

Woman's Realm—Social and Personal—Fashions—Literature



For Economical Nourishment Eat More BREAD.

"Always Good"

Eastern Bakeries

BUTTER-NUT BREAD

BABY'S

UPSET STOMACH QUICKLY CORRECTED

BABY'S little "Tummy" is often easily upset. It is easily righted again, too. If you know just how to do it, let Mrs. M. S. Alway, of London, Ont., tell you: "Baby's Own Tablets are a great help at the first sign of upset stomach, during teething time or when a cold is coming on. They work quickly yet gently to carry away poisons and promote restful comfort. And Mrs. W. E. Sharp says: "I nursed my baby shortly after being alarmed over a motor accident and her stomach became quite upset. I gave her Baby's Own Tablets and she soon stopped crying—and quieted down."

Equally effective for teething troubles, constipation, simple fever, sweet-sweating, easily crushed to a powder. If desired—promotes action. No "sleepy" stuff—no dulling effect. Buy a box today for sickness so often strikes in the night. 25 cents.

Household Scrapbook

By Roberta Lee

Broken Glass

If you should break a bottle in your bathroom, the safest method of picking up the tiny particles of glass is by swabbing with a large piece of wet absorbent cotton. The bits of glass will cling readily to the cotton, which can then be thrown away.

Tan Without Burning

If it is desired to get a coat of tan without burning the skin, almost any kind of good oil will protect the skin and still let it tan evenly. A good grade of olive oil is particularly effective.

Climbing Roses

Climbing roses can be pruned any time after they are through blooming, cutting out all the old wood.

Modern Etiquette

By Roberta Lee

Q. Does the hostess have the privilege of telling a guest at a week-end party the hour at which he is expected to leave?

A. Yes, this is permissible.

Q. Is it good manners to use "Mr." or "Miss" when introducing members of one's own family?

A. It would be better to avoid the titles, if possible.

Q. Can you give me any suggestions as to what to give a couple who are observing their first wedding anniversary?

A. Books, stationery, playing cards, or subscriptions to magazines.

Better English

D. C. Williams

1. What is wrong with this sentence? "I see where there has been another earthquake."

2. What is the correct pronunciation of "coliflore"?

3. Which one of these words is misspelled? Questionaire, queulous, quintuplet.

4. What does the word "abstinence" mean?

5. What is a word beginning with ra that means "emotional ecstasy"?

ANSWERS

1. Say, "I see that there has been another earthquake."

2. Pronounced koo-lah-fur, as in arm, it is in cube, accent on second syllable.

3. Questionaire. 4. Voluntary forbearance. "Abstinence is whereby a man refraineth from any thing which he may lawfully take."—Elyot. 5. Rapture.

DOROTHY DIX SAYS—

Broken Family

Mother Of 3, Separated From Husband, Must Become Family Breadwinner



DEAR DOROTHY DIX: I am a young girl who is getting a divorce from her husband and I have three children, the oldest 17 years old, the youngest 4. My problem is that I live with my mother who is 45 years old. She has a pretty big house and she is alone except for the children and me. She asked me to come and live with her when I left my husband, as she thought it would be better for all of us and less expensive. But the children have gotten on her nerves and she does nothing but pick on them and abuse them and quarrel with them. The other day when they spilled some food on the floor we had an awful fight. She called me names and ordered us out of the house.

I have nowhere to go and am at my wits' end. My husband only contributes \$15 a month to the children's support. I cry all the time and am so nervous I am almost crazy. What shall I do?

DESPERATE MOTHER

ANSWER: It seems to me that the only thing that you can do is to go to the Domestic Relations Court and try to get it to help you solve the problem. It might be that it could bring enough pressure on your husband to give more money for your children's support, as to stay the stomachs of three hungry youngsters. Or it would be better still if the children could be gotten into some foster home where they would be properly cared for.

CHOOSE JOB

I gather from your letter that you are not at work and so are not able to contribute to the children's support. My advice to you is to face the fact that your mother is definitely not going to let you and the children be parasites upon her, so it is up to you to decide what kind of work you have the most aptitude for and fit yourself to do it well enough to command good pay.

There is no use in your sitting down crying over your not being able to get along either with your husband or your mother. Both of them are out of the picture so far as you are concerned, and the prospect of getting another husband is dim, for not many men want to take on a ready-made family of three husky children. Just realize that you are on your own and summon all of your courage to meet the emergency.

DEAR DOROTHY DIX: I am a girl of 15 and have a boy friend and I want to get married before I am 18, but my mother and father don't want me to do so. I am in the 10th grade and want to quit school.

ANSWER: What's your hurry about getting married? Sixteen isn't the deadline for matrimony. There still will be plenty of boys left, and prefer. Instead of grabbing up the first kid who comes your way. Also, you might make a better choice if you had a little more education. Don't forget that marrying in haste involves repenting at leisure.

The Stars Say—

By Genevieve Kemble

For Saturday, August 28
A STRANGE urge or a curious state of mind, may be the means of inciting surprising occurrences, sudden allegations or some angle of the peculiar or unorthodox. The loss of funds, prestige or cooperation may be due to eccentricity of idea or behavior. At the same time a strange "hunch", an uncanny intuition or other unaccountable gesture, might bring about change of heart from those in influential place. But shun extravagance and conserve the energies.

If It Is Your Birthday

Those whose birthday it is may be prepared for a period of the confused and complicated in which the intuitions and ideals may be strategic factors for averting loss of funds or credit as well as prestige or popularity. Curious experiences are probable, in which case it may be advisable to resort to subtlety and finesse rather than force or direct operations. Erratic or strange behavior may contribute to loss of support from desired places.

A child born on this day may find itself in a chaotic or baffled mood when called upon for sound judgment. Its intuitions or inner leads may prove more reliable than mental decisions.

Ellen's Diary

By an Island Farmer's Wife

Jamie has plans to carry out in the near future. He came in moments ago to suggest: "Let's go to the other farm with the men—they're going up there to put blue-stone to soak for the spraying tomorrow." "But they're not using blue-stone" I reminded him. "On yes they are" he replied quietly. "I heard granddaddy say, 'I guess we'll give them a dose of blue-stone this time!'" And so while Jamie, who appeared suddenly at Alderlea at supper-time, and granddaughter continue to play happily about the yard waiting for the farmers to attend to ends of choring and to add last staple to the new fence, it is Diary time.

Much there is to recall of today—now into the sunset. Considering the quick roll of the months, perhaps one remembers best of all the flash of birds' wings through the morning hours. I came to stand at a doorway, quietly, broom in hand, neglecting my sweeping to watch them, drawn thither by the flash of yellow that had come within my ken. It was a goldfinch in bewitching flight. And not lost to me. I found him in the rowan trees in the lawn border loads of today of many another pair of wings now that it is rich with fruit. What a gathering I presently looked upon, with a continual coming and going! Swallows swooped down lazily; sparrows, naughty creatures, but after all the most loyal of my friends, chattered and I suspect snatched at the orange fruit; robins bossed their taking of important chestnuts and trim hummingbirds, the male a handsome fellow, made swift incursions or, from a singing telephone wire watched the others there.

Soaring lightly, dipping gently like breeze that carries leaves lighting, chattering, one turned away from the pretty scene with regret. Even then, this very morning, one felt certain that swallows were already hatching plans to desert one taking away with them one delight of the summer at hand.

But now robins now treated us to short trills of their spring song this morning from favored haunts of theirs in the cherry trees. Tremulous, contented, they sang, one fancied, since they had collected most of the small crop of cherries before Jeanie or I had found time to attend to the gathering. Granddaughter heard them sing "Robins!" she said smiling broadly. She had come with us there to pick black currants, as often interrupted undertaking that morning. And yet certainly more delightful than once with her and the pup and a doll present as well.

The doll is at present the preferred plaything of all "Fuss" minute now and I'll have you wrapped up" the young past-two mother will say to her in tones meant to soothe a babe's fretting as she carefully sucks a blanket about her. Or again "Now don't cry! Don't you know that I'm getting ready to sing you to sleep?" And the song follows: "Rock-a-bye, baby" trilled without thought of an air but still tuneful and in a manner that James chancing to hear it might say with concern: "Ellen, do you hear that child? Do you think it's natural? Here's the large majority of people suffering from overweight do not regard it either as a catastrophe, nor of lamentable significance for their future lives." If overweight had a stigma attached to it, in the great majority of cases overweight persons would correct the condition if they really tried.

Of course, there are many cases where reducing weight might be dangerous. Some cases due to gland defects and need special treatment. However, the large proportion of overweight persons simply have continued to eat as a "growing child," whereas once full growth and development is reached the daily food intake should be cut down or extra physical work or exercise taken to use up the unneeded food.

Remember the general advice given to healthy overweight who wish to reduce: Cut down on all foods by 25 per cent. and on all liquids by 50 per cent.

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That Body Of Yours

James W. Barton, M. D.

OVERWEIGHT

An old family physician tells us that his most difficult cases to cure are chronic overweight and chronic alcoholism.

"I investigate both these ailments by having a straightforward talk with these two types of patients. In alcoholism I try to learn when the drinking started, how it started and why the alcoholic finds it necessary to drink too much. I have learned that in many cases (but not all, of course), alcohol is a way out from responsibilities, a relief from unpleasant surroundings, a temporary 'lift' to low morale, an escape from deep grief or sorrow.

"I am able to help some of them by having them show a little courage, leaving more on their religion, and using a harmless drug to give them a temporary lift when they are low. Added to this is the honest desire of many to remove the stigma of alcoholism."

Chronic overweight is difficult to correct because there never has been, until very recently, any stigma attached to being even greatly overweight. The overweight man or woman gets by because he or she says that overweight "runs in the family," even if not in the parents.

"The large majority of people suffering from overweight do not regard it either as a catastrophe, nor of lamentable significance for their future lives." If overweight had a stigma attached to it, in the great majority of cases overweight persons would correct the condition if they really tried.

TAKE THAT TIRED LOOK OFF YOUR FACE!

Not Vitamins—But Live—May be what You Need To Put Pop In Your Step and Freshen In Your Eyes.

If that constantly tired feeling has got you looking down in the mouth as well as making you too listless to eat, that saps your energy, is often caused by a lowering of the iron level in your blood. This condition may also have a further reason for its existence. It may be that your body may not be able to get the full advantages of the vitamins and protective food elements in what you eat.

Don't let this state of affairs go on and on until you are really sick. Get Dr. Williams' Pink Pills today from your druggist—see how good it feels when you pop up with more iron in your blood.

How Can I!!!

By Anne Ashley

Q. How can I make Dutch sandwiches?

A. Boil some large frankfurters for ten minutes, then skin and chop the meat. Add one finely chopped onion and enough tomato catsup to moisten. Spread between buttered slices of brown bread.

Q. How can I take away the bitter taste of medicine?

A. Try holding a piece of ice in the mouth for a few minutes before taking the medicine.

Q. How can I make us of old hosiery?

A. Out of the feet and use the tops for dust cloths. They are free of lint and are excellent for this purpose.

Morning Smile

A Greek scholar, visiting a women's college in the United States was asked whether he would do the institution the compliment of translating their college motto into Greek. He agreed, and asked what the motto was.

It was placed before him, and he read the words: "Pep without purpose is piffle."

PLAYING FAIR

The golfers had been spending sometime searching for a golf ball which was lost in the rough beside the road, and tempers were becoming rather frayed.

An old lady who had been watching them called: "Would it be cheating, gentlemen if I told you where it is?"

Needlecraft FOR THE HOME

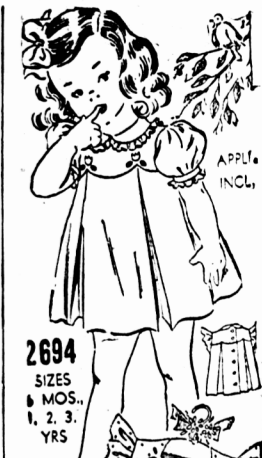
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Blackheads simply dissolve and disappear by this one simple, safe and sure method. Get two ounces of peroxide powder from any drug store, sprinkle on a hot wet cloth, and apply gently—every blackhead will be gone.

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THAT AWFUL WHISPER SHOCKED ME FOR DAYS!

SO EMBARRASSING! I just couldn't get over it—those two girls from the office not wanting to ride up in the elevator with me—whispering that I was so careless about "B.O."



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Lifebuoy's clean scent is your guarantee of protection. It's a signal that Lifebuoy's thick, mild lather is giving you all-over freshness. In a few seconds the Lifebuoy scent has disappeared and so has every trace of "B.O." (body odor). Lifebuoy is the only soap specially made to stop "B.O."

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USE IT DAILY FROM HEAD TO TOE—LIFEBUOY STOPS "B.O."

Cook's Corner

GOOD TOMATO CAKE

One egg, 1 cup granulated sugar, 2 tablespoons lard, 1 teaspoon cloves, 1 teaspoon cinnamon, 1 teaspoon nutmeg, 1 cup raisins, 1 cup hot water, 1 cup nut meal, 1 cup tomatoes, 1 teaspoon baking soda, 1 teaspoon baking powder, 1/2 teaspoon salt. Add enough flour till quite thick. Cook in moderate oven for 30 minutes.