

Women's Realm Social and Personal Fashions Literature

Helpful Hints For The Women Folk

TODAY
What'er you have to do
With unwearied zeal pursue;
Today is thine, improve today,
Nor trust tomorrow's distant ray.

Beauty spots in red and black
gods, gold hearts and green or blue
diamonds are this season's evening
beauty aids.

TRY THIS

Put nine cigarette cards on the
table one day and tell your friends
that you can test his finger-prints.
Ask him to touch one of the cards
while you are out of the room, and
when you return you promise to
tell him which card he touched.
Someone else must remain in the
room who knows this trick, and
when you return and rub your finger
over the different cards they
must give a tiny cough when you
touch the right card, or you can
arrange some other tiny sound
which they might make. Your
friend is sure to be puzzled, but do
not perform the trick more than
twice or he will guess it.

The owner of three greyhound
puppies has asked Wembley, Eng-
land, authorities to reserve for
them the names of Hitler, Goering
and Ribbentrop.

Japan will send agricultural ex-
perts to North China to plan the
development of 98,000 acres of

wide land within the next year
and 400,000 within five years.

FASHION FLASHES

Checks for the juvenile are
shown in a black and white
checked woolen coat with black
braided and gray pearl buttons.

An everyday blouse couples the
use of checked gingham with the
long-sleeved shirt that has adjust-
able neckline.

A sailor with its highish crown,
and a bag to match, are of black
and white checked taffeta.

The most dramatic fashion idea
which has flashed across the At-
lantic from these openings is the
dinner dress which by artful con-
cealing Schiaparelli turns into a
street length costume. It's a trick
which is not only a brilliant solu-
tion for the dinner guests caught
in an air raid but has perfectly
good "occasion importance" for
certain situations of life on this
continent.

The spring showing of lingerie
is more feminine than ever, stress-
ing sheer silks like double chiffon
both plain and printed.

A very new street silhouette is
rather narrow with "lampshade
hips" in the form of a short flared
tunic.

Dorothy Dix

If Young Brides Learn the Things That Irritate Their Husbands, Don't Talk too Much, Defer to Their Wishes and Don't Make Fun of Them, They Will Escape the Divorce Court

If I were giving advice to a bride I should say: Use diplomacy in handling your husband. As soon as you get a close-up on the man you have married, sit down and study his little peculiarities and put up a Keep-Off-the-Grass sign on all of his little prejudices.

Don't do the things that irritate him. Don't drag into the conversation the subjects that you know beforehand are as good for a family row as a nickel is for a ginger cake. Never make an unpleasant communication to a tired and hungry man or ask him for money. Wait until he is rested and fed and is in a soothed and complacent humor.

Whether he raises ructions over your mother coming to pay a nice long visit or extends her a hearty welcome, or whether you get the new car, depends upon the subtlety with which you choose the time and place and the mood in making your communication.

Don't make jokes at your husband's expense and hold him up to ridicule. A man may forgive his wife many things, but not for making him a figure of fun. Don't boss your husband. Defer to him before other people, no matter how much you henpeck him at home.

When you want anything, plant the seed of suggestion in your husband's mind. Let him think he thought of it first, and after many days he will come back and say in the shade of the tree of your desire. Use as much tact in dealing with your husband as you would in handling an employer if you had a good job and you will never find your-elf in the divorce court.

Don't talk too much. There are foolish wives who believe that they should tell their husbands everything they do and think, and think they think. This is a mistake. Don't tell your husband the things that would worry him unless it is absolutely necessary that he should know them.

Don't spoil his evening at home by telling him of the naughty things that the children have done and that you have promised Mary that father would give her a good scolding and told Jimmie that father would whip him. Use your own brains and settle your own problems and you go along.

Don't tell your husband about all your little tiffs with your family. Long after you have forgotten what you got mad with them about you will be surprised to find out that he doesn't like your people and resents the way they treat and say to him. He will be forever telling him that mother said you should do this and mother said you should do that. The reason that most men hate their mothers-in-law is because their wives have always thrown mother in their teeth.

Don't don't tell your husband of your mistakes. When you get stung on the bargain counter tuck it away on the back shelf and say nothing about it. Throw your pan of heavy biscuits into the garbage can and be mum on the subject, but when you effect a brilliant saving and your biscuits are as light as the wind, trumpet it.

Most husbands take their wives at their own valuation, and when they boast of what prizes they have won in the matrimonial lottery it is because the woman has had sense enough to boom her own stock.

And, finally, don't ask your husband to do things that he doesn't want to do. If he does it, it is because he doesn't want to do it, and it makes for peace.

(Continued on page 8, Col 3)

YOUR INDIVIDUAL HOROSCOPE

(By FRANCES DRAKE)
(Copyright, 1939, King Features Syndicate Inc.)
Look in the section your birthday comes in, and find what your outlook is, according to the stars.

For Monday, February 5th
MARCH 21 to APRIL 20 (Aries)
Plans, mental and physical activity, money transactions, manufacturing, laboratory work, working out creative ideas, and business in general business favored this good day.

APRIL 21 to MAY 20 (Taurus)
Benefic vibrations for personal achievement and especially favored for music, entertainment, and social affairs. Should be responsive to creative work. Interesting news and benefits through friends indicated.

MAY 21 to JUNE 21 (Gemini)
Fine for advertising, travel, correspondence and cooperating with clever but more conservative persons than yourself. Quick monetary returns may not be forthcoming in general but do not deter you from making substantial headway in your work.

JUNE 22 to JULY 23 (Cancer)
Venus, Uranus and Neptune send benefic vibrations Monday, presaging a good day for business interests, particularly for those with new and progressive leanings; also for investigations, government matters, artistic and professional pursuits.

JULY 24 to AUGUST 22 (Leo)
Don't stray too far from the conservative, and keep an attentive eye on you and your employer's interests. Don't permit personalities to interfere with business. It's a day for facts, not fancies.

AUGUST 23 to SEPTEMBER 23 (Virgo)
More favorable than otherwise, but you'll have to be very active and acquisitive if you are to make any appreciable headway. Gains most likely in professions and trades that require specialization and artistic in production.

SEPTEMBER 24 to OCTOBER 23 (Libra)
Day won't brook carelessness. It should respond to alert activity in your particular job and in all business necessary to the public's needs. Law, education among favored.

OCTOBER 24 to NOVEMBER 22 (Scorpio)
Advertising, promoting, selling, buying, manufacturing machinery, motor cars, tools, airplanes and other naval and army equipment, also building and construction under good rays.

NOVEMBER 23 to DECEMBER 22 (Sagittarius)
You may have to make your own opportunities but you can, if alert and determined, cash in on generous influences from several benefic aspects. Be ambitious, persistent.

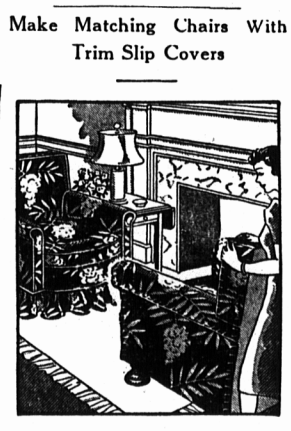
DECEMBER 23 to JANUARY 21 (Capricorn)
While personal accomplishment in a showy way may not be indicated, the day holds promise and profits for all substantial issues, necessary com-

modities and progressive matters.
JANUARY 22 to FEBRUARY 20 (Aquarius)
If you'll add a new twist to old items and dress up your present and ordinary routine affairs with saleable personality you'll be in the market for gains and new and valuable contacts. Be aware of your own possibilities.

FEBRUARY 21 to MARCH 20 (Pisces)
Advantages and fresh openings through which benefits will come to you. Let your splendid intuition help to guide you. Precision and decision at the opportune time important. Have faith!

A CHILD BORN ON THIS DAY will be quick-witted, clever, outspoken, persistent and determined to succeed and place himself in position to command respect. Will have its moody hours and be stubborn; inclined to be conceited. These faults can be corrected by intelligent reasoning.

Make Matching Chairs With Trim Slip Covers



Pair Lend Balance to Room
Give your living-room new fire-side interest with a pair of chairs dressed up in richly patterned covers you can make yourself.

If your rug is blue, choose a deep mulberry flowered chintz. Or you could have rayon damask in tawny gold with a self-colored pattern.

You make these slip covers by the simple pin-on method. First remove cushions. Beginning at top of back, smooth material down over seat. Pin every 3 inches, as shown in picture. Leave 4-inch tuck-in between seat and back-to ease strain. Cut 1 1/2 inches outside pins to allow for seams.

In the same way fit and cut arms, apron, sides, and back. Paper patterns will help you fit fronts of arms and cushions exactly.

Now you baste, try on and fit, and remove for final stitching. The ruffled flounce you add last of all. Step-by-step directions and easy-to-follow diagrams for all kinds of slip covers are given in our 32-page booklet. Tells how to estimate material, cut, finish and trim. Suggests smart color schemes.

Send 20c in coins for your copy of How To Make Slip Covers to the Guardian Home Service. Be sure to write plainly your Name, Address, and the Name of booklet.

Name _____
Street Address _____
City _____ Province _____

A Morning Smile

LET 'EM COME.
Insurance Agent—My dear sir, have you made any provision for those who come after you?

Harduppe—Yes; I put the dog at the door, and told the servant to say I'm out of town.

PROOF POSITIVE
"I tell you," said Pat, "the old friends are the best after all, and, what's more, I can prove it."
"How are you going to prove it?"
"Where will you find a new friend that has shined by ye as long as the old ones have?"

New Rinso Saves Millions of Women from Weary Washdays

I WASH CLOTHES AS MUCH AS 10 SHADES WHITER WITHOUT HARD SCRUBBING OR BOILING. THAT SAVES YOU—AND MAKES CLOTHES LAST LOTS LONGER

HURRAY! WE'VE LICKED HARD-WORK WASHDAYS FOREVER—THANKS TO THE NEW 1940 RINSO WITH ITS GRAND "SUDS-BOOSTER"

RINSO—YOU'RE THE CHAMP WHEN IT COMES TO FIGHTING HARD WATER. YOU PREVENT HARD-WATER SCUM THAT GREYS CLOTHES AND DULLS COLOURS

YOU BET! AND YOU CAN'T BEAT THE NEW RINSO FOR DISHWASHING. IT GETS RID OF GREASE IN A JIFFY. I'VE CHANGED TO RINSO FOR GOOD

IMAGINE! NEW RICHER RINSO GIVES UP TO 3 TIMES AS MUCH SUDS AS THOSE LAZY OLD-FASHIONED BAR AND PACKAGE SOAPS I'VE USED

THREE CHEERS FOR COOL, EASY WASHDAYS! YOU'RE A LIFE-SAVER, MR. RINSO, YOU'RE SAFE FOR WASHABLE COLOURS... AND KIND TO MY HANDS!

RINSO COMES IN 3 SIZES... Regular, LARGE, GIANT

Are NERVES making you a Crank?

Let the Double Tonic Action of Fellows' Syrup help build you up—soothe jangled nerves.

HELP get away from that nervous irritability, the strain of excessive mental and physical activity, by building yourself up with Fellows' Syrup. For Fellows' helps in two ways to improve your nerves and your health—

1. Supplies calcium and other elements which soothe ragged nerves.
2. Helps provide body and nerve essentials which pick you up physically, stimulate your appetite, aid your digestion and help you get more benefit from your meals.

Good spirits come back faster when Fellows' Syrup helps renew "pep" and vitality. Get a bottle of Fellows' Compound Syrup of Hypophosphites from your druggist today. Accept no substitute—insist on the genuine Fellows'.

FELLOWS' SYRUP

The ORIGINAL Syrup of Hypophosphites—A Family Tonic Since 1864

Smartest Fashions And Winter Styles

Cover up your frocks and they will thank you by remaining fresh and clean. A cover-all is just what you need when you go into the kitchen to get a meal or a snack. This wraparound style is easy to make and easy to put on at a moment's notice. Bright binding adds a festive note to a solid color, and muslin is practical and smart for this type of garment. It opens out flat so that it is easy to launder and keep spice and span at all times. The tie-belt holds it firmly in place.

Style No. 3120 is designed for sizes small, medium and large. Medium size requires 4 3/8 yards of 39-inch material, with 2 1/2 yards of binding.

E-700, flower applique, must be ordered separately.

Send fifteen (15c) coin is preferred for pattern. Write plainly your Name, Address and style number. Be sure to state the size you wish.

Style No. 3120 Size

Name _____
Street Address _____
City _____ Province _____

GERMANS LOOKED AFTER
UJJI, Tanganyika — (CP) — Of the 1,000 Germans interned here at the outbreak of war, 165 have been released on parole. Others not militarily efficient are being sent home, and fit men are being held in internment.

Oh boy! PANCAKES with BEMA MOLASSES

Extra helpings are the order of the day when you serve BEMA Extra Fancy Table Molasses with your pancakes. Its pure, delightful flavor gives added zest to this popular dish.

BEMA Extra Fancy Table Molasses is a pure, nourishing food. Use it as a spread for bread... on pancakes and for your baked goods... it's good all ways.

SOLD IN BULK AT YOUR GROCER'S

BEMA BRAND BARBADOS MOLASSES

"THE ORIGINAL PRODUCT—NOT A BLEND"

THE COOK'S CORNER

COFFE CAKE

Two cups scalded milk, 1 cake compressed yeast, 1-4 cup lukewarm water, 4 eggs, 1 cup melted butter, 1 cup water, juice and grated rind of 1 lemon, 1 teaspoon salt, flour, bleached almonds.

Soften the yeast in the water and add to the cooled milk with enough flour to make a batter. When light and spongy add the eggs, beaten without separating, the butter, lemon juice, salt, and flour to make a soft dough that may be kneaded. Knead until elastic then set aside until light. When light, roll out in a sheet an inch thick, and fit into pans. When again light, brush over the top with white of egg and sprinkle with bleached almonds chopped fine. Bake about half an hour.

YORKSHIRE PUDDING

4 tablespoons flour, a little more than 1-2 pint milk, a little salt, 2 eggs, one tablespoon water.

One hour before you are ready to cook the pudding mix the flour and salt in a basin. Then mix in the little of the milk and chop in the eggs. Beat up well and add a little more milk. Now cover the bowl and leave aside for an hour to allow the flour to swell.

10. In a put some dripping from the meat into a tin, put it into the oven to get hot. Whisk a tablespoonful of the mixture into the tin and bake in the tin in a hot oven for 10-15 minutes.

SHROVE TUESDAY BRINGS CUSTOMS OF OLD ENGLAND

CANADIAN SCHOOLBOYS WRESTLE FOR GIANT PANCAKE AND PRE-LENTEN FEAST RECALLS PRACTICE OF MANY LANDS.

By JOHN DOTTRIDGE
Canadian Press Staff Writer

Observing an English custom introduced in Canada a decade ago, three score schoolboys of Toronto Normal Model School will scramble on a gymnasium floor for sizeable chunks of a giant pancake Shrove Tuesday, February 6th, the day before Lent begins. The winner, emerging after a three-minute struggle will get a crisp dollar bill traditionally devoted to a charity of his choosing.

And in St. Peter's College—Westminster School—in London, chosen scholars will go through the same pre-Lenten antics in the Great Schoolroom where the original ceremony was first held.

many of the "Pancake Grease" was instituted centuries ago, and one will come out of the scum with a handful of greasy dough to claim the Dean's prize of one pound—a sovereign in the days of the gold standard.

Many customs, some observed and some forgotten, have grown around Shrove Tuesday through the years, but the most outstanding is the most popular one of dining on quantities of well-greased, well-syrupped and well-browned pancakes. To some, the pancake dinner on the eve of Ash Wednesday represents a last "feast" before the 40-day abstinence of Lent, and to others, a strange reminder of old days and old habits before the Reformation.

WHERE SPORT COMES IN

Sport has its connection with Shrove Tuesday. In days of old, Englishmen made high holiday on Shrove Tuesday with a harum-carrum football game between huge teams, each usually representing—or comprising—half a town. Savants make no guesses as to the origin of

"Shrove Football" which was played with the goals sometimes miles apart, on opposite sides of town. In the New World, shrove Tuesday has survived the melting pot to be celebrated in various ways by natives of European countries. In New Orleans, the French festival of Mardi Gras—Fat Tuesday—has been celebrated for three quarters of a century, with processions and public feasts. In old France, Mardi Gras was marked by the parading of a fat bull through main streets. "Penn yivvan a Dutch" brought their German Fastentienstag and its culinary evidence, the "little cakes." And wherever England's sons—and grandsons—are found, pancakes are eaten, preferably in quantity.

BELLS FOR PANCAKES

Back in England, the "Pancake Bell" is still rung in some parishes. It was once rung everywhere, to summon all to the greatest Shrove Tuesday feast, in which pancakes played a part. As late as the 18th century, "Lent-croaking" was a common practice. The voice of the parish wold go down door to door asking for bread and cheese, bacon or doughnuts. If the householder refused them, a pile of smashed crockery was left to mark the inhospitable house.

The association of pancakes with Shrove Tuesday can probably be credited to a thrifty desire to use all the eggs, grease, lard and dripping in the kitchen preparatory to abstinence from the e foods in Lent. Today, it's just another old custom—but a very toothsome one.

Our favorite meal

"WHEN Fish is on the menu at our house, we never have to make a 'second call for dinner'. Fussy appetites disappear before the welcome variety and savory appeal of FISH."

"With over 60 kinds of Canadian Food Fish and Shellfish, it's easy to prepare many different, delightful fish dishes. That's why we never tire of fish as a splendid lunch... a nourishing supper... or a light snack."

Start today to give your family a treat. You'll save yourself time and trouble, and they'll be proud of you for the good taste of your choice.

DEPARTMENT OF FISHERIES, OTTAWA:

BONED STUFFED FISH

Fish to be stuffed should be medium size and fresh. How to prepare: Fish is scaled (rub a little salt on hands to facilitate scaling). Remove the eyes and gills. Take off 3/4 of tail; clip off fins, split the fish about 3/4 of its length on under side. Bend the backbone, to break the backbone at head and tail, or cut bone with scissors; slip along sharp knife along each side. Then making the stroke on each side out. Sprinkle lemon juice and some salt over inside of fish and put in the stuffing. Bake in moderate oven.

STUFFING:
1 cup bread crumbs
4 tablespoons butter
1/2 cup oyster fluid
1/2 cup oyster
1/2 cup chopped celery
Salt, pepper, onion juice

any day a FISH day

100 TEMPTING FISH RECIPES
Department of Fisheries, Ottawa.
Please send me your 52-page Booklet, "100 Tempting Fish Recipes".
Name _____
(Please print letters plainly)
Address _____
D-38