

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

The HOUSEWIFE and HER ACTIVITIES

He that has light within his own clear breast May sit in center, and enjoy bright day...

SHORT CUTS.

Put the carrots through the food-chopper when using them in clear mutton broth.

Both boiled ham and corned beef are improved if a half cup of vinegar is added to the water in which they are cooked.

Meat should not be salted until ready to serve. If salted while cooking it will toughen the best meat and tend to extract the juices.

One cook puts an old plate in the bottom of the saucepan when boiling a pudding in a cloth, so the pudding cannot stick to the bottom of the pan and burn.

3,000,000 persons were to think of the same thing at the same time, they would generate enough electrical voltage to light an ordinary incandescent lamp.

A BOILED DINNER WILL MAKE A HIT WITH YOUR FAMILY

A new-fangled expert tip on all the modernisms has ever yet worked out a meal more economical and nourishing than the old-fashioned, traditional boiled dinner.

Everybody likes it, too. The peas formerly used in the old recipe, but ham or fresh beef, or a bit of mutton will do as well.

When you plan a usual family dinner, keep the other items simple. Instead of salad, use plenty of celery and serve a homemade pickle, relishes, butters and jellies.

Suitable desserts are apples or pumpkin pie, fruit cobbler or Indian pudding.

BOILED DINNER

For four pounds corned beef medium sized potatoes 1 small head cabbage, 4 carrots, 3 or 4 parsnips, turnips.

A fancy "brisket" is a good choice.

of corned beef to obtain for the dinner. Rinse meat in cold water. Put into kettle with enough cold water to more than cover meat. Bring to boiling and skin thoroughly. Reduce heat and simmer until tender, about four or five hours. At this point, cooks differ. Some remove part of the broth from the meat and cook the vegetables in it while other cooks add the vegetables to the meat and cook the vegetables and meat together.

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The vegetables are added according to their individual cooking time. First add parsnips, pared and cut in halves or quarters. Cook fifteen minutes and add carrots scraped and cut in halves. Cook ten minutes and add potatoes pared and left whole. Cook ten minutes and add cabbage cut in eighths. Cook twenty minutes or until all the vegetables are tender. Then drain from both and serve meat and vegetables on a big hot platter.

Our grandmothers served their boiled dinners in large, deep serving dishes, like a chop plate or a "well-and-tree" platter which were made especially for this purpose. The deep dish held the heat and kept the meat and vegetables warmer than a shallow platter.

When choosing curtains it is first necessary to consider the size and shape of the window, the general character of the room, the color in the carpet and chair coverings; the color of the walls and paintwork; whether the room is light or dark; cold or sunny. You must also decide whether you want to let in as much light, air, and sun as possible, or whether you want a cool room for hot, sunny days.

If you have casement windows in the room, or small windows but plenty of light, then yours is an easy task, and you can have jaunty little curtains of either tulle, silk, cretonne, chintz, or flannel, or a material if you decide on a flowered material it is well to choose a small design in proportion to the size of the window.

If, however, you have long windows reaching to the floor, then you must do some earnest thinking, for not only will you need many yards of material, but you must have one

of the heavier, more expensive kinds that will hang gracefully. For this type of window you could have repstib, a flowered linen with a large design, or the material known as folk weave, which is now very fashionable.

If you have loose covers of a flowered material on your chair, it is a good plan to have curtains of one of the colors in the design on the material, or if you have one definite color in your room try flowered curtains which have that color in them.

Oranges, yellow, or pink will make a cold north or east room look warm and cheerful, but if you wish a sunny room to look cool and restful on hot days you will keep to blue, green, or neutral color.

Finally, do see to it that your curtains look trim and neat and hang evenly; otherwise they will give your room a careless and slipshod air.

WINDOW DRESSINGS

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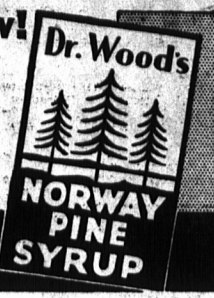
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Stop Your Cold Now!

Have you just caught a slight cough or cold, or has one been hanging on obstinately for days? Don't take chances or resort to half measures. Get effective relief. Dr. Wood's Norway Pine Syrup has a way all its own of ridding the system of germladen phlegm and preventing serious results. Good for children and adults.



STRIKES at the ROOT of COLDS and COUGHS

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A WOMAN'S THROAT IS TELL-TALE OF AGE

Long ago the most famous authorities on beauty realized and said that a smooth white throat is one of the first requisites of charm and beauty. Modern cosmeticians, a bit more practical perhaps, point out that the throat is the tell-tale of age.

No matter how smooth the skin on her face may be or how bright and shining her eyes, one look at a girl's neck is enough for me to tell not only her age, but just how carelessly she has been doing her home beauty treatments; a famous diagnostician of complexion ailments said the other day.

"It's unfortunate indeed, but a good many women who are particularly careful to preserve the freshness of youth in their faces, neglect their throats. After all, if her face needs certain oils, creams and lotions, there's no reason for a girl to assume that her throat doesn't."

Before you plan any new fall beauty routine, why not make it a rule to give your neck the same

beneficial, careful attention you give your face? When you use cleansing cream, apply it upward from the base of your throat to your forehead. Do the same when using tissue cream, skin tonic or astringent and foundation lotion.

Remember that muscles goes far toward eliminating lines, fine wrinkles and sallowness. Clean your face and neck and then put a thin layer of the oil on your throat. Using a palter or your fingertips, gently pat your throat for a few minutes.

ABSORBENT COTTON

Don't forget you can make ideal "snow" for round the base of your Christmas tree with absorbent cotton and tiny wisps of the cotton dropped among the branches give a most realistic effect.

A BIT FRIGHTENED

If baby seems a little afraid of the slippery bathtub, place a folded Turkish towel in the bottom of the tub and let baby rest on this more comfortable and secure surface. Many tears have been dried by the little tip.

DANGEROUS BUSINESS

Never try to put pieces of ice into the thermos bottle when preparing ice water for the night. It is apt to go off like a gun. Make the ice water first and then pour it into the jug. The ice that goes in with the water will not hurt the bottle but it certainly will when it goes in alone.

INTERESTING HOME WORK

If you have difficulty interesting the youngster in his school home work, encourage tests among his little friends. When a few are gathered who are in the same grade give them a test together and see the interest it creates. Mark the papers as in school and you will find them back for another next day.

Who Reformed the Girls? Dorothy Dix Finds Boy's Influence Did It

It's Boys That Make the Girls' World Go 'Round: When They Demanded Wild Women They Got 'Em, and if Now They Want Modest Violets They Will Turn Sweet Overnight

A woman who runs a beauty shop—and who should be an authority upon the manners and morals of the younger generation of females if not she?—tells me that girls are not smoking and drinking nearly so much as they did.



"To what do you attribute the change?" I asked. "Boys," she answered laconically. "Girls say that boys are passing up the wild women and that it is the role now to understand grandmother instead of hoodlums. They say boys don't like to kiss girls any more who smell like a cigarette factory, and that they simply won't date one who passes out at a party. And, of course, that settles that. Preachers and doctors and mothers have talked their tongues off warning girls against the error of their ways and they wouldn't listen, but when the Boy Friend turns reformer there is going to be plenty doing in the reform line.

"Anyhow, nine-tenths of the girls who have smoked and drank didn't do it because they had any craving for tobacco or liquor. They did it because the boys demanded it of them and called them 'glow' and 'poor sports' and 'flat tires' and wouldn't take them out if they didn't. I have had dozens of them tell me how they loathed the stuff, but it was either do what the boys expected them to do or stay at home with Mamma and Papa. So they set their teeth and gulped down their bootleg and lit one cigarette from the butt of another and got maudlin just because that was what they had to do to get any attention from them.

"I guess there isn't much that a girl won't do to make a hit with the boys," she added sagely.

"Nothing whatever," I replied. "Since the beginning of time women have broken their necks trying to be what they thought men wanted them to be. Men have always written women's code for them and women have done their damndest to live up to it.

"For thousands of years men demanded purity and modesty and sobriety in women and women restrained their inclinations to raise calm and they submitted to being shut up in houses and never going out without a chaperon and they merely slipped at a glass of wine now and then, although, being human, there must have been a lot of them who were born with bold and adventurous spirits and who must have longed to snap all the fetters of convention and pain things red. And there must have been thousands of them who were philanthropists by nature and other thousands of them who inherited a craving for liquor.

"But men wouldn't marry the lady rouser or be seen out of company with her, and so women suppressed their natural desires and for the most part lived up to the ideals that men had set for them.

"And when men changed their standards for women, women changed for them. It is only since men began smoking at purity and holding up old-fashioned and showing their attentions on smoking women that girls have stripped off their seven veils of modesty and grabbed the gin bottle.

"Women are what men make them. Why did they starve themselves into anemia or tuberculosis? Because the masculine standard of beauty was the living skeleton. Why do they go through martyrdom being parboiled and beaten and scalped and having their faces lifted in a vain attempt to look young? Because men demand that their wives shall keep perennially young and beautiful, and for one to get old and fat is her husband's alibi for unfaithfulness. Why do women put such an abnormal stress on dress? Because fine feathers make fine birds to masculine eyes, and the more a girl looks like a daily hint from Paris, the more men run after her.

"If there were no men in the world girls would eat as much as they wanted. They would grow old along with Nature and wear bungalow aprons. It is trying to be as flapperish and pulchritudinous as men expect them to be that is women's grief.

"The fact that women are just clay in men's hands and that men can mold it into any shape they please is having a very interesting illustration just now in Germany and Italy, where the domestic woman has been officially declared the most admired ideal, and women forthwith are dropping their jobs in the outside world and going back to the home to do housework and have babies without a protest against giving up all the freedom that they have fought for years to obtain.

"The same thing could occur here. Anywhere. Men would have only to demand domestic wives and all the girls would enthusiastically go in for breadmaking and darning, or intellectual wives and they would flock to college, or business partners and they would become stenographers and bookkeepers overnight. And we may be very sure that if men are tired of the wild girl she will be as tame in six months as her mid-Victorian grandmother and substitute cambric tea for cocktails.

Man asks: "Am I my mother's keeper?" Perhaps not, but he is his sister's keeper, and he makes of her what he will.

DOROTHY DIX

THE COOK'S CORNER

Almond and Honey Cakes To make almond and honey cakes you require 1 lb. of flour, 1 lb. of honey, 6 oz. ground almonds, 8 oz. of butter, one teaspoonful powdered cloves, one and a half teaspoons of bicarbonate of soda. Place the honey and butter in a pan and let it boil up. Mix the flour with the cloves and almonds, then pour the boiling mixture on to them. Mix the soda in a little cold milk—this last of all. Mix all well together and allow to stand for five hours. Then roll out into 1 inch thick rounds or squares. Sprinkle a few almonds on the top and bake in a moderate oven till a golden brown for about 15 minutes.

Ginger Snaps Have two cups of treacle, one cup of lard, 1 tablespoon of baking soda, 1 tablespoon of ground ginger, enough flour to make a firm paste. To make ginger snaps snappy the mixture must be brought to the boil before the flour is added.

Nut Bread This is something of a delicious novelty. Have two cups of flour, three-quarters of cup of sugar, 1 cup of dried walnuts, 2 teaspoons of baking powder, 1 cup of milk, 1 egg. Note.—A proper measuring cup should be used for this. Either crush the nuts with a rolling pin or chop them very finely, as preferred, and mix them with the flour, adding the sugar and baking powder at the same time. Beat up the egg in the milk, and stir this into the flour, making it into a stiff dough. Set aside for an hour. Then put into tin

A Morning Smile

MacPherson had invited his friend MacTavish to have a drink. "Say what you like," he said hopefully, and poured a wee drop into the glass. MacTavish was silent. Cautiously MacPherson poured out another drop. And again silence from MacTavish. "Did you hear about the fire at MacDougal's?" said MacPherson, suddenly. "When?" asked MacTavish, innocently. MacPherson put the bottle down with a sigh of relief.

Shrimp—That banker isn't so bad as people think he is. He's really a very good fellow when you know him. I went to him only last week to borrow \$1,000 and he received me very cordially. Sorghum—Did he lend you the money? Shrimp—No he didn't—but he hesitated a minute before refusing me.

and bake in a quick oven for about an hour.

Ginger Nuts Have 1 lb. of flour, 1/2 lb. fine oatmeal, 1/2 lb. sugar, 1/2 lb. of margarine, 1/2 oz. ground ginger, 1/2 lb. of either syrup or treacle, 1 teaspoon of bicarbonate of soda, 1/2 oz. spice. Rub the margarine well into the flour and oatmeal, into which you have previously mixed the sugar, ginger, spice and soda. Next work in the treacle and make into a paste. This should not be too hard. Roll out thinly, and if the mass sticks to the rolling pin, dust it well with flour. Cut into any shape you fancy, then place on a baking sheet lined with greased paper. Brush over the tops with a little milk and bake in a light oven till

SMART FROCKS FOR FASHIONABLE PEOPLE

Illustrated Dressmaking Lessons Furnished With Each Pattern

She'll love this dress, will the little school age daughter at your house. Who wouldn't? It's just one of those smart delights for classroom.

As for the making—it's as simple as A, B, C. No sleeve troubles! The sleeves cut in one with the shoulders.

The original dress in bright red and navy woolen used navy for its little "boy" collar. The tie is bright red crepe. A cunning tied belt marks the waistline.

Plain navy blue wool crepe is equally smart with bright red crepe tie dotted in blue.

Cottons as percale prints, scotch plaided gingham, broadcloths, chalis prints, etc., are other nice materials for your choice.

Style No. 730 is designed for sizes 8, 10, 12 and 14 years. Size 8 requires 2 yards of 39-inch material with 1/4 yard of 35-inch contrasting for collar and 1/4 yard of 35-inch for bow.

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

No. 730. Size Name Street Address City State



If a mistake has been made in your knitting—if you have followed the wrong line in the directions, or you discover a stitch has been dropped some way down do not pull out the needles and begin to unravel the knitting. Instead, put all the stitches on the one needle, with the other needle thread through the knitting, picking up the stitches down on the line to which you wish to unravel. Be sure, however, to keep in a straight line. Then when this is done pull out the needle at the top and unravel the stitches down as far as the lower needle. This is easier than unraveling and trying to pick up needle thread through the knitting, stitches.

THE QUAKER METHOD OF EASY BREAD BAKING



WHAT LOVELY BREAD! — YOU MUST HAVE STAYED UP LATE AFTER THE PARTY LAST NIGHT TO MIX YOUR DOUGH. NOT ME! I'M NOT SO OLD FASHIONED, I USE QUAKER FLOUR AND EASY QUAKER METHOD NO OVERNIGHT SETTING FOR ME OR KNEADING EITHER.

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Your baking will be lighter and more delicious too—and you will always be certain of first-class results.

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Quaker Flour is an all-purpose flour equally good for making delicious cakes and pastry and of course can be used in any method of bread baking.

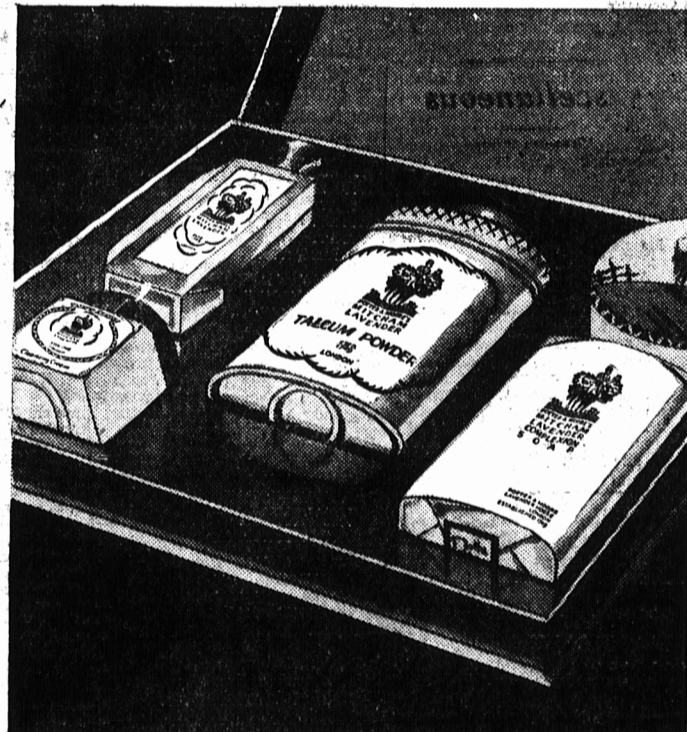
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Potter & Moore's MITCHAM LAVENDER

Gifts for Men

Potter & Moore's Gift Sets for men will win any man's approval. They include shaving soaps, talcum and lotion, each with just the right amount of Lavender fragrance to be refreshing—but not obtruding. A wide selection awaits your choice. The set illustrated at \$2 contains shaving bowl, shaving lotion and talcum.



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