

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

FOR THE WOMAN READER

LET US HAVE A GARDEN

Let us make a garden, You and I; Hollyhocks and larkspur, Stately, high.

Tulips and wallflowers, Velvet brown; One tall lily In a white gown.

Field pansies, Daisies shy, Marigolds that Face the sky.

God walks in their gardens, Other men say, Let us make a garden, Perhaps He may.

—Mary Carolyn Davies.

BANDS AND BOTTLES FROM THE DRUGGIST

Druggists are generous, and shower attractive wrappings and packets and bottles upon us with our purchases. Tablets and lozenges are no longer weighed out by the ounce and handed over in a thin white packet with a blob of sealing wax at either end but are made up in neat little cartons, tubes or screw top bottles, often wrapped up in a pamphlet or booklet brightly showing forth the benefits of the remedies they enclose. Tooth paste and toilet creams, too, throw in a supply of reading matter which is usually attached to the tube by a rubber band.

We are so much accustomed to these accompaniments by now that they are generally thrown away at once; but even if put aside for a time they are apt to drift away, still unused, on the household tide of rubbish. Some, however, could easily be put to useful purposes.

How to Use Them

It is a good plan to put up a small screw hook somewhere in the kitchen and to keep it specially for rubber bands which are hung there as soon as they are removed from the packets. It is surprising how rapidly a collection accumulates and how often and usefully the supply can be drawn upon. It is much easier, for instance, to use a rubber band to secure a small packet to be taken to the shops than to find (in a hurry) a suitable length and thickness of string. Rubber bands are also handy for fastening the covers on jam jars or pruned meat pots, for keeping a hasty bandage in place on a cut finger, for securing kitchen lists and bills.

Some of the little screw top bottles and pots should also be washed and saved. These will hold salt, tea, sugar, even an individual jam ration for picnics. Made mustard can go into a little cream pot (safely marked). Small quantities of seasoning and spices may be stored in them in the kitchen cupboard and save the untidiness of paper packages. Tin lozenge boxes are useful for the same purpose or

for the desk drawer, where they hold paper clips.

ON THE DANGERS OF HEALTH HOARDING

"A man who keeps his silver plate at the bank does not really possess it—nobody possesses it, seeing that nobody is any the better for its existence," writes the Medical Correspondent of the Times Trade and Engineering Supplement. "To make use of silver plate, on the contrary, may be expected to afford some satisfaction. The rule applies to health as well as to wealth. The old prejudices die hard and the fear of overstrain lingers in multitudes of minds. The world is full of people who would be fit if only they ceased to try to hoard their fitness."

"Uppermost in the minds of all these people is the question: 'Shall I overtax myself if I do this or that?' As if a man possessed his strength like shillings in a bag so that when the last shilling was spent he would inevitably collapse."

Work Muscles

"The truth about fitness is that it exists only when it is used and that when it is used it increases. The best way to develop muscles is not to put them in slings but to do work with them. A muscle in a sling soon atrophies and vanishes away. But a muscle kept steadily at work may double its size."

"The war cured millions of hypochondriac people by giving them work. They found that they possessed a great deal of health. The silver plate, so to speak, was taken out of the bank and put on the table. These people could scarcely contain themselves for joy."

Increase Activity

"The cure remains, in time of peace, for those who care to use it. When a man begins to think about his health he is losing his health. His health is going into a bank or a stocking. If he does not take care he may never see it again. . . . 'A crisis is met by increased activity of mind and body. Stagnant faculties are brought into use once more and the riches of health are enjoyed instead of being saved for the day which will never dawn.'"

BLAME BRAIN

MILWAUKEE, Wis., June 20.—If you have one of those splitting migraine headaches it may be it's because your brain is developing faster than the skull that contains it. So said Dr. Peater Bassoe of Chicago, speaking before the convention of the American Medical Association. The doctor said he believed migraine is a protest against the speed with which evolutionary forces are developing the frontal lobes of the brain. It may be, he added, that there is an actual physical pressure because the brain's development is more rapid than that of the skull.

GARDENING

SPRAYING FIELD GLADIOLUS

The study of dusting and spraying methods against the infestation of growing plants in the field by Gladiolus thrips has received a great deal of attention during the past two years, remarks Alan G. Dunstan in the new circular on Gladiolus Thrips issued by the Department of Agriculture.

Many different dusts and sprays have been tested, but the Paris green and brown sugar spray recommended in earlier circulars has continued to give the best results.

This mixture is composed of two table-spoonfuls of Paris green, two pounds of brown sugar and three gallons of water.

In the experiments of the Dominion Entomological Branch it was found most important to make the initial applications early in the season, as soon as the first thrips are seen.

The chief use of this spray is to check the first generation of adults and to stamp out the early infestation before the insects have a chance to multiply.

The first spray should be applied when the plants are about five or six inches high, and weekly applications made until the bloom starts to open.

In spraying, use plenty of material, stirring the solution frequently to prevent the Paris green from settling to the bottom of the container.

Apply the liquid with considerable pressure to force it inside the leaf sheaths.

Some browning of the lower leaves follows the use of the spray, but this can be counteracted to a certain extent if the plants are occasionally washed with cold water.

Do not forget that early spraying is important and should not be delayed on any account.

HARVEST TIME ABROAD

June is the harvest month of Italy, Spain, Portugal, Greece, Turkey, South of Spain, North Carolina, Georgia, Alaska, Texas, Virginia, Indiana, Illinois, Kentucky, Tennessee, Oklahoma, Missouri and Kansas.

SUGGESTS PLANTS FOR FALL BORDER

Perhaps the most difficult problem that confronts those who get out to plan and plant a border for autumn effect is to find suitable plants for furnishing the edge. For the background and middle rows there is no lack of excellent material available, but of dwarf flowering perennials there is not the same wide choice as there is earlier in the year.

With the exception of the fine sedum spectabile, which is generally past its best by mid-September, gardeners are hard put to it to find plants that will keep the front line gay, unless they rely on the dwarf dahlias, and other bedding plants of annuals, among which the first autumn frosts will work havoc, and leave the edge a brown and withered mass.

It is for this reason that they will do very well as front line plants, as well as for their own beauty and generosity of bloom so late in the year, that a new and recently introduced rate of dwarf hybrid Michaelmas daisies is certain of a warm welcome at the hands of all gardeners who like to see their borders as showy as possible in the late autumn months.

Neat and compact in habit, the dwarf Michaelmas daisies make low and dense rounded bushes, seldom more than six to nine inches high, according to variety, which smother themselves in September and October and even later.

Students to Scale Mount Fairweather

(Special to The Guardian) MONTREAL, Que., June 19.—A party of six Harvard students, all keen mountaineers, have left on the Continental Limited of the Canadian National Railways for Alaska, where they will attempt to scale Mount Fairweather, one of the outstanding Alaskan peaks. The party, which comprises Bradford Washburn, leader, and Messrs. Houston, Everett, Bales, Child and Carter, will travel by train to Prince Rupert and there take a Canadian National ship, The "Prince George" to Juneau, Alaska. From the base of the famous Tako glacier they will travel by seaplane to the foot of the Mount Fairweather, making their main camp at the foot of the mountain. From it they will attempt to conquer the peak and also carry on scientific research work.

Dorothy Dix' Letter Box

Takes Strength, Courage To Deny Oneself Of The Articles One Desires, But It's Fatally Easy To Spend, Declares Dorothy Dix

Dear Dorothy Dix—You write of the desirability of owning a home. Consider, however, the countless thousands who have scrimped and saved for years in order to make payments on a home and find they have lost it all due to unemployment. That is one of the most disheartening experiences possible. This depression has cured multitudes of thrift. They say: "Let us eat and drink and be merry, for tomorrow we suffer economic death."

John F. McC.



Answer:

One of the most disastrous and far-reaching effects of the depression has undoubtedly been to break down the morale of so many young people and turn them into wasters and spenders. It has killed the ideal of thrift that the wise and prudent have been cultivating in us for so many years and that was just beginning to bear fruit. Nor can one wonder that those who have seen their homes taken from them after the years of privation they have gone through in working and scrimping trying to pay for them, and that those who have seen the few thousand dollars they had scraped together, penny by penny, and that was wet with their very life blood, swept away by falling banks and fraudulent stock companies, feel that there is no use in trying to save money and that they would have been wiser to have spent it and at least had a good time out of it.

I have in mind three friends of mine who a few years ago received a nice little inheritance. Two of the sisters blew in theirs on a trip to Europe, a lot of good clothes and fine cars. The third prudently invested hers in what she considered gilt-edge bonds. Now all of the money is gone, but the two butterfly sisters have the wrecks of their Paris finery and battered cars, while the wise virgin has nothing, not even the memory of a grand holiday.

Thousands of others are like these sisters, and it is human for them to feel that henceforth they will invest their money in whoopee instead of a savings account. But it seems to be that this is poor reasoning, because if they spend everything they make as they go along, they inevitably bring upon themselves disaster, whereas if they save judiciously they at least stand a chance of averting poverty. Of course, the umbrella we provided for our rainy day hasn't proved much of a protection in the present financial storm. But let us hope there will never be another such cyclone.

The laws of human conduct are not changed by an economic upheaval, and it is just as true now that the spender will in the end come to want and the saver reap prosperity as it was before the panic. Fortunes will still be built on thrift and industry in the future as they have been in the past. The man with a little money saved up will be able to take advantage of opportunities that carry him on to fortune. The man who has laid up something for his old age will be happy and independent, while the spender will never rise in the world and in his old age will know the bitterness of dependence.

A very wise man once said that the ability to save is a test of character. It takes strength and courage and the ability to deny oneself the things one wants, but it is fatally easy to spend.

It seems to me that the ability to save is not only a test of character but, a test of honesty and fairness and justice, because the spenders know well enough that in their need they are bound to rob the prudent. Somebody is bound to take care of them. Somebody has to feed and clothe them when they are out of work or sick or old.

I have known many spenders who, while they were making money, indulged themselves in every luxury and who never saved a cent of their earnings. But their evil day came, as it does to us all and they grafted off their children or their sisters and brothers or friends, who had denied themselves in order to lay up a little money, and I have thought that these parasites were no better than thieves, for they should have provided for themselves.

So it becomes a matter of principle and character and self-respect to save some of the money you earn instead of spending it all as you go along.

DOROTHY DIX.

Feeder Cattle Arrive In Amherst

(Special to The Guardian) AMHERST, N. B., June 17.—The first feeder cattle to reach Nova Scotia in the experiment to be undertaken by farmers in this province in feeding western Canadian cattle for export to the British mar-

ket have arrived at Amherst from Edmonton, Alta., over the Canadian National Railways. The animals were purchased by W. A. Fillmore, Wylie Mitchell and Arnold MacLellan, all of Amherst, and are now grazing on their respective farms. This experiment follows the excellent results secured by farmers around Woodstock, N. B., who last year purchased some Western cattle and shipped them overseas.

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MADE IN CANADA

THE COOK'S CORNER

Lamb's Hearts Saute

Wash 4 lamb's hearts and slice carefully across the grain. Brown in butter in a deep frying pan, then add enough water to cover, season with salt, pepper, 1 may leaf and 3 slices lemon. Cover the pan and simmer for 1 hour, adding more water if necessary. Remove hearts to a heated platter, thicken the gravy with flour and water mixed to a paste, pour over hearts and serve. A pleasing and economical dish.

Broiled Tripe

Cook honeycomb tripe in salted water for a half hour. Drain well, spread with butter and cover with cracker crumbs. Broil over a moderate fire until a delicate brown. Spread with butter, salt, pepper and lemon juice and serve.

Hamburg Stew With Dumplings

1 pound beef, chopped
1/2 cup stale bread crumbs
Grated nutmeg
1 egg
1 teaspoon salt
1/4 teaspoon pepper

Mix ingredients and shape in small balls, using one level table-spoon for each ball. Put one-third cup fat in a deep saucepan, put in balls and shake constantly until browned. Push the balls to one side, and with the fat, mix four table-spoons flour; stir until brown, and add one and one-half cups brown stock or boiling water in which a bouillon cube has been dissolved. Bring to boiling point. Place dumpling mixture by teaspoonful on top of each meat ball, cover closely and cook ten minutes without removing the cover. Add more stock if necessary to make sauce the right consistency. Season to taste with salt and pepper. Add two cups cooked vegetables (including carrots, turnips and string beans cut in very small pieces, green peas or lima beans). Serve at once on a large platter.

Dumplings—Sift together two-thirds cups of bread flour; two teaspoons baking powder, one-half teaspoon salt, one-half teaspoon paprika and add one-half teaspoon grated onion. Add one-half cup milk, or more if necessary to make a soft dough.

Daintiness With Chic Styles

ILLUSTRATED DRESSMAKING LESSON FURNISHED WITH EVERY PATTERN BY ANNABELLE WORTHINGTON

Cute little puffs are shirred with the dropped shoulder, as you can see, adding such a dainty effect. These darling sleeves can be omitted for frankly hot weather wear, with no detrimental effect to the scheme. A cool printed dimity in red and white carried out the original dress. The ruffle is white lawn.

Candy striped seersucker is adorable in the sleeveless model, as illustrated in the miniature back view.

Blue and white pin dotted dimity, yellow voile in dainty sprigged pattern, pink and white tiny checked linen print and pale blue pique are other delightful schemes.

Style No. 769 is designed in sizes 8, 10, 12 and 14 years.

Size 8 requires 2 yards of 38-inch material with 1/4 yard of 35-inch contrasting.

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

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Historical Garden Roses

At the end of the eighteenth century, the China rose with its habit of continuous bloom was brought to Europe, says the Dominion Horticulturist, Dr. Macoun, in discussing the probable origin of the beautiful hybrid perpetual roses in Canada. Before very long hybrids of the China rose with French and Provence roses were raised. They were called Hybrid Chinese, but took after their European parents in that they flowered only once in the season. These hybrids and the damask rose were then crossed, and Rose du Roi, a damask perpetual, was introduced about 1819. This rose was called

perpetual because it had a second blooming season. Six years later Gloire de Rosames appeared, followed by rapid improvement of this class, and in the fifties such garden favorites as General Jacqueminot and Jules Margottin were introduced. In Canada many of the hybrid perpetuals bloom once only in the season.

A government monopoly on the importation of wheat for food purposes has been established in Uruguay.

Operated at a cost of less than ten cents a month, electrically illuminated house numbers have been invented.

CROSS YESTERDAY ... HAPPY TODAY

And for a very good reason



Yesterday a whiny, peevish baby. Didn't want to play. Didn't want to eat. Today bubbling over with good nature and ready for his meals. Two little BABY'S OWN TABLETS worked the magic change.

How did they do it? They simply removed the intestinal poisons and the excess bile that were upsetting his digestion and irritating his nerves.

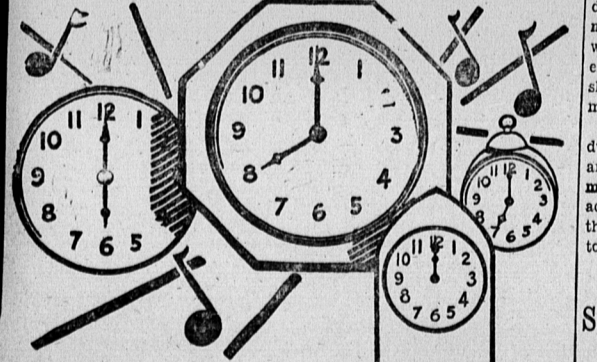
BABY'S OWN TABLETS are more than an ordinary laxative. They have a triple action—stimulate the liver, cleanse the kidneys, exercise the intestines. And children who drink a lot of milk need an occasional liver stimulant, as the physician prepared the original formula for BABY'S OWN TABLETS well knew. Furthermore, the ingredients in these tablets are absolutely SAFE for children, and the dosage is correct.

The next time your baby is cross, sleepless, doesn't want to eat, has coated tongue, bad breath, colic, constipation, teething troubles, give him BABY'S OWN TABLETS in place of an ordinary laxative, and just see how much more effective they are. As easy to take as candy. Complete directions with each 25-cent box.

DR. WILLIAMS'

BABY'S OWN TABLETS

Make and Keep Children Well—As Mothers Know



Any time you're hungry

Just enjoy a bowl of Kellogg's. For breakfast, lunch, the children's supper—these crisp-toasted flakes are perfect.

Kellogg's are rich in energy and very easy to digest. No trouble to prepare. Economical. Always oven-fresh. Made by Kellogg in London, Ontario.



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