

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

The HOUSEWIFE and HER ACTIVITIES

CONTENT

He that is down needs fear no fall, Little be it or much, He that is humble ever shall Have God to be his guide.

I am content with what I have, Little be it or much, And, Lord, contentment still I crave Because Thou savest such.

Musk, most penetrating of odors, often causes the man who opens a musk gland to suffer nosebleed.

A slipping clutch of an automobile should be taken care of immediately, as plates may become damaged beyond repair.

BABY'S SHAMPOO

Small children are apt to get soapy water in their eyes and so dress the shampoo. Try washing the hair from the back and rinsing so that the water runs backward. A good way is to hold the child on your lap with its back to the basin.

THE STEP LADDER

Frequently examine the home step ladder, especially before cleaning windows and dusting. The rope may have become frayed and need renewing, and the steps are liable to become slippery. In the latter case, tack a piece of emery cloth on each step to provide grip.

PEARLS PICKED UP ON AUSTRAL BEACH

Melbourne (Australia).—Big seas wash queer things up on the Australian beaches at times, and sometimes the casual beachcomber is not without profit. The beach recently was littered with seaweed and other sundries, including shoals of skipjack, which had apparently skipped 800 far and been flung by the sea on to the sand, and a man picked up an oyster which had been washed ashore, and which carried two fair-sized pearl blisters.

TABLOID

When an occasional caller drops in it is nice these cold days to serve a cup of tea. Nothing is better with this than a slice of cinnamon toast. Keep the mixed cinnamon and sugar in a shaker ready for quick use.

BLUE FURS

One of the trends of the coat and suit styles is found in the new impression dyed blue fox furs are making everywhere. This matting of color between fur and fabric is not new, of course, but the tints are more of a lighter and brighter in tone, the silver effect, meriting the title "brilliant" blue. They match exactly the grayed and slaty blues in woollens, and they enhance the tone of bright navy blue woollens.

DISH WASHING

Dishcloths, towels and scrubbing pads must be kept scrupulously clean, if they are to accomplish the task of getting dishes clean. All three should be thoroughly washed and scalded after each using, and hung in a good drying place to dry. Scouring pads are bad offenders. If not washed after each using. Particles of grease and food become lodged in their meshes, and they may spread more dirt than they pick up or clean.

DRIED FRUITS.

The free use of fruit in the diet is strongly recommended, because of its help in regulating bodily processes. Fruits contain little protein or fat, but are high in energy value because of their sugar content. They contain also vitamins and very valuable mineral salts and acids. In bulk they are largely water and cellulose. When the water is taken out as in dried

TELLS TRUTH IN AFFIDAVIT

Toronto Woman Tells Under Oath How Fruit - a - tives Brought Lasting Relief from Constipation

Thankful for her lasting recovery from constipation, Mrs. E. Seyffert, 115 Galt Avenue, Toronto, has generously consented to tell her experience in a statement sworn before a notary so that everyone can be sure of its absolute truth. Mrs. Seyffert relates, "I was badly injured at childbirth, the injury resulting in continued constipation. For years I tried all sorts of remedies, but received little or no relief. My nerves were affected, I felt run-down, my complexion was yellow, and I lacked all vitality. Just over two years ago I started taking Fruit-A-tives, and now I am up at 6:00 A.M. every morning, doing my own household work, am quite regular and my complexion has lost its yellow tinge. I have seven children and rely on Fruit-A-tives to keep them regular, too."

If you are bothered with chronic constipation as Mrs. Seyffert once was, get lasting relief now—with Fruit-A-tives. They have helped bring new health to thousands of men and women who have suffered from constipation, indigestion, sick headaches and kindred ills. Copy of Mrs. Seyffert's complete sworn statement will be sent on request. Write Fruit-A-tives Limited, Ottawa, Canada.

...NIGHT COUGHS

Quickly Checked and a Restful Night Assured



Just rub on VICKS VAPORUB RELIEVES COLDS WITHOUT "DOSING"

early flowering strain, christened Orange Flare, was awarded the first gold medal in the All America trials of new varieties for 1935, and will be on sale generally. The leaves of the yellow cosmos varieties are different from the finely cut foliage of the more familiar strains, with pink and red flowers. The yellows have leaves more like marigold, but they are true members of the cosmos tribe, descended from a wild Mexican flower known to botanists as cosmos sulphureus. It takes about 100 days to produced flowers of Orange Flare from seed. It may be sown in the early spring just as soon as the ground can be stirred; or it may be started in pots under glass, if earlier flowers are wanted. Cosmos is a late summer and autumn flower, much needed in the border at that time. A planting of Orange Flare was on exhibition in the Horticultural Exhibition at A Century of Pro-



Flower of the Year—All-America Winner—Orange Flare Cosmos.

Gress, Chicago, last year, at the southeast corner of the Horticultural building. Its bushy plants 4 to 6 feet tall, covered with large daisy-like flowers of brilliant orange, were much admired.

THE COOK'S CORNER

Browned Haddock

1 haddock, usual size
Salted milk
Finely sifted bread crumbs
Oil and pepper
Remove the skin from the haddock, split it down the back bone and cut each side into servings of about one-quarter pound to each piece. Dip each piece in salted milk, then roll in bread crumbs that have been finely sifted. Place the pieces in an oiled baking pan, sprinkle with a little oil and bake in a very hot oven twelve minutes. Remove to a platter, garnish with lemon and parsley. Serve with hot sauce tartare.

Hot Sauce Tartare

Half cup white sauce, 1/4 cup mayonnaise, 1/2 onion, 1/2 teaspoon vinegar, 1 teaspoon each pickles, capers, olives, parsley.
Make the sauce with two tablespoons each of flour and butter to each cup of milk. To the required amount add the other ingredients. Bake it constantly while heating but do not let it boil.

Fillets of Haddock

Two lbs. of haddock fillets, 1/4 cup grated cheese, 1 cup milk, 1 cup water, 3 tablespoons oil, 3 tablespoons flour, 2 tablespoons butter, 1/2 cup cream; salt, pepper, vinegar to taste.
Simmer the fillets of fish in the water for ten minutes. Lift out the fish and place in a baking dish that will also do for table service. Heat the oil, stir in the flour, cook together until smooth then add the cup of fish broth and cup of milk. Beat until smooth. Add the butter, the cream, and half of the grated cheese, season to taste and pour over the partially cooked fish. Mix the rest of the cheese with about one half cup buttered soft bread crumbs and place on top of the fish. Bake in the oven until browned and thoroughly heated through.

Mrs. Willis: "The gas-stove is certain a convenience. I wonder who invented it?"

Mrs. Willis: "Some man whose wife made him get up and light the fire."

The waiter had been very slow in serving dinner and the diner had grown restless. "Now, waiter," he said, "bring me coffee, will you, and while you're away you might send me a postcard now and then."

Dorothy Dix's Letter Box

Straight Talk to Wife Who Makes Marriage a Graff—Has Husband Right to Forbid Wife to See Her Own Mother?—Logical Definition of Love

Dear Miss Dix—Almost a year ago I left my first husband after having been married to him for three years. I came to a little Western town to visit my sister. Here I met a man who fell for me at once and I married him, because I didn't want to live with relatives and I was too darn lazy to get out and get a job and make my own living. I knew I didn't love him but he thought I did, and still does, and he is crazy about me. We have only been married a few months and I am sick and tired of it. We live in a dingy little apartment with second-hand furniture. Nothing to do, nowhere to go, no amusements. If we could move to a larger town, it would not be so bad and I might meet a man I could care for. If a better man should happen my way I would quit my husband in a minute, but a bird in the hand is worth two in the bush and I am not giving up one man until I have another in view. What shall I do? Shall I strike out for myself, for I tell myself that since this man fell so easily there must be plenty of others who would do the same, or shall I rot in this place, pretending to be in love with my husband and enduring the dull monotony of our existence? ELEANOR.

Answer: I really think that the kindest thing you could do to your husband would be to leave him at once, for you will do it sooner or later, anyway, as soon as some man comes along who can jingle a little more money before you or take you to some gayer place to live.

It seems a pity for a fine, honest man like your husband to have to spend his life toiling for a wife who merely regards him as a meal ticket and who does not repay his labor and his sacrifices by even so much as a thought of gratitude or appreciation. Any man is lucky to be rid of that kind of wife, and the quicker she is on her way the better for him. Don't wait to go until the complication of a child comes in. The woman who deserts a good husband just because she is tired of him has done him a terrible wrong, but it does not compare to the crime she commits when she takes with her the child that is his very heart strings and about which all of his hopes and ambitions are centered.

But let me tell you, Eleanor, that you will never find any happiness in marriage as long as you make it a racket, and regard a husband as merely a tool to work and support you in order that you may be fed and clothed and have nothing to do but amuse yourself. You have already had two husbands in four years and, no matter how often you swap them, you will never get your heart's desire, because a selfish and self-seeking woman is never satisfied.

What you want is a man who will load you with jewels and lap you in luxury and whirl you around from one place of amusement to another, and be gay and entertaining and never demand anything of you, and cater to all your whims. And that sort of husband doesn't exist. Diogenes in his search for an honest man had an easy job compared with finding a rich man who isn't spoiled, a hard-boiled business man who is putty in a woman's hands, or any man who doesn't expect his wife to do anything but spend his money.

You get out of marriage just exactly what you put into it. If you put love and a sense of duty and a desire to make your husband happy and to make your marriage a success into it, you will get happiness and contentment out of it. But if you go into it just for the ease and money you can wring out of it, you will get nothing but disappointment and disillusion.

For marriage is a sacrament. It isn't a graff. DOROTHY DIX.

Dear Dorothy Dix—I am a young married woman very much in love with my husband, but this is my problem: My mother did not want me to marry at all and tried every way in the world to prevent me from doing so. Even told my husband that she didn't want him in the family, since our marriage mother has got over it and forgotten that she opposed my husband, but hasn't forgiven her and has such a hatred for her that he doesn't even want me to go to visit her, and says I will have to choose between my mother and him. I won't stay away from my mother, and I don't want to lose my husband, so what would you suggest? A HEARTBROKEN WIFE.

Answer: The only solution for your problem is for your husband to put your happiness before his very natural resentment toward your mother, and to prove his affection for you by ignoring the past.

He must be broad-minded enough to recognize that your mother's opposition to our marriage was just a selfish and possessive old woman's desire to keep her child for herself, and that her opposition to him had nothing personal in it. She was just jealous of any one whom her daughter loved better than herself and any other suitor would have been equally unwelcome.



England has gone "streamline" conscious in a big way. Not content with modernizing their trolley cars (TOP) they have also gone in for streamproof, stream-lined perambulators of the type shown BELOW. The stream was shown at the Industrial Fair at White City, London. The trolley car operates between Leighton Buzzard and Euston. It is gasoline driven.

NOW, COLONEL, I'VE ALWAYS CLAIMED THAT NO COFFEE CAN POSSIBLY BE GOOD UNLESS IT WAS GOOD COFFEE TO START WITH



RIGHT, SIR! THAT'S JUST WHERE MAXWELL HOUSE WINS—THE SAME MATCHLESS BLEND LOVED BY THE CONNOISSEURS OF THE OLD SOUTH



WELL, DON'T FORGET THAT COFFEE HAS TO BE MADE A SPECIAL WAY



AH, MADAM, ONCE UPON A TIME COFFEE HAD TO BE MADE A CERTAIN WAY, BUT NOW, NO MATTER WHAT METHOD YOU USE, THE MAXWELL HOUSE PERFECT NEW GRIND INSURES MORE FLAVOUR



AND THE EXCLUSIVE VITA-FRESH PROCESS INSURES MAXWELL HOUSE FRESHNESS BY REMOVING MORE FLAVOUR-ROBBING AIR FROM THE TIN THAN ANY OTHER PROCESS

MAXWELL HOUSE COFFEE

Roasted and Packed in Canada "Good to the Last Drop"

And, anyway, he should realize that your happiness is the first consideration and that he will break your heart if he separates you from the mother you love in spite of her faults and weaknesses, and whose whole life is bound up in you.

And, furthermore, he should realize that if he forces you to the bitter alternative of choosing between him and your mother, even if you choose him, he will have killed the finest flower of your love and lessened himself immeasurably in your respect by his petty tyranny, his cruelty to an old woman whom he is depriving of the dearest thing in the world to her, and by his failure to rise to the heights of making a generous gesture.

But your case calls attention to the folly of parents who pose a marriage tooth and nail and who do everything possible to prevent it, and who, when they fail in their petty tyranny, think that their old-laws should forget all the harsh things they have said and love them as if nothing had happened. Of course, they never do. No man or woman ever forgives those who rejected his or her marrying into their families. They always feel themselves as unwelcome as a guest who has crashed the gates, and it doesn't make for peace and harmony.

There is no need for your husband to visit your mother if he hates her. If he is very bitter about it, he might never even have her in his own house, but he goes beyond the right that any husband possesses when he forbids you to go to see her. DOROTHY DIX.

Dear Dorothy Dix—You have never given a logical definition of love. Please send me that information at your earliest convenience. W. R. Y.

Answer: Nobody has ever given a logical definition of love because there is no logic in love. It comes and goes as it pleases and none know why they love nor why they cease to love, nor is there any way of reviving love when it is dead. DOROTHY DIX.

BRUDENELL WOMEN'S INSTITUTE
The March meeting of the Brudenell Women's Institute was held at the home of Mrs. Fred Robertson on Tuesday, March 5th, with seven members and one visitor present. Meeting opened by singing Institute Ode, this was followed by roll call and reading of minutes of previous meeting. The correspondence was then read which included letter from the secretary of the Ladies Auxiliary of Montague Hospital, thanking the Institute for their donation of two pairs of blankets. Also a letter from Mrs. Malcolm MacLeod, District President, asking if our Institute would be willing to join in with the other institutes to raise funds for Montague Hospital. It was moved and seconded that we comply with Mrs. MacLeod's request. The Secretary reported having received the Government Grant.

It was moved and seconded that the buying committee buy material to make a buffet counterpane. The sick committee reported having visited three sick people. Roll call to be answered next night by Proverbs. Meeting to be held at the home of Miss Isabel Robertson.

Hostess assisted by her daughters Misses Margaret, Doris and Lois then served a delicious lunch. Meeting closed with the National Anthem. (Patriot Please Copy).

KENSINGTON SCHOOL
Honor Roll for February—Grade X—1 Charlotte Muirhead 2 Allie Thompson 3 Jean Proffitt, Grade IX—1 Reta Clark, 2 Doris Saunders, 3 Ella Brahan. Grade VIII—1 Mary Caskey 2 Annie Dolaney 3 Iva Chapman. Grade VII—1 Glenn Clark, 2 David McLean, 3 Ralph Somers. Grade VI—1 Oyce Howard, 2 Lorraine McMahon, 3 Vina Higgins. Grade V—(Miss Proffitt)—1 Eddy Pendergast, 2 Arthur Mill, 3 Mary Pendergast. Grade V—(Miss Ready)—1 Ingham McNeill 2 George Proffitt and Helen Reeves (equal). Grade IV—1 Geraldine McLean, 2 Patricia Pendergast 3, Wilna Delaney. Grade III—1 Emmett Brahan, 2 Elwood Dunlop, 3 Malcolm Kennedy. Grade II (A)—1 Lowell McLean 2, Lois Macdonald, 3 Jean Macdonald. Grade II (B)—1 Austin Pendergast and Charlie Watson (equal). Grade I (A)—1 Edna Champion.

SUFFOLK SCHOOL
Honor Roll of Suffolk School for the month of February. Grade X—1 Laura Johnston. Grade VIII: 1 Genevieve Godfrey, 2 Louis Bradley and Olmon Mellick, equal, 3 Frank Bradley. Grade VII: 1 Roley Clow and Lauretta Reid equal. Grade V: 1 Eileen Mellick, 2 Francis Reid.

Grade III: 1 Jean Johnston, 1 Lloyd Mellick. Grade II: 1 Billy Johnston, Doris Reid. Grade I Sr: Albert Reid. Grade I Jr: Opal Reid. Perfect attendance: Lauretta Reid, Jean Johnston, Billy Johnston, Opal Reid, Albert Reid. Genevieve Godfrey. Teacher, Mildred I. Coffin.

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When your daughter comes to womanhood. Most girls in their teens need a tonic and regulator. Give your daughter Lydia E. Pinkham's Vegetable Compound for the next few months. Teach her how to guard her health at this critical time. When she is a happy, healthy wife and mother she will thank you. Sold at all good drug stores. Lydia E. Pinkham's Vegetable Compound.