

Woman's Realm / Social and Personal / Fashions / Literature

Start the day the PEPPY WAY - enjoy delicious, nourishing QUAKER OATS

You bet! There's nothing like a steaming, hot breakfast of tempting whole-grain Quaker Oats to start the day off right! You need lots of Thiamin (Vitamin B1) every day! Quaker Oats is an excellent source of Thiamin, and of the Vitamin B Complex, one ounce of Quaker Oats contains an average of 70 International Units of B1. Delicious Quaker Oats is thrifty, too! Costs much less than 1c a serving.

TRY DELICIOUS-TASTING QUAKER OATS FOR 30 DAYS - WATCH RESULTS - GET A PACKAGE FROM YOUR GROCER RIGHT AWAY



Happy Landing

BY BASIL HAYE
RED-HEADED PAGE BOY

"Perhaps I had business in the house?" No doubt. It might have been to do with something those men spoke about—military secrets, I mean. . . . Wasn't that as people have said—why you left England, have said— "It quite definitely was. But I can't help it if you think the worse of me for that." "No. What I'm really at is this other Mr. Gregorescu." "Who, as he is called?" "He felt perfectly safe in easing her mind as to him." "You needn't fear anything from 'Lino,' he told her. "If that's all you have on your mind, I must be going. The incident in that house in the Place Maroc is closed. You can deny you ever were there, and who is to contradict you? After all, the position today is that of a wealthy young woman of good social standing."

Living & Leisure

The Woman's Realm

GOD'S PLEDGE TO YOU

During the growing season and while buds are constantly appearing, eyelashes should be watered every day. Lack of water causes eyelid inflammation to lose their leaves and buds are blighted. Do not wet leaves, just the roots.

CLOTHES LINE

Don't let sticky winter clothes lines get you down. Wipe them over, each time you use them, with a cloth dipped in suds. You'll be saved from the laggard of dirty marks on otherwise clean clothes made by a smutty clothes line.

Even with one-third of their wing area removed, most birds have little difficulty in flying.

SPINACH

This is best cleaned under running water but if you have any eye to next month's water bill, the next best way to clean it is to pump it up and down in several basins of water. Of course, you know that it isn't necessary to add any more water than will cling to the leaves after it is washed, when cooking it. Add about 1-4 teaspoon salt to each pound of spinach and cook, covered, over low heat until thoroughly wilted. Drain when done, chop finely, and dot liberally with butter.

FOR WOMEN ONLY!

If you suffer from monthly cramps, nervousness and distress of "irregularities"—caused by functional monthly disturbance—try Dr. E. Pinkham's Vegetable Compound—well-known for relieving pain and nervous feelings of women's "dis-ease days." Made in Canada.

Dorothy Dix Says—

PARENTS' BAD EXAMPLES ARE OFTEN WARNINGS TO CHILDREN

Family Bickering Shows Them The Necessity For Changing Their Own Lives

If a girl's mother leaves her husband and children and lovely home to go away with another man, do you think the daughter will do the same after she gets married? That is my problem. That is the way my mother treated my father, and there is not a better or kinder man in the world than he is. I am engaged to be married and I am afraid I might do as my mother has done, although I am not like her in character or disposition. I am like my Dad. But my fiancé is a fine young man and I love him too much to be willing to run any chance of hurting him after we are married. Do you think I should risk marrying him?



Frightened Girl

ANSWER— I don't think there would be the slightest risk in your marrying your sweetheart. Sometimes our parents are not an example to us. They are an awful warning. You have had yours, and just because your mother was unfaithful, you must make vows will make you keep yours all the stricter.

Many a man never touches even a glass of beer because his father was a drunkard. The son of many a thriftless loafer is so disgusted with his father's lack of energy and ambition that he works up to being a millionaire. There is an old proverb that says that heavy-beeled mothers make light-beeled daughters, and some of the most meticulous mothers laid on a couch and read novels, or gossiped over the back fence with a neighbor, while the floors went unswep, the beds unmade, and there was never a decent meal put on the table.

Of course, no sensible person derides the force of heredity, but remember that it is a fifty-fifty proposition that you get just as much from your father as you do from your mother, and you are just as likely to "take after" him as you are of her. Your being so ashamed and shocked at your mother's conduct shows that you have no inclination to follow in her footsteps, so you needn't be afraid that you won't make your husband a good wife.

STICKING TO THE JOB

Dear Dorothy Dix—I am one of the married women who feel that they must work and help buy the groceries. My husband works on a straight commission basis and has always managed to make a very good salary, but the fact remains that it is not being paid to me. I get a bit from week to week unless I bring home the bacon. Working every day, from eight to five and then going home and doing the housework is very wearying. I have not read novels, or gossiped over the back fence, or earned a moderately good salary, which gives me security, which I want as long as I do this my husband will never, probably, look for a job with a salary that would be enough for us to get by on. I should like to just lay the breadwinning in my lap and take care of my house.

ANSWER— It doesn't seem to me that this is any time in which to throw away a steady job when the snatching down of so many business on account of the war is putting thousands of thousands of people out of work. So my earnest advice to you is to hold on to the good thing you have until the situation clears up.

As matters stand now your husband's commission may vanish into thin air and you would be in the bread line. If you had also thrown away your meal ticket, I know it is hard for a woman to have to hold down two jobs and come home and do a day's housework after having done ten hours office work, but it isn't so wearing on her to have to sweep a floor as not having a floor to sweep, or having to cook a dinner as not having any dinner to cook.

Of course, whether the working wife helps her husband or hinders him depends altogether on the man. If a man is ambitious and industrious and anxious to get somewhere in the world, it is an enormous help to him in the years in which he is getting his start for his wife to pull her weight in the boat. It enables him to save the money that is often his golden key that unlocks the door of opportunity for him. It often makes it so that he can get an interest in some business that will make him independent, or to give up a poor job while he hunts for a better one, and it frees him from the paralyzing dread of what would happen to his wife if he should get sick or die.

WIFE OFTEN SPURS HUSBANDS ON
And because his wife is being such a good sport spurs him on to make every effort to succeed so that he can carry all the burden of their livelihood on his shoulders and make life easier for her.

But if her husband is indolent and easy-going and lacking in punch and in initiative, then his wife is a hindrance instead of a help to his making anything of himself. She takes away from him the necessity to work which is the only spur in the side to which the unambitious respond. As long as she will support the family he will let her. As long as he is comfortable he will never try to better his condition.

So there you are. You know your man and you will have to be guided by that knowledge in making your final decision.
DOROTHY DIX.

WANT TO BEAT THE FAMILY TO THE DRAW?

THEY know how good PREM is cold, but serve them hot PREM with their breakfast eggs for instance, before they start asking for it! Ideal cold in sandwiches or salads, PREM is simply grand hot at breakfast, lunch or dinner. PREM comes in an easy-to-open tin to keep plenty on hand all the time. Swift Canadian Co., Limited.



HEALTH

A HEALTH SERVICE OF THE CANADIAN MEDICAL ASSOCIATION AND LIFE INSURANCE COMPANIES OF CANADA

Four million people in United States have syphilis, one in every 30, according to the American Social Hygiene Association. Over 100,000 die from syphilis every year.

Sixty thousand unborn babies are infected with the disease yearly. It is a catching disease. It spreads from one person to another by body contact.

An infected unborn may give syphilis to her unborn. Syphilis can be cured. Treatment should start early. Only experienced doctors should use the necessary drugs in the treatment of syphilis.

A Morning Smile

FOR A WHILE
The old commercial traveller was relating his experiences to a young man.

Old Traveller—And don't forget, never try to sell an encyclopedia to a bride.
Young man—And why not?
Old Traveller (smiling cynically)—She always thinks her husband knows everything.

CONSIDERATE CHAP

An Irishman carrying a large sack of potatoes along a lonely road was overtaken by a man driving a team hitched to a wagon. The driver offered Pat a lift, which he gladly accepted, but still kept the sack of potatoes on his back. The driver told him to put them down in the wagon.
"Sure," Pat replied. "I'm thankful for the lift ye give me, but I don't want ye to be burdened with the taters as well."

For Your Overseas Parcels

Aylmer Jam and Marmalade—in one-pound tins—and Aylmer Sweet Pickles—in 14-oz. size—for safe mailing overseas.



Civilians in the British Isles, as well as our boys in uniform, enthusiastically welcome these quality foods. Be sure to include a tin in your next parcel.

Aylmer
PASTEURIZED
JAMS • JELLIES
MARMALADE
Vacuum packed for complete protection and freshness.

THE COOK'S CORNER

GINGER MUFFINS

- 2 cups flour
 - 2 teaspoons baking powder
 - 1 teaspoon ginger
 - 1-2 teaspoon soda
 - 3-4 teaspoon salt
 - 2 tablespoons brown sugar
 - 1 tablespoon molasses
 - 1 egg
 - 1 cup milk
 - 1-4 cup melted shortening
- Method: Sift the flour before measuring, then sift twice more with the baking powder, ginger, soda and salt. Add the brown sugar.
- Beat the egg and add to it the

Topping

- 1 egg white
 - 1 tablespoon sugar
 - 1 tablespoon flour
 - 1-2 teaspoon ginger
- Method: Beat the egg white until it is very stiff. Add the sugar and beat until this is dissolved, then get sifted together. Mix lightly but carefully fold in the flour and ginger thoroughly.

Drop by small spoonful on the top of each ginger muffin, then bake in a hot, 400 deg. F. oven for about 25 minutes, until the muffins are well raised and nicely browned.

See How Much Faster Chapped Hands Heal with this medicated cream!



Chapped hands are CUT HANDS; that's why Noxzema is so grand for them!

LOOK at the 2 unretouched photographs above. See the remarkable improvement in the one hand on which Noxzema was used! That's because chapped skin is cut skin—a form of irritation like chafing, coupled with tiny cracks. Noxzema is so effective because this medicated cream helps promote quick healing, helps restore red, rough hands to their normal, soft, white loveliness—often showing a big improvement overnight! Nurses were the first to discover how grand Noxzema is for chapped hands. Now millions of men and women everywhere, use it regularly!

TRY THIS "ONE HAND" TEST! Put Noxzema on one hand, nothing on the other. Do this for several days and then compare your two hands. See if you don't find your chapped hands heal FASTER with Noxzema, if they don't look softer, smoother, whiter! Get the special 25c jar for only 19c at any drug or cosmetic counter today!



MINK ON WOOL SUIT

A favorite all through the winter is the fur-trimmed suit. A new model is in velvety woollen in taupe, the long jacket snug through the midriff and fastened with long row of buttons. Mink is worked into a bow-knot scarf effect at the neckline and long pockets with a vertical slit are edged with mink.

WEIGHT AND COMPLEXION

When you decide to diet a bit and take off some of those extra pounds, don't fret you cut out fats immediately and these are the things on which your complexion depends. Use plenty cod's liver and avoid those wafles that seem to ooze like magic when we begin to reduce.