

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



FOR THE WOMAN READER

THE PRESENT, THE FUTURE AND THE PAST

The Present is not here. It passed away. Before you spoke—so perishes today. The future is the Past grown thin and wan— Suddenly it leaps upon us and is gone. Rolling beneath our feet it turns once more And is that living Past it was before. So in perpetual change we melt away, Only to be renewed another day.

HOME NURSING HINT

In infants by far the commonest cause of all illness is a wrong diet. It is most important for parents to realize that they must follow to the minutest detail the doctor's instructions in mixing feeds, in the total quantities they give, and the frequency with which they give them.

OLLY HAIR

Your hair demands more attention in the summer than at any other time of year. May is the month to pay special attention to getting hair into excellent form to withstand drying summer sun, salt water and the like.

Remember that unless your hair has the right amount of oil it is going to look dry and unhealthy long before fall comes again. But too much oil is as bad as too little.

A good old-fashioned massage night and morning with the finger tips, will correct an oily condition. Avoid too frequent shampooing if your hair has a tendency toward oiliness. Every ten days should be often enough to wash it. If it gets unbearably oily between washings try a dry shampoo.

Rubbing your hair vigorously with a rough bath towel each night after you have massaged the scalp will go far toward removing excess oil. This is a treatment which requires morning after morning work. You can't do it just once or twice and hope to get good results.

Oily hair takes a permanent beautifully, but when it comes to retaining the wave and staying set, the reverse is true. So why not begin at once to get rid of the oil?

If you haven't already learned to massage your scalp properly here's the right way. Place your elbows on a table with your head in your hands. Now move your scalp and not your fingers. Keep it up for 10 minutes each night and see the improvement in a few weeks.

SWIFT GROWTH OF HAIR SHOWS QUICK TEMPER

If you are hot-tempered your hair grows faster than that of a woman who looks calmly on life.

"The hair reflects every nervous condition of the body," declares M. Boudou, a French hairdresser in London. "As a result it is easy for

an experienced hairdresser to know if his client has recently been ill. "If you live in a hot, dry country, the hair is stiff and curly. In a wet climate it becomes lank. You can see this by noticing the fair flaxen hair of the Nordic races and the stiff, black curls of the negroes. "In Britain, hair gets stiffer and coarser the further north you go."

LONDON TO HAVE WORLD GAMES OF WOMEN ATHLETES

The biggest gathering of women athletes ever known is to take place in London in August, 1934, when the British Empire games are held here, as well as the Women's World games.

Events for women are to be included in the Empire games and representatives from every part of the Empire are expected. When the first British Empire games were held at Hamilton, Canada, in 1930, no women competed. For the World games 250 women athletes will gather, coming from 25 different countries.

UNsinkable SUIT GOES BATHING NOW

An unsinkable bathing suit has been successfully demonstrated at Birmingham. It is a costume and water wings combined and is claimed as the world's first unsinkable bathing costume. It inflates with air in the water.

A new nautical costume is a backless model that has a row of miniature signal flags/tiny copies of the code flags with which ships speak to each other at sea—reaching from shoulder to waist.

WOMEN TEACHERS TAKE MEN'S PLACES IN BOY'S SCHOOLS

LONDON, July 5—About 7,000 women teachers have charge of classes of boys in England and Wales. Not only are women replacing men as teachers in boys' schools, but they are also being appointed as inspectors.

Schoolmasters have become so worried by the increasing use of women for teachers that they have planned debates on the subject for their annual conference.

They propose that there should be "an adequate supply of schoolmasters to ensure that all boys above infant-school age are taught by men."

LILY FLOWERS AFTER TWENTY YEARS

Queen Victoria's giant water-lily, the Victoria Regia, is in flower at the Durban Botanic Gardens for the first time for 20 years. It has been grown from a seed which was obtained from the Royal plant at Kew Gardens.

The Victoria Regia is generally found growing in water from four to six feet deep in equinoctial America. The peculiar formation of the great leaves give them such great buoyancy that a small child can stand on them.

Dorothy Dix's Letter Box

Does a College Degree Interfere With a Girl's Chance of Marriage?—Widow Who Regrets Too Late That She Refused Husband Divorce.

Dear Miss Dix—Do you think a college education tends to decrease a girl's chance of marriage? My observation shows that boys shy away from the college graduate in many cases. I know many fine, intelligent, good-looking girls with college educations who never have a date. It seems to me that a college education should be an asset to marriage.



Answer: Undoubtedly a college education is an asset to marriage because the more a woman knows and the broader-minded she is, the better fitted she is to make a good wife. Every woman who has a husband to get along with, a house to run, dinner to cook, a baby to rear, needs all that a college can teach her of biology and psychology and chemistry and finance.

There are many reasons why a well-educated woman makes a better wife than an illiterate one. To begin with, she is, as a general thing, easier to get along with and more reasonable to live with because she has a wider outlook on life and has been trained to see both sides of a subject. Then she is more interesting to live with because she reads and thinks and has something entertaining to talk about. And, finally, no matter how old she gets to be nor how much she loses her complexion, she never gets to be as ugly as an ignorant woman is.

I have traveled much in countries in which only a few of the higher-up women are educated, and as I looked at the dull, stupid, sodden faces of the middle-aged and old women, without one ray of intelligence to light them up, I thought that it paid to educate women just to make them easier on the eyes, if for no other reason.

No women are so set in their ways and so impossible to manage as ignorant women. Nor are any women such naggers as they who never read or think and who, having no new ideas, are driven to harping continually on the same subject.

So for every reason the college-bred woman is the best matrimonial bet, but unfortunately not all men are wise enough to know this, and it is true that statistics show that a college education is no help toward getting a husband, and that any little moron with a peaches-and-cream complexion can marry all around her sister with a degree.

This is to be attributed chiefly to the vanity of man which causes him to prefer a woman he can look down upon rather than one to whom he would have to look up to, or even one who is on his own level. He likes to be an oracle and to have his opinions received with bated breath and not to be disputed by a female who perhaps knows more than he does.

This preference for nitwits obtains even among men who are college graduates themselves and who, one would think, would prefer women who were fitted to be their intellectual companions. But not so. At least before marriage. Even scholars will marry girls who have never read anything more profound than the society column in the newspaper and expect to find them their soulmates. The reason why there are so many husbands whose wives do not understand them is because there are so many men who marry dumb-bells.

And, of course, there are many boys who stop school early and go to work and these are afraid even to date an educated girl because they are under the impression that all college graduates spend their time discussing Einstein theory or something like it.

Absolutely without reason, because in reality a girl college graduate is as harmless and meek as Mary's little lamb, men have always stood in terror of the blue stocking. And that is why no smart woman ever lets a man find out how smart she is.

Dear Dorothy Dix—You often advise wives to stay with husbands who are not faithful and not divorce them. Listen to my story: I am now a widow, having had a husband who strayed from me and two small children. After ruining the life of a good woman, whose only fault was loving him too well, he confessed to me that this woman had borne him a son and he wanted me to divorce him so that he could marry her and legitimize the child. I refused, but I have bitterly regretted it, for since my own children are grown they have lost all respect for me and reproach me for trying to hold a man who no longer loved me and refusing to give the child a name. Now I would give my life to undo the wrong I did an innocent child by holding on to my husband.

A HEARTBROKEN WOMAN.

Answer: You mistake my position on the divorce subject. I only advise wives to refuse to divorce their husbands when the man is of the philanderer type, one of the men who has no deep affection for any woman and who is lured away by every pretty face that crosses his path. That sort of man tires of his new flame in a little while and invariably comes back home. Also, generally, whatever of real affection he has belongs to his wife, and if she is patient with him she can often keep her home together.

Also, I think a woman is wise not to rush off to the divorce court when she has a middle-aged husband who thinks he has fallen in love with some flapper young enough to be his daughter. That kind of infatuation is symptomatic of his age and if his wife temporizes with him he is almost sure to realize that he can't go the pace of youth, and has really nothing in common with modern youth, and he also will return to home and mother.

But when a man tells his wife that he has ceased to love her and that he is in love with some other woman and that his whole happiness is bound up in this other woman, then I think the wife is wise to let him go in peace. She has lost him, anyway, and she will find no happiness in holding on to a man who hates her because she is standing between him and happiness.

But I think you and your children's attitude toward your husband's mistress and her child are the very acme of modern gallantry. It takes a fine spirit for a woman to see that the woman who has ousted her in her husband's affections can be a good woman who is the hapless victim of love and circumstances, and to pity her and regret not having made her lot and that of her child easier. I salute you.

DOROTHY DIX.

Dear Miss Dix—What do you think of a husband, who prides himself on being an excellent husband and who is very proud and happy, so he says, with his young wife, who on the afternoon of their first wedding anniversary calmly goes out to dinner with some men? This when the wife has a special dinner all ready, the house lovely, her hair waved and her prettiest frock on. Of course, he says he forgot, but if he loved his wife, would he forget?

Answer: Being a man he probably would, because anniversaries mean nothing to the average man. He does not make of them the fetish that women do. It is said that a florist in New York has made a great fortune out of substituting for the memories of husbands and remembering the anniversaries their wives cherish and sending them flowers upon the proper occasions.

I admit that any wife would be sore whose husband treated her as yours did you on this great and sentimental occasion, but it is no indication that he doesn't love you and isn't glad he married you. It is just that he isn't romantically minded, and so the wise thing for you to do is to recognize the fact that you will always have to begin about a week before an anniversary reminding him that the momentous occasion is about to take place or else just forget it yourself. After all, if a man is good and kind to you 364 days a year, it doesn't matter whether he sends you roses on the 365th or not.

But husbands' forgetting anniversaries is one of the reasons why wives get that oh-what-is-the-use-look in their eyes.

DOROTHY DIX.

THE COOK'S CORNER

ICED TOMATO SHERBET

There is no more tempting frozen dish for this season of the year than a tomato sherbet. You can freeze this mixture in a mechanical refrigerator—or you can turn it into moulds, cover them tightly and bury them in crushed ice and ice-cream salt. As to serving the sherbet—You will find it offers a delightful new version of the chilled appetizer with which to start off a luncheon or a dinner.

Or try serving it in blocks, with a wonderful whipped cream salad dressing (using preferably, a mayonnaise base) on crisp lettuce, as a salad innovation; perhaps you would like it at an evening party. Or follow this southern trick and let the sherbet, in small glasses, accompany the meat course, preferably one of fried or broiled chicken.

Cook two cups canned tomatoes; two slices of onion; one stalk of celery, chopped fine; one branch parsley, slowly together for about one hour, in an enameled saucepan. Then press together through a sieve. Add one teaspoon salt, one teaspoon sugar and one-half teaspoon paprika, and mix. Let chill. Then fold in one cup whipped cream. Freeze in a mould or small moulds, packed in ice (three parts ice, one part salt) for three hours. Or pour into the freezing drawer of an automatic refrigerator and let freeze.

SPICE CAKE

Cream: 1-2 cup of butter with 1-2 cup of sugar, add 1-2 cup of buttermilk and 1-2 cup of molasses in which 1-2 teaspoon soda has been stirred. Then add: 2 cups of flour sifted before measuring, 1-2 teaspoon cinnamon, 1-2 teaspoon cloves, 1-2 teaspoon ginger. And last add: 2 eggs, well beaten. This makes 1 thick layer. It should bake for about 20 minutes in moderate oven, 350 degrees F.

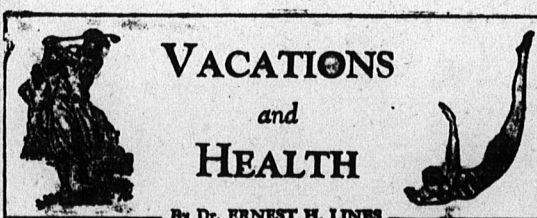
HELP FOR TIRED WIVES

Take Lydia E. Pinkham's Vegetable Compound

Wives get tired during those hard times. They are the ones who must bear the burden of the family. When the husband comes home with less money in his pay envelope . . . it is the wife who must struggle along and make the best of things.

If you are tired . . . worn out . . . nervous, try Lydia E. Pinkham's Vegetable Compound. What you need is a tonic that will give you the strength to carry on.

98 out of every 100 women who report to us say that they are benefited by this medicine. Buy a bottle from your druggist today . . . and watch the results.



VACATIONS and HEALTH

By Dr. ERNEST H. LINES

FIRST AID

Forethought may prevent accidents, and quick thought and action may prevent an accident from turning into a fatality. Know the rules for first aid, and apply them when necessary, without losing your head.

The cardinal principle of first aid is to render such help in time of accident as the facilities at hand will permit. If you are going on a hunting, camping or extensive automobile trip, it is a wise precaution to carry along a first aid outfit, which may be secured from any drug store. Learn how to use the contents. When anyone has been injured, get the victim to a doctor as soon as possible after applying first aid.

Bleeding or hemorrhage is one of the commonest and most serious accidents. When an artery has been severed, as a result of a serious cut, the blood is bright red and comes in spurts. In that case, pressure should be applied to the heart side of the point of bleeding, preferably with a tourniquet, which may be improvised from a handkerchief or piece of cloth. If it is necessary to apply the tourniquet for any period of time, it should be loosened every 15 or 20 minutes, to prevent gangrene. Should it prove impracticable to apply a tourniquet, pressure may be applied by the fingers or by means of a pad held in place by a bandage.

Wounds should be cleaned and a

A Morning Smile

The history teacher noticed that one of his pupils was day-dreaming out of the classroom window and not following his work on the blackboard.

The master rapped angrily on the desk with his ruler to command attention, and when this had no effect he said sharply: "Board, Jones!"

The pupil looked up, startled. "Oh, yes, sir—Very!" he replied.

The bachelor was paying his recently-married friend a visit.

TESTED RECIPES OF TEMPTING INTEREST • DEVILLED EGG SALAD



SPLIT THE EGGS LENGTHWISE

Split six hard-boiled eggs lengthwise and remove the yolks. To the yolks add 1 1/2 teaspoonfuls of butter, 1 teaspoonful of cream, 2 table-spoonfuls of vinegar, scant teaspoonful of Colman's Mustard, pinch of cayenne and 3/4 teaspoonful of salt. Mix to form a paste. Refill the white of eggs and serve on cold-boiled spinach with mayonnaise.

Please do not forget that teaspoonful of Colman's Mustard. It is very important to the success of this salad. It brings out the true flavour; gives it a real appetizing touch. Not only salads but every kind of fish, meat, poultry, game and cheese are more interesting when eaten with this rare English mustard.



"Well," said the latter, after they had inspected the flat, "what do you think of it?" "Pretty good," replied the bachelor, "but why did you choose a flat with such a tiny scullery?" His married friend winked expressively.

"You're the first man I've told this to, so keep it quiet," he whispered. "It's so small that I can't get in to help my wife when she's doing the washing up."

EBENEZER W. I.

The June meeting of the Ebenezer Women's Institute was held at the home of Mrs. Janet McRae with eight members and four visitors present. The sick committee reported that two patients in the sanatorium had been treated with fruit. Mrs. George Matheson and Mrs. J. A. McLeod were appointed as delegates to the Prince Edward Island convention. It was decided that an ice-cream festival be held on July 1st. It was also decided that on closing day the school children

Daintiness With Chic Styles

ILLUSTRATED DRESSMAKING LESSON FURNISHED WITH EVERY PATTERN BY ANNABELLE WORTHINGTON

STRIPES A LA MODE IN SUEDE

Fashion has all manner of whims concerning stripes this season. Some are vertical, some horizontal, and some diagonal as pictured in today's style. You'll find the diagonal stripes particularly alluring. They adapt themselves perfectly to this pattern.

It's really a very simple dress in dark blue and white sheer striped organdie. The attractive collar is crisp white organdie. A vivid-red crepe bow adorns the waistline.

Design No. 762 is designed for sizes 12, 14, 16, 18, 20 years, 36 and 38 inches bust. Size 16 requires 4 3/8 yards of 36-inch material with 1-3 yard of 36-inch contrasting and 3-4 yard of 3 inch ribbon.

Price of PATTERN 15 cents in stamps or coin (coin is preferred). Wrap coin carefully.

Form with fields for Name, Street Address, City, State.



762

Special WAY TO PUT ON NEW POUNDS—EASILY!

Remarkable gains with new double tonic. Richest imported beer yeast now concentrated 7 times and combined with iron. Gives solid flesh in a few weeks.



Now there's no need to have people calling you "skinny", and losing all your chances of making and keeping friends. Here's a new, easy treatment that is giving hosts of people solid, healthy flesh and attractive curves—in just a few weeks.

As you know, doctors for years have prescribed yeast to build up health. But now with this new discovery you can get far greater results than with ordinary yeast—regain health, and in addition put on pounds of solid flesh—and in a surprisingly short time.

Not only are hundreds easily gaining beauty-bringing pounds, but also clear, radiant skin, new pep.

Concentrated 7 times This new product, Ironized Yeast, is made from specially cultured, imported beer yeast, the richest yeast we know of, which by a new process is concentrated 7 times—made 7 times more powerful.

But that is not all! This super-rich yeast is then ironized with 2 kinds of iron which strengthen blood, aid pep.

Day after day, as you take Ironized Yeast, watch flat chest develop, skinny limbs round out attractively, skin clear.

Results guaranteed No matter how skinny and weak you are, this new Ironized Yeast should build you up in a few weeks as it has hundreds. If not delighted with the results of the 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.

Special FREE offer! To start you building up your health right away, we make this 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 guaranteed with the very first package—or money refunded. At all druggists. Canadian Ironized Yeast Company, Desk 219A, Box 1823, Montreal, Quebec.