

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

FOR THE WOMAN READER

The happiest heart that ever beat Was in some quiet breast That found the common daylight sweet And left to heaven the rest. —Cheyney

JUST REFUSE TO DIE

An appeal to people suffering from apparently incurable illness not to give up hope, but to give a trial to the principle of "working off" disease was made by Sir Thomas Oliver at the annual meeting of the Institute of Hygiene in London.

Sir Thomas is professor of medicine at the University of Durham, and the College of Medicine, Newcastle-on-Tyne.

Even when the balance of health was broken, he said, "such is nature's open-handedness that personal observation of the laws of hygiene may yet add years of useful activity to a crippled life."

He urged those who are the subjects of incurable illness, not to seek entirely the shelter of a do-nothing existence, but still to take an interest in life; for the verdicts of medicine and surgery were not infallible. Referring to people with heart disease, Sir Thomas said:

"It has been too much the habit in the past for subjects of heart disease to proceed harboring all the while the fear of sudden death—a mental state which has sometimes been encouraged by their medical advisers, notwithstanding the fact of experience showing that cardiac patients live longer by leading as nearly as possible their normal life."

Sir Thomas told how, forty years ago, he attended a man of 20 for rheumatic fever, which left him with a seriously impaired heart. He recovered from the fever, married, had two children, amassed wealth, entered Parliament, went abroad for the government, attended late committees, and died at 60.

MILLIONS TO FIVE POUNDS

Edgar Cohen, the millionaire financier who introduced taxicabs to London and played a prominent part in the development of Harrod's stores and other big concerns, and who died recently, aged 80, left only £5.

In the words of his son, Stanley Cohen, "Edgar Cohen made millions in his lifetime and died penniless. He spent, gambled and gave lavishly, and lived gloriously. But when the world changed with the war he never found his place again."

Caruso more than once was the guest star at Cohen's lavish parties. Bathing suits and beach costumes grow more effective and smarter every day. One of the most flattering of bathing suits is a very deep red velvet. It goes in the water and comes out looking lovely.

TOUGH LADY

A woman, who, when she was a child, took a liking to opium salts, was taking 1-2 pounds every day when she died at the age of 90. This was the remarkable story told by Dr. Hogg to the Society for the Study of Inebriety in London. Unusual forms of drug addiction were mentioned.

Dr. E. W. Adams said that in India cocaine was wrapped in a leaf and chewed. There were nearly half a million "chewers" in India. He also told of a chemist who became addicted to nitrous oxide gas. The chemist inhaled a small quantity every day and fitted up an ingenious apparatus by which he could take a whiff of the gas whenever he wanted.

String color combined with black lacquered satin is a very much-liked combination in Paris just now. A smartly tailored suit of this lacquered satin has a short reversible coat . . . one side being of string-colored linen.

Early to bed, early to rise, cut the weeds and swat the flies; mind your own business, tell no lies; Don't get gay and deceive your wife; pay your debts, use enterprise; and buy from those who advertise.

SUMMER PLANNING WILL SAVE MUCH CONFUSION

Careful household plans for the summer will save you much trouble and confusion when the days are the hottest.

First, get your wardrobe in shape. Decide what clothes you will need for business, dress-up occasions and for your vacation and then get them! Shopping is intolerable in hot weather.

If at all possible, lay plans for your vacation early. Then you won't be wiring frantically for reservations at the last minute.

If the children are to be sent to a summer camp, see that all final arrangements have been made with the camp. Their camp wardrobes should be planned and packed well in advance of the date of their departure. Study the camp schedule carefully and don't send them off with a lot of gadgets which they will be forbidden to use when they get there.

If the maid in your household is adverse to hot weather, better save yourself trouble by getting someone who doesn't mind the heat so much. There are plenty of competent maids who are as efficient in summer as in winter.

SLUMS OF LIVERPOOL MIGHT BE MADE "COMFORTABLE"

Professor C. H. Reilly, director of the Liverpool School of Architecture at the annual meeting of Liverpool Improved Houses, Ltd., said he liked some of the older slums of Liverpool and Manchester architecturally. They were quiet, simple places to look at and might be made comfortable.

With whitewashing machines the fronts of the houses could be treated, and the doors and the windows should be painted in brilliant colors. Clipped myrtle trees could be brought back, and if the cobbles were cemented over they would be better for playing and dancing.

VEAL ROLLS

Cut some thin slices of veal cutlet into pieces about four inches square, and on each lay a thin slice of lean bacon or ham. Sprinkle with a little minced onion, some chopped tomato, salt, pepper, celery salt, and just a pinch of herbs. Roll them up and tie them with cotton. Melt some butter or dripping . . .

Dorothy Dix's Letter Box

Dorothy Dix Frowns On Females Appearing Out In Masculine Attire—Men Wedded to Conservative Dress and Women to Change, Says Writer.

Dear Miss Dix—Why are women going in for trousers? As a man, I feel it is my duty to warn them that trousers are a failure even for men. Consider: Trousers cost 25 cents for pressing after every rain. They are flopping, requiring competent suspenders to attain an accurate height from the usually straight masculine hips. They are like organ pipes hanging over the legs. They are dirty and easily frayed at the cuffs. Only too often baggy and unpressed. They are awkward around the knees for sitting down. Men have become glum and subdued from having had their spirits crushed by their trousers. There is no variety of design. Any gathering of men is ordinary-looking. Men's clothes are hot, uncomfortable, expensive, dull-looking, and why women want to copy them is a mystery to me. What we need are livelier, lighter and gayer clothes for men, and the only reason we don't have them is because we men are the timid sex. Can you do something to cheer things up? I am hopeful.

Answer: I am afraid not, because men are as wedded to the conservative in dress as women are to change. Wild horses couldn't drag a man into a suit that didn't look like every other man's, while a steam tractor couldn't compel a woman into a frock that was like another woman's if she could help herself.

But, seriously, women always wonder why men who have so much courage and inventive genius in other matters show so little initiative in designing their own clothes. Why do they, for instance, go on, hot summer after hot summer, suffering the pangs of torment in stuffy, woolen clothes and with fold after fold of linen bound tightly about their throats? Why do they not wear muslins with open necks and short sleeves as women do? Why do they continue to content themselves with dull, dark hues instead of gratifying their sense of beauty by wearing gay purples and golds and blues and pinks as their ancestors did in the good old days?

Men have the advantage of women in many ways, but when it comes to clothes women put it all over them. And why any woman wants to steal their pants is beyond me. Dorothy Dix.

Dear Miss Dix—Two years ago I got secretly married. I took a position in another city, where I have met another woman with whom I have fallen in love. I do not feel now that I could ever be happy with the woman I married. I do not know what to do. Should I take a martyrlike attitude and cleave to my original bargain, or should I throw it over while there is yet time? Should the girl stick to conventions instead of taking what appears her chance for great happiness? Maybe you as a disinterested party can see farther than either of us. J. C. J.

Answer: It doesn't take any far-sighted glasses to see what is the wise thing to do in your case. Have your secret marriage annulled if it can be done. Otherwise, get a divorce from the woman you have never openly acknowledged as a wife. That will be best for her, too, as no man who is in love with another woman can make a good husband. The girl should certainly "stick to the conventions," as you put it, and not enter into a free-love union with you. Dorothy Dix.

VACATIONS and HEALTH By Dr. ERNEST H. LINES. Includes illustration of a person relaxing.

THE OPEN ROAD long way ahead, ample warning has been given, and you can pass while driving cautiously. Don't try to pass any car if you have to rush to make it. The mentality and physical condition of the driver are equally as important as the condition of the car, if not more so. Intelligence and quick perception and reaction are essential. People with heart disease or other serious ailments make better passengers than drivers.

Don't drive if you are tired. Many accidents occur from drivers dropping asleep at the wheel and waking up in the hospital. If you are driving across country, don't try to drive too far each day. The tendency is to increase speed and to take greater risks the longer a person has been driving. Don't wait until the gasoline tank is almost empty before stopping for rest and relaxation. If more than one person in the car can drive, change places often.

Make cross-country driving a vacation, not a contest to see how far you can drive each day or how quickly you can get from one place to the next. Change Wash Cloths Wash cloths collect debris, too. Either choose a fresh one for every bath or use a brush which can be scalded. After all, you are bathing in order to be clean, and if you are going to defeat your own purpose at the beginning you can't get the results for which you are aiming.

Cleansing tissues are best for removing facial creams. Towels not only are spoiled when they are smeared with a mixture of cream, rouge, powder and dirt and lipstick, but they are hard on the delicate facial tissues. Make sure that you have a clean basis for any beauty attempts that you may make.

THE COOK'S CORNER

A WASHINGTON PIE

This recipe is called by various names according to locality. By some it is the Washington Pie; by others it is called a Cream Cake; and some cooks call it the Boston Pie. By any name, it tastes as good! To make it use one-fourth cup sugar; one-fourth cup flour; one fourth teaspoon baking powder; five egg whites; five egg yolks. Beat the egg yolks and add the sugar, mix smoothly; then add flour sifted with baking powder. Stir into the stiffly beaten egg whites, stirring just enough to mix smoothly. Rub two cake pans with shortening, dust with flour, and pour the mixture into these. Moderate oven is needed and the time for baking is fifteen to twenty minutes.

To make the filling use one cup milk, one egg yolk, one-fourth cup sugar, one tablespoon flour, two teaspoons vanilla, one cup butter, one half-cup sugar additional. Cook the milk, egg yolk and one-fourth cup sugar which has been mixed well with the flour together, stirring constantly until it thickens. Let cool, add vanilla, cream the butter and sugar together, and stir in the cooled filling a little at a time. Mix smoothly. Spread between the cooled, baked layers. Dust the top layer with powdered sugar.

Almond Custard Filling

Three-fourths sour cream, four eggs, four tablespoons powdered sugar; one pound finely ground blanched almonds. Beat the yolks well with two tablespoons powdered sugar; then add to the cream and beat until as thick as sponge cake batter. Whip the egg whites until stiff, with two tablespoons of powdered sugar, then add to the other mixture, stirring in the almonds and vanilla last. Use for filling in this recipe. Spread top with powdered sugar mixed with almonds.

Which king wears the largest hat? The one with the largest head! What would you say to a man who told you he had a lettuce as big as a barrel? Let us (lettuce) see it!

GOING FORWARD

As men in a crowd instinctively make room for one who would force his way through it, so mankind makes way for one who rushes toward an object beyond them.—Dwight.

Tintex keeps my appearance up—my expense down! Includes illustration of a woman.

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A Morning Smile

"I remember when I was a lad," said the old salt to Betty. "I had to fight for my life with 16 cannibals, and only one got away—" "But," objected Betty, "last year you told me it was eight cannibals." "Yes," he said, easily, "but you was too young then to know the whole 'orrible truth."

Babel (studying geography): Nurse, I'm so glad Mummy's only got us three children. Nurse: Why, dear? Babel: Because it says here that every fourth child born into the world is Chinese.

ENGLAND'S OLDEST HOME

For the first time in its history Minster Abbey, Isle of Thanet, believed to be the oldest residence in England, was recently opened to the public. The public were admitted for only two weeks, and funds received through the small admission fee were donated to a large hospital being built at Margat. Minster Abbey, which is styled "Tanet Manor" in Domesday Book, formed part of the Crown lands of Egbert, King of Kent, in 70. Sixty years later the Archbishop Cuthbert consecrated a monastery on the site. It was sacked by the Danes twice, and in 1277 the Abbot of St. Augustine's, Canterbury, had the remains fitted up as a court house. The abbey itself has been continuously used as a residence since it was built.

BAD CASE OF SUNBURN

Yesterday a woman came to me quite badly sunburnt, writes a doctor. She was not particularly ill with it, but she was worried about the appearance of her red face and was still more anxious to know how it had come about as the day in question was rather a misty one and she thought quite harmless.

"The two preceding days," she said, "were much sunnier and I took great care as I know I have a tendency to burn badly. But the third, though nice and warm, was quite hazy and it never occurred to me that I ought to take any precautions."

"Many people," I explained, "are caught that way; for it is often on these rather hazy days that one burns most—especially if one is near the sea or has been bathing." Apart from giving her this explanation there was really nothing more to be done—except to tell her to put cold cream on her face several times a day and to be careful of the sun and misty days in the future.

WEAK WOMEN

Take Lydia E. Pinkham's Vegetable Compound

Have you ever felt that you were weak to do anything . . . that you did not have the strength to do your work? Women who are weak and run-down should take a tonic such as Lydia E. Pinkham's Vegetable Compound. Headaches and backaches that are the result of a tired, run-down condition often yield to this marvelous medicine. 98 out of every 100 women who report to us say that they are benefited by this medicine. Buy a bottle from your drug-gist today . . . watch the results.

GARDENING

LIKE FLOWERS FEEL AT HOME

Are you one of those people who have "a way with flowers," or won't they just "go right" when you arrange them in their vase or bowl?

There is an art in arranging flowers for home decoration. Now some people put them wholesale into a vase and leave them at that; others place them so precisely that not one blossom is allowed to show more than another, and the result is rather like a geometrical pattern.

Now, you have only to look at them in their natural setting to see that this is quite wrong. However profusely they may grow, each flower, from the humblest daisy to the choicest rose, has its own special place, with plenty of room to grow and to display its beauty.

How to Arrange

And there you have the simple secret. If you want your flowers to look their best you must treat them as you would your human guests, and make them feel at home.

Which brings us back to the point that flowers can be over-arranged. In most cases it is best to let them get their own natural way, with just a deft touch here and there to help things along.

Don't worry about that peony. It looks much more beautiful bending its head gracefully over the side like a swan than if it were standing up stiffly with the others. There are exceptions, of course. Some flowers, those with straight stalks like daffodils and narcissi, need a little persuasion to accommodate them to their new surroundings. If left to their own devices they sling round the side of the vase, leaving an inartistic blank space in the middle.

Daintiness With Chic Styles

ILLUSTRATED DRESSMAKING LESSON FURNISHED WITH EVERY PATTERN BY ANNABELLE WORTINGTON

Illustration of a woman in a dress, with text: No. 583. Size . . . Name . . . Street Address . . . City . . . Today's fascinating pattern is a versatile one. It does for frocks

SKINNY GIRLS listen to this!

HEIGHT 5 FT. 4 IN. WEIGHT 120 LBS. CLEAR SKIN BUST 35 IN. WAIST 26 HIPS 36 IN. THIGH 21 IN. CALF 14 IN. ANKLE 9 IN. Includes illustration of a woman.

Amazing easy way adds pounds soon

Hundreds gaining solid flesh with new double tonic. Beer yeast concentrated 7 times and iron added.

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For years doctors have prescribed yeast to build up health. But now with this new discovery you can get far greater tonic results than with ordinary yeast—regain health, and in addition put on pounds of solid flesh—and in a surprisingly short time. With it, hundreds of people have gained beauty-bringing pounds in a few weeks, clear skin, new pep.

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Day after day, as you take Ironized Yeast, watch that chest develop, skinny limbs round out attractively, complexion clear—you're a new person.

Results guaranteed

No matter how skinny and weak you may be, this new Ironized Yeast should build you up in a few short weeks as it has hundreds. If not delighted with results of very first package, money instantly refunded. Only be sure you get genuine Ironized Yeast. Not some imitation that cannot give the same results. Insist on the genuine with "IY" stamped on each tablet.

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To start you building up your health right away, we make this absolutely FREE offer. Purchase a package of Ironized Yeast at once, cut out seal on 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," by an authority. Remember, results are guaranteed with the very first package—or money refunded. At all drug stores. Canadian Ironized Yeast Co., Desk 125, Box 1223, Montreal, Quebec.