

# Woman's Realm of Social and Personal Fashions Literature

## The Housewife And Her Activities

**CHILD IN THE GARDEN**

When to the garden of untroubled thought I came of late and saw the open door, And wished again to enter and explore The sweet, wild ways with stainless bloom Inwrought, And bowers of innocence with beauty fraught, It seemed some purer voice must speak before I dared to tread that garden loved of yore.

That Eden lost unknown and found unsought, Then just within the gate I saw a child— A stranger-child, yet to my heart most dear— Who held his hands to me and softly smiled With eyes that knew no shade of sin or fear.

"Come in," he said, "and play awhile with me." I am the little child you used to be.

—Henry Van Dyke.

### TWIN CORSAGES FOR SMART SHOULDERS

The opening of "Two Bouquets" in New York ushered in a greater era of twin corsages. Ever since last Christmas time, when an enterprising someone noticed that two orchids, two gardenias, statice, baby's breath, the season's neclines, one New York flower shop has been designing two bouquets instead of one for smart shoulders. Each is a trifle smaller than average size so that the whole offering adds up to about one and a half corsages. When we asked the masculine reaction to this extra strain on the wallet the shop put up gently but firmly in our place with their reply. "The young gentlemen are only too happy to offer their ladies something so new and beautiful!"

### LONDON LADS STEP OUT MORE THAN GIRLS DO

Boys go to the cinema more often than girls, and more boys than girls read in bed. These were discoveries mentioned yesterday in a report to London County Council Education Committee following an investigation into what school children do in their spare time.

It was found that 70 per cent of the girls and 78 per cent of the boys went to bed after 8 p.m., and 38.4 per cent of the girls and 67.1 per cent of the boys read in bed.

### FACTS AND FANCIES

#### Eat and Keep Slim

Reducing diets continue to be of top interest for both men and women. We all want to be slender. We all want to keep active. And we all want to eat! How can we solve this problem? Here's what Dr. W. H. Eddy, director of Good Housekeeping Bureau, says:

"In all cases of obesity the first thing is to determine the cause. That requires expert medical diagnosis. So before you start any reducing regimen whatsoever, be

sure to visit your doctor and let him prescribe a regimen which meets your individual requirements."

One of the factors apt to be missing in reducing diets is sufficient protein of good quality. Eddy says. When you reduce your calorie intake, diets often fail to provide sufficient vitamins and minerals to meet the body's daily needs.

How can you supply these proteins and vitamins in your diet? By eating meat, says Dr. Eddy, because meat is a rich source of those proteins which contain all the essential amino acids we need daily, and in that respect is better than cereal protein sources.

Also meat makes the diet more palatable and interesting, and at the same time helps to appease the sense of hunger.

If your diet contains 10 to 15 per cent of its total calories in the form of meat, the rest of the day's calorie needs can be met by carbohydrates and fats, provide vitamin requirements are also met by the foods that supply these nutrients. And if you do not overeat in calories, you need not have any disturbances from a considerable excess of protein in the diet above the 15 per cent limit; provided of course that all other body needs are well met.

But, warns Dr. Eddy, for all diet undertakings—see your doctor first.

### BLOUSES ARE POPULAR — ESPECIALLY LINGERIE

Blouses are more numerous than ever and more important in that with bylines and tiny capes they become a prominent part of the costume. Hip-length tunics, shorter jacket-like excursions, soft, shorter jackets, printed or embroidered or of rich fabrics, contribute to diversity, but one blouse style of special character is the lingerie ones which were first made in 1937. They are not, which have the primness and highness of the first washable shirtwaists of 25 years ago. They come in handkerchief linen, silk, organdy, buttoning up centre front to finished by a bow tie, sometimes by a ribbon band. And they usually have long sleeves and are tucked-in.

### Modern Etiquette

(By ROBERTA LEE)

Q. In what way can a man return the courtesies of a hostess?

A. He may send her a nice book, or flowers. He should also be sure to extend any courteous attention when he meets her again.

Q. How close to the table should one sit?

A. Close enough to reach the plate without leaning forward awkwardly, and far enough away so that the elbows will not be cramped.

Q. May a married woman send a gift in her name only, to a bride?

A. No, she should always include her husband's name.

**INSIST ON SEAL SILVER FOOD PRODUCTS of Quality**

COFFEE - SPICES - EXTRACTS VINEGAR - PEANUT BUTTER - MUSTARD

## SECOND CHANCE

By HOLLOWAY HORN

### CHAPTER VI

#### "I WANT THOSE EMERALDS."

"You'd better come into my dressing room at the Theatre," said Wilson to him and Ferguson said he would go to the Market Square that evening.

"All right," Ferguson followed him along a depressing corridor that smelt of damp from which several doors opened.

"It's such a long time since we had a chat that I'll send my undervest on for the first house. There are only about a hundred people in front anyway."

"But I shan't be here long."

"That depends. You sit down and make yourself at home. I won't be a minute."

"That's all right," he said when he came back. "I told Lucia you were here."

"Oh?"

"You don't seem to mind?"

"I don't."

"The old love story over?"

"Quite."

"You knew we were married?"

"Yes, I don't think Sternberg, that you can know what a filthy little cad you are."

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#### PEEP INTO THE PAST

"No, I'll tell you. The lady who was then my fiancée and I were spending the week-end at the house of the head of my firm on Berkhamstead Common."

"So far that's right."

"I am a light sleeper and my room happened to be just over the library. I heard a noise, and presently I saw a man and a woman."

"Yes, that was what you said in court."

"When I slipped on my dressing gown and went downstairs. When I opened the door of the library I saw your friend Bailey kneeling in front of the iron-bound box—it had been opened. I covered him with the rug."

"Ferguson held up his cigarette case as he spoke."

"He began to spin me a hard-boiled story about a wife and children, but it didn't ring true and I hurriedly accounted to a safe—which he had opened. I covered him with the rug."

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#### How Can I??

(By ANNE ASHLEY)

Q. How can I make a tag for the roebush or plant that the weather will not obliterate?

A. Write the name of the plant on a strip of white cloth with indelible ink then dip the tag in melted paraffin.

Q. How can I set dark colors in wash?

A. Vinegar is excellent for setting dark colors in wash goods, using one-fourth cup of vinegar to one quart of water.

Q. How can I treat tough steak?

A. Tough steak can be transformed into tender meat by mixing small quantity of vinegar and olive oil thoroughly, rubbing it on both sides of the steak, then allowing it to stand for about two hours before cooking.

Q. How can I get a proposition to make to you?

A. Write to me at the address given in the advertisement. I will be glad to see you if you wish.

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## THE COOK'S CORNER

### ORANGE WHOLE WHEAT BREAD

Grated rind of 1 orange, 1-2 cup water, 1-2 teaspoon salt, 1-2 cup sugar, juice 1 orange, milk, 1 egg, well beaten, 2 tablespoons melted shortening, 2 cups whole-wheat flour, 3 teaspoons baking powder. Method: Mix the orange rind, water, salt and sugar and boil for 10 minutes. Cool and add the orange juice and enough milk to make 1-2 cups. Add the well-beaten egg and the melted shortening.

Sift the flour with the baking powder and turn back into the mixture the particles of bran which remain in the sifter. Add this to the first mixture and mix well.

Turn into a small well greased loaf pan and bake in a moderate oven 350 degrees F. oven from 50 to 60 minutes. If you don't like the full whole-wheat flour, you can use 1-2 cup of each. Also you can add 1-2 cup of chopped nuts to make this a more fancy, if you are using it for some special occasion.

### PRUNE CHIFFON PIE

Soak 1-2 pound of prunes several hours or overnight. Simmer until tender in the water in which they were soaked. Let cool, remove the pits and cut the prunes into pieces. Measure 1 cup of the cut prunes to 1-2 cup of the prune liquid; mash with a fork until soft and smooth. Put in the top of a double boiler with 4 beaten egg-yolks, 1-2 cup sugar, 1-4 teaspoon salt and 1 tablespoon lemon juice. Cook over the hot water until thoroughly heated. Remove from the range and add 1 tablespoon gelatin which has been soaked in 1-4 cup of cold water; stir until the gelatin is dissolved. Let cool until this mixture begins to stiffen. Beat until very stiff the whites of 4 eggs; fold into them the stiffened prune mixture and use this fluffy mixture to fill a baked pie shell, previously prepared. Chill in the refrigerator for at least three hours. Garnish with sweetened whipped cream before serving.



**PURE TEA**

IS GOOD! FOR YOU!

BECAUSE—It is wonderfully helpful to the worker if served regularly in the afternoon.

## Remember KING COLE

### A Morning Smile

#### BUT HE UNDERSTOOD

"Are you a messenger boy?" asked the near-sighted man of a boy in the street.

"No, sir," was the indignant reply. "It's my sore toe that makes me walk so slowly."

## Home Service

Numerology Tells You Fascinating Secrets



IRIS ADAMS 9991 14141

### Fun to "Figure Yourself Out"

Iris is delighted to find what fun numerology is. It tells her the most fascinating secrets about her type and abilities.

Adding the numbers of her name by the quick numerological system, she finds she's a "Three." How accurately numerology describes her! Debonair and carefree, but ambitious. A popular partner in games, not for her skill, but for her genial companionship. She'll shine where personality counts—on radio, stage or screen, as restaurant or club hostess. She's more successful in the parlor than in the kitchen.

Iris is going to have more fun reading her friends' names for them. You, too, can learn the secrets of numerology from our 32-page booklet. Find whether it's luckier for you to sign your full name or use initials only.

Send 20c in coins for your copy of Numerology For Everybody to the Guardian Home Service, Address: 14141, 9991, plainly your Name, Address, and the Name of booklet.

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Street Address \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_

## Dorothy Dix

### Mothers Should Start Early by Placing Red Lanterns at the Hairpin Curves on Life's Pathway so Her Daughter Will be Less Likely to Skid

A mother asks: "How should I talk to a 16-year-old daughter? What counsel shall I give her? How can I teach a pleasure-loving, high-spirited girl who is utterly ignorant of life, yet who thinks she knows all the answers, to avoid the temptations and dangers that lie all about her?"

Well, I am sadly afraid that if a mother had waited until her daughter is 16 years old before she has had any heart-to-heart talks with her that what she says won't register much with her. She is 16 years too late with her instructions. The time to begin preparing a girl for life is in the cradle.

It is the modesty, it is a love of decency, it is the refinement that is repulsed by grossness; it is the self-control, it is the root-cause of much of the trouble that nothing can shake which a girl learns at her mother's knee that enables her to walk safely through the temptations of the world. In our momentary way of thinking we don't split hairs over an ethical problem. We are instinctively act according to the code in which we have been brought up.

The thing that too many mothers fail to realize is that in these times of emancipated youth every girl has to be her own chaperon. Her mother cannot follow her into the places of business in which she works or protect her against the men she meets with every good-looking youth who defend herself, or she will stand or fall according to the wisdom and strength that is in her.

So, then, I think that if I had a 16-year-old daughter to deal with I would begin by lighting a few red lanterns of warning at the hairpin turns of life where the young are likely to skid and go over the brink. I should include in any maiden's sentimentality about not brushing the dew from the rosebud and keeping a young girl from knowing any of the sordid facts of life so that she would retain her innocent, child-like belief in fairy stories.

On the contrary, I would tell her all that is to be told. I'd make her read the scandals in the daily papers so she would know what happened to girls who let handsome young men in fine cars pick them up for joyrides; or who let their married bosses tell them how their wives understood them; or who let some boy persuade them into getting into love nest with him. I would know that ignorance isn't innocence and that the surest way to make a girl watch her step is for her to know where the danger spots lie.

Then I think I would say to my 10-year-old girl: Take it easy, daughter. Don't be in too much of a hurry to swallow life down at one gulp. You probably have forty or fifty years more to live. Save something of interest and enjoyment to spread over them.

Enjoy yourself, but don't overdo it. Have plenty of fun, but don't wreck your health by dancing all night when you have to work all day and going without lunch to buy money for your dates. Play around with the boys, but don't imagine yourself in love with every good-looking youth with a permanent wave in his hair. Just remember that your tastes and your emotions haven't had time to jell yet, and that the things and the people you are crazy about one day you wouldn't have on a bet the next.

Then I would say to a 16-year-old girl: Hold yourself. Don't make yourself cheap. Realize that every man is going to take you at your own valuation and treat you accordingly. If you have dignity and self-respect, independent and reverence for your own body, men will not tell you dirty stories, or make improper proposals to you. They will put on their best manners as well as their best clothes when they come to take you out, and you will be the kind of girl that the men who are worth marrying want as wives. But if you are riff-raff yourself, you will attract the riff-raff boys who will think you good enough for blind dates and cheap shows and who will treat you with the contempt you have earned. And, finally, my dear, I would say to my 16-year-old: Go slow on the petting. Don't make your lips a free lunch counter for every Tom, Dick and Harry who takes you out to the movies. Maybe there is no harm in a casual good-night kiss, particularly if it has been iced down with custard cream, but don't imagine yourself a hansom-kiss, but all the same kissing is a dangerous pastime for girls.

You can get just as drunk on kissing as you can on cocktails, and to just as irresponsible and reckless. Put parked automobiles on your taboo list and avoid wild parties for they get a girl's feet on the road that leads to destruction. These are some of the things I would say to a 16-year-old girl and maybe she would listen, but probably she wouldn't.

DOROTHY DIX

### Household Scrapbook

(By ROBERTA LEE)

Put all the small bits of soap into a cloth bag convenient for use for the hands, and use this bag in the same manner as a cake of soap.

Prevent Back Strain Be sure never to try to lift any heavy object with the back bent. Always crouch down and lift with a straight spine, making the weight come on the arms. A strained back can be avoided in this way.

Wilted Parsley When parsley becomes too wilted for attractive use, cook it in ice water for one hour. Then shake thoroughly and put in a glass jar. Cover with a thin cloth and place in the refrigerator. This will restore it.

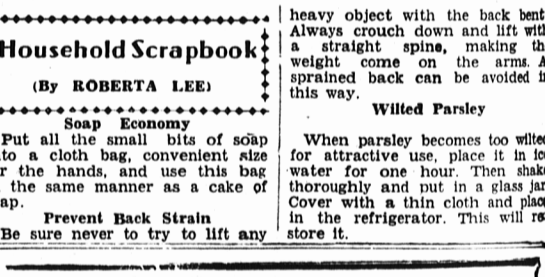
### FASHION GUIDES FOR THE HOME DRESSMAKER

2093 SIZES 12-20

Ideal Sun Back Dress With Jacket For Spectator Country Wear Or Town.

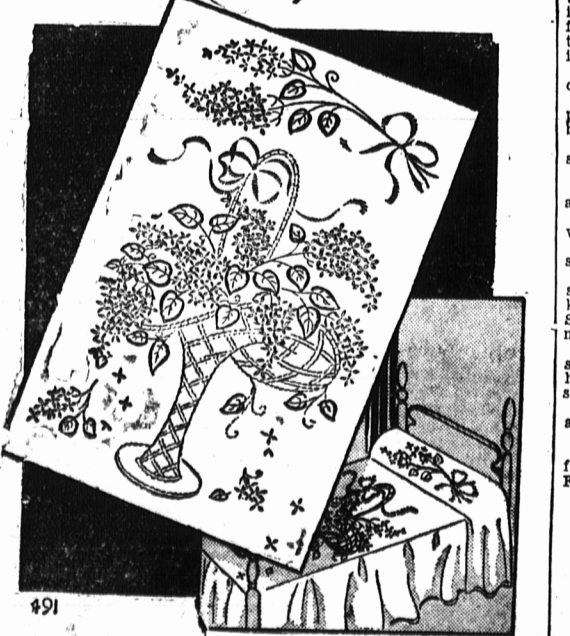
A carefree dress for the country. It has a halter back, a solid So! can get on with a nice even sunstanning that will be very flattering with your dazzling cool white evening frock. Slip into the bolero jacket and smile with town, if you like! Your admiring friends will compliment you on your tailored shirt dress 'neath the jacket. The sun back is so completely disguised. The finished jacket will prove a nice brief topper for other frocks. It's the easiest ensemble to sew. The dress cuts in one-piece from neck to hem. The jacket has kimono-type sleeves. A picture sewing instruction chart is included with the pattern.

Style No. 2093 is designed for sizes 12, 14, 16, 18, 20 years, 30, 32, 34, 36 and 38-inches bust. Size 14 requires 3 1/4 yards of 39-inch material for dress; and 7-8 yard of 39-inch material for bolero.



## BASKET OF LILACS BEDSPREAD

by Mayfair



DESIGNED WITH charm and grace, this dainty bedspread motif is colorful, very effective and one of the loveliest we have seen. The flowers are worked in lazy daisy stitch throughout in delicate natural shades. Since lilac grows in pink, blue, mauve and white colors you can readily work out a color scheme that will blend beautifully with your room.

The pattern includes transfer for the design shown with easy-to-follow sewing instructions, stitch and color keys and diagrams.

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**George BURNS and Gracie ALLEN**

GRACIE SEARCHES FOR KNOWLEDGE!

YEAH-I FOUND OUT HE WAS MARRIED SO I GAVE HIM UP. I'M GOING IN FOR MARRIAGE DECORATING NOW.

WELL YOU SHOULD BE GOOD AT THAT!

I'LL SAY-I DO MY INTERIOR DECORATING WITH GRAPE-NUTS EVERY MORNING!

YOU MUST HAVE GOOD TASTE!

OH GEORGE, DID I TELL YOU I JUST FINISHED A COURSE AT SUMMER SCHOOL?

NO KIDDING? I SUPPOSE YOU WERE STUDYING TO BE AN IMBECILE?

THAT'S VERY FUNNY, GEORGE. BUT ANYBODY WHO STUDIED ART AND SEWING.

ART AND SEWING? DID YOU LEARN ANYTHING ABOUT ART?

HAI HAI YOU'RE VERY BRIGHT TODAY GEORGE. BUT EVERYBODY IN CANADA KNOWS THAT GRAPE-NUTS TASTE SIMPLY WONDERFUL!

PSST-FOLKS-AND NOT ONLY DOES GRAPE-NUTS TASTE GRAND BUT IT'S ALSO MARVELOUSLY GOOD FOR YOU. TWO TABLESPOONFULS WITH WHOLE MILK OR CREAM AND FRUIT PROVIDES MORE VARIED NUTRIMENT THAN MANY A HEARTY MEAL. GRAPE-NUTS ARE MADE IN CANADA. GET A PACKAGE FROM YOUR GROCER AND GIVE THE FAMILY THIS SATISFYING TREAT TOMORROW.

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