

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

The HOUSEWIFE and HER ACTIVITIES

HAM STEAK FOR A TASTY MAIN COURSE

Ham steak cut from a sugar cured ham is food fit for a gourmet, and you may prepare it with a minimum of effort.

Put a few chopped tomatoes and several tiny boiled carrots around the steaks and serve the remainder of the vegetables in separate dishes.

A PRAYER (By Request)

This is a prayer, dear God in Heaven, For those who cannot speak— For pets and beasts of burden who are gentle, kind and meek;

The flock of lambs in Bethlehem That heard the angels' story, The lowly kine that shared their home

With tenderness and glory, The patient ass who bore our Lord Along a pre-strewn way—

This is a prayer, dear God in Heaven, For those who cannot speak—

When women abandoned red woolen red underwear for silk and rayon panties, soap manufacturers had to substitute coconut oil for linoled and cottonseed oils as a soap ingredient.

Consequently if a five cent tax is placed on coconut oil, as proposed, we do not believe we can do business," he added.

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Dorothy Dix's Letter Box

In-Law Question Requires Serious Thought, Since It Can Make or Mar Marriage—Is Doctor Right Who Feels Free to Flirt With Patients?

Dear Miss Dix—Why do we treat the in-law relationship so casually since it is one of the most important factors in determining our happiness? Also, it is a relationship that very few escape, and so it seems to me worth entering soberly, prayerfully and with all the tact and intelligence that we can command.



Answer: It is part of the silly sentimentalism with which we surround the whole business of marrying that makes us entirely ignore the in-law end of the proposition and attach no importance to it.

Which statement we soon enough discover to be untrue, for one of the first things that the young benefice find out is that they have not only espoused each other but each other's fathers and mothers and sisters and brothers, and that whether they are going to be happy or miserable depends to a large extent, on how they can get along with their new relatives.

For if Mary's mother thinks Mary threw herself away on marrying a poor chap like John instead of the rich old widower she had picked out for her, and if mother-in-law highbats John and criticizes everything he does and is always plying poor Mary, and if John is frozen and stiff and gives mother the cold shoulder when she comes to visit them, and if that there will be many spats between the young husband and wife over mother, and that Mary will shed many a secret tear.

And John is equally unhappy if Mary can't get along with his people and if she doesn't fit into his family circle. No man is pleased in an unpleasant situation than the one whose mother is always criticizing his wife, and whose wife is forever running to him with tales about his mother, and who is constantly called upon to take sides between them.

On the other hand, nothing does more to promote domestic happiness than for there to be good feeling and affection between in-laws. You can almost guarantee the success of a marriage in which the parents feel that they have really got another son or daughter in the boy and girl and their children marry, and when the son-in-law and daughter-in-law realize that Heaven has blessed them with another mother and father who will love and cherish and help them.

Not only does the absence of friction between in-laws promote the peace that is beyond price in the home, but the absence of jealousy and strife and suspicion and ill feeling does, for so many marriages are eliminated and enables those whom Fate has brought together to weld themselves into a complete family circle in which they can find great joy and comfort.

For in-laws can be mighty good friends and an ever-present help in times of trouble. Many a father-in-law and mother-in-law come to the rescue with personal and financial help when the matrimonial bark of a young couple is about to be wrecked. And many an old man and woman have their last days made happy and comfortable by the love and devotion of a daughter-in-law or son-in-law.

The in-law relationship, then, being such a vital one, it is strange that we should be so stupid as to regard it lightly, and to think that it is a matter of chance whether we get along with our in-laws or not. Such is far from being the case. The matter rests entirely in our own hands and depends upon the advisement, the good feeling, the good sense and the tact with which we handle the situation. DOROTHY DIX.

Dear Dorothy Dix—I am a young doctor, married, with a small family. My wife has become very jealous because of my flirtations with my women patients. Don't you think it is perfectly all right for a doctor to flirt a little with his young women patients, doing it only to get their practice, as times are hard and we need money badly? My wife objects to this, but I am true blue to her and cannot see any harm in these little affairs. I wish you would write something to make my wife feel as I do about this situation. DR. C. B. C.

Answer: I don't think there is any writer on earth who could convince a wife that her husband's flirtations were harmless, and that it was an innocent amusement for him to make love to other women.

And she would be right, because there are no innocent married flirts, and these light love affairs practically always have heavy endings.

Nor do I believe that the ethics of your profession would countenance you in offering a little love-making on the side as an inducement to women patients to come to you. Possibly it is done, but not, I am sure, by the highest of physicians.

Probably it is a lure to silly and sentimental women who are willing to pay for their romance, but it would be revolting to women of dignity and character. And it would cause husbands to foam at the mouth. And husbands are the ones who pay the bills. And, anyway, I can't see how the Romeo doctors who combine medicine and flirtations can expect their wives to indorse it. That is asking a little too much.

Be warned in time, doctor. When you have affairs with your women patients you are playing with fire that sooner or later will start a conflagration of scandal that will consume you. DOROTHY DIX.

Dear Miss Dix—I have two young daughters and I naturally wish them to have a good time and plenty of dates. How can a mother help her daughters to be popular? MOTHER.

(Continued on Page 11)

Why we believe in OVEN BAKING our Beans



Beans are good food any way you cook them. We have no quarrel with those who boil them. We do believe that by oven-baking our beans we make them more delicious to eat and easier to digest.

Every Fibre is COOKED

Heinz Beans are first thoroughly softened by long soaking in clean cold water. Then Heinz baking ovens dry-cook every bean through and through. It is this oven-baking that enables us to really saturate each dry, soft bean with rich delightful sauce. It is this oven-baking that makes Heinz beans so mealy and "munchy," so easy to digest.

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Oven-baking is the oldest way of cooking beans. Oven-baked beans are a treat we remember from childhood. When you go to your dealer's, look for Heinz Beans with the word OVEN-BAKED on the label. We believe they will delight you. Prices are attractive.

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- With tomato sauce and pork.
With tomato sauce, without meat.
With molasses sauce and pork, Boston style.
Red kidney beans in spicy sauce.

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DIAMOND DYES

MADE IN CANADA Better because richer in pure aniline

New Spring Smartness Illustrated Dressmaking Lessons Furnished With Each Pattern By Ruth Rogers



However, for women who are not exceedingly slim, it is apt to give a huddled-up look. This season, you can have your way about it. Wear it tucked-in or overblouse. The pattern provides for same. See wee sketch for overblouse.

Striped necktie silks, plain crepe silk, handkerchief linen, cotton challis in necktie patterns, etc., are other nice mediums. It's simplicity itself to run it up on the sewing machine, and the sewing enormous.

Style No. 604 is designed in sizes 14, 16, 18 years, 36, 38 and 40 inches bust. Size 16 requires 1 1/2 yards 36-inch material. Price of PATTERN 15 cents in stamps or coin (coin is preferred.) Wrap coin carefully.

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604

Fast, ready as she always is with remedies for sartorial difficulties, has designed this smart shirtwaist blouse to suit many figures. A tucked-in blouse is most flattering to youthful figures.

THE CANADIAN SHREDDED WHEAT COMPANY, LTD. Niagara Falls, Canada 12 big biscuits in every box.



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IT'S no wonder she loves her Shredded Wheat! The crisp-baked, golden-brown biscuits taste so good... make her feel so good. For Shredded Wheat is made of selected Canadian Whole Wheat, which contains Nature's vitalizing, nourishing elements in a most delicious and easily digestible form.

THE COOK'S CORNER Beet Salad 1 tablespoon gelatin 1 tablespoon vinegar 1 cup beet liquor 2 tablespoons sugar 1 teaspoon salt Pepper 1 cup chopped cooked beets 1 cup diced apples 1/2 cup chopped walnuts

Carrot Relish Salad 2 cups celery 2 cups cabbage 1 cup carrots 1 cup onion 1 cup celery and cabbage. Grate carrots and add to other ingredients just before serving. Nuts may be added. Mix all together and serve cold with mayonnaise. Servings, 6.

SHREDDED WHEAT MADE IN CANADA - BY CANADIANS - OF CANADIAN WHEAT

Grandmother's Quilt Patterns



BLAZING STAR

This design is an old Colonial pattern and apparently was brought from England, as there are many English heirloom quilts of this particular design. It is a member of that large family of "star" patterns. Material Required: 8 yards White 2 1/2 yards Light Color 2 1/2 yards Dark Color. Blocks finish 13 inches square 26 pieced blocks 26 plain blocks 6 inch border all sides

A Morning Smile

A pretty and well-made actress was receiving golfing lessons from a professional. To his amazement, he soon discovered that she could play quite well. One day he said: "Well, it's a strange thing, but although your stance is shocking, your form is pretty good."

Something DIFFERENT for breakfast



NEW ECONOMY AT TODAY'S PRICE

If you haven't tried Carnation for creaming your breakfast cereal, you have a delightful surprise in store. You'll find it appetizingly different when you add that distinctive Carnation flavour, Carnation's double richness and smooth creaminess. Just as with coffee or fruit, Carnation is so much better for cereals because it is evaporated to twice the richness of ordinary milk, and is homogenized to make it equally smooth and creamy through every drop.

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