 3 eggs.

SMART CLOTHES FOR THE HOME DRESSMAKER. Here is a darling dress of plaid woolen for wear in school. It's the little "Princess" model all the wee fashionable are wearing, and very easy to make.

Order a Case for Christmas! Put that memo on your shopping list—for your Christmas preparations are NOT complete until you have ordered your Sussex Ginger Ale. To serve straight with your Christmas cake, or to add sparkle to other beverages, Sussex is the supreme holiday entertainer always in demand, always in good taste.

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