

Woman's Realm Social and Personal Fashions Literature



Your Breakfast in a Muffin

and so easy to make, too!

BRAN BACON MUFFINS

2 tablespoons shortening
1/2 cup sugar
1 egg
1 cup All-Brn
1/2 cup crisp, diced bacon

1/2 cup milk
1/2 cup sifted flour
1/2 teaspoon salt
1/2 teaspoon baking powder

Cream shortening and sugar thoroughly. Add egg and beat well. Stir in Kellogg's All-Brn and milk. Let soak until most of moisture has been taken up. Sift flour with salt and baking powder. Add bacon. Add to first mix-

ture and stir only until flour disappears. Fill greased muffin pans two-thirds full and bake in moderately hot oven (400° F.) 25 to 30 minutes. Makes 9 muffins.

Just wait until you taste the flavour of crisp bacon all wrapped up in a light, tender muffin made with toasted, nut-sweet, All-Brn! It's luscious. Get Kellogg's All-Brn today! Try these taste-tempting muffins tomorrow. Clip the recipe now!

KEEP "REGULAR" NATURALLY



EXCEPTION

New babies look more or less alike. There's not much difference between each type. They are helpless, dull and vegetating—

Not ours, of course! She's fascinating!

May Richstone

Synthetic rubber washer forms a waterproof seal between the heads of nails and the aluminum or other metal sheeting or roofing used, as outside cover on a building. Ne-

pre was selected for this washer because it resists all forms of weathering, heat, sunlight, ice and rain.

SEEK AUSTRALIAN STEEL

AUCKLAND, N. Z.—(CP)—New Zealand is trying to obtain more steel from Australia for essential works, including hydro-electric development. Prime Minister Peter Fraser said that New Zealand and Australia has resumed trade with each other in soft and hard woods.

Ellen's Diary

By an Island Farmer's Wife

April came mildly this morning stepping gently in March's footsteps, gliding the tree-tops to eastward and settling small balmy breezes to playing in the lawn trees. Baring more space on the hillside though careful to leave edgings of white along every piece of woodland and grove; pointing up now the drab of the meadows to make one wonder about the roots of the clovers there and making one set down a calf's pail in the yard to come and search for a sign of an early snow drop in the border. Though no mention of the new month's arrival was mentioned at Alderlea, its coming had been noted. This was obvious from the way even the most elderly of the family was alert to every innocent word or sign and even the most commonplace utterance appeared to give rise to suspicion. And still we were unwilling to let slip the rare opportunity afforded by the day's return. As birds twittered matins outside a sunny east window, and we were quietly enjoying breakfast and James had just remarked that "a minute longer in the cooking wouldn't have hurt this egg" I stretched a neck to obtain a view of the short-cut leading through the front meadow to the mill, bare then of even a prowling cat. "Now who can lay eyes on his plate merely?" I commented. "Well, whoever it is he must have had an early start!"

The thawing South winds that intertwine with April's name keep streamlets trickling down the valley this first day and more than once Mr. C. from the house on the hill came down in haste to draw boards from the water-gates where all day an increased flow of turbid water tumbled to race away to the river below. Cattle drank at a strange broadened stream today and in the prevailing today (Continued on Page 8)

Dorothy Dix Says—

Women, Love Sympathy

Wives Enjoy Posing As Martyrs To Husbands Or Children

One of the most inexplicable of all feminine characteristics is that practically all women have a morbid craving for sympathy. No matter if they possess all the good things of life and if there isn't even a crumpled rose leaf under their 40 mattresses of ease, they still want to be pitied. And that is a strange desire, since pity always carries with it condescension and patronage. In reality, there is nothing harder to endure than to have people sorry for us, but nonetheless there are few women who can resist the temptation to be wept over and "poor Maryed."



Of course, women have cheered up a lot since they have more interest in life than they used to have. Our maidens now don't pine away and die of a green and yellow melancholy when their boy friend ditches them. Nor do they make a cult of invalidism and spend their days on a couch, waiting for death with a sad, sweet, patient smile. But, all the same, women are still sold to the idea that it isn't really "nice" for a girl to be gay and jolly and full of fun, and that you had better keep your eye on a woman who tells funny stories and has a laugh that is hung on a hair-trigger.

EXPLAINS FEMINE VAGARIES

This explains, in a way, many of the curious vagaries of the feminine character. It is the desire to be pitied, for instance, that explains why so many wives are guilty of the traitorous crime of blazoning all the secrets of their home to any listener.

Nothing is more appalling than the fact that many a wife wreaks her whole married life for the gratification she gets out of posing as a martyr and having everybody refer to her as that "poor Mrs. So-and-So." It would certainly astonish the great majority of hard-working, kind, generous, house-broken husbands to find out that their wives are going about weeping on any shoulder that will stand for it, while they broadcast the sad, sad story of how their husbands neglect them, and what a terrible mistake they made in marrying a businessman instead of a millionaire.

Worse still is the crime that women commit when in order to get the spotlight turned on them and to acquire the reputation of being noble and heroic mothers who sacrifice themselves to their wayward children, they drag all of the family skeletons out of the closet, and tell things that they should have their tongues cut out for even mentioning.

Many and many a mother starts the scandal on her own daughter that runs the girl's life by wailing that Sally is so wild she can't do a thing with her. Many and many a mother blocks her son's career by always harping on some little fault the lad has, until he gets him the reputation of being a no-good, or a drunkard.

Why women get a kick out of exploiting their family troubles, no one knows. But they do. There is nothing they enjoy so much as being pitied, yet they have to pay a terrible price for it.

The Stars Say—

By Genevieve Kemble

For Friday, April 9

By dint of concentrated effort, astute insight and the energetic manipulation of exceptional skill, talents and bright ideas brought to bear upon difficult situations, there is more than high hopes of signal accomplishment with spectacular reconversion of dwindling and involved affairs. This fresh start, new techniques and show of force and sagacity are bound to bring hearty support from high places, financial, professional, as well as domestic and social. Work for cherished goals in all lines.

If It Is Your Birthday

Those whose birthday it is are urged to attack with concentrated, fervent determination and high-powering interests and propositions or schemes have plunged them. A fresh slant, a brilliant insight, or a plan focused with energy, initiative, strenuous and aggressive purpose, should bring cooperation from all avenues, with highly gratifying reactions on place, popularity and prestige in financial, creative and purely personal objectives.

A child born on this day is destined to brilliant accomplishments, rewards and collaboration from influential sources, because of its initiative, efficiency and force of character.

Cook's Corner

CHICKEN JOHNNY CAKE

2 tablespoons chicken fat or other fat; 2 cups diced cooked chicken; 1/2 cup corn meal; 1 1/2 cups sifted pastry flour; 1 tablespoon sugar; 1/2 teaspoon salt; 3 teaspoons baking powder; 1 teaspoon celery seed or celery salt; 1 beaten egg; 3/4 cup milk; 1 tablespoon minced parsley; 1/4 cup melted chicken fat or other fat.

Melt the two tablespoons fat in a 7 x 11 inch baking dish. Spread the chicken evenly over the bottom of this pan. Sift dry ingredients into bowl. Add egg, milk and parsley, stirring lightly; quickly fold in the 3/4 cup melted fat. Pour batter over chicken, spreading evenly. Bake in a very hot oven (425 degrees F.) for 20 to 25 minutes. Unmould, inverted on platter or serve from baking dish. Garnish with parsley and pimiento. Serve immediately with chicken or giblet gravy or seasoned cream sauce made with part chicken stock.

To cut flower stalks use a sharp knife and cut stalks on a long slant. In this way water absorption is increased. Never use a dull knife on the stalks because it will crush them and limit water absorption.

Household Scrapbook

By Roberta Lee

Cleaning Bricks

The bricks around a fireplace will be brightened if they are scrubbed with hot soapsuds, after which a coat of hot boiled oil is applied with a paint brush. Clean the brick tiling around a fireplace with a cloth which is saturated with vinegar, and if necessary repeat the process.

The Canary

If bothered with canary lice, put a clean white cloth over the top of the bird's cage at night. By morning the cloth will be covered with these red lice.

Nail Holes

Sawdust mixed with glue is excellent for filling nail holes in woodwork.

Better English

D. C. Williams

1. What is wrong with this sentence? "There is no reason for you staying."
2. What is the correct pronunciation of "sacrilege"?
3. Which one of these words is misspelled? Sufficient, deficient, efficient.
4. What does the word "inveigle" mean?
5. What is a word beginning with an s that means "having sweetness of temper"?

ANSWERS

1. Say, "There is no reason for your staying."
2. Pronounce sak-ri-lee, a as in sack, i as in it, e as in end, accent first syllable, 3. Deficient, 4. To entice, "We inveigled her into going to the beach with us." 5. Amiable.

That Body Of Yours

By James W. Barton, M. D.

AVOIDING PNEUMONIA

In every community there is a physician who has earned a reputation for curing practically all his cases of pneumonia.

In one particular community a general practitioner stated that as a rival first physician called every case of the common cold pneumonia, and as the common cold gets better with or without treatment, naturally he got the reputation of curing so many cases of so-called pneumonia. Another physician kindly stated that it might be wise for every physician to call his "cold" cases pneumonia as this would automatically call the patient to bed, and he would prevent the cold being followed by bronchitis, pneumonia or bronchopneumonia.

Since the sulfa drugs began to be used in pneumonia, there is a tendency to consider that pneumonia need not be feared any more as the death rate has been reduced from about 10 per cent to less than 22 per cent. However, if pneumonia were really conquered there would not be a death rate of even 2 per cent.

The reason that pneumonia is still feared by physicians is that it is now known that it may be caused by several different types of organisms — pneumococcus, streptococcus (which the sulfa drugs can destroy), the Friedlander's bacillus pneumonia which streptomycin can overcome, and the virus pneumonia which penicillin can now battle successfully.

Despite the fact that physicians now have these valuable drugs — sulfa, streptomycin and penicillin — the history of pneumonia is that one attack renders the patient likely to have further attacks, each attack reducing the body's general resistance against pneumonia and other diseases.

While there is no vaccine, serum, toxin, or other method of preventing pneumonia, it is a known fact that careless health habits, overwork, overtiredness all predispose to pneumonia. It is by going to bed at once at the first sign of a cold or rise in temperature that the patient has his best chance of avoiding pneumonia.

THE COMMON COLD

Never neglect the common cold as it may often be the forerunner of other more dangerous conditions. Send 10 cents and a 3-cent stamp, to cover cost of handling and mailing, to The Bell Syndicate, in care of this newspaper, Post Office Box 99, Station G, New York 19, N. Y., and ask for your copy of the Barton booklet entitled "The Common Cold."

Morning Smile

The constable was taking the offender's name and address. "Why do you always lick your pencil before you write down the particulars?" asked the latter.

The constable frowned ominously. "To make the case look blacker," he said.

"Was that sandwich quite fresh that you sold me just now?"

"Quite, sir. Each one is wrapped in transparent airtight paper."

"I wish I'd known."

How Can I!!!

By Anne Ashley

- Q. How can I remove fat from soup?
- A. All fat should be removed from the top of soup, as it is indigestible. If unable to do this with a spoon, wet a cloth with cold water, wipe over the top of the soup and the hot fat will adhere to the cloth.
- Q. How can I remove scratches from furniture?
- A. Unless too deep, they can be removed by rubbing sweet oil into the scratches with a finger tip, then polishing with a soft cloth.
- Q. How can I soften hard water?
- A. There are several things that can be used for this purpose. Among them are lemon juice, borax, or any oatmeal bag.

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Three For Egypt

By Violet M. Methley

"Something's gone to my head, too, but it isn't champagne. You're very wonderful to-night."

"Just because I happened to suggest a plan that was pretty obvious. That's too flattering. Anyone might have thought of it. Knowing how superstitious the local people are, after seeing you in that death-walking scene. It couldn't have come off at all without your costume and your acting. It's really you who were wonderful!"

Kay chattered on flippantly, talking against time, against that vague feeling of half-fascinated fear which was creeping over her. But Lovelace answered seriously. "I wasn't speaking of what you did; it's what you are that matters. And you're so lovely this evening, lovelier than I've ever seen you before, Kay."

"I—I thought it was to be Mrs. Kellyar," Kay faltered. "That was what we arranged."

"Not when we're alone like this, Don't be hard on me: I was so happy feeling that you turned to me to-night."

"No one but you could have helped in my plan, as it happened. It might have been one of the others, Hastings, even of his red-bearded friend!" Kay persisted.

"Only it wasn't Don't you think you've snubbed me enough? Couldn't you relax a little confess that you don't altogether hate being out here in the moonlight with... your husband?"

The beautiful voice dropped to a low pleading note, but Kay tried to close her ears to it, quickened her pace, just as fingers, firm but gentle, closed on her wrist, arresting, pulling her round to face their owner.

"Don't be in such a hurry!" Lovelace laughed softly. "Beyond this next twist in the path we shall come in sight of the hotel and I want to forget just for a few minutes longer than anyone else in the world exists except you and I. Does that thought seem very dreadful to you, Kay?"

"Don't—don't! You promised you wouldn't talk like that!" Kay tried to free herself, and struggled vainly against the compelling touch which drew her face round, forcing her

Modern Etiquette

By Roberta Lee

Q. When the bride-to-be's parents are separated, but not divorced, is it all right to send out the announcements in both their names?

A. Yes, if the bride's mother still is using her husband's name and the news of their separation is not generally known. The really unforgivable error is to use the joint names after one or both the parents have remarried.

Q. What should a girl say when being introduced to a young man?

A. Merely say, "How do you do?" or, "How do you do, Mr. Jones?"

Q. How should one go about sharing the expenses of a motor trip with friends?

A. The best way would be to have some definite understanding about the division of expenses before starting on the trip.

to meet fully those ardent triumphing hands. Lovelace looked startlingly handsome, a fairy-tale Eastern King, with the twisted gilt coronet on his head, the long robes of red and gold, like some splendid figure from the Arabian Nights.

Kay closed her eyes, stiffened her (Continued on Page 8)

ASTHMA ALL GONE!

Had a Nervous Cough Didn't Sleep Soundly Throat Was Inflamed

"Night after night spells of coughing would disturb my rest. A weakness in my throat was quickly affected by weather changes. It was a grand day when I used Catarrh-o-son. Upon this soothing remedy I could rely for satisfactory relief. Help for my condition came within a few minutes after I used Catarrh-o-son. After inhaling Catarrh-o-son vapor for five minutes I always felt comfortable. With no feeling of distress at all, I could then go to sleep. Yes, I do say Asthmatic sufferers Catarrh-o-son is YOUR remedy for helpful relief."

Follow the advice given by the lady of whose recovery you have just read. Your druggist has Catarrh-o-son, 25c and 50c sizes.

Needlecraft FOR THE HOME

BUSTLE BOWED

For Spring times there's nothing nicer — or neater — than a two-piece like this! Bewitchingly bustle-bowed, it interprets the new look with a pocket that flares out at the hips, nips in at the waistline.

No. 2304 is cut in sizes 11, 13, 15, 17, and 19. Size 15 requires 3 1/2 yards 39-inch.

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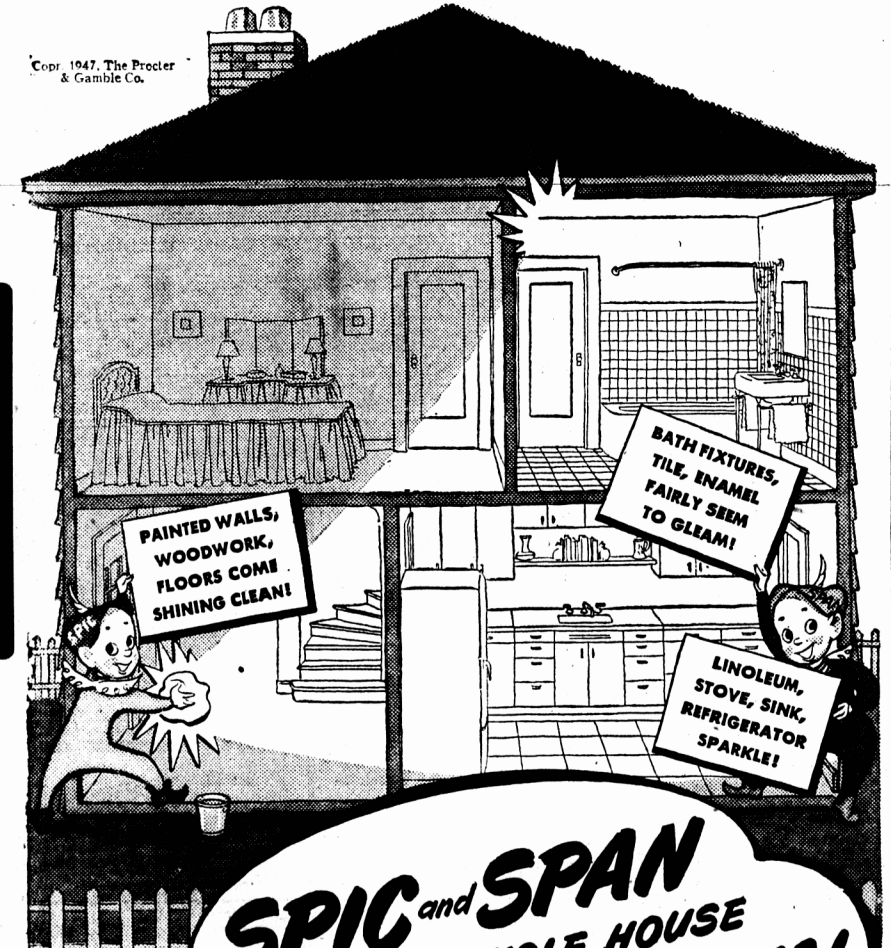
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A red and blue glass put together may stop all light and appear black, but mixed red and blue produce purple.