

Woman's Realm Social and Personal Fashions Literature

FIRST IN FLAVOR!

VACUUM PACKED



KING COLE COFFEE

Cook's Corner

HOME MADE ENGLISH MUFFINS

1 cup milk
 1/2 cup shortening
 2 teaspoons salt
 1 tablespoon light corn syrup
 1 package yeast (compressed or dry granular)
 3 cups sifted flour
 Scald milk and combine with shortening, salt and corn syrup. Allow mixture to cool till lukewarm. Add yeast and mix well. Gradually add sifted flour until dough is well-blended and soft. Roll out on floured board to 3/4 inch thickness. Then cut with 3/4 inch cutter. Place on baking sheet which has been sprinkled with 1 or 2 tablespoons of cornmeal. Dust tops of muffins with additional 1 or 2 tablespoons of cornmeal. Set to rise in a warm place (80 to 85 F.) until light, about 1 hour. Bake on hot, ungreased or slightly greased griddle, reducing heat when muffins begin to brown. Bake about 7 minutes on each side. Split muffins, toast and spread with butter. Makes 8 muffins.

Dental authorities see a new hope for prevention of caries in the teeth by the mechanical infiltration of fluoride into drinking water. The right amount of fluoride in water one part in 1,000,000, can cut tooth decay by 60 per cent.

If you are annoyed with the corks coming out of the bottoms of the salt and pepper shakers at-

Living & Leisure THE WOMAN'S REALM

SPRING
 For, lo, the winter is past
 The rain is over and gone,
 The flowers appear on the earth;
 The time of the singing of birds is come,
 And the voice of the turtle-dove is heard in our land.
 —Song of Solomon.

Get some small flower pots and wash them well. Fill glass cups with chocolate pudding and place in the pots. Stick a single flower in the top of each. Children will love these tricky desserts.

Dried figs may be sliced into slivers with kitchen scissors and then added to hot, cooked oatmeal or farina. If the figs are very dry they are easily softened by steaming in a strainer over boiling water.

ter filling, place a piece of adhesive tape or a heavy paper preserving label over the cork, connecting the china and the cork on each side.

CLEAN RUGS

Winter is hard on rugs which are trampled by boots, overshoes and Junior's fire engine. Before summer rugs should be sent out for a thorough cleaning and stored during the hot months.

HOW MUCH FEED WILL IT TAKE?

100 chicks will eat 10 pounds of feed the first week.
 100 chicks will eat 20 pounds of feed the second week.
 100 chicks will eat 30 pounds of feed the third week.
 100 chicks will eat 40 pounds of feed the fourth week.
 100 chicks will eat 100 lbs. in the first 4 weeks.
 100 chicks will eat 360 lbs. in the first 12 weeks.
 100 chicks will eat 1,255 lbs. in the first 16 weeks.
 100 chicks will eat 1,825 lbs. in the first 20 weeks.
 100 chicks will eat 2,475 lbs. in the first 24 weeks.

Dorothy Dix Says—

Impatient Youth

Participants in Young Marriages Are In For No Little Wees



It is characteristic of youth that it lacks the patience to wait for the orderly fulfillment of its desires. It wants what it wants and it wants it now, as a spoiled brat once said to me, and it is too ignorant and inexperienced to know how often our dearest wishes turn into the boomerangs that slay us.

For it is one of the sad truths of life that our appetites, our tastes and our cravings are never static. They change with our growth, with our age, with circumstances, so that the things that we broke our hearts in longing for when we were kids, we no more want when we are grownup than we do an all-day sucker or a little red wagon.

And this is just as true of what happens to the relationships of people as it is of their attitude towards things, and it is what makes youthful marriages such risky experiments. A boy and girl mentally and emotionally undeveloped and with no idea of what qualities they will want in a mate, decide that they are in love and that they must marry.

They have no money. The boy has no way of making a living. They have to become parasites upon their parents and go to live with their in-laws who don't want them and who resent the imposition of having to support Mamie's husband, or John's wife, and the resultant babies.

END IN DIVORCES

It is these marriages that take place before either the bride or the bridegroom is ready for them that fill the divorce courts with dis-

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It takes more than kisses to keep a man happy! If you want your man always to be proud of you... if you want always to look your youngest, slimmest, and loveliest... you must watch your diet! And, in any diet to gain a lovely figure, you should eat certain special foods because of their vital "protective" qualities.

Make up your mind to take better care of yourself. Start eating All-Bran today.

This is why Kellogg's All-Bran is included in scientific weight-control menus. All-Bran is made only from the outer layers of the wheat grain. This is the vital part so rich in iron and certain other "protective" food elements your body must have. Not only is All-Bran a "protective" food but it is guaranteed, on a double-you-money-back basis, to keep you regular naturally. Such natural regularity is always advisable, diet or no diet.

FOR REDUCING DIETS

TWO SIZES

Ellen's Diary

By an Island Farmer's Wife

"What?" James asked, then added drowsily "how would I know?" This was in reply to an excited query of mine, voiced at the stair-foot door a few minutes ago. It is near the one which had given me entrance to the kitchen, that I had closed with a noisy jar. An extremely strange experience I have just had which leaves me rather breathless and my hand unsteady. Between Jane's end where I got down from a neighbor's car and our own door-step, it happened, and in numberless comings and goings, as I said to James when telling of it the like never happened before. Saving my best shoes as best I could from the sticky clay there by the alders, I made my way across the gang-way bridge, walking slowly to admire the May stars which in a bright bevy are mirrored tonight in the placid water of the pond beside. Up the stream too, there were bright reflections and near me ripples broke the surface to show the flow of its waters, as it entered the pond. A soft murmur like that of grand-daughter's last bit of slumber song one may hear there on the stille day or night, if one but chooses to listen.

That Body Of Yours

By James W. Barton, M. D.

MIND AND BODY

It was thought during World War I and found true in World War II that high-strung emotional men and women were more likely to develop stomach and intestinal ulcers and other ailments of the stomach and intestine than those with a calm disposition.

What many of us do not realize is that just as emotional disturbances can affect the stomach and intestines in nervous and emotional individuals, so can they affect the stomach and intestines in normal or healthy individuals if these disturbances are severe or prolonged. Thus, I have mentioned before a strongly-built, buoyant patient of mine, never ill, who developed a stomach ulcer during the market crash. Because he was the snarling and he had to meet the customers of his brokerage office who had lost their money. Within six months he developed a stomach ulcer.

To support this fact that healthy normal individuals can develop ulcer of stomach and small intestine, Dr. H. L. Bockus, Philadelphia, in the "Journal of the American Medical Association" quotes Dr. E. Wells: "Psychosomatic (mind or emotions affecting the organs and processes of the body) disturbances of the stomach and intestines occur in healthy people undergoing emotional stress." Also quoted is Dr. Walter Alvarez, Mayo Clinic, who states that every stomach and intestine specialist should be learning all he can about psychosomatic of the apparently sane patient suffering with symptoms in the stomach and intestine, and X-ray, test meals and other methods of examination shows no organic trouble, the patient's mental and emotional life should be investigated as far as possible.

The psychiatrist will need to be trained in internal medicine and the internist in psychiatry if the patient suffering with symptoms in the stomach, intestine, and other organs—heart, liver, gall bladder, skin—is to be helped.

The Stars Say--

By Genevieve Kemble

For Friday, May 14

A PROMPT and clever grasp of unusual opportunities, in which there may be hidden factors or undercurrents, incidents, may culminate in very progressive and constructive performance. The mentality is versatile, receptive and fertile, yet finer aspects of imagination, foresight and intuition should heighten the prospect of accomplishment. Change, new contacts, perhaps with unusual persons or ventures, may be to the advantage, giving new scope and opportunity for welcome change, new environs and pleasant relationships, intriguing and gay.

A child born on this day should be richly endowed with a fertile mentality, quick to grasp unusual opportunities, in which hidden creative faculties and forces give success and happiness.

Better English

D. C. Williams

1. What is wrong with this sentence? "He borrowed it off of Tom."
 2. What is the correct pronunciation of "mongrel"?
 3. Which one of these words is misspelled? Bigamous, bialial, billet-doux.
 4. What does the word "commensurate" mean?
 5. What is a word beginning with "co" that means "huge; tremendous"? **ANSWERS**
 1. Say, "He borrowed it from Tom." 2. Pronounce mung-grel, y as in up, accent first syllable. 3. Biennial. 4. Adequate. "John's salary was not commensurate with his needs." 5. Colossal.

How Can I!!!

By Anne Ashley

Q. How can I make a rubber hot-water bottle last longer?
 A. It will last twice as long if the steam is pressed out before inserting the stopper. If it is never filled more than two-thirds, and never with boiling water, and when not in use, the bag is hung with opening downwards.
 Q. How can I remove paper that has stuck to the polished surface of a table?
 A. Rub the paper gently with a cloth moistened with a few drops of sweet oil.
 Q. How can I treat a cupboard that is damp?
 A. Place a box of quicklime in the cupboard for a few days to absorb the moisture.

Dreft THE FIRST SUDS TO WASH DISHES Cleaner than Soap!

IN ANY WATER • HARD OR SOFT • HOT OR COLD!

GLASSES SPARKLE —TOWEL OR NO TOWEL!

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 Dreft contains no alkali that can reddens hands.

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Procter & Gamble's Patented Suds Discovery

Household Scrapbook

By Roberta Lee

Spotted Furniture
 To remove white stains from furniture, dip a cloth in kerosene oil and rub the spot well. Too much alcohol will destroy the varnish. Then moisten a third cloth in furniture polish and rub thoroughly.

An Oven Hint
 The oven will heat far more quickly if after the gas burners have been burning for about two minutes the oven door is opened just for a second, to let the moist air escape.

Chewing Gum
 Chewing gum can be removed from most materials by softening the gum with egg white, and then washing.

NEUROSIS

Neurosis — believing you have a physical ailment when none exists — is becoming increasingly common. Send today for Dr. Barton's informative booklet on this subject entitled "Neurosis." To obtain it, just 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.

Morning Smile

LUCKY

Two men, who had not seen each other in five years, discovered each had been married during this time.

"What kind of a woman did you get, John?" asked Jim.

"She's a angel, dat's what she is," replied John.

"Boy, you're lucky. Mine's still livin'," Jim muttered sorrowfully.

Needlecrafts FOR THE HOME

VERSATILE JUMPER

This shoulder-strap jumper with the new snug bodice and flaring skirt... is wonderful to wear as a sun-back star! And it has its own round collared blouse to cover up in for the street. No. 2419 is cut in sizes 10, 12, 14, 16, 18 and 20. Size 16 jumper requires 2 1/2 yards 39-inch; blouse, 1 1/2 yards 39-inch.

Send 20c for each Pattern, which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you want. Include postal unit or some number in your address.

Address Pattern Department, The Charlotte-Guardian, Pattern No. 2419



Name _____
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Paranips are one of the most economical of the root vegetables generally available. If they are boiled and then candied in a mixture of brown sugar, melted butter and orange juice they are usually well liked.