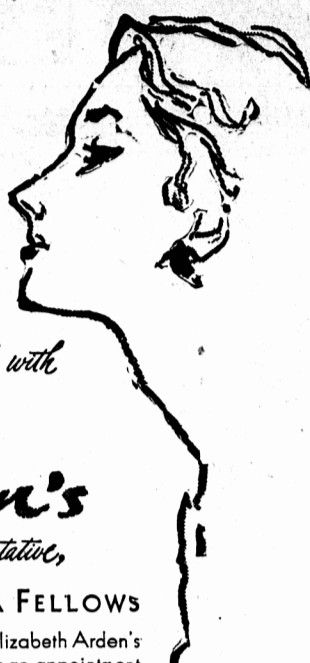


Woman's Realm Social and Personal Fashions Literature



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An appointment with Elizabeth Arden's representative is really an appointment with loveliness. For she knows that beauty means everything: care of skin, hands, hair, correct make-up. She knows, too, that Elizabeth Arden preparations mean everything for beauty, and she will give you personal suggestions on the proper use of those preparations. Essentials for daily skin care, perfumes, powders—an entire sequence of celebrated products! Visit our Cosmetic Department now: for your appointment with loveliness!

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Living & Leisure THE WOMAN'S REALM

THEY GROW SO FAST

'Twas just the other day, almost, she was the subject of a toast. Cigars were passed around and then

Before I knew it, she was ten— Her eyes so big and round and dark.

Her dimples ready for a lark. Her smooth complexion like a dream Of peaches drenched in Jersey cream.

Her poise was quite unlike a queen's Throughout her harum-scarum teens.

Yet in her eighth-grade formal dress She made me gasp for loveliness; And ere I knew, she sat sedate, A glowing high school graduate.

There on the rostrum looking down, Hard-won diploma, cap and gown. Her letters, now bewildering me With French and deep philosophy. As though I were not baffled plenty 'To realize—today she's twenty!

Casual in Vancouver News-Herald.

Green pepper, finely minced, onion powder and a small amount of chili sauce are good added to scrambled eggs; use as a filling for a toasted sandwich, if desired.

Without earnestness no man is ever great or does really great things. He may be the cleverest of men; he may be brilliant, entertaining, popular; but he will want weight. —Bayne.

Times of general calamity and confusion have ever been productive of the greatest minds. The purest ore is produced from the hottest furnace, and the brightest thunderbolt from the darkest storm.—Colton.

A decompression suit which can be worn like underwear and which not only will keep a man alive but enable him to move about freely at altitudes above 100,000 feet has been devised for the Air Force.

To dice an orange, cut peeled orange in half. Lay flat side down. Slice lengthwise and crosswise into desired pieces.

BEHIND LAMPS

If you put a paper dolly behind a pin-up lamp that is fastened on the wall, not only will it add a decorative note to the room, but it will keep the wallpaper from becoming spoiled.

CHILL DOUGH

Before rolling cookie dough, chill it in the refrigerator to permit it to be handled without adding more flour. If extra flour is added during rolling, the cookies may not be as tender and crisp as they should be.

TAKE TIME—

To look around at others—it is too short a day to be selfish.

To laugh—it is the music of the soul.

To play with the young—it is a joy of joys.

To be courteous—it is the work of a true nobleman.

POSSESSIONS VS. GOOD TIMES

"I'd certainly like to have that," said the young wife eyeing the marked-down price tag on a hand some sofa. "But," she sighed, as she turned away determinedly, "Bill has his heart set on the two of us taking a really nice vacation this summer, and I know the budget won't stand for both the trip and the sofa."

Now, there's a wise woman. Perhaps she is the kind of wife who would rather have the special trip with her husband than the piece of furniture for her house. But even if she would rather have a possession than a shared happy experience, she is wise not to insist on the possession at the expense of the trip her husband wanted.

Can Be Too Practical

Because the woman who is too practical, who puts "things" ahead of everything else, stands to grow away from her husband if he is a man who needs more than material possessions to make him happy.

A husband will fight against that practical side of a woman's nature for a time, but he won't fight forever. He'll eventually give up. And in the end the couple may accumulate more things than if they occasionally spent their money on shared good times. But they won't have accumulated such a wealth of happy times to look back on.

Women need to be practical, of course, but they also need to know when it is wiser to be a little bit carefree, a little bit impractical.

That Body Of Yours

By James W. Barton, M. D.

SUITABLE CONTACT LENSES RAISE THE MORALE

You perhaps have been reading about contact lenses which enable those who dislike the idea of wearing glasses (at an "early age") to get all needed help for their eyes. Many would be surprised at the number of men and women who are willing to go about without the aid of glasses they really need rather than wear glasses.

What always has been a serious matter to physicians is that so many boys and girls have had to avoid group games and athletics because of poor eyesight, owing to the danger of flying glass from broken spectacles. Not only has this meant loss of the physical development but also loss of the emotional and mental development derived from group games.

In the "American Journal of Optometry," Dr. John J. Wey, Cleveland, reports a case of a student examined to determine whether or not he was a suitable case for contact lenses. Both eyes needed correction. He was found suitable for contact lenses, and is now comfortably wearing them 10 hours daily. Contact lenses must be fitted by an expert only. The above case is reported to show the advantages of a suitable contact lens for young patients.

This boy was an athlete and contact lenses enable him to take part in football, swimming, wrestling and other sports with complete change in his pattern of life. Had he been denied the use of contact lenses he would have been deprived of the ability to acquire the physical and mental coordination obtained by taking part in athletic sports.

While the above case is of interest to the boy or girl naturally inclined toward athletics, it should be of even more interest to the parents of children with poor eyesight who are not inclined to play. Being able to play the various games not only develops mental and physical coordination but also raises their morale.

Group games teach boys and girls to think fast, act fast, become unselfish, control the temper, to "stick to it," all of which means the all-round physical, mental, and emotional development that keeps us sane individuals.

How Can I!!!

By Anne Ashley

Q. How can I avoid wasting chocolate when melting it?

A. It is wasted by so much of it sticking to the bottom and sides of the container. But this can be prevented if the container is thoroughly greased before the chocolate is put into it.

Q. How can I make a substitute for a funnel?

A. When a small funnel is not at hand, an excellent substitute can be made by punching a hole in the end of a dried egg shell.

Q. How can I mail a bottle of

chocolate when melting it?

A. It is wasted by so much of it sticking to the bottom and sides of the container. But this can be prevented if the container is thoroughly greased before the chocolate is put into it.

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DOROTHY DIX SAYS—

\$64 Matrimonial Question

Should Husbands And Wives Take Separate Vacations?

How often and how long should husbands and wives take vacations away from each other? This is one of the \$64 matrimonial questions that cannot be answered definitely, because it all depends upon the temperaments of the individual party of the first part and upon the temperaments of the individual party of the second part. Sometimes, as the old adage says, absence makes the heart grow fonder. And sometimes it makes it grow fonder for some other woman or man.



Generally speaking, there are two schools of thought on the subject of vacations. One is the adhesive, or mustard plaster, type of marriage which holds that husbands and wives never should take a day off from each other's society. They should go to the same places, know the same people, read the same books, eat the same food, have the same tastes and habits, and realize the poets' ideal of two souls with but a single thought, two hearts that beat as one.

This plan is presumed to promote the affection of married couples, and it probably works with the rubber-stamp type of individuals, for it is no uncommon thing to hear a wife boast that she and her husband never have been parted for a day in the 20 or 30 years of their marriage.

SECOND THEORY

The other school of thought on the vacation problem puts its faith in the absence treatment. It holds to the theory that just as nobody can eat 30 quails in 30 days and still relish them, so no husband and wife can live together constantly without getting fed up on each other. It contends that the reason that so many husbands and wives sit up at evenings in a silence so thick you could cut it with a knife—or else quarrel—is because they are so tired of each other, and that the way to keep a marriage a going concern is to keep it moving, instead of static.

Now each of these plans for the vacation of husbands and wives has its points. The married couple who always go together may have a pleasant outing with a congenial companion and be able to say to each other: "Don't you remember the capitol at Washington, or the So-and-Sos we met in San Francisco?" But they are not likely to have any startling adventures.

On the other hand, the husband and wife who take their vacation alone have the unique privilege of doing what they want to do themselves, instead of adapting themselves to their mates. If the husband wants to fish, he fishes. If the wife wants to go to a swanky hotel and show off her new clothes, she goes. And both return refreshed and filled with new things to talk about.

But the summer vacation for husbands and wives, like all other good things, must be taken in moderation. Two or three weeks' absence from home is enough. A month is the limit. Two or three weeks' absence from home is enough. A month is the limit. Two or three weeks' separation will give the galled spots made by the matrimonial yoke time enough to heal. It will give the husband and wife a chance to realize that domestic freedom is the loneliest thing on earth and that, after all, there is no place like home.

All of which adds up into saying: Take your vacation. Enjoy it. But make it short and snappy. And be careful. Don't forget that there is always a summer widow or widower seeking whom she or he may devour.

The Stars Say—

By Genevieve Kemble

For Saturday, June 26

A "Red Letter Day" is the augury, based upon planetary aspects that must be deemed not only breath-taking and sensational, but soul-stirring as well, since all departments of human living are in line for thrilling and deep-seated drama. A radical and quite unforeseen combination of openings, medicine, or other liquid securely?

A. Get a heavy tubular ice cream container, and stuff it with cotton. This makes an ideal device for this purpose.

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Ellen's Diary

By an Island Farmer's Wife

Pat was "tuber-unting" today, he and his employer Mr. S. in the fetching red-brown field on the slope. Now to plant potatoes in units is of course to cut the seed in the field, being careful then to plant that from each tuber by itself and isolating those from the neighbors in the row by an identifying space. Then at roguing time, any undesirable plants, and this takes in the entire family, may easily be weeded out, leaving only the choicest of seed to develop. Planting in units, sufficient perhaps to return the farmer his own requirements or a nice cash surplus to make some old dream come true, is a familiar endeavor on farms these days. While it is an excellent practice, for some reason or another—it may only be lack of time—it is one that up to the present James has spared us at Alderlea though Rob continues to carry it out, often with interesting and surprising results.

Pat appeared suddenly at the door, when I had just added a pan of chips to hurry the mid-morning fire. It made such a cloud of smoke, billowing up to leave a shadow on the sunny lawn. I was sure that James seeing it from the field would be uneasy thinking that I was on fire. "You'll be after fluke in, Ellen!" Pat chuckled "It's quare I'm gettin', when you hear what I'm askin' for the day! Would it be that you'd be usin' your set-knives?" "Set-knives!" I repeated laughing "you don't mean to tell me that you came to the field to cut seed and forgot your knives! You're as bad as the absent-minded bridegroom, on 'appearing-out' Sunday. When he got to the Church, after I guess, walking as fast as James does, he was surprised to see no sign of his bride. 'Well he said 'if that's not the strangest thing—I'm sure she was with me at the end of the lane!' " "But that would be different!" Pat chuckled, "not that I'd be knowin' much about the lak. Shure an' 'tis the very thing we did—forgettin' the knives. I was just after sayin', 'we'd be forgettin' our heads only that they're fastened onto us!"

Jeanie commenced our seed-cutting today which is done with divided attention since one eye must be directed to grand-daughter's changing interests very apt to take her quickly out of sight. "Baby!" Jeanie calls "where are you?" Presently an over-alled, bonneted lassie comes around a corner to answer: "I'm here!" It is a nice game but one that must be often repeated since fearful hazards of horses and cattle and bridges and streams and pond are advised to "expect the unexpected." Such anticipation may mean sudden and unpredictable adventure that will stir the foundation of the life in all its aspects, engagements, commitments and aspirations. It might be as if the whole diagram of life could be redrawn and with lines of deep etching, meaning new reaches of endeavor.

* A child born on this day is assured of a strange, unprecedented and unpredictable voyage through life, with change, excitement and high adventure shaping its gay and romantic destiny.

Our farmers have arrived at a nice place in their cropping. They began to sow the last field of grain today on the patch that had their year's potato crop up at the other farm. James sowed, with Jeanie catching sides on the seeder. In a spell of absence, though Jeanie could hear her prattle, grand-daughter had a fine time playing in some grass seed left in our ver-satile wash-tub in the garage where the door stood open a crack which, widened to small fingers. Nor could one blame her so delightful it is to let the small silken seed slip through one's fingers. Nor is there any staying them. Fast they drop, like the sands in an hour glass or the minutes of these busy, lovely June days.

Jeanie and grand-daughter and Jamie who is "on again, off again, gone again" joined us at the supper hour, since Jock stayed later at his field work. "Jelly!" the small one, catching its inviting sparkle ordered, spoon poised in a most unlady-like manner. And a gain "more jelly!" in a tone that set us laughing in spite of our selves, and she chuckled broadly herself displaying wide rows of heretofore teeth. Slices of cold beef were our main fare and for a relish a dish of spiced rhubarb and onions that Jeanie contributed, though of course the children did not share in this. The jelly James dismisses as "invalid's eating" though he had words of praise for the flour and the yeast-cake that had helped in the making of yesterday's bread. . . . The teams are homing as twilight hills, unfolding a peaceful countryside now making ready for night's rest.

Until tomorrow — Diary — Good-night.

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By Roberta Lee

Q. How should a letter to a Congressman be addressed?
A. To a Representative in the U. S. Congress, the form is "The Hon. John F. Doe." In addressing a Senator, the envelope should read "Senator John F. Doe."
Q. Is it correct to use a bread and butter plate at dinner?
A. Even at dinners served formally, bread and butter plates are now often seen.
Q. When is it proper for a woman to send flowers to a man?
A. When he is seriously ill, or is convalescing from an illness.

Patching Walls
To fill small, deep nail holes in the wall, mix a little talcum powder or cornstarch with a few drops of water, and force this mixture into the holes, smoothing it off with your fingers around the edges.
Carpet Sweeping
Throw a little bran, slightly dampened, on the carpet before sweeping, and it will help wonderfully.
Shine on Serge
Shine can be removed from serge goods by rubbing it with hot vinegar, and then sponging with ammonia.

Morning Smile

Better English
D. C. Williams

Doctor's wife: "And what does your husband do?"
2nd wife: "He's an efficiency expert in a large office."
Doctor's wife: "What does an efficiency expert do?"
2nd wife: "Well, if we women did it, they'd call it nagging."

1. What is wrong with this sentence: "The man with his two sons were in the house."
2. What is the correct pronunciation of "jocosity"?
3. Which one of these words is misspelled? Professor, prognosticate, propaganda.
4. What does the word "effusive" mean?
5. What is a word beginning with fa that means "imaginary"?

PAY PARADE

The queue in the post office was getting longer and longer. At its head—before the grill with the "Pensions" label—an old woman was taking her time.

She fumbled in her handbag; brought first one and then another article out and laid them on the counter. They made an imposing collection.

The pension book still hadn't come to light, but the little old man could bear it no longer. He called out: "Hurry up, Ma. This is a pay parade, not a kit inspection."

Cook's Corner

STEAK AND KIDNEYS

1 beef kidney
1 pound round steak
1/2 cup all-purpose flour
1/3 cup fat
1 1/2 teaspoons salt
1/4 teaspoon pepper
1 teaspoon Worcestershire sauce
2 cups water
2 cups onion rings

Wash the kidney, cut in half, remove the fat and white tubes. Soak in cold salted water 1 hour using 1 tablespoon salt to 1 quart water. Soaking is not necessary but gives a milder flavor). Dry kidney and cut in 1/4-inch cubes. Cut steak into small strips. Combine steak and kidney, dredge with

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COOL COOKIE DOUGH

When rolling cookie dough, work with part of the dough at a time, keeping the remainder in the refrigerator until needed.



Barbour's MUSTARD

PERFECT PARTNERS

HOT DOGS...and

Barbour's MUSTARD



Three Canadian sisters, Joan, left, Ann, center, and Mary Paterson, Montreal, P.Q., were guests of Their Majesties at a presentation party held at Buckingham Palace in London. The sisters, in summer dresses, smile happily as they arrive for the royal fête.