

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

Something New in Tulips

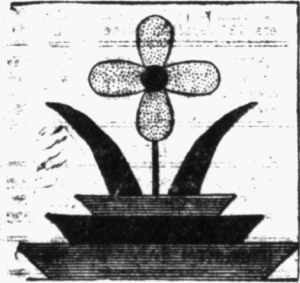


Betty Worth, pretty New Yorker, won many prizes with its beautiful chrome coloring. It is a good Dutch name for Holland's most famous flower.

The HOUSEWIFE and HER ACTIVITIES

CONSCIENCE
 It still then whispers the small voice within.
 Heard through Gain's silence, and o'er Glory's din;
 Whatever creed be taught or land be trod,
 Man's conscience is the oracle of God.
 —Byron

Grandmother's Quilt Patterns



YELLOW IRIS
 Cut out applique and sew on black as indicated on small diagram. Applique can be printed on plain material. In the original quilt, iris is in cream, center of iris in brown; leaves are dark green, with flower pot in brown and red. Add 3 inch border to match on all sides of quilt.
 Block finishes 10 inches square.
 28 applique blocks.
 3 inch border around quilt.
 28 plain blocks.
Material Required:
 8 1-3 yards white material.
 2-3 yard brown material or print.
 2-3 yard green material or print.
 2-3 yard red material or print.
 9 yards 1 inch border.
 Allow for all seams when cutting pattern.
 When ordering give Number 12-8. Book has charts, etc.
 Send 15c for a book of quilt patterns containing 7 beautiful Grandmother quilt designs—every pattern different.

Keep going with PEP

GOOD AT BEDTIME
 Kellogg's PEP is made of toasted wheat with extra bran. Mildly laxative. Digests easily. Nourishes quickly. Ideal for children's supper. PEP won't interfere with sound sleep. Enjoy PEP often. Always popular, with milk or cream. Buy PEP from your grocer. Made by Kellogg in London, Ontario.

Truly BETTER BRAN FLAKES... Ready-to-eat

Think Before You Become a Stepmother

Dorothy Dix

Being a Stepmother is a Hard Job, Both for the Women and for the Children—Make Sure That You Are Big and Warm-Hearted Enough and Free of Jealousy Before You Undertake it

A woman is going to marry a widower with two adolescent children who have been living with their grandmother since their mother's death. The father is particularly devoted to the elder of the children, who is a beautiful and attractive young girl of 18, and the prospective stepmother frankly admits that she is consumed with jealousy of her and wants to know if I do not think that she should tell her fiancé that she is not willing to have the children live with them after they are married and that he must leave them with their grandmother.

Well, if she feels that way about the children, the only decent thing to do is to state her position unequivocally on the subject and give the widower a chance to choose between her and his children. Otherwise she will bring misery down on the heads of all concerned. And it will be mere justice to the children, whose fate lies helplessly in the hands of their elders and whose happiness or misery will depend upon their stepmother's attitude toward them.

Of course, it will be a terrible surprise and shock to the father to find out that his beloved children are regarded as a fatal handicap to him. Men have an artistic belief that all women are simply sloshing over with the maternal instinct, and that they will get the kick of their lives out of bestowing it on another woman's children. Hence, when a widower marries and brings his new wife home, it never occurs to him that she isn't going to love his children and be a real mother to them.

It never enters his dear dumb head that the more a woman loves her husband, the more she is apt to resent the first wife, who had his youth and romance and all pertaining to her, and that there are no sirens or vamps of whom she is so passionately jealous as she is of his children. Every display of affection that he makes to them, every generosity, every token of pride, all this little petting that would be so precious to her if shown to her own children, tear her heart to tatters when they are lavished on the children of his first marriage.

Of course, there are some women whose arms ache for children, who can take their husband's children to their breasts and love them as if they were their own. There are big and generous-hearted women who can be fair and just to their stepchildren, but if a woman is at all inclined to be jealous and if she is of a possessive nature, it is a dangerous experiment to bring the stepchildren to live with her. She makes their lives hard and bitter, and she either alienates their father from them or makes the home a place of continual strife.

It is not to be denied that the lot of the stepmother is a difficult one. Taking it by and large, it is the hardest and the most thankless job on earth, and one wonders why any woman ever has the courage to undertake it.

All children are wearing to live with. When they are small they are noisy and dirty and obstreperous. They cluster up the house and get on the nerves of adults with their incessant activities. They are adolescent; they are full of strange whims and fancies and possessed of a mania for doing those things which they should not do and refusing to do that which they should do. They consider themselves incarnate wisdom and irreproachable taste, they look upon their elders as senile morons and are resentful of all control and interference with their pleasures.

All that their own mother has to put up with in children, all the sacrifices their own mother has to make for them, all the work she has to do in making them comfortable and creating a happy home, the stepmother has to do. But there is this great difference: The own mother's love is a magic that makes her children's noise music to her ears, that turns every sacrifice into a joy and makes labor a joy because it is done for those she cares for more than she does for herself. But the stepmother has no such affection to gild her labor and sacrifices. Her self-denial, her toil, are just blood offerings laid on the altar of duty.

And if very few children ever show any perception of what their parents do for them or express any gratitude, still less are stepchildren appreciative of their stepmothers. As a general thing they resent her and regard her best efforts in their behalf as unwarranted meddling in their affairs. The discipline they will accept from their own mother they will not take from a stepmother, and this makes more difficult the task of the woman who is trying to guide aright her husband's children and be a mother to them.

If there are cruel stepmothers, there are also demon stepchildren, but the stepmother should always bear in mind the fact that her lot is of her own choosing. She knew what she was doing when she married a widower with children. She deliberately elected herself to the position of mother to them and she is, of all women, the most damned if she fails in doing her best to take their mother's place to them.

For a woman to marry a man with children and neglect and mistreat them, for her to be cold and cruel and unresponsive to them; for her to make them feel so unwelcome in their father's house that they are literally driven out of it as soon as they can support themselves; and for her to alienate their father from them by being so jealous that he is afraid to show them any affection, is for her to commit the crime of crimes.

Oh, it is a hard job being a stepmother. Hard for her and hard for the children, and a woman should search her own soul before she undertakes it.

DOROTHY DIX.

of promotion; other men will do as grace a drawing room. First, poised people have undoubtedly learned how to breathe. Do you know that deep breathing, done correctly, is one sure cure for self-consciousness? And that once this bugbear is eliminated, gracefulness and poise come much easier? Let us consider the inhaling of oxygen into the lungs. You should breathe deeply, filling the lungs to their full capacity. Shallow breathing is not only bad for health but does not make for poise. Sit comfortably, but straight in your chair, chest high, chin up. If you're embarrassed when sitting down among a laughing group of strangers, breathing deeply will help to regain your poise.

Recovery will be speeded up, too, if you think less about yourself. Self-consciousness is usually prevalent among persons who think too much in terms of "I."

HINTS FOR COOK

If tomatoes are sprinkled with sugar before being cooked their flavor has an added piquancy.

To sweeten cream that is turning slightly sour whip in a pinch of bicarbonate of soda.

HOLLYWOOD DIET EXTREMELY DANGEROUS

The much publicized "Hollywood Diet" was responsible for many nervous breakdowns among women who wanted to reduce, according to Mrs. Ruth Bennett, White of the New York State College of Home Economics.

The best diet for any purpose, she said, is the standard diet, modified in quantity for the thin person who wants to gain, for the fat person who wants to lose, or for the sick person who wants to get well.

"Any diet should not reduce calories to less than 1,400 a day," she said. The Hollywood diet, she pointed out, provided for as little as 800 to 900 calories a day.

DEEP-BREATHING AN AID TO POISE

A woman's charm and graciousness are often judged by the way she sits. The great beauties of the world radiate a certain poise and dignity as they sink into comfortable chairs, lean back and sip their tea. It is an enviable accomplishment that of knowing how to

FLARED AND BELTED COATS MARK NEW SUITS

This spring will be a big "suit" season in the opinion of stylists. Spring suits will not only be more versatile than ever before, but they will go half way around the clock, from casual tweeds to formal fur-trimmed affairs for the ubiquitous cocktail hour.

Flared, belted, three quarter length coats mark the new suits for town wear. They may or may not be "windblown." The "swagers" are still with us, too. One such suit, of crinkled navy blue wool, flares like a Russian blouse. Besides its flare, the three quarter length coat has a deep square armhole, a high collar and a crushed ash-like belt.

A "windblown" of grey tweed suit has its broadness in a front flare, with a belt extending only across the front and tied squarely over the wearer's middle. Its wide, deep

You step lively after a cup of GOOD TEA

Feeling listless and tired; worn out by the shopping round or mounting household cares? Here is a wonderful remedy: Sit down and enjoy a cup of GOOD tea!

Fatigue vanishes: tired chin and sparkling eyes tell of new-found vigour and quieted nerves. Drink GOOD tea for the pleasure of its matchless flavour as well as for the good it always does you.

You get more out of GOOD tea: more courage, more energy, more flavour, more refreshment, more enjoyment. Packers of leading brands employ tea experts to maintain this standard of quality. Everyone can afford GOOD packaged tea.

THE CEYLON TEA BUREAU

ANY TIME IS TEA TIME

How to Make GOOD TEA
 Select a GOOD packaged small-leaf tea. Boil fresh water. Warm up a clean earthenware tea pot. Put in one teaspoonful of tea for each cup and one for the pot. The moment the water comes to a boil, put it on the tea. Let the tea brew five minutes.

... nothing so refreshing as a cup of GOOD Tea

THE COOK'S CORNER

Cinnamon Apples

Peel and core medium large apples, at least one for each serving. Cook in syrup of 2 parts water to 1 part sugar. Add the little cinnamon "Hot Shots," sometimes called cinnamon candies, to tint the syrup a vivid red. Cook apples in this until they are tender, being careful not to cook too fast to cause them to fall apart. If preferred, apples may be quartered.

Peanut Butter Drop Cookies
 1 cup sweetened condensed milk, 6 tablespoons peanut butter, 1/2 teaspoon salt, 1/2 cup Graham cracker crumbs.

Method: Blend condensed milk well with peanut butter, add salt, and Graham cracker crumbs. Mix well and drop by spoonfuls on greased cookie sheet. Bake in moderately hot oven (75 deg. F.) for 15 minutes.

Filled Turnovers
 Half pound soft sweet butter, 1/2 pound cream cheese, 2 cups flour, 1 egg, 1/2 cup milk, 1/2 cup jam.

Method: Cream butter until very light with fork, add cheese and slowly blend in flour. Keep mixture cool after it is mixed, or it will be difficult to roll. Roll very thin (like paper) cut with cookie cutter and put teaspoon of desired jam in center. Fold over in half, and press edges together. Bake in hot oven until brown. Bake amount required, and keep remaining dough in refrigerator, as these are best if eaten while fresh.

revers are made of checked tweed. Many of the formal suits also have three quarter length coats, with less flare and no belts — the "tunic" silhouette that is also seen in new cocktail and evening dresses.

Useful in Camp—Explorers, surveyors, prospectors and hunters will find Dr. Thomas' Electric Oil very useful in camp. When the feet and legs are wet and cold it is well to rub them freely with the Oil and the result will be the prevention of pains in the muscles, and should a cut, or contusion, or sprain be sustained, nothing could be better as a dressing or lotion.

A Morning Smile

They met again for the first time since their boyhood. "Well, well," said Jones, "and how are you finding things? Have any of your fond childhood ambitions been realized?"

Brown grimaced. "Yes, one," he replied. "You remember how I wanted to wear long trousers?"

Jones nodded. "Well," continued Brown, "I believe I now wear them longer than anyone else."

Mabel—What's worrying you, David?
 David—I was just wonderin' if dad would see to the milkin' while we're on our honeymoon, suppose' you said 'yes' if I asked you.

VITAMIN C PREVENTS RHEUMATIC FEVER

WASHINGTON, April 3—New evidence shows lack of vitamin C — the anti-scurvy vitamin—in one cause of rheumatic fever, and the patient's heart disease of late winter and early spring, was announced yesterday by the Public Health Service.

Guinea pigs fed for three weeks on a diet lacking in vitamin C, and then inoculated with streptococcus germs, showed heart injuries similar to those found in human cases of rheumatic fever, it was reported.

Vitamin C is found in fresh fruits and vegetables.

INFANTS' COLDS Relieved!

Young children easily catch cold. To Mrs. Russell Ward, of Hillside Beach, Ont., wisely says: "If I notice that there is any sign of a cold I give Baby's Own Tablets and find they are a great help."

Thousands of mothers do the same not only for colds but for fretfulness, indigestion, constipation, teething troubles, colic, upset stomach and so on. Baby's Own Tablets are safe and sure in relieving childhood's common ailments. Price 25c.

Dr. Williams' BABY'S OWN TABLETS

New Spring Smartness

Illustrated Dressmaking Lessons Furnished With Each Pattern

By Ruth Rogers

Today's pattern will delight you with its newness, youthfulness and smart lines. The dress of ahirwaits styling is sort of tailored, and the buttons down the front of the bodice will give you a slim look. The pointed skirt section with center-front seaming also helps marvellously toward making you appear tall. The collarless jacket is very smart with its three-quarter sleeve length. Easy to make! You'll be amazed at the short time it will take you. Plain or patterned crepe silk, rayon novelties, lightweight woolsens, etc., are other suitable mediums.

Style No. 610 is designed for sizes 14, 16, 18, 20, 22, 24. Size 16 requires 4 1/2 yards of 36-inch material.

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

No. 610. Size
 Name
 Street Address
 City State

TABLOID

If you run out of clothes pins with your washing ready for the line, save one clothes pin for the end, and pin the middle things up with safety pins. The clothes pin at the end keeps the wind from sliding the clothes into a bunch.

SALMI OF LAMB

Melt two tablespoons butter in a stewpan and fry a consuetudine minced onion in it for five minutes. Add eight slices cold roast lamb, one teaspoon cold gravy, salt and pepper to taste. Cover and cook

over the fire till thoroughly brown when flavor with salt or pepper. Serve with new potatoes and peas.

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