


Woman's Realm / Social and Personal / Fashions / Literature


There's a Mother... who eats NABISCO SHREDDED WHEAT



Young Mrs. Jones is housewife, nurse and glamour girl! One reason for her glowing energy? She eats husky, wholesome, full-bodied Nabisco Shredded Wheat for breakfast. Nabisco Shredded Wheat is a natural whole wheat cereal. And whole wheat helps provide vigorous energy... firms muscles... healthy nerves... strong bones and teeth. Get your share of whole wheat every day. Order naturally-good Nabisco Shredded Wheat from your grocer now!

Baked by The CANADIAN SHREDDED WHEAT COMPANY, LTD. NIAGARA FALLS, CANADA

Delicious, ready to serve...yet as nourishing as a hot cereal!



STRAW GOING INTO WIDER USES

In other countries, the straw of small grain crops long has been put to many helpful uses. It is used to make brick, thatching roofs, as a substitute for twine for making mats, bags and wearing apparel, for fuel and for many other household uses. Everywhere, of course, it is widely used for feed and bedding for livestock.

DOROTHY DIX SAYS—

Unwise Marriage

Girl's Fiance Should Break Off With Older Woman

DEAR DOROTHY DIX: My boy friend and I are very much in love with each other. We are both in our late twenties and could be married and live happily ever after except for a curious problem that confronts us. It is this: When he was 16 he began seeing a woman who was 11 years older than he. She advised him and helped him with his school work. During the war he proposed to her, but she put him off until peacetime and now he realizes that he never loved her but admired her for her intelligence and helpfulness. She worked her way through school and things went so easy for her, and that is why he hates to hurt her by telling her that he is in love with me and wants to call the whole thing off between them. What should he do?

CONFUSED.

ANSWER: There is nothing to be confused about, for the situation is perfectly plain and there is only one sensible solution to it. That is for your boy friend to do the honorable and honest thing by telling the woman the truth.

What happened is just what is always happening with young boys. Nearly every lad's first sweetheart is his teacher. It is a hangover from the mother complex. The boy feels more at ease with the older woman, who mothers him and helps him with his studies, than he does with girls of his own age. It is part of his education, but it should not be taken seriously, for a few years change the situation and the boy's fancy turns from Teacher to a little cutie in his own age class.

(Continued On Page 10)

Living & Leisure

THE WOMAN'S REALM

NATURE

As a fond mother, when the day is over, Lead by the hand her little child to bed, Half willing, half reluctant to be led, And leave his broken playthings on the floor, Still gazing at them through the open door, Nor wholly reassured and comforted By promises of others in their stead. Which, though more splendid, may not please him more; So Nature deals with us, and takes away Our playthings one by one, and by the hand Leads us to rest so gently, that we go Scarce knowing if we wish to go or stay, Being too full of sleep to understand How far the unknown transcends the what we know

By Henry Wadsworth Longfellow.

FOOT PERSPIRATION

Although perspiring feet are sometimes individual characteristics about which little can be done, excessive perspiration is often due to wearing shoes which do not permit air to circulate around the feet, say health authorities.

If your oven is still warm after the dishes are washed, you can put your cast-iron utensils, which need very thorough drying, the egg beater, and any other hard-dry utensils there until dry.

If you can't wash all the pots and pans before you sit down to dinner, be sure to put them to soak—cold water for those in which you have cooked eggs, cereal, or milk, water for the rest. And be very careful to fill them above the cooking line. Consider also using a special product made for soaking cooking utensils; then they'll be easier to clean.

We are usually the best men when in the worst health.

The old house leans upon a tree Like some old man upon a staff: The night wind in its ancient porch Sounds like a hollow laugh. The dark is full of whispers. Now A foxhound howls; and through the night, Like some old ghost from out its grave, The moon comes misty white. —"Deserted," Madison Cawein.

To remove tar, road oil or asphalt from rugs use cleaning fluid (a grease solvent). First remove all black possible with dull knife. Then sponge with the cleaning fluid, using a light brushing motion.

Bacon drippings are excellent to use for bran muffins, spice or molasses cookies and gingerbread. The sturdy spice and molasses cover any fat flavor.



Delicious!

KING COLE

TEA AND COFFEE

Modern Etiquette

By Roberta Lee

Q. When a house guest has permission from her hostess to invite a friend to dinner, or some other affair, by whom should the invitation be extended?

A. All invitations should come from the hostess.

Q. Should a girl announce her own engagement?

A. Only to her family and close friends. Public announcement is made by her parents or closest relatives.

Q. Should two men always shake hands when being introduced?

A. Yes, always, unless of course circumstances make it awkward to do so.

How Can I!!

By Anne Ashley

Q. How can I renovate the polishing mop?

A. Boil in soda water to which has been added two tablespoons of paraffin. Also add a few drops of paraffin in the last rinsing water and it will save labor when polishing.

Q. How can I remove rust from iron?

A. By putting some yellow beeswax or paraffin into a small cloth bag, and when the iron is warm, but not hot, rubbing it over this bag, then rubbing with salt.

Q. How can I avoid basting long seams when sewing?

A. Try fastening the edges of the material with paper clips, such as are used in every office. This will eliminate basting of the goods.

All good shoe lasts have the following in common: ample toe room, breadth through the ball, wide shank, short back part, firm heel seat and snug heel top.

That Body of Yours

By James W. Barton M. D.

LIVER EXTRACT AND FOLIC ACID IN PERNICIOUS ANEMIA

When Drs. Minot and Murphy, Boston, discovered that calf's liver prevented death from the formerly fatal pernicious anemia, the demand for calf's liver was so great that its price increased several hundred per cent.

Later it was found that cow's liver and lamb's liver were almost as good and pig's liver not far behind. As eating liver every day—even with 37 different methods for preparing it—became very difficult, it was found that extract of liver was equally effective and need be given only every few days or more. Instead of having to be given two or three times daily.

Unfortunately, there are some patients who suffer reactions when given liver extract; it was, therefore, a great boon to them when it was discovered that folic acid could build up the hemoglobin and the number of red blood cells in pernicious anemia. Then, later, it was found that the manufactured drug uracil was also effective, to a considerable extent, in the treatment of pernicious anemia.

Two noted food research workers, Drs. T. D. Spiess and W. B. Frommeyer, in the "American Journal of Medical Sciences" report their findings on the effect of these three substances: (a) Concentrated liver extract, (b) folic acid, and (c) uracil in the treatment of pernicious anemia. The results obtained in 100 patients from liver extract, 24 from folic acid, and 14 from uracil, were carefully studied and detailed observations made.

In pernicious anemia the increase in hemoglobin (iron) and in the number of red cells occurred most rapidly and reached the highest level with concentrated liver extract, folic acid coming next.

Morning Smile

"Do you know," beamed the lecturer, "I came into the room this morning, I read a single word printed on the door; without which not one of you could dream of succeeding in the world?"

"Pull" subtitled the class in unison, and the instructor knew that he had taken his motto from the wrong side of the door.

The passenger leaned out of the taxi window. "What on earth are you doing?" he shouted to the driver. I asked you to drive me from Victoria to Leicester Square, and this is the fourth time we've passed St. Paul's."

"I'm sorry, sir," replied the driver. "I thought you were an American."

Household Scrapbook

By Roberta Lee

Crockery Cement

Here is a good cement for mending crockery. It takes a long time to dry, but will stand water. Mix a little pure white lead with linseed oil and use it very thick. Let it set for a week.

Bolling Jam

Jam will not boil over, nor will skimming be necessary, if one-fourth teaspoon of butter is added to the jam before boiling begins.

Suede Slippers

Rain spots will quickly disappear from suede slippers if rubbed with an emery board, such as is used for manicuring.

Better English

D. C. Williams

1. What is wrong with this sentence? "One should prepare himself to meet emergencies."

2. What is the correct pronunciation of "naphtha?"

3. Which one of these words is misspelled? "Twentyeth, twelfth, eighth."

4. What does the word "incumbent" (adjective) mean?

5. What is a word beginning with "ou" that means "completely?"

ANSWERS

1. Say, "One should prepare one's self to meet emergencies." 2. Pronounce naf-tha, first a as in at, second a as in ask unstressed, and not eap-tha. 3. Twentieth. 4. Imposed as a duty or obligation. "All men, truly zealous, will perform those good works that are incumbent on all Christians." — Sprat. 5. Outright.

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DESIGN NO. E-775

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2723

SIZES 12-44



Cook's Corner

SPECIAL POTATO SALAD

1/2 peck small new potatoes
1 onion minced
1 bunch celery, minced
Salt
Pepper
1/2 pound bacon
2 tablespoons butter
1 tablespoon flour
1 teaspoon sugar
1/2 cup cider vinegar
1/2 cup water

Boil potatoes in their jackets. Peel while hot and slice. Add the minced onion and celery. Season with salt and pepper. Dice bacon and brown in skillet. Remove bacon and all but 2 tablespoons fat. Add the butter, flour and sugar. Stir to blend well. Add vinegar and water and let boil for 3 or 4 minutes. Pour over potatoes. Serve hot. Garnish bowl with crisp bacon bits, parsley and finely chopped radishes.

Yield: 6 servings.

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- VEL penetrates, cuts grease, loosens dirt faster.
- VEL eliminates wiping... dishes, glasses gleam no streaky film to wipe away.
- No dishpan ring with VEL... no soap scum to scour away.

HERE'S ALL YOU DO...

Just put a few teaspoonfuls of VEL in your dishpan (about half as much as soap). Add water. VEL gives the water amazing new cleaning power that lasts long after suds dissolve. VEL removes grease faster, more completely than soap—in hardest water. Dishes, glasses sparkle without the touch of a towel. And VEL is milder to hands, free from soapy alkalis!



Makes hard water act soft
Cleans long after suds dissolve
Economical—try using half as much
Better even in cool water
Milder to hands

VEL makes water WETTER to clean all things BETTER

VEL keeps stockings sheerer, lovelier!

Says Claire Honeyford, Toronto. "My nylons stay lovelier longer now I wash them with gentle VEL. I put just a teaspoonful of VEL in the basin, add lukewarm water... dip and squeeze a few times, and VEL washes nylons and undies fresh and sheer as new... no dulling soap film!"

VEL Quality Guaranteed by COLGATE

THE STARS SAY—

By GENEVIEVE KEMBLE

For Thursday, October 23

ALTHOUGH there are portents of many sorts of adverse, defeatist, disruptive and aggravating situations, and amidst many-sided frustrations and upsets, yet there is every hope of vanquishing all such perils and discouragements. This possibly by the employment of tact, finesse, exceptional personal reputation, and all-around personality. In this as well, spiritual or intuitive factors, point the way around obstacles and sinister attack, but on a basis of strict integrity and principle. The personal equation, especially in sentimental or emotional issues, seems to call for prudence and shrewd management.

Those whose birthday it is may prepare themselves for a year in which there may be all sorts of difficulties, adversities, and temptations, affecting the business standing, personal reputation, and all-around integrity and stability may be questioned. The best way to settle or vanquish this unhappy and unwholesome situation is by an honest, straightforward and unequivocal stand, in which spiritual values have significance. Charm and allure may work but the best way is hard to decide upon since so many phases of craft or subtlety may prove too difficult to cope with, stakes too high for mere chicanery.

A child born on this day may be beset by diverse difficulties in life, affecting its deepest interests, but a certain spiritual or subtle quality might save it from jeopardies.

"HERE ARE 95 NEW RECIPES THAT GIVE YOU FIRST-TRY SUCCESS!"

Marie Roy

THE REGAL COOK BOOK

"I'm tempted to call the new Regal Cook Book a 'Cooking Manual', for that's the way it appeals to me. It's so complete, so delightfully informative, so exactly written. 'Nothing's left to chance—the utmost care was taken in choosing the recipes, in baking, testing, retesting and describing—all in all, it's the best cooking guide I've yet seen."

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