

Woman's Realm Social and Personal Fashions Literature

Living & Leisure THE WOMAN'S REALM

BLESSED

Blessed be the milk and blessed be the bread
With which His little ones are fed;
Blessed be the sheltering roof and wall
Which keeps secure His children small.
Time was, the Master called a child
And stroked his brow and gently smiled.
"Who shall receive a child," said
"Within his heart receiveth Me."
Blessed be the home where children stay,
Blessed be the place with laughter gay;
And blessed be all who pity take
On childhood for the Master's sake.

Edgar A. Guest.

TOAST COCOANUT

Spread cocoanut in a shallow pan, toast golden brown in the oven and use to decorate cakes, fruit cups, and salads.

SCRAMBLED EGGS

To make fluffy scrambled eggs, start the preparation in the top part of the double boiler. Just before the eggs are done, set over boiling water to complete the scrambling process.

STRAW FOR JUICE

If you are afraid that luscious berry or apple pie may ooze over and burn on your oven floor, and be wasted, insert short lengths of drinking straws into the vents in the upper crust before putting the pie in the oven.

SIMPLE HAIR-DO

And it's a suggestion that you choose a simple manageable coiffure that can be worn casually for every day wear but can be twisted into a becoming evening style for special occasions. Experiment with just these two-for-you styles and you will find your own special brand of charm.

USE FINE COMB TO TAME CURLS

"What can I do about too-tight curls?" asks a reader, who ex-

Now—She Doesn't Feel Tired The Way She Used To

...And WHAT a Difference In Her Figure and Pep!

The peppy, exhausted feeling, common to many women, is often due to low blood count. Lack of sufficient red corpuscles, resulting from iron deficiency, may be robbing your body of vital oxygen. And you must have plenty of oxygen to help explode your energy and give you "going power".

Get Dr. Williams' Pink Pills today. They are world-famous for the help they give in increasing the number and strength of red corpuscles. Then with blood count up, most people realize that vigorous feeling of health and energy that gets them out of the old rocking chair into the activities they need to help restore a youthful, fit appearance. Don't delay—ask your druggist for Dr. Williams' Pink Pills at once.

New... for fast baking

... keeps in the cupboard!

No more dashing down to the store at the last minute! Now—with New Fleischmann's Royal Fast Rising Dry Yeast you can bake any time—in quick time. This new granule form needs no refrigeration—keeps fresh in the cupboard for weeks, always right there when you need it. You can depend on it for quick baking—delicious baking results. IF YOU BAKE AT HOME—order a month's supply of New Fleischmann's Royal Fast Rising Dry Yeast today.

That Body Of Yours

By James W. Barton, M. D.

ONE DEATH A MINUTE DUE TO HEART DISEASE

When an appeal is made to aid the blind, to help crippled victims of infantile paralysis (polio), to learn the cause of cancer, the appeal strikes a sympathetic note within us and rightly so. Tuberculosis one of the greatest killers, now is under control — thanks to the generosity of men and women and the excellent work done and being done by the National Tuberculosis Association.

Strange as it may seem, the greatest killer of all the diseases is now for the first time being attacked by organized effort. When the facts are known, this appeal should bring the response it so well deserves. The scourge is heart disease, and the appeal is being made with such complacency and resignation. It is a tragic irony that although heart disease takes a greater toll than the next five causes of death combined—cancer, accidents, inflammation of the kidneys (nephritis), pneumonia and leprosy—it ranks far below these ills in the amount of funds expended annually to study and combat it.

"When we consider the alarming fact that one death a minute is caused by diseases of the heart and circulation, it is incredible that so many people view heart disease with such complacency and resignation. It is a tragic irony that although heart disease takes a greater toll than the next five causes of death combined—cancer, accidents, inflammation of the kidneys (nephritis), pneumonia and leprosy—it ranks far below these ills in the amount of funds expended annually to study and combat it."

Dr. R. Barnes, President of the American Heart Association, who states that heart disease is the Number One health problem.

If the simple facts of heart disease and rheumatic fever and how they can be prevented and many useful lives prolonged were known to all, funds would be made available to this and other organizations, which will establish clinics, hospital care, nursing care, occupational treatment, heart disease prevention programs, and development of community programs to prevent rheumatic fever (childhood's greatest enemy), the forerunner of heart disease.

WHY WORRY ABOUT YOUR HEART?

Do you get out of breath on slight exertion? Does your heart seem to skip beats or beat irregularly? Send today for Dr. Barton's interesting booklet on this subject entitled "Why Worry About Your Heart?" 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.

FLAVOR TO SLAW

To give special flavor to hot slaw, add a little celery seed.

WHEAT GERM

For a nutty taste, sprinkle wheat germ over the jelly cream sauce on the pandowdy. Very attractive!

TO RENDER FAT

To render chicken fat remove all particles of flesh and bits of blood from the fat. Let stand one hr. in cold salted water. Drain, put in an open pan and try out very slowly in the oven. Pour the melted fat off often as it accumulates. Strain and keep in a covered jar in the refrigerator.

CREAM PUFFS

1/2 cup butter
1 cup boiling water
1/4 teaspoon salt
1 cup sifted flour
4 eggs

Add butter to boiling water in a saucepan over direct heat. Add sifted flour and salt all at once and stir vigorously until the mixture leaves the sides of the pan in a compact mass. Remove from heat. Add eggs one at a time, beating vigorously after each. Continue beating with plenty of elbow grease until the batter is smooth and free of lumps. Batter should be stiff enough to hold shape when dropped from a spoon or pastry tube. Drop by tablespoonful onto greased baking sheet. Pop into a hot oven, 450 degrees, and let puffs bake for 15 minutes, during which time they'll do their puffing. Reduce heat to 375 degrees and continue baking 25 minutes longer to dry out puffs. Cool baked cream puffs, make a cut in the side of each, and force in filling with pastry tube.

Van Camp's PORK and BEANS

Delicious

Enjoyed by more families than any other brand.

Dorothy Dix Says— Roaming Husbands

Model Mate Falls But Can Be Won Back By Smart Wife

DEAR DOROTHY DIX: My husband and I have been an unusually happy married couple and we have three lovely children. For twelve years he has been a wonderful husband and father, but now, without rhyme or reason, he has suddenly decided that he has fallen in love with another woman and lost his love for me. However, he still wants to stay with me and the sake of the children.

All of this has made me miserable and confused, and I don't know what to do. Shall I hold on for a while and try to win him back, or should I make him leave and go to the one he thinks he loves? Do you think there is a chance for me to be happy again?

MRS. A. H.

ANSWER: The fact that your husband doesn't ask you for a divorce indicates that he isn't certain enough of his own feelings to want to make a break with you and pass you up for the Other Woman. No doubt he is temporarily infatuated with the charmer, but when he thinks about you and the kids and the comfortable and happy home you have made him and how pleasant you have been to live with, he can't make up his mind to give it all up for the sake of any girl, no matter how young and pretty she is.

When men who have been as domestic as the house cat suddenly take to roaming, their wives think it is because their husbands have ceased to love them, but in the great majority of cases it is not true. It is only that their husbands are fed up on domesticity and want to slip the yoke a little.

TRIAL SEPARATION

The wife's play in such an emergency is not to break up her home and take the children and go back to Mama, but to refuse her husband a divorce until after they have gone through a trial separation. She should make Friend Husband pack his bags and go to a hotel or boarding house to live. Let him miss the love and care and spicing and the good cooking to which he has been accustomed, and he will be glad enough to come back to the old wife who has spent her life trying to please him, instead of going to the new wife whom he would have to spend his time and money on trying to please.

The truth is that both husbands and wives need a vacation from each other every now and then, and it would save many a divorce if many a couple, who think they have ceased to love each other, would test out their feelings by going through a trial separation.

DEAR MISS DIX: I have been going with a man for about six months with whom I am much in love and I know he loves me, but we are both hot-tempered and I am afraid that is going to break us up. He has a bad habit of insulting me in public, which hurts me greatly. My bad habit is criticizing everything he does and blaming him for everything that goes wrong.

I don't want to break with him, so will you please tell me how I can get him out of his habits? Also, how I can get rid of my temper?

MIMI

ANSWER: Your description of yourself and your fiance does not seem to indicate that you would have a happy and peaceful marriage. On the contrary, it wouldn't take a fortune-teller to prophesy that you would fight your way from the altar to the divorce court. So why mess up your lives by getting married?

Certainly you cannot marry a husband who has so little respect for you and such a small regard for your feelings that he shows off by insulting you in public. Nor is any husband likely to do so on the wife who is always picking on him about little things and blaming him for all the misadventures of life.

Inasmuch as you seem to be perfectly aware of your faults and your fiance's, why not be warned in time that you will not be able to adjust yourselves to each other? It is bad enough when a man and woman are deceived in the characters of those they marry, but it is folly if they know each other's faults and still marry.

As for curing your temper, I can offer no remedy. All the high-tempered people I have ever known personally seem to enjoy getting mad.

Modern Etiquette

By Roberta Lee

Q. Should children be taught to use the word "company" when some people call "company manners"?

A. No. They should be taught that good manners are for daily use in the home, office, and on the street, as well as when in the presence of company.

Q. Is it ill-bred when one is talking with a person for this person to show a lack of interest in what is being said?

A. Yes, this is one of the most frequent acts of discourtesy. To be a good listener is one of the surest ways to gain friends, and is just as important as to be a good speaker.

Q. Is it all right to the parents of a girl's fiance to announce the engagement?

A. No; this is the privilege of the girl's parents only.

The Stars Say—

By Genevieve Kamble

For Saturday, February 14

AN exceptionally brilliant and concentrated course of action is seen, in which well-laid-out and organized plans and objectives are aided by innovations, unique ideas. Fresh ways and means of tackling ambitious projects should culminate in the hearty and enthusiastic support of those in high places. These impressed by novelty, cleverness, ingenuity and a show of indomitable "will to win." Courage, persistent efforts and constructive ability in new places should thrive.

For the Birthday

Those whose birthday it is may find that a bright and shining idea, put over with zeal and determination, especially in the way of initiative, innovation and concentrated effort with daring in untried creative lines, might attract surprising support from influential sources. The emphasis must be on ingenuity, skill and originality, as well as to make a mark in some very special way for needful collaboration.

A child born on this day is excellent endowed with practical talents and skills, with originality, versatility and courage for winning support and position for an outstanding career in life.

Household Scrapbook

By Roberta Lee

The Carpet

Always mend the break in a carpet or rug before it becomes a serious tear. It can be darned by sewing the broken edges onto a piece of woolen material on the wrong side.

Doughnuts

One can avoid having to sugar each doughnut separately by putting the powdered sugar into a paper bag, then shaking the doughnuts in the bag until they are coated with sugar.

Scuffed Shoes

To prevent the scratches on scuffed shoes from showing, rub them with Vaseline jelly before the polish is applied.

How Can I!!!

By Anne Ashley

Q. How can I make a good sausage sandwich?

A. Use a filling of 1/4-cup sausage, chopped fine, 1/2-cup chopped olives, 1/4 cup mayonnaise, and crisp lettuce leaves. Mix the ingredients, spread on buttered slices of white or yeast bread, placing a leaf of lettuce between the bread and the mixture.

Q. How can I avoid shabby seams after ironing?

A. When the seams of a garment are shiny after ironing, touch them lightly with a piece of cheesecloth wrung out of tepid water.

Q. What can be done to hands that are sensitive and roughen easily?

A. Rub them every night with olive oil. After a week or two the hands will be soft and white.

CINNAMON TOAST

Toast bread. For six slices prepare mixture of 2 tbs. butter, 1-4 cup brown sugar, 1-4 tsp. cinnamon. Put in hot oven until sugar melts. Cut in triangles or strips. Everybody loves it.

Ellen's Diary

By an Island Farmer's Wife

Of a pretty blue the visiting lady's gown was, like that of the sky I turned quickly to view on way of making a comparison and along which soft, fleecy clouds moved lazily. The tight bodice modish at the time, was fastened by a row of white pearl buttons which gave off fetching glints of rose and green at the breathings of the wearer and I recall now that the full sleeves gave odd times a fleeting glimpse of a plump white arm above the snug cuffs.

A ruffling of white lace softened and finished the neck-line. The skirt was voluminous and when seated it billowed out and when about her, disclosing not even so much as a modest toe, of her boot. Grand-daughter, such times as she and Jamie plays Hide-and-Seek could easily have been hidden in one of the folds of that skirt. Somewhere amid them was a pocket which defied my alert glance. But it was there.

For from it came a handkerchief and near the end of the call to the home coming her searching hand brought a key to view. If she should chance to lose it what then? I wondered. I remember surveying a nearby window and then comparing its width with the woman in the rocker and then being concerned about the matter until my mind was taken up with some more engrossing item. But, of all, it was the sun bonnet which revealed a soft edging of white hair and framed a nice face that was the most bewitching of all. It was blue to match the gown, of a roomy poke-bonnet style with wide, though tapering, stiffly starched brim. Grand-daughter's bonnets fetched from the city and quaintly framed face and curls are surely making off that same old pattern though of course in miniature.

The lady of the house was younger. She was smaller too with brown eyes and brown hair which at the least excuse when not bound too tightly fell into soft natural waves. And often tendrils of it curled fetchingly about her forehead or about the nape of her neck something after the fashion of Ellen's, niece and namesake of mine, or of our own small one in the house across the way. She was inclined to be merry but not to the delaying of duty. Tasks were tasks, to be tackled with energy if not with liking, yet with an acceptance which allowed one to do them with thoroughness. Her house gown was apt to be blue, a dark one and sometimes over it she wore a white apron with a wide edging of crocheted lace, pointed in an intricate design and of fine thread. "Why I married a child" she would answer my question then smile "before I came here."

I might have known, young as I was. There never was much time afterwards for such pretty handiwork, not with an increasing family to cook and do for. And as she chattered to the afternoon caller sometimes a toe went out to touch wherein a babe napped. And hands were busy with some sewing or mending or knitting an endless round of it—and tiring. I remember saying to a young friend with all confidence in my opinion, when she mentioned a book her mother was reading. "But my mother doesn't read—except the papers" I said, "she hates reading. She says sometimes she wishes there never was a book printed—on Saturday she said that I was entering my teens, before I realized how well she loved to read."

Among other things they came to speak of a new-comer to the district, a bride, golden haired, blue-eyed and altogether adorable. At Church only the Sabbath before she had put an arm about my shoulders and asked: "And how is Ellen this morning?" and one of the two remarked: "Well she's only young and perhaps a little silly yet but she ought to be a good house-keeper. Faith and she was brought up to it. Her ma is a clean tidy woman—you could eat off her floor!" And the other nodded and added with a judicial air, considering that the matter of truth in it may be not a word of truth in it that she doesn't get her bread baked before the evening and to my mind" she added impressively "that's no way at all to keep house!" And then there was a solemn shaking of heads and a stern silence. Thus it was that last evening when the dusk had come down to take away the golden bloom of day, and the

MOLLIE'S DILEMMA

"Did you have a pleasant visit at Aunt Minnie's, dear?" mother asked.

"Yes, mother," little Mollie replied. "Everything was so jolly. And Mr. Tucker told me I was a pretty as a picture."

"Oh, darling," mother admonished, "you mustn't listen to flatterers!"

Mollie lapsed into a brown study. "I know you're right, mother," the youngest finally decided, "but how shall I know when they're flattering me unless I listen to them?"

shadows from the Winter fields roundabout. It was with a whimsical chuckle on my lips over corners of the far gone old days and with hands, aware of their short-comings, I withdrew the leaves from the oven, that due in part to the frostiest night at Alderlea in our time, had been so slow in their rising.

Until tomorrow — Diary—Good-night.

ANSWERS

1. Say, "The program was broadcast from New York." 2. Pronounce al-e-ta, I as in it, e as in less, a as in ask unstressed, accent second syllable. 3. Acquittal, 4. Lay and siphon in any way. (Pronounce slu-v-en-ll, u as in up). (His slovenly habits made him unpopular." 5. Atrocious.

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Morning Smile

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Better English

D. C. Williams

1. What is wrong with this sentence? "The program was broadcast from New York."
2. What is the correct pronunciation of "al-ta"?
3. Which one of these words is misspelled? Acquittal, aqueduct, aquiline.
4. What does the word "slovenly" mean?
5. What is a word beginning with "at" that means "outrageous"?

ALL? Yes ALL!

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