

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

The HOUSEWIFE and HER ACTIVITIES

THANKFUL FOR WHAT?
Not for the mighty world, O Lord,
For might,
For nations and kingdoms in their
fearful might—
Let me be glad the kettle gently
boils,
Let me be thankful just for little
things.

Thankful for simple food and sup-
per spread,
Thankful for shelter and a warm,
clean bed,
For little joyful feet that gladly
run
To welcome me, when all my work
is done.

Thankful for friends who share my
glad or mirth,
Glad for the warm, sweet fra-
grance of the earth,
For golden pools of sunshine on the
floor,
For love that sheds its peace about
my door.

For little friendly days that slip
away,
With only meals and bed and work
and play,
A rocking-chair and kindly fire-
light—
For little things let me be glad to-
night.

—By Edna Jacques.

WALKING FAMILY WILL
TOUR ASIA
John Love, Mrs. Love and their
13-months old baby are passing
through British Columbia, bound
for Asia on a "spiritually directed"
walking-trip. Love is 47 and his
wife 33.

The pair left Ottawa in the sum-
mer of 1932. The baby was born
near Quill Lake, Sask., where the
Loves stopped two months. Picked
up on the Cariboo highway, near
Beverly, they were given a "lift" for 20
miles. They said, however, they do
not ride unless asked to do so.

The two wanderers travel only
between sunrise and sunset, cover-
ing about 10 miles a day. Love car-
ries a pack while his wife carries
the baby.

TRY THESE EXERCISES TO-
MORROW MORNING
A few simple exercises, done in
bed (blank goodness!), give that
early morning pop that so many
yearn for.

Stumbling out of bed with h.-f.-
closed eyes and wobbly legs does
not always mean that you haven't
had enough sleep. It may indicate
that you require a little time to
wake up completely, and perhaps
one or two stretches and some exer-
cises will do the trick.

Ready? Let's go! Lie flat on your
back and discard the pillow (you
shouldn't use one anyway). Stretch
arms high over head, pulling the
muscles in your back and sides up-
ward. Point your toes downward
until you can feel a definite "pull"
on all the leg muscles. Relax and
repeat several times.

Then raise your right arm above
your head and stretch upward to-
ward the left, placing the left hand
on the right side just below that
floating rib. Make believe that your
left hand is pulling your torso right
out of its socket above the hip.

Then reverse, stretching the left
hand above the head and using the
right hand to help pull your body
upward.

When you have finished, turn
over on your face with knees drawn
up under you. Sit up on your heels.

Remember: Only Medicine Helps Sore Throat
Modern medical science now throws
an entirely new light on sore throat.
A way that cures the pain, removes
and restores in as little as ten or
thirty minutes.

It requires medicine—like
ASPIRIN—to do these things.
That is why throat specialists
throughout the world are prescribing
the ASPIRIN gargle in place
of old-time ways.

Be careful, however, that you get
Aspirin Tablets for this purpose.

and then bend forward until your
nose touches the bed. Repeat sever-
al times and then bounce out of
bed.

PUFFED CRACKERS
Split hard round crackers, the
kind commonly known as "water
crackers." Soak five minutes in ice
water. "Brush" or spread lightly
with melted butter, sprinkle with
paprika and grated cheese and
toast in a hot oven until brown and
puffy. These are delicious to serve
with cream soups.

TIGER WOMAN SAYS NO SUCH
THING AS "GOOD" WILD
ANIMAL
Twenty-one years ago a young
graduate nurse looking vaguely for
some more attractive career, idly
watched a travelling carnival. Ma-
bel Stark, the "Tiger Woman," of
the circus and motion picture fame
was launched on her career as an
animal trainer.

For the last 21 years she has
been at it, cracking her whip over
scores of tigers, panthers, leopards,
Jaguars and lions; facing death nu-
merous times, but, if you were to
believe her, she has not yet become
a complete success.

"I have never yet conquered an
animal," she asserts. "The moment
I become over confident, feel that
I have an animal thoroughly under
my domination, I become just the
least bit careless—and find myself
in the hospital." Her slender body
bears the marks of many tiger
teeth and leopard claws. And never
once, she declared, was the animal
to blame. "I simply relaxed my vi-
gilance," is her explanation.

Appearing in 1928 with a circus
at Bangor, Me., she was putting her
15 tigers through their routine. It
had been raining—a danger sig-
nal to any animal trainer, for tigers
are decidedly adverse to getting
even their paws wet—and the
ground was soft. The first part of
the act went through without mis-
hap. Miss Stark gained confidence.

But suddenly, as she started to
walk between two animals perched
upon pedestals, she slipped upon a
patch of wet earth. Down she went,
and before she could arise, two
snarling beasts were upon her. They
broke one of her legs, tore her
shoulder muscles and mutilated her
scalp. Miss Stark fought her way
free, cracked her whip and fired
several blank cartridges. The tigers
smelled for a moment, then leaped
back on to their pedestals. Miss
Stark stumbled from the arena and
collapsed. "Some day one of my
animals will get me," she admits,
"but if so, it will be nobody's fault
but my own."

Miss Stark has made some inter-
esting observations concerning ani-
mals during her years of associa-
tion with the jungle beasts. "The
common belief that the sight or
smell of human blood enrages an
animal is so much hush," she said.
"And there are no 'good' wild ani-
mals. You can work with them
from birth on, then suddenly they'll
turn on you."

FATTEST OF CATS
WEIGHS 35 LBS
WIMBLEDON, Eng., March 8.—
This is the story of the fattest of
cats. Gibson is his name, and he
lives with his owner in Twincrood,
Wimbledon.

Gibson weighs 35 lbs., measures 37
inches from nose to tail, 14 inches
across the shoulder, 33 inches round
the "waist."

And he is still growing although
he is seven and a half years old.
"He is one of four kittens we
found a stray," said Mr. A. M.
Turner who owns him.
"None of the others is abnormal."
He eats 1 lb. of steak, plus a good
taste of liver, at a sitting.

Happenings of the Week

Queen Mary led the applause at
the end of the playing Saturday, of
Dame Ethel Smyth's famous
"March of the Women," at a con-
cert in Albert Hall, London, in cele-
bration of the composer's 75th birth-
day. There had been some doubt
among London's musical population
whether the piece would be played
as it was written in 1911 for millie-
nant suffragettes during the strug-
gle for enfranchisement of women.

Dame Ethel herself conducted the
performance of the march in a vi-
gorous manner. The program, de-
voted to music by the distinguished
woman composer, included her
"Mass in D" conducted by Sir Thom-
as Beecham.

Invitations have been issued by
His Honour the Lieutenant Govern-
or for a dinner at Government
House on Tuesday in honor of the
members of the Legislature.

Mrs. Peter McCibbon, wife of the
member of Parliament for Musko-
ka-Ontario, was hostess Monday
afternoon at a largely attended and
charmingly arranged reception and
tea, which was held in the Quebec
suite at the Chateau Laurier, Otta-
wa. The hostess, who received her
guests most graciously, was wearing
a handsome gown of golden brown
iridescent velvet, with a lace top,
and the worn fabric hat of the
same shade. At the tea table, which
was attractively arranged, being
centered with a silver bowl contain-
ing daffodils, and also adorned with
lighted tapers in silver holders.

Mrs. Hugh Christie and Mrs. J.
D. Chaplin presided. The young lad-
ies who assisted in serving includ-
ed Miss Carmen Ganong, Miss Lena
McLure, Miss Mary Carmichael and
Miss Doris Morand.

Miss Kathleen Logan, grand-
daughter of Mr. James Paton, was
one of the violinists at the Lord
Nelson Hotel, Wednesday, when
Mr. Ivan Williams with his newly
organized Halifax Conservatory of
Music Chamber Orchestra, gave a
musical for the Rotarians.

Mrs. Fred Kelley, who came over
from Wolfville, N. S., to see Mrs.
Mrs. Russell White, who has been
quite seriously ill in the City Hospital,
left Monday on return home. She
was the guest of her brother, Dr.
L. B. and Mrs. McKenna, Prince
Street.

Mrs. R. Bruce Mass, formerly of
this city, is entertaining at a tea at
her residence in Montreal West this
Saturday afternoon for the board
of directors of the Maritime Women's
Club.

Mrs. L. E. Prowse, has gone up
to Ottawa to visit her daughter,
Mrs. Harry Ritchie.

Judge and Mrs. Harold L. Pal-
mer, Mrs. George Rogers and Mrs.
Rosa Longworth, are leaving this
morning for Halifax. They will sail
from attending services at Wales
College, Orillia, New York State, was
forced to undergo an operation at
the Victoria General Hospital, Hal-
ifax, Wednesday afternoon. Dr.
Mackinnon had been absent about
a week and on returning Tuesday
he complained of feeling ill. His
physician Dr. Ian Macdonald, ad-
vised his entering the hospital for
observation and the operation was
considered advisable during the
day. His condition is given out as
resting comfortably.

His wide host of friends will re-
joice to learn that Dr. Clarence
Mackinnon, well known Principal of
The Hill Divinity College, who ar-
rived back in the City Tuesday
from attending services at Wales
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resting comfortably.

Drain Fried Scallops
Drain 1 quart scallops. Let stand
for an hour in 5 marinade made of
4 tablespoons lemon juice, 1/2 tea-
spoon salt and 2 tablespoons olive
oil. Dip each scallop in cracker
crumbs, then in beaten egg and
again in crumbs and fry in deep fat
until nicely browned all over. Drain
on brown paper and serve with tar-
tar sauce. The marinade gives the
scallops an unusually delicious
flavor.

Puree of Chicken
One quart of chicken stock, 1 pint
cream, yolks of 3 hard-boiled eggs,
1/2 pint cracker crumbs soaked in
milk. Use the breast of a chicken
and chop it fine. Rub the yolks of
the eggs into the chicken, add
soaked cracker crumbs and mix
thoroughly. Add the cream after
mixing. Then add all to the chicken
stock season well with celery salt,
salt and pepper. Let come to a boil,
stirring constantly. Serve im-
mediately. A delicious luncheon
soup that requires but a tasty des-
sert to complete the menu.

Culinary papers
The higher the blunt end of the
egg rises out of water, the older the
egg is.

Flour is particularly nourishing
when boiled in milk or half milk
and half water.

Now that the weather is becoming
warmer, we must not forget to chill
the plates for the platter luncheon
when it consists of salad and other
chilled foods.

Miss Beatie Prowse entertained
the Y. M. C. A. Badminton Club
very pleasantly at her home,
Thursday evening.

The Monday evening Bridge Club
closed for the season this week,
Mrs. E. S. Blanchard being the popu-
lar hostess. Prizes were award-
ed and a delightful evening was
enjoyed.

Mrs. C. H. B. Longworth entertain-
ed the Thursday afternoon
Bridge Club this week.

As a change from "Bridge" sev-
eral hostesses lately have been
entertaining at "Forty-fives," which
seem to be growing in popularity.

Mrs. (Dr.) Campbell, of Alberton,
entertained recently at a prettily
arranged afternoon tea in honor of
Mrs. J. S. Taylor, wife of Alberton's
new and already popular, jeweller
and optometrist.

Sir William and Lady Slaver, of
Montreal, sailed from New York on
Friday by the Mauretania on a
cruise to the Caribbean Sea.

Mrs. Harry Weeks was hostess at
her home last Saturday afternoon
at a prettily arranged Bridge for
her friends.

The many friends of Mrs. K. S.
Rogers regret her present indisposi-
tion which has confined her to
her home for the past several days.

Miss Edith Ings is home from
Toronto on a visit to her parents,
Lt.-Col., and Mrs. Ings.

Miss Lillian Duchemin was among
the popular young hostesses this
week, entertaining at five tables of
Bridge at her home on Monday
evening.

An interesting word picture of
China evolved from his own ex-
periences there, was given by Mr.
J. A. Machado at the monthly
meeting, Monday, of the Women's
Association of Chalmers United
church in Ottawa. The devotions
were conducted by the president,
Mrs. Russell White. A delightful
group of songs was given by Miss
Lena McLure, A. T. C. M., of Char-
lottetown, who was accompanied at
the piano by Mrs. G. B. Rothwell.

At the close of the meeting Circle
No. 5 served tea. Mrs. John Bing,
ham and Mrs. J. Allen presided.

Prince George will leave Ports-
mouth aboard the 10,000-ton cruiser
Sussex on August 31 for his tour
of Australia and New Zealand. It
was announced on Tuesday. The
Prince at present is making an ex-
tensive tour of South Africa and
will start for the Antipodes shortly
after returning to London. Arrange-
ments for the Australian-New Zea-
land visit include arrival at Port
Melbourne on September 9, at Colombo
on September 20, where he will
spend four days, and then the
cruise to Fremantle and Adelaide.
He will arrive at Melbourne, cen-
tre of the Victoria State centenary
celebrations, on October 18.

THE COOK'S
CORNER
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Culinary papers
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Dorothy Dix's Letter Box

"Wife Without a Song" Gives Six Reasons
Why Women Are Gloomier Than Men.
Shall Girl Tell Fiance Her Past?

Dear Dorothy Dix—Your next article about why men radiate sun-
shine while women radiate gloom may be answered in a number of ways.
Six reasons why women are not more cheerful are these:

First. A woman with small children and a
big husky man to feed may be worrying about
what she is going to use for money to buy the
groceries with. Husband keeps the family
pocketbook in his possession, while wife has
only small change to squander on food for the
family. A condition not conducive to jubila-
tion, but it happens in a good many families.

Second. A woman is weary of pinching
and economizing, but what can she do? She
cannot go to work outside of the home. Em-
ployers do not want married women. She
cannot go back to her family and take her
children. She cannot walk out and leave her
children. So she has to stick and make the
best of a bad bargain. Nothing to make
whoopie about in a case like that, yet it is the lot in life of many women.

Third. When husband does not like his
wife, she is always put on his list and walk out
and find amusement to take his mind
off his troubles. Wife has to stay and take care of the children
and try hard to think up some way of putting husband in a better mood.
There is nothing very hilarious about that. The reason women get wrinkles
is trying to nail on their faces the smile that won't come off when they
have nothing to smile over.

Fourth. Husband can go to a burlesque show and enjoy the coar-
seness of it. Wife chooses a play with a moral, instructive, and of a finer
quality, even though it may prove a three-hander-keeper play. The things
that amuse people tell what they are.

Fifth. Wherever you see a lady man and one who boasts that he
never bothers trouble until trouble bothers him, you will find some woman
who is supporting him and doing his worrying for him. And there is
nothing to grin at in that.

Sixth. Men have a right to be optimistic. The world is theirs and
everything in their favor. A woman is up against a stone wall when she
goes out looking for the same consideration that is shown a man. Laugh
that off if you can.

The only cure for the worry habit in women is to bring about the
state of life whereby men will deal as fairly with their wives at home as
they do abroad in business with men, thereby putting into discard the
old taken-for-granted assumption that a woman should always take
the worst of a bad bargain and still continue to register joy on her coun-
tenance.

A WOMAN WITHOUT A SONG.
Answer:
I hope every husband who reads this interesting letter from a de-
pressed wife will go into conference with his own soul and see if he is
in any way responsible for his wife's gloom. For it is sadly true that there
are many married women who haven't much to cheer over.

Certainly the woman hasn't much to keep her gay and bright if her
husband treats her as if she were a piece of household machinery, geared
up to run at high speed and to perform the labor to keep her family com-
fortable without ever being oiled up by a little praise and appreciation.
Nor can any woman be expected to welcome her husband home of an
evening with a glad, sweet smile if she knows he is going to come in
grouchy and cross and kick the cat and raise ructions about everything
that has been done and left undone.

Nor is any woman heroic enough to emit shouts of joy while she is
trying to chisel the housekeeping money out of a tightwad. Nor has any
woman enough sense of humor to find her husband's philandering divert-
ing.

Undoubtedly women are prone to melancholy, but perhaps there is
a reason for it, as the woman without a song suggests. Only idiots laugh
when there is nothing to laugh about. And so, if the husbands who are
depressed by their wives' tears want to dry them, they must hang a sun
in their heavens.

Dear Miss Dix—I am a girl of 21, engaged to a man ten years my
senior whom I love very much. He is a man who has "been around," as
the phrase goes, and he has fallen in love with me because he believes me
so nice and sweet and innocent. Six years ago when I was a kid I had an
experience that is like a nightmare to remember, but since then I have
gone absolutely straight. What I can't decide is whether to tell my fiance
about it or not. I am not at all sure he will break the engagement and
I am not at all sure he will not. It is just that his love is founded on his belief
that I am exceptionally fine and good, and if he found out to the contrary
he would lose the respect he has for me and both he and I would be mis-
erable. Should I or should I not tell him? M. H. R.

Answer:
You are reasonably sure that he will not find out, keep your secret.
But if there is a fair chance of his finding out, then tell him.
This sounds like the advice of an opportunist, but there is no prin-
ciple involved in the matter, since from any moral standpoint he is a
thousandfold greater sinner than you are. You have made one little slip
off the strait and narrow road. He has troicked all the way down the
primrose path.

Just taking it as a general proposition I think that men and women
make a great mistake when they confess to each other their past indis-
cretions before they are married. What has been done has been done.
Talking it over does no possible good. It simply destroys their faith in
each other and gives each one a endless food for jealousy and puts into
each hand a two-edged sword with which to stab each other in every
quarrel.

Marriage should wipe the slate for both parties. They should start
a new life together with no entangling alliances, no sordid memories to
try to forget. What matters then is whether they are going to
clean lives and be faithful to each other. It is far more important than
some error they have committed before they even knew each other.



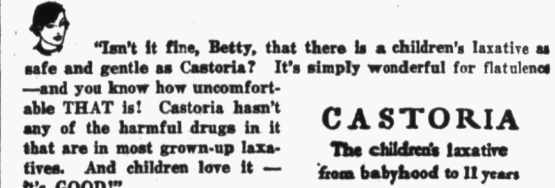
"I know I shouldn't be rocking baby to sleep, Lou—but she's so
fretful—and I just can't get her to eat."



"Are you sure she doesn't need a laxative, Betty? Constipation
makes children terribly finicky. My doctor recommended Castoria."



"Good news, Lou! Baby's as good-natured as a lamb. I was just
telephoning you that I gave her Castoria last night.
It was just what she needed."



"Isn't it fine, Betty, that there is a children's laxative as
safe and gentle as Castoria? It's simply wonderful for flatulences
—and you know how uncomfortable
—that is! Castoria hasn't
any of the harmful drugs in it
that are in most grown-up laxa-
tives. And children love it—
It's GOOD!"

CASTORIA
The children's laxative
from babyhood to 12 years

NORTHERN LIGHTS
The northern sky is ablaze to-
night
With dancing, leaping meteor
bright
Luminous spectres of phosphor
eyes
Born in the flash of the lightning's
might.
They seem like a city of gleaming
domes,
Cathedral spires and fiery homes,
Or like some bright-tinted wavy
glomes
Held in the hands of hidden
gnomes.

They sometimes appear to our rap-
tured eyes
As shining bayonets piercing the
skies
Or giant fingers, to our spirit's
eyes
Painting the way to Paradise.

Or a reeling forest of silver trees
Held in the grasp of a mighty
breath
Or gleaming bergs, the north's
release
That bob and toss on the angry
seas.

Dancing, leaping meteors bright,
Fantastic sprites of shimmering
light
You hold your revels through the
night,
But the peep of dawn decrees your
flight.
—Mrs. Raney Gallant

Daintiness With Chic Styles
Illustrated Dressmaking Lesson Furnished
with Every Pattern
BY ANNABELLE WORTHINGTON

Here's a very simple coat for
Jane's spring wear. Any home
seamstress can tackle it.
It is a one-piece affair with mery-
side and shoulder seams to be
joined. The cunning perky shoulder
capulets are sewed into the arm-
holes with the simple sleeves. And
to finish the neck—a straight scarf
forms the collar and ties in a bow,
a most pleasing little touch.

The original model was in light
navy blue woolen weave. It used
gorgeous silk in toning shades for
its collar and lined it with bright
red. The blue buttons had red rims.
A red bonnet would be cunning to
wear with this smart practical
coat.

Checked woolen in beige and
brown, olive green woolen, light
blue or light rose, bright red, etc.,
are other nice suggestions.

Style No. 463 is designed for
sleeves 2 4 and 6 years. Size 4
requires 1 1/2 yards of 36-inch material
with 1/4 yard of 36-inch contrasting,
with 1 1/4 yards of 36-inch lining.
Price of PATTERN 15 cents in
checks or coin (coin is preferred).
Wrap coin carefully.

No. 463. Size
Name
Street Address
City

Now! Ease Sore Throat Instantly!
1 Crush and dissolve 3 Aspirin Tablets in half a glass of water.
2 GARGLE thoroughly—throw your head way back, allowing a little to trickle down your throat.
3 Repeat steps 1 and 2 not less than 5 or 6 times a day. Aspirin Tablets are the only medicine that relieves sore throat for prolonged effect.

Grandmother's Quilt Patterns
The higher the blunt end of the egg rises out of water, the older the egg is.
Flour is particularly nourishing when boiled in milk or half milk and half water.
Now that the weather is becoming warmer, we must not forget to chill the plates for the platter luncheon when it consists of salad and other chilled foods.

MILBURN'S HEALTH NERVE PILLS
Thousands of women become tired out and run down, become thin and pale, and profound weakness makes life a burden.
The whole outlook of life is changed when the nervous, sick headaches, the sleeplessness, the spells of dizziness or weakness and discouragement, and the tired, languid feelings disappear with the use of Milburn's H. & N. Pills. They tone up the nerves, enrich the blood, and bring the health back to normal again.

Health For Young Girls
Happiness For Tired Women
Illustrated Dressmaking Lesson Furnished with Every Pattern
BY ANNABELLE WORTHINGTON