

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

The HOUSEWIFE and HER ACTIVITIES

TABLOID

Try rubbing the skin on the knuckles with the back of a knife before peeling. This is convenient when there is no hot water, and saves time.

THE FLORAL CLUSTER

Floral clusters, worn in different ways, are a feature of both afternoon and evening toilettes. This fashion is of the 19th century trend. Soft furs and velvet coats, lace blouses and stain wraps, can be associated with fragrant clusters of violets, carnations, lilies, and orchids.

Thirty years ago these clusters consisted of real flowers, for then the artificial flower had not attained present-day perfection. The dark and dull surfaced colours, "dead" shades, mulberry and prune and ripe purple plum are the best background for these floral decorations.

A FIRST-AID BOX

When you consider how quickly accidents happen in the home, I am sure you will agree that every home needs and should have a first-aid box. It is quite an easy and inexpensive matter to fit up a box of this description, but the comfort and convenience of having it properly equipped cannot be over-estimated.

Now that we can buy minute quantities of all such things as boracic lint, medicated wool, gauze, and similar requisites, these cost merely a few pence. I will now give you a fair idea of the really necessary things required to fix up your first-aid box.

One narrow and one wider roller bandage, some strong, medium-sized safety pins, a roll or two of medicated strapping, which is sold especially as a complete and antiseptic dressing. A triangular bandage, to serve as a sling if necessary. A small but very sharp pair of scissors.

You will also need a small bottle of olive oil for treating burns; a small bottle of iodine, another containing peroxide of hydrogen, some salvolatile or some good smelling salts; a small packet of court plaster together with the things I have already enumerated above, will practically complete the outfit, unless you care to include a tin of vaseline and a phial of a skin, which is useful in case of stings.

All you need to do is get a large tin box, enamel it white, then with some red enamel paint a red cross across it, so that anyone can see at a glance just what it is and what it contains, and keep the box in some really accessible spot, so that it can be found in an emergency. It saves any amount of worry, when things go wrong to know that everything you will need to deal with the accident can be relied upon to be found altogether, instead of having to scour the house to find first one

thing and then another. Another point, too, which should not be overlooked, is the fact that a spread deal of pain can often be spared the patient if cuts, bruises, sprains, or whatever it happens to be, can be dealt with at once, instead of having to keep them waiting.

Do not forget that a teaspoonful of stimulant will often help in pulling anyone together again after such a shock, and a hot-water bottle filled with moderately hot water only, and applied to the feet will also help in cases of shock; keep the patient warm, as the temperature is always low at these times.

A knowledge of what to do in cases of emergency is a thing which every woman will find of use at some time or another, but it is always wise either to telephone or send for a doctor at once to make perfectly certain that there are no complications and that we are doing the right thing.

WHEN ARMS GET TOO PLUMP

Many an otherwise slim figure is given away by a tell-tale thickening around the top of the arms. For, strangely enough, a too plump upper arm gives a very settled looking appearance to its owner, which is hardly becoming.

In summer time arms are even more to the fore than during the winter months, with its attendant round of dances and parties, and, naturally, we all want to show them to their best advantage, so if our arms are showing any inclination of becoming too plump, we must get busy and see what we can do about it.

The most annoying part of this state of affairs is that, no matter what ordinary exercise or work we do, it only, as a rule, strengthens the muscles of the forearm, thus leaving our problem still unsolved. The only thing left for us to do is to apply direct methods to the too plump part if we really intend to reduce our arms.

Massage can do a good deal, if we persist until our arms really tingle from it, but this alone will not be sufficient in itself. A stiff course of dumb-bell exercises two or three times daily, if possible, but twice for certain is what we must prepare ourselves for, for several weeks at least.

This arm-reducing business is not a thing which can be done in a moment. It has to be slow and steady persistent effort on our part; but what a joy when once more we are able to see shapely upper arms reflected in our mirrors!

If your prospective hostess takes great pride in her bedrooms, she'll love a jar of bath salts, box or bath powder and bottle of toilet water in matching order. Add a package of individual bath powder puffs to that and she'll be doubly glad that you came to visit.

Dorothy Dix's Letter Box

Does Average Girl Make Bad Bargain When She Marries Poor Man? — Gold-Digger Had Best Give up Hope That Married Man Will Divorce His Wife for Her

Dear Miss Dix—You say marriage offers a good career to a woman even from the financial standpoint. That is true if she marries a man who is a financial success, but it is not true if she marries a poor man, and



that is the fate of the vast majority of women. I am a woman of 45, married to a good average man, but one who is no money-maker. I have always worn cheap clothes, worked hard, had few pleasures. We have no bank account, no car, and Friend Husband carries no life insurance because he doesn't believe in it. If he should lose his position or his life, I would be left stranded. With twenty years' experience as chief cook and bottle-washer, the only position open to me would be that of a domestic servant. That is the answer to your question of why women see red when you write articles about wives trying to hold their husbands' love.

ALICE S.

Answer:

No one will deny that the lot of the woman married to a poor man has small earning capacity is a hard one. She must work early and late. There is no thirty-hour week nor holidays for her. Even Sunday, the proverbial day of rest, brings extra labor to her in preparing more elaborate meals and getting the children dressed and off to Sunday School.

She has not the money for fine clothes or for any amusements, yet in spite of these drawbacks marriage is for the average woman not only the career that nature intended her to follow but the one in which she is most prosperous and happiest.

I will say nothing now of the joy that a wife has in the companionship of a husband who loves her. Thank God, there is no price-tag on that and the poor woman has it more often than the rich. Nor will I speak of the happiness that a mother finds in her children, nor the reward she gets in seeing them grow up into fine men and women. Nor will I mention the fact that children are a good financial investment that pays about a thousand per cent on the dollar in dividends. They are an old-age pension fund that seldom fails. Look about you and see how many old parents are being supported by their children.

When a woman complains that marriage, viewed from a money standpoint, is a losing venture for the girl who marries a poor man, she is going on the assumption that the girl had some special talents or ability which would have brought her great success in some business or profession. If that were the case, it would be true that a girl who invested her all in marriage to a man who was not a go-getter made an unprofitable bargain. Certainly Greta Garbo can get more money out of a movie contract than she could at washing pots and pans, and it would never have paid Hetty Green to have stayed in the kitchen instead of the accounting room.

But, unfortunately, just the common, or garden, variety of woman has not been endowed by nature with any great talent either financial or artistic. She is no genius in any line. She is just so-so as to looks and brain and education and energy and initiative, and lacks the qualities that it takes to make a great success in a world in which the competition is keen in every line.

Furthermore, the girl has no vaulting ambition. She has no great drive toward a fixed goal, and even when she does the best that is in her to do it is a second-rate performance. Hence we have the multitude of women in business who just barely make the grade. Sienographers who are slow and lumbering in their work and never learn to spell. Saleswomen who never learn anything about the goods they are trying to sell and who never make a sale unless the customer is determined to buy. School teachers who know nothing beyond their textbooks, women who are writers, actresses, singers in the amateur cases.

Horde of women who barely eke out a poor living by their work and who will never get good pay because they have not the ability to do the kind of work that commands a good salary. Not in a Louisiana case could these women by their own efforts make enough money to support a comfortable home and keep a little car and lay up something for their old age.

Yet a great many women who marry poor men do attain these comforts by marriage. And that is what makes marriage a good career for a woman, even if she marries a man who is not much of a money-maker. He makes more than she can. He is stronger, and better able to work and less likely to lose his job. And she has somebody to depend on.

Dear Dorothy Dix—I am a divorced woman of 32, engaged to be married to a very nice man, but I have had an affair with a married man who has loved me and four grown children. He gives me expensive presents, pays for my apartment and takes me out of town on trips, but he seems very anxious to keep our affair from his wife, although he has promised to divorce her and marry me as soon as his youngest son finishes college. I have tried to have his wife hear of his affair with me in the hope she would divorce him so I could marry him, as he could give me much more money than the man I am engaged to. Do you think this man will ever marry me, or will he go back to his wife? If I marry the other man to whom I am engaged and the wife ever finds out about me and her husband, do you think she will cause me any trouble?

WORRIED.

Answer:

Evidently it is your cupidity and not your conscience that is getting you all hot and bothered. Hence I can set your mind at rest on one point, at least, and assure you that you need lose no sleep over the man's wife making trouble for you if you marry the other man. She will be so glad to have you out of the picture that she will never worry you. And, anyway, she is a lady, and the last thing she would want to do would be to involve her husband in a scandal and bring shame upon her children. Also, though not posing as a matrimonial hand-capper, I have a strong hunch that your best matrimonial bet is the single man to whom you are engaged. I am quite sure that the married man has no intention whatever of divorcing his wife and marrying you. Don't bank on that, for it is a hundred-to-one shot that by the time his youngest son is through college he will have tired of you and found some younger and prettier ladylove.

Virtually all married men who are philanderers have the same line. They all have wives who do not understand them, or cold and un sympathetic wives, and they are pining for a little love. They all speak vaguely of some day divorcing their wives and marrying the women they are trying to persuade into a liaison, and the strange part of it is that there is even a female moron who is credulous enough to fall for this antiquated hoax. For not once in a thousand times does the man have the slightest idea of ever making good on his promises.

He has no notion in the world of divorcing his wife and breaking up his home and separating himself from his children, and of messing up his life in a scandal that will forfeit the esteem of all who know him and injure his business standing.

But I wish it were your conscience, instead of your desire to get the most money out of the situation, that was worrying you. Then, perhaps, you would see what a dastardly thing you are doing in trying to wreck the happiness of a sister woman.

What Is Colitis?

A Disease of the Nerves

Colitis may be described as A more serious form of nervous indigestion. The patient is usually thin and anaemic, And suffers from indigestion, With constipation and diarrhoea alternating. Fearing indigestion and pains in bowels, He becomes fussy and worried about what he eats.

He is nervous and irritable and sleepless, And takes a gloomy view of life. The treatment called for Is Dr. Chase's Nerve Food. The digestive and excretory organs have failed For lack of nerve force, The power which runs the machinery of the body.

This treatment puts iron into the blood. Through the circulation of the blood New vigor and energy is carried to every organ of the body.

The natural functions are restored And soon you are feeling fine.



Healthy

... Happy ... Wise!

COUNT those friends of yours who get a lot of happiness out of living. Health helps them see the bright side of things—smooths over the every-day bumps. They're happy because they're healthy.

Downcast days frequently follow common constipation. It may cause headaches, loss of appetite and energy. Yet it can be overcome usually by eating a delicious cereal.

Laboratory tests show Kellogg's ALL-BRAN supplies "bulk" and vitamin B to aid regularity. ALL-BRAN is also a

rich source of blood-building iron.

The "bulk" in ALL-BRAN is much like that in leafy vegetables. Special processes of cooking and flavoring make Kellogg's ALL-BRAN more palatable than ordinary bran.

Two tablespoonfuls daily are usually sufficient. Chronic cases, with each meal. If not relieved this way, see your doctor.

Get the red-and-green package at your grocer's. Made by Kellogg in London, Ontario.

IMPORTANT

Kellogg's ALL-BRAN—because it is all bran with only flavor added, gives you the generous amount of "bulk" needed to promote proper elimination.

It is recommended as much more efficient in relieving constipation than part-bran products which cannot contain as much "bulk."



Keep on the sunny side of life

H.K. Kellogg

Advertisement for Mir-O-Kleer stockings, featuring a testimonial and product details.

Advertisement for Mir-O-Kleer silk hose, highlighting the product's quality and availability.

Advertisement for Kayser Mir-O-Kleer silk hose, including a list of retailers and contact information.

Advertisement for Dr. Chase's Nerve Food, describing its benefits for colitis and nervous indigestion.

Advertisement for Perennial Seed for Fall Sowing, providing instructions for planting and care.

Advertisement for A Morning Smile, featuring a poem and a problem to solve.

Advertisement for The Cook's Corner, offering recipes for Green Tomato Mincemeat and Pumpkin Pie.

Advertisement for Grandmother's Quilt Patterns, showing quilt designs and providing instructions.

Advertisement for a seed product, showing a plant growing from a seed.

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