

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

FOR THE WOMAN READER

HOUSE WEARY

I am going out! I'm tired of tables and chairs; I'm tired of walls that hedge me all about; I'm tired of rooms and ceilings, carpets and stairs. And so—I'm going out!

Somehow or other what I need today are skies and birds that carol, winds that shout! I want Dame Nature's friendship. Thus I say "Good-bye—I'm going out!"

It's just house-tiredness. Trivial humdrum strain! Monotony! But when I've climbed the hill, My heart re-freshed, will laugh and sing again, Dear home! I'll love it still.

—Ian Draig.

BE GLAD

Be glad that a friend has done well over something, just as you would have them be glad if you had done well. Don't be sarcastically jealous—be glad.

Be glad that the rain is doing the flowers and vegetables good. Don't grumble just because you, as one small unit in the scheme of things, are compelled to put off some small pleasure. Be glad!

Be glad that the world is at peace, don't go about saying it won't last. Be glad that you can go about your business in safety.

Be glad that you have your health and strength; don't moan about the amount of work you have to do. Just do it, and be glad that you are able to do so.

Be glad that the sun is shining, even as you mop your streaming face. Don't say: "It's unbearably hot!" Enjoy the sun and be glad.

Be glad that the birds are singing, be glad that the cows are lowing, be glad that nature is

awake—oh, be glad that you're alive!

WHAT IS A BOY?

He is a person who is going to carry on what you have started. He is to sit right where you are sitting and attend to those things you think are so important, when you are gone.

You may adopt all the policies you please, but how they will be carried out depends on him.

Even if you will make leagues and treaties he will have to manage them.

He is going to sit at your desk in the Senate and occupy your place in the Supreme Court. He will assume control of your cities, states and nation.

He is going to move in and take over your prisons, churches, universities and corporations.

All your work is going to be judged and praised or condemned by him.

Your reputation and your future are in his hands. All your work is for him, and the fate of the nation and of humanity is in his hands.

So it might be well to pay him some attention. The boy of today is the man of tomorrow.

HOUSEHOLD HINTS

When knitting a pattern it is often difficult to remember how rows you have done, particularly when other people are in the room.

To overcome this difficulty, place a pin-cushion on the table and stick into it as many pins as you have rows to do.

At the end of each row press one pin right down into the cushion. When all the pins are down you know you have knitted the correct number of rows.

White straw hats may be fresh-

Good cooks like it for its strength and delicacy of flavor

Parbouv's VANILLA

ened in the following way: To the juice of a lemon add enough flowers of sulphur to make a cream. Rub this cream into the straw with a clean toothbrush, rinse with cold water, and then put on a flat surface to dry. The straw will come up quite like new.

Don't throw away your old net curtains. Wash out the starch and you have excellent window and mirror polishers, and if you don't possess a fish steamer put your fish into a piece of clean curtain net and tie.

This keeps the fish firm and prevents it from falling to pieces when dishing up.

A nervous young barrister was conducting his first case.

"My lord—er—and gentlemen of the—er—jury," he stammered. "My unfortunate—er—I say my unfortunate—er—my very unfortunate client—er—"

"Yes, yes," said the judge, "pray proceed. The court is undoubtedly with you so far."

Dorothy Dix

Stop the Heavy Parent Stuff if You Want to Break off Your Child's Undesirable Love Affair, Advises Dorothy Dix—It Will Peter Out Like a Spent Fire-cracker During a Long Engagement, or Wither Away Under Ridicule

Every day I get letters from agonized fathers and mothers asking how they can break off unsuitable marriages that their infatuated children are determined to make. They see their fine, upright, honest John caught in the toils of some silly little flapper without heart or brains or principles, and they know that if he marries her it is bound to break his heart and wreck his whole future.

They see their petted and adored Mary, who has never known a hardship or even an ungranted wish since the day she was born, fascinated by some drunkard or picturesque ne'er-do-well, and they know that if she marries him she will bring down life-long misery on her head. But they are powerless to save their children from the catastrophes they are about to precipitate upon themselves. John and Mary turn a deaf ear to their parents' warnings and entreaties, and father and mother wring their hands in futile anguish and ask what can they do to prevent the tragedy.

First, I should say, quit opposing the match. Not even propinquity is such a matchmaker as is opposition, and there is no other quicker way to rush young people into a hasty and ill-advised marriage than to forbid it.

Yet that seems to be the only idea that parents have of breaking off an unsuitable marriage. Mary has a beau of whom they disapprove, and they forthwith forbid him to come to the house, and threaten her with dire penalties if she so much as looks at him or speaks to him again. Perhaps Mary any the boy are not really in love with each other, and, if left alone, the affair would simply simmer out, and amount to nothing.

But the minute father and mother begin doing the heavy parent stuff the inevitable happens. They throw the young couple into each other's arms. The faint spark of affection is fanned into a flame of passion by opposition. Lock a girl of spirit up in her room to keep her away from a man and she will climb out of the window to get to him. Forbid a young man to come to the house and he will meet her on the street corner and take her to the nearest Marriage License Bureau.

The contrariness of the human heart has thrown a magic halo about multitudes of commonplace girls and boys, and made other boys and girls determined to marry them just because their families opposed the match. It is the eternal lure of the forbidden fruit.

The next move in breaking off a match is to quit criticizing the boy or girl your children think they are in love with. There is no other way so potent for enhancing the charms of a girl or boy in Mary's or John's eyes as to force them to become his or her champions.

Yet that is what parents do when they nag Mary ceaselessly about Tom's faults and find fault with everything that Bob's girl does and leaves undone. It puts Bob and Mary on the defensive. It makes them go on a still-hunt for every god quality in Tom and Sally, and to make every excuse for their shortcomings, and so they end up by hypnotizing themselves into the belief that Tom and Sally really are the paragons they have represented them to be in the heat of the argument with mother or father.

It is a curious thing that parents never realize that their children grow up and get beyond the age where they can force blind obedience upon them, and that they do not perceive that when this time arrives they must use subtlety instead of force in dealing with their youngsters. And particularly must they approach the marriage question with all the finesse of a diplomat.

Now there are many ways in which an undesirable marriage can be broken off, but forbidding the bans and locking the door and using the hammer are effete methods that do not work in these days of emancipated youth. First aid to the parents in such a case is time, which is their most potent ally and fights on their side.

Almost any unsuitable match can be prevented by stringing an engagement out from year to year. For, after all, love isn't totally blind. It merely suffers from a temporary astigmatism, and sooner or later it focuses its vision on the blemishes that would make the man or woman a misfit husband or wife.

Mary gets tired of Tom's shiftlessness, or disgusted at his drunkenness. John gets a line on Sally's greediness and selfishness and begins to wonder how he would like to spend his life with a gold-digger. So gradually and imperceptibly time gets in its deadly work and the love affair that would have been fatal if rushed into marriage by parental opposition peters out harmlessly, like a spent firecracker.

Ridicule is another effective weapon with which you can puncture the little red balloons of romance. The young who are deaf to pleadings and impervious to reason can always be stabbed to the soul by a jeer.

A girl may defy her mother and go with a man whose moral character is as soiled as evil can make it, but she will drop him cold if some one makes fun of him for wearing a dirty collar. And many a young man has been saved from the folly of marrying a woman old enough to be his mother by somebody calling her grandma and a cradle-snatcher.

There are many ways of breaking up an undesirable match, but opposition and forbidding the young man the house are not two of them, and parents would be far wiser to give a girl or boy an overdose of the society of those whom they do not wish them to marry than to try to keep them apart.

DOROTHY DIX.

COOKING HINTS

Rich cakes need cooking for a long time, and should have several thicknesses of newspapers tied around, standing well above the tin.

Whites of eggs may be stiffly whisked more quickly if they are quite cold.

Flour absorbs odors and moisture from its surroundings, therefore keep closely covered.

For better pastry making use a heavy rolling pin lightly, rather than a light one heavily.

A little fresh cream added to bottled mayonnaise wonderfully improves its flavor.

To make steak tender smear with olive oil and leave for at least an hour before grilling.

To darken pale baked puddings dredge lightly with sugar and brown under a griller.

To enrich the color of the plainer fruit cakes add a teaspoon of cocoa to each 1-4 lb. flour; flavor is not affected.

Day-old chicks are being imported into St. Lucia, British West Indies, from Florida via the Pan-American Airways.

A Morning Smile

The old commercial traveler was relating his experience to a young man in the same business.

"And don't forget," he said, "never try to sell an encyclopaedia to a bride."

"Why not?"

The old man smiled cynically. "She always thinks her husband knows everything."

Jones came back from his holiday proud of his bulging muscles.

"Look at these arms," he said.

"They were certainly in good condition. His colleagues put it down to rowing, but Jones wittered them with scorn.

"Rowing be blowed!" he snorted. "I got them pulling up fish."

Canada has been the leading exporter of flour to the Trinidad market for many years.

Holland displaced Canada in 1932 as the largest supplier of condensed milk to Trinidad.

THE COOK'S CORNER

FARINA FRUIT PUDDING

1 pint milk
1/2 cup farina
2 eggs
1/2 cup sugar
1/4 teaspoon vanilla
1/4 teaspoon salt

Cook milk, farina and salt in double boiler for 1/2 hour. Add egg yolks which have been beaten with the sugar and one tablespoon cold water. Cook a little longer, remove from heat and add 2 egg whites beaten stiff, and the vanilla. Pour into custard cups rinsed in cold water and when cold, turn out and pour any fresh berries over it.

RAISIN PIE

To each cupful of flour required add a level half-cupful of vegetable solid or fat and a half-teaspoonful of salt. Gently mix with the tips of the fingers. When the materials are thoroughly mixed and separated into little granulations, add sufficient ice water to bind them together. Roll out, handling as little as possible, and remove only enough paste for one crust from the bowl at a time. Line a pie pan and fill with the following raisin mixture: Soak two cupfuls of raisins for an hour or two and cook them until tender in the water in which they were soaked. Before placing on the fire add a half cupful of sugar. When done, leave sufficient juice just to cover the raisins. Add to this a tablespoonful of flour, juice of one orange and half a lemon and cook until thick. Cover with crust and bake in a hot oven.

PAPER LAMP SHADES

These summer days, when dust and grime and sun play havoc with fine furnishings paper lamp shade covers are a boon to careful housewives. They solve the problem of how to protect fine shades of silk and parchment.

The idea is simply to use pale yellow or white crepe paper, which does not obscure the light. There are only a few simple steps in making them.

You cut a piece of crepe, across the grain, about an inch more than the desired depth, and long enough to fold in loose pleats. An easy way to measure the pleats accurately is to use a ruler or guide of heavy cardboard, cut as large or small as you wish to make the pleats. To hold the pleats together, punch holes about 1-2 inches down from the top edge and run a cord in and out of the holes. The shade is put together by overlapping the last pleats at each end and pasting them together. Adjust the pleats to fit your lamp before tying the cord securely.

All hems that have stopped laying at the latter part of August should be culled.

SKINNY GIRLS listen to this!

Amazing easy way adds pounds - In a few weeks!

Hosts of people gaining solid flesh, new health with new double tonic

DOCTORS for years have prescribed yeast to build up health. But now with this new discovery you can get far greater results than with ordinary yeast—regain health and in addition put on pounds of solid flesh—and in a surprisingly short time.

Not only are great numbers gaining beauty-bringing pounds, but also clear skin, new pep.

2 great body-builders in 1

This new product, Ironted Yeast, is made from specially cultured *Breder's Ale Yeast*, imported from the British Isles—the richest yeast we know of—which by a new process is concentrated 7 times—made 7 times more powerful.

But that is not all! This super-rich yeast is then treated with 3 kinds of iron. Day after day, as you take Ironted Yeast, watch that chest develop, skinny limbs round out attractively, skin clear.

Results guaranteed

No matter how skinny and weak you are, this new Ironted Yeast should build you up in a few weeks as it has hundreds. If not delighted with the results of the very first package, money instantly refunded.

Only be sure you get genuine Ironted Yeast, not some imitation that cannot give the same results. Insist on the genu-

ine with "TY" stamped on each table

Special FREE offer!

To start you building up your health right away, we make this FREE offer. Purchase a package of Ironted Yeast, and receive, out of the box and mail it to us with a clipping of this offer. We will send you a fascinating new book on health, "New Facts About Your Body". Remember! Package guaranteed with the very first yeast, or money refunded. At all drug-gists, Canadian Ironted Yeast Co., Desk 209A, Box 1323, Montreal, Que.

Illustrated DRESSMAKING LESSON FURNISHED WITH EVERY PATTERN

BY ANNABELLE WORTHINGTON

It's so dainty with cool low neckline for warm weather wear.

It moulds the figure beautifully through the bodice and the hips. Bias seaming creates a suppleness. The lower part affects a skirt which makes it most appropriate for sheer frocks.

You could run it up on the sewing machine in an hour and never notice it.

Or make it all by hand, it will give it French accent and you'll find it very pleasant work.

Think of the saving in cost. Send for your pattern today and stretch your budget.

Flesh pink crepe de chine with ecru Alencon lace is pictured. It's also lovely in white with either ecru or white lace trim.

Style No. 346 is designed in sizes 14, 16, 18, 20 years, 36, 38, 40 and 42 inches bust.

Size 36 requires 2 1/4 yards 39-inch with 3 yards 1 1/2-inch lace.

Price of PATTERN 15 cents in stamps or coin (coin is preferred). Wrap coin carefully.

No. 346. Size

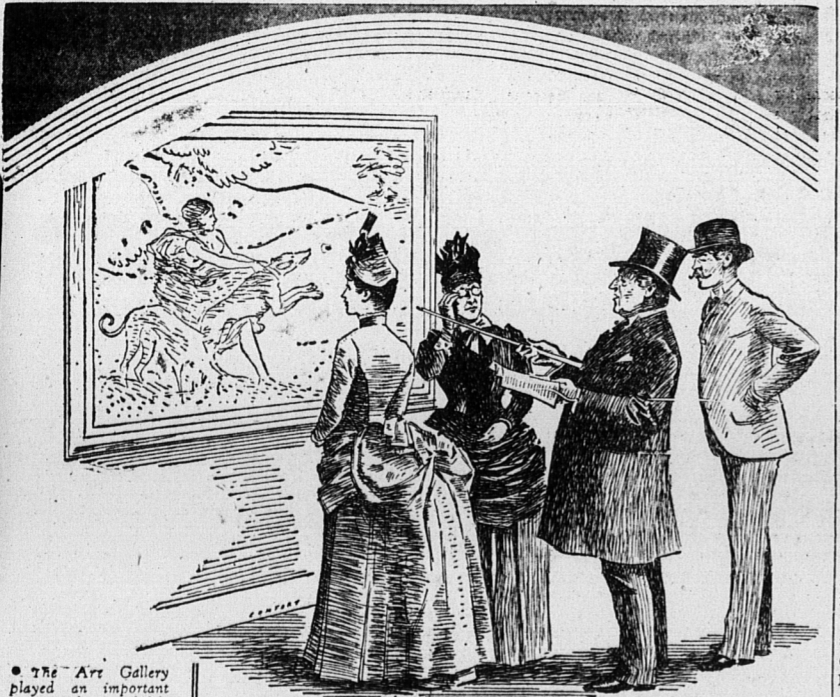
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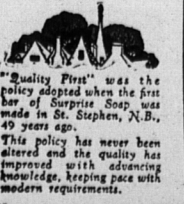
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The Art Gallery played an important part in the social life of half a century ago. These society viewed the latest pictures brought over from England or the Continent. To be able to discuss the latest Whistler or Millet from first hand knowledge was part of their education.

There Were Fewer Leisure Hours in the Eighties . . . before SURPRISE SOAP was made

- Many new labour-saving aids have come to us since then, but hundreds of thousands of housewives still rely on Surprise to free them from the back-breaking hours of wash day.
- The gentle Surprise suds reach and loosen every particle of dirt, so that rinsing leaves the washing fragrant and beautifully clean. And a soap that washes thoroughly in less time means more leisure for the housewife.
- You can trust even your finest things to Surprise Soap. Its rich, penetrating lather cannot possibly harm even the most delicate fabric.



SURPRISE SOAP

THE BIG GOLDEN BAR