

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

The HOUSEWIFE and HER ACTIVITIES

CONTENTMENT

There is a power to make each hour As sweet as heaven designed it. Nor need we roam to bring it home. Though few there be that find it. We look too high, for things close by. And lose what nature found us. For earth has here no charm so dear. As home and friends around us.

PRESERVING THOSE PERMANENT WAVES

A permanent wave won't take care of itself. Almost anything worth while needs attention after you get it whether it be a plant, a used, or a permanent wave. Sometimes ornaments dry out the hair. If this should happen to you after you get your new wave, do something about it at once.

The answer to the drying out problem is a simple one. Oil your scalp and, if the dryness threatens to become serious, oil your hair as well. There are oily tonics for the hair. The operator who gave you your permanent wave should advise you which one to choose if she has the faintest idea that your hair is getting dry and lifeless. If she thinks the condition isn't serious and only a temporary dryness which will cease to exist after a couple of shampoos perhaps she'll want to spray your hair with brilliantine just before she sets the wave after each shampoo.

Permanents are not guaranteed to stay in the lovely wave you have after you get one. It stands to reason that the waves are going to be washed out with each shampoo and unless you are adept at setting waves yourself, you'll have to have a beauty operator do it. If you decide to do your own setting, by all means get a bottle of wave set lotion. It holds the hair in place while you form the waves with your fingers and a fine comb.

KEEPING MOTHS AWAY

Moths thrive in woolen fabric that is soiled, so don't pack away the winter clothing, rugs and blankets until they have been dry cleaned or at least brushed and aired in the sunshine for several hours. Moths detest newspaper and they'll stay away from packages of clothing that are wrapped in old newspapers.

MEASURING FATS

In measuring small amounts of solid fats, the tablespoon is the best medium, four tablespoons equalling one fourth cup and five and one third tablespoons, one third cup. In measuring fats in the cup they must be packed in firmly, so firmly that when turned out it holds the shape of the cup. In measuring one half cup of fat many like to fill the cup half full of water, then pack in the fat, submerging it until the water fills the cup. The water is then poured off and the fat removed. Of course where butter and lard

Confessions of a Debutante

By RUTH A. ABELING (Copyright)

"WHEN JONATHAN EATS"

It's been a good lot like trying to fit a lamp wick into a silver flagrant candle holder and expecting to have a light—tonight. An hour with My Stranger (Oh, no—I wouldn't let him tell me his name. Why need I know it? Soon I'll have to forget him anyhow—put him away with all of his delicate, dark-eyed fascination, with Larry and the rest.)

And then to Jonathan. Jonathan Grey—Jonathan Grey! I watched myself at the breakfast table—no! I'd never go to breakfast with the prospect of Jonathan Grey and his jewels across the table from me!

But dinner—I couldn't avoid dining with him once in a while. Even Elise, who married old Whyburn and frankly hates him, says they have to eat together twice a week to keep the servants from talking. And every dinner would be just like tonight, except that I'd be alone with him, and that would be worse.

I'd sit across the table from him petrified. I can see myself now. Hating him for the way his face thickens toward his chin—and he can't help that—but I'd hate him for it just the same. Hating him for the way he handles his knife and fork. Hating him for the way he handles a glass. Hating him, fairly, for the way his clothes fit him!

And some day I'd probably throw something at him.

I wonder then if he'd cackle at me. I wonder if he'd get angry and try to choke me. Some day I think I'll try it just to see what he would do. And then I'd tell Mama. Perhaps I'd have the marks on my throat to show her, and I could tell her about MY SACRIFICES!

It should be noble then. I think a woman does when she gets something she can drag out every now and then and exhibit as her SACRIFICE.

Anyhow, I'm taking some trophies as I go! That hour with My Stranger was the most delicious thing I've had since I was born. Why, shouldn't I have let him? I'm going to have such a brief moment of sunshine that I can't see any reason for not doing right away what I know I should do the third time I saw him. I knew at my party that some time I should let him kiss me.

Well—I have! I haven't any more dates with him. Wouldn't make any. But I shall see him again somewhere. I knew I shall—I, Jonathan Grey's future wife.

"AND I DARE DREAM"

No one else in all the world would have dared call me as early as My Stranger this morning. Fascinating thing! I little dreamed that I should have the courage to telephone to my home, worm his way into the family circle right under the nose of my ultra-exclusive mother! And if

THE COOK'S CORNER

Prune Cookies

Two cups cooked prunes, 1/4 cup shortening, 1 cup sugar, 1/2 cup dark molasses, 1/2 teaspoon salt, 3 eggs (2 be used, in which case add 2 more tablespoons of water), 1-3 cup water, 3 cups quick-cooking Quaker oats, 3/4 cups flour, 1 1/2 teaspoons soda, 2 teaspoons vanilla. Cut prunes in small pieces. Cream sugar and shortening. Add molasses and beat well. Add well-beaten eggs, and water, and beat again. Add flour sifted with salt and soda. Mix thoroughly. Add oats, prunes, vanilla and blend thoroughly. Drop by spoonfuls on greased cookie sheet. Bake 12 to 15 minutes in a hot oven.

Ice-box Cookies

One-half pound butter, 1 pound brown sugar, 2 eggs, 3/4 cups flour (sifted), 1 teaspoon soda, 1 tablespoon vanilla, 1 cup sliced walnuts, 1 teaspoon salt. Form into small rolls. Chill thoroughly. Slice very thin. Bake in a 355 degree oven.

Cream Cookies

One-half cup sugar, 1/4 cup honey, 1-3 cup butter, 1 egg, 1/2 cup sour cream, 1/2 teaspoon soda, 1/2 teaspoon baking powder, 1 1/2 cups flour (sifted), 1/2 teaspoon vanilla. Flour to roll (about 3 cups). Cream the butter, add sugar, honey and well-beaten egg. Sift flour, soda, baking powder and salt. Add to egg mixture and sufficient flour to roll out. Cook on greased tin in slow oven.

Russian Nut Cookies

1 cup sifted cake flour, 1 cup sugar, 1/2 teaspoon salt, 1 teaspoon vanilla, 1 egg, 1/2 cup walnuts (finely ground), 3 egg whites, 1/2 cup flour (sifted), one measure, add sugar and salt, and sift again. Add nuts. Add to stiffly beaten egg whites a small amount at a time, mixing well. Add vanilla. Drop from teaspoon on greased tin. Bake in moderate oven (350 degrees F.) 20 minutes, or until done. Makes two dozen.

A Morning Smile

Low Built

A man took a friend for a drive in his new baby car. "How extraordinary!" remarked the friend after an hour or so. "I thought I knew most of the roads round London, but what on earth is this apparently interminable wall we are passing?"

Rejuvenating

An old gentleman had just arrived at a seaside hotel and was pestering the reception clerk with all sorts of questions. "Are you sure this is a healthy spot?" he asked. "Healthy?" he echoed. "I should say it is. Why, a little while ago an old fellow came here in a bathing machine, and after staying for a fortnight he ran away without paying his bill!"

Mother had known—poor dear, innocent! She was sleeping in her room down at the foot of the hall—I heard her snore, so I felt quite safe in saying all at once to My Stranger all of the foolish things I shan't be able to say the rest of my life.

He's such a delightful thing! Any lad who can tell you over the telephone that he loves you and makes you believe it is just a born lover, and that all there is to it. Here I hand him just about ready to grab a million and my heart, or my silly little heart, at the feet of a young Italian, whose name I do not even know!

He staged to Helen's party at the hotel tonight. Of course I told him I was going to be there and spent the whole day bumping so that I know it rattled the jet of my bodice when I saw him standing there in the doorway, exquisitely groomed, tall, slender, black hair brushed back, black eyes roving, alright! I was jealous of every girl who rested on!

Larry had me just then, and Larry covers such a little, little bit of territory when he dances! I think he felt me start. And I think he sensed my reason because he kept me away from the door, over in the far corner, so that I could only see and not be seen.

And when Jack Perkins cut in, if I didn't sail him over toward that door!

Jack's dancing with me lasted just long enough for My Stranger to bolt through and rush off with me. I flirted madly with him—and with everyone else. Dancing there with him, liking him so much and with the thought of Jonathan in the back of my mind, I was reckless. I telephoned for Nixon and without even the grace to blush I dragged My Stranger out to the car. We rode for an hour, perhaps more, and I discovered that I am the kind of a girl who can care so much that she even begins to think of being the mother of little folk who look just like some certain man.

It was terrible. The road was so smooth and Nixon was driving so fast, and this lad, arms around me, voice so deep and so beautiful, saying all of the things I wanted to believe. He started to tell me his name. I stopped him. "Oh, don't!" I was almost crying. "I mustn't have anything so tangible as a name to haunt me!" Of course, he didn't know what I meant, and I couldn't tell him go-

MECCA THE HOUSEHOLD OINTMENT 25c TRY IT CUTS SKIN DISEASES

HEALTH by Good Health A HEALTH SERVICE OF THE CANADIAN ASSOCIATION AND LIFE INSURANCE COMPANIES IN CANADA

During periods of financial stringency, whether they be personal, familial or national, necessity drives us to consider the costs of what we need or desire. The costs of medical care are forced upon the attention of most of us at some time, with the result that a good deal has been written and said regarding this subject.

If we do become ill, we desire the best medical care. Everyone would agree that the doctor should receive a fair fee for the services which he renders. Patients are usually grateful, but even the most grateful patient cannot be expected to enhance over spending his money for medical care.

We like to spend our money on things which we want, things which we enjoy or on the pleasure which comes to us through the things we want. We want health, and because we want it, we should be willing to spend some money for health. Most of us want health, but most of us do not realize just how much we desire it or how much we would willingly pay for it, until we suddenly are brought to realize that our own health is slipping or has gone.

The cost of keeping well is nothing compared with the cost of illness. Our public health departments are the community organizations to prevent or control disease, and to enable us to live healthily. There are very few communities which are spending even one dollar per capita per annum. This means that there are only a few Canadian communities which are spending anywhere near the two dollars per capita which is needed to purchase, through their health department, the full community protection which is now available through the application of what is known as disease prevention and health promotion.

The good expenditure required for health has not to do with money, but with the time taken from the daily round in order that reasonable attention may be given to the needs of the body. You cannot buy either exercise or rest, fresh air or sunshine. You cannot employ some one to do your personal health for you. Your personal health is the product of your own habits of living.

The cost of keeping well is not great. Compared with the cost of sickness, it is practically negligible. It is an asset and lack of health a liability. Questions concerning Health, addressed to the Canadian Medical Association, 184 College Street, Toronto, will be answered personally by letter.

RYE'S ERRATIC PRODUCTION With a somewhat improved export demand this year compared with last, stocks of rye in Canada according to the Agricultural Situation Bulletin, will be relatively small next July. Rye became of importance during the war and early post-war years when acreage increased from 1,184,050 acres in 1930 to 2,105,367 in 1932. In the next three years the area decreased to 642,976 acres. Between 1925 and 1930 the acreage again increased, amounting to 1,184,050 acres in 1930. In 1933 the area sown amounted to 583, 100 acres, or less than one half of the acreage of 1930. Production in 1933 amounted to 4,327,000 bushels as compared with an average production of 12,811,340 bushels from 1928 to 1932. It is that rye production in Canada has been erratic during the past twenty years and has experienced difficulty in finding its place in the Canadian agriculture. The carry-over on July 31, 1933, amounted to 5,844,727 bushels which, along with the crop, constituted total supplies of 10,141,727 bushels.

BRUDENELL SCHOOL Report of Brudenell School for the month of April: Grade VII—1 Athol Robertson, Grade V—1 Catherine Robertson, Grade IV—1 Blair McLaren, Grade III—1 Athol Stewart, Grade II Sr—1 Olive Shaw, 2 Doris Nicholson, 3 Mac Nicholson, Grade II Jr—1 Stewart Dewar. Perfect attendance: Catherine Robertson, Bruce McLaren, Blair McLaren, Gordon Dewar, Kenneth Dewar, Athol Dewar, Kenneth McLaren, Doris Nicholson, Stewart Dewar. —L. George Dewar, Teacher.

cause, somehow, telling him would have seemed like wearing intimate garments which were ragged and unfit under a beautiful gown. I'm afraid he'd think I'm that way. And I guess I am or I wouldn't go on with Mama's plans. (To Be Continued.)

Is Married Marriage Key to Success? Dorothy Dix Finds Love Matches Work Out Best

The "Fine Match" of Yesterday is the Flop of Today, for the Colonel's Lady and Judy O'Grady are Continuously Changing Places; the Only Values That Stay Pegged at Par Are Spiritual

Five Years ago a distinguished educator in pointing out the easiest road to success to his graduating class of young men said: "Don't bother with the stenographer. Marry the boss' daughter." But times have changed and so has the wise pedagogic advice, for in a recent speech he counsels this year's crop of boys to marry the stenographer because she has a job, while the boss' daughter has nothing.

Still better counsel would be to urge all young people to marry for nothing but love, and to choose their mates for their qualities of heart and mind instead of their bank balances, or their social position. That has always been the part of wisdom, but never so much as now when fortunes are made and lost in an hour and Judy O'Grady and the colonel's lady are continuously swapping places and the only values that stay pegged at par are spiritual ones.

It is a curious thing that we always speak of the man or woman who marries some one with money as having made "a fine match," yet we know quite well that the one thing that is never sold over the counter is a happy marriage. Not all the gold in the world can buy one single throb of love, one kiss of passion, one dream of romance, one heartbeat of tenderness, one hour of congeniality and understanding and comradeship, one pulse of the pure joy of being together.

Physical comfort money can give. Freedom from worry about bills and debts. It can buy pleasures and amusements and make life soft and easy, but that is all. It cannot make a poor less obnoxious to live with, or soften a shrew's temper, or stop her nagging, or make a petty tyrant's littleness less galling. It does not make you more akin to one in a bankbook, nor are chains less hard to bear because they are gilded.

Often it appears that Cupid takes a malicious revenge upon those who make a graft of marriage by cheating them of the price for which they sold themselves. At any rate, how often you see the young man who has married a rich old woman for her money kept on an allowance less than that of a schoolboy. He has the run of his teeth in her houses, and he earns his board and keep by being seen giving them enough money to play around with girls of his own age. A gilded pauper, he must often think that the hardest work and the worst paid in the world is trying to work a rich wife.

And how often we see a young man marry a homely and unattractive girl because she belongs to a prominent family on whose shoulders he expects to climb to success. But it seldom turns out that way. Depending on other people's pushing his fortune kills his initiative and slacks him down, and he generally ends by just being his wife's father's son-in-law who has to be taken care of.

Girls, of course, marry much oftener for money than boys do, mainly because their mothers are disillusioned about marriage and think that while romance fades, an establishment is a consolation prize to fall back upon. Hence mother urges young Croesus or young Moneybags on her daughter instead of penniless Romeo.

And how often we see the girl who has married for money left with nothing but an empty pocketbook in her hands. How many girls we have seen who caught the catch of the season and had spurge weddings and went to live in mansions, we have also seen living in two-by-four flats and doing their own housework after their spendthrift young husbands had gone through their money like a dog through a hoop, or their most pliable of all women because they had nothing left out of the wreckage of their marriage. Not even love. When the money was gone, everything was gone.

I have known mothers to practically force their daughters to give up the poor young men with whom they were in love in order to marry rich and prosperous, and twenty years later I have seen the poor young men rich and prosperous and the rich ones down and out.

And I know well one mother who refused to let her daughter marry a fine, upright, intelligent young man because he was of inferior social position to her own. Now the daughter is a lonely maid working for a poor living, and the man has achieved fame and fortune.

The moral of all of which is, as I have said, that the only safe thing is to marry for love and the qualities that endure. Marry the girl who stands and humor and who, for some reason you cannot explain, appeals to you above all other women and you will not only be happy when you have money or not, but she will help you make the most of yourself.

Marry the man who has intelligence and energy and ambition; marry the man who is strong and brave and the qualities that endure. Marry the man who is honorable and trustworthy and you will make the best possible match for a poor company than to live in a limousine with a husband for whom you do not care. And it is not I that in the end your young go-getter will give you a sixteen-cylinder car instead of the eight you married.

For Cupid loves lovers and helps them along. DOROTHY DIX.

Socialist Party Purges its Ranks

OLERMONT-FERRAND, France, May 15 (CP)—Hayward, the French Radical Socialist party today "purged" its ranks of all members on whom the shadow of suspicion had fallen in connection with the affairs of Serge Alexander Stawisky and his Bayonne Pawnshop scandal. Expelled were Deputy Louis Aroust, who is charged with having aided Stawisky financial enterprise; Deputy Andre Hesse, former minister of justice, Senator Rene Renault, vice president of the Radical Party and former minister of justice, who is alleged to have signed the letter which made possible the Bayonne swindle, and Deputies Garat and Bonnaure. The Publicist Bonardi was also expelled for having allegedly served as intermediary between Stawisky and the newspaper "LAVOLONTE."

Longshoremen's Strike Probable

VANCOUVER, May 15 (CP)—Vancouver and District Waterfront Workers' Association, in dispute with the Shipping Federation of British Columbia over wages and working conditions, have voted their committee power to call a longshoremen's strike if the committee should deem such a step necessary. The strike vote was 602 in favor of giving the committee this power, and 223 against. A principal point in the dispute is the dispatching of men to the various jobs, at present controlled by the Shipping Federation. A conciliation board in an interim report has recommended that the Federation continue to dispatch the men, at least until the dispute is settled. The men are also asking an increase in wages from 80 cents to 85 cents per hour.

NEW BRIDGE FOR LONDON

Eleven years after it was discovered that Waterloo Bridge in London was sinking, the highways committee of the new Socialist London County Council has recommended the erection of a new one to take its place. The committee favored Sir Giles Gilbert Scott's design for a structure wide enough for six lanes of traffic. The estimated cost is \$6,500,000, for which provision was made in the 1932 Money Bill. This bill was rejected, and a new measure will have to be passed. It is hoped the Government will assist financially. In the 11 years many projects for dealing with the situation have been abandoned.

TEETHING TROUBLES Ended!

"My baby has five teeth and has never been sick since his birth, thanks to Baby's Own Tablets," says Mrs. Alton A. Parcher, Glensmond, Quebec. Baby's Own Tablets were originated by a doctor to help babies through teething. They reduce fever and correct indigestion and diarrhoea. Even a tiny, delicate baby can eat and easily take them. 25c at all druggists. Dr. Williams' 210 BABY'S OWN TABLETS



The Hospitable Gesture of Serving GOOD TEA

For formal or informal entertaining, GOOD tea is always correct. Pouring it is a rite the smart hostess reserves for herself as the crowning intimate, hospitable gesture. Always serve GOOD tea for your family's own enjoyment of its finer flavour, as well as for the pleasure of your guests.

GOOD tea always gives more: more cups, more energy, more flavour, more refreshment and so, is the most economical as well as the most enjoyable of beverages. Everyone can afford GOOD tea, Empire grown for the Empire's homes and brought to you by famous packers who employ tea experts to maintain perfection of quality and blend.



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

New Spring Smartness

Illustrated Dressmaking Lessons Furnished With Each Pattern

For sports and vacation wear, nothing will quite equal a costume like this. Slip off your skirt, and you're ready for tennis. If you're planning to go to camp, be sure and take along several little pieces of shirt and shorts. You'll improve your golf game by wearing these comfortable togas. You can make it for a surprising little sum, and it's so simple to put it together. It can be carried out in pique, linen, seersucker, shirting cottons, etc.

Style No. 893 is designed for sizes 11, 13, 15, 17 and 19 years. Size 15 requires 4 1/2 yards of 38-inch material for skirt, shorts and blouse. Price of PATTERN 15 cents in stamps or coin (coin is preferred). Wrap coin carefully.

Form for ordering pattern: No. 893, Size, Name, Street Address, City, State.

BROTHERS ROUT WOLF PACK

Having fought off a pack of wolves with axes, the three brothers Tytkoff have become heroes in the vicinity of Stanimaka, Bulgaria. The three were returning home after a day's wood chopping when the yelping animals chased them. Soon the pack overtook them, pulled Cheorghil to the ground and attacked him. Vassel and Anghel charged the wolves with axes, their only weapons, and the pack left Cheorghil to attack the other two brothers. After a terrific battle one of the brothers split the skull of the largest of the beasts. The others fled, and the three men, wounded and exhausted, dragged themselves home.

VICTORIA GOWN FOR BILL PEDEN VICTORIA, May 15—(CP): The diesel doubt as to the home town of big Bill "Torchy" Peden, six day bicycle racer, residents of this city have arranged to send the giant cycling ace a brilliant dressing gown. On the back, "Victoria, B.C. Canada," is worked in fancy lettering. For several years during which he has blazed a brilliant career in the racing game, "Torchy" has frequently been listed in sports as a resident of Vancouver. Use Milburn's for Fingernails

MILBURN'S HEALTH AND NERVE PILLS

Household Drudgery The Bane of a Woman's Life

Nature intended women to be strong and healthy instead of weak and sickly, but how can a woman have good health when she has to go through the household drudgery without any relaxation. If it any wonder she becomes nervous and irritable, has hot flushes, faint and dizzy spells, shortness of breath, sinking and smothering sensations, and can't sleep at night. Women who are weak and run down will find in Milburn's H. & N. Pills a remedy to strengthen the system and bring back the much desired health.