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

AS APPEARING IN SEPTEMBER Reader's Digest

What an inspiration for Kayser's glorious foliage colors! As many as nature's own. A basic, tailored glove in Kayser's washable "Duosuede"*. Soft doublewoven rayon. At the nicest stores. $1.50

You Owe It to Your Audience ... Wear KAYSER

HOSIERY • GLOVES • UNDERTHINGS • LINGERIE

Cook's Corner

STUFFED BAKED VEGETABLE MARROW

1 medium vegetable marrow
½ pound minced steak
1½ cups bread crumbs
1 small onion, minced
¾ teaspoon salt
Dash of pepper
½ teaspoon sage
1 egg

METHOD: First we've going to give directions for preparing the marrow so that it may be put together again to look like the original. Later we'll give the way to treat it if the halves are to be baked separately.

Cut a wedge shaped piece lengthwise from the top of the marrow. Scrape out all strings and seeds from the centre.

Now combine the minced beef, bread crumbs, minced onion, and add the salt, pepper and sage. Beat the egg slightly and mix with the above until well blended.

Pack this dressing into the hollow of the marrow. Put the wedge shaped piece removed at first in place and tie string around the marrow in two or three places.

Set in a baking pan and bake in a moderately hot oven (400 deg. F.) for about 1 hour and 15 minutes. Lift onto a heated platter and sever the cords to serve.

If you wish to split the marrow in half lengthwise to begin with, and then heap the dressing up in the two halves, this will require a shorter baking time—about 45 minutes, in a moderately hot oven (400 deg. F.)

Household Scrapbook

By Roberta Lee

Jelly Making

Before pouring the paraffin into the glass of jelly or jam, place a piece of string across the top, allowing the two ends to project. When the contents are ready to be used the string enables one to lift off the paraffin without the least difficulty.

Perspiring Hands

When the hands perspire while sewing, try keeping a dish or pan of bran nearby. Rub the hands with a little bran from time to time, removing with a clean towel.

Bathroom Fixtures

The bathroom fixtures will shine like new by using a little turpentine on a soft cloth, then wiping off with a dry cloth.

TASTE THROUGH LEGS

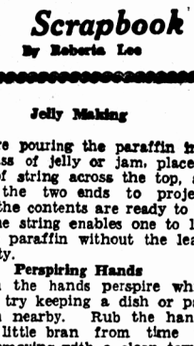
Some species of insects, including a number of butterflies, have "taste" organs in their legs.

Only 1 Cup of Meat IN THIS

Delicious Chicken Puff

1½ cups flour
2 teaspoons Magic Baking Powder
½ teaspoon salt
2 eggs
1 cup milk
1 cup chicken, cut fine
2 teaspoons scraped onion
¼ cup grated raw carrot
2 tablespoons melted butter or chicken fat
1½ cups chicken gravy

Sift together flour, baking powder and salt; add beaten egg yolks and milk. Add chicken, onion, grated carrot and melted fat and mix well. Fold in stiffly beaten egg whites. Bake in greased baking dish in hot oven at 425°F. for about 25 minutes. Serve with hot chicken gravy. 6 servings.



That Body Of Yours

By James W. Barton, M. D.

MORE EXERCISE FOR HEART CASES

Several years ago I learned that a neighbor boy of about 10 years of age was not allowed to play with the other boys because he had heart disease.

The father spoke to me and wondered if I would speak to the other youngsters and have them go over and chat with his boy as he "rested" on his veranda. I told him it was very hard for a boy to be a natural boy if he couldn't play a little, that not mixing with other boys would do more harm to his mind and morale than the damage a little play would do to his heart.

I advised him to take his boy to his doctor and learn just how much his boy could play in safety. The doctor allowed some activity, kept increasing it every few months, and the boy is now able to engage in soft ball and other games.

In the "Journal of the American Medical Association" some months ago, Dr William J. Stroud, Philadelphia, emphasized the fact that a less serious viewpoint should be taken of heart disease in children. Many children's lives have been made unhappy by the restrictions imposed by doctors who have treated functional murmurs as seriously as organic (true) heart disease. Even where the murmurs are caused by organic disease, a certain amount of play and exercise should be permitted.

Of course, when heart disease is active, the child needs complete rest; but often the use of a commode causes less strain on the heart and blood vessels than the use of a bedpan.

In adults, following an attack of heart stroke (coronary thrombos the patient can return to part time work in any light occupation, drive a car within three months after the attack, and indulge in light exercise.

Should even light exercise cause angina pectoris, the vise-like pain under the breastbone extending to the left shoulder—exercise should not be taken.

Remember, be guided by your doctor as to exercise, as he knows your condition best.

WHY WORRY ABOUT YOUR HEART

Do you get out of breath on slight exertion? Does your heart seem to skip beats or beat irregularly? Send today for Dr. Barton's interesting booklet on this subject entitled "Why Worry About Your Heart"? To obtain it, just send 10 cents and a 3-cent stamp, to cover cost of handling and mailing to The Bell Syndicate, in care of this newspaper, Post Office Box 99, Station G, New York 19, N. Y., and ask for your copy.

Morning Smile

ECONOMIZING

The Scottish farmer had fallen into the well. Treading water vigorously, he shouted for his wife.

"Hold on!" she cried. "I'll call the men from the field."

"Wait a minute," he said. "What's the time?"

"Eleven-thirty."

"Then bide a wee. I'll swim roon' till their dinner-time."

Customer: "Have you any good pork?"

Butcher: "Good pork! Say, I've got some pork that will make better chicken salad than any lamb you could buy."

The Stars Say—

By Genevieve Kemble

For Thursday, September 16

It is probable that at the height of a critical situation, when failure and lack of progress seem to put the highest hopes and wishes in a dangerous and static impasse, a sudden turn in the wheel of fortune may surprisingly accelerate the activities, engineer new channels for advancement and joyously boast cherished objectives into unlooked-for levels of attainment. A newer slant, a fresh routine, skillful and ingenious tactics in breaking up congested spots, could bring spectacular gains, in resources and plans.

For the Birthday

Those whose birthday it is are enjoined not to be discouraged at the preliminary status of bold and expansive objectives, in which professional, financial, domestic and romantic issues seem to waver in the balance. It is foreseen that a particularly brilliant idea, one of ingenuity, audacity and skill, may cause a sudden about-face in which the denouement may be spectacular as well as holding dramatic reactions on personal, social and romantic affiliations. Such ingenuity could have radical or revolutionary force for reversing the fortunes and enhancing prestige and popularity.

A child born on this day is splendidly equipped with originality, exceptional skills and new techniques to promote its personal and professional efforts dynamically.

DOROTHY DIX SAYS—

Mercenary Romance

No Chance For Happiness With Suitor Interested Only In Girl's Money

DEAR MISS DIX: I am crowding 30 and he is nearing 50. He has had numerous love affairs. Has been married and divorced and has had a common law wife. He had been going with a widow and supposedly was engaged to her, but the affair terminated suddenly and he immediately started to rush me. He talks disparagingly of her and says that all she wanted was his pay check. I happen to know that she doesn't need his money, is attractive and of good character, and I am wondering if she didn't drop him.

He is very much interested in my financial affairs and asks if I would continue to work if we got married, and I find he has made inquiries as to my parents' financial status. I am very anxious to marry, as I have a horror of being an old maid. What do you think of my chances of happiness with such a man?

MARTHA.

ANSWER: Absolutely zero. I don't think you have a chance in the world of being happy with a man who seems to have neither morals nor principles nor any good qualities that would recommend him as a husband.

If you marry this man, he will expect you to keep on with your job and support him, and he will have no hesitation in taking your pay envelope from you and spending on himself the money you have earned. And he will nag your parents about money and humiliate you in every possible way.

ASKING FOR TROUBLE

Why, since you are an intelligent woman, and at your age should know something of the world and how cruel husbands can be to their wives, do you even consider for a single minute the idea of marrying him and getting yourself into such a mess?

As for your dread of being an old maid, that has long since ceased to be a term of reproach, or any indication that a woman lacked in feminine allure. Many of the most prominent and honored women in the world have never married, not because they didn't have plenty of chances to marry, but because they were more interested in their careers than they were in any man. Believe me, it is a million times better to be an old maid than it is to be an unhappy wife.

DEAR MISS DIX: When I was 11 years old my parents were killed in an accident and since then I have done most of the work for my two older sisters. Now I am 16, and a boys I love very much has asked me to marry him, but my sisters say I am too young to marry and I believe them. But they also say that if I marry they are going to live with us.

I feel that I cannot stand being the servant of two lazy girls any longer. What can I do? If I don't marry, I must go on in this awful situation of slaving for my sisters. If I do, they will still be on my hands. But I will have the comfort and companionship of a husband.

LOUISE

ANSWER: No, you won't have the comfort and companionship of a husband, for your two sisters will make trouble for you with him. They will try to boss him as they have bossed you, and he will resent it and your home will be a place of conflict, instead of peace.

But why do you submit to such tyranny? Why don't you just put on your hat and walk out on your sisters? They are just as able to make a living as you are, and you are simply silly and lacking in courage to let them enslave you. Don't be a Cinderella to your wicked sisters.

The Queen's Holiday

BY Elizabeth Corbett

CHAPTER XII

Through sunshine that had mysteriously lost its splendor, Elsa went straight back to the quiet rooms where she had so lately felt quite peaceful and free. But the place was no longer home to her. The shadows of the prison house were closing in on her again.

More eagerly than ever she waited for Ted's arrival. For a moment after he got there, everything seemed right again. She went straight into his arms, and felt that she belonged there. But Ted himself was different. When the first ardor of their meeting was over, he seemed strangely quiet.

In the restaurant he asked, It was true, wasn't it — about that man last night?"

"Yes." said Elsa. "It was true." She related her afternoon's experience and then waited for him to ask. "What are we going to do about it?"

Instead he began to talk about indifferent matters. But he talked much less than usual; and when they were back in her apartment again, Elsa was conscious not only of strain but of coolness.

As the evening wore on she made up her mind that she must take the initiative if they were ever going to get this thing worked out somehow — anyhow. "I'll tell you, Ted," she began. "I've got to find out a little more clearly where I stand. Until I do, there's no sense in our meeting just to make each other miserable. Tomorrow I'm going to find out what I can and perhaps make a plan of action. Then Sunday — oh, you can come Sunday morning, if you like!"

That seems a long time to wait," grumbled Ted. "I know I haven't been of much use so far. But it does seem to me that two heads would be better than one, if you could just employ me somehow—and such brains as I have."

He left late, and she spent a restless night. In the morning she wrote half a dozen letters to the baron, and tore them all up.

Then finally she composed a letter to the Countess Van Urk. "You can tell the baron that I'm not coming back," she scribbled. "Nothing he can do will make me. I should have taken a firm stand when we first came to this country. It's too late now to change that. But at last my mind is made up, and nothing can alter it. I am not coming back."

She read this letter over, made a copy to show Ted, put her royal signature at the bottom of both letter and copy. Then she enveloped and directed the letter, and went out and mailed it.

On her way back from the mail box she decided to stop and have lunch. She entered her usual tea room, and ordered soup and a salad. While she was waiting for the meal to be set in front of her, suddenly her listless gaze fixed and hardened. Through the front windows she had caught a glimpse of a man looking in.

She dashed out instantly, but he had passed and was turning a corner. Without hesitation, Elsa dashed after him. At a corner Elsa caught him; and when she had him by the coat sleeve, her feeling was not only victory but pleasure.

"Lieutenant Sterndorf!" she gasped. "Why are you running away from me? And why must you go so fast? Didn't you know I would be pleased to see you?"

The faithful Carl looked down at her somberly. "I was afraid not, Your Highness."

"Oh, but I am! You look like manna from heaven. That is, I'm glad to see you anyhow, of course. We can't talk in the street, but I live not far from here. Come home with me. You can spare me an hour, can't you?"

He stalked glumly along beside her; he answered briefly her questions about how they all were out at the manor, and did not answer at all when she asked him what he was doing in New York. But when they reached her doorstep and she was fumbling for her key, he said with a visible effort. "Highness, I mustn't let you receive me under your roof without telling you—you seem to be under a misapprehension. I would do anything in my power for you. But it happens that I have been assigned to keep watch over you. My being near you today was no chance."

"But I have one bodyguard already." stammered Elsa. "That is, that's what he said he was. An American. A police officer. I saw him and talked to him."

"He reported back to us Your Highness, after you talked to him yesterday He was been relieved of his charge, and I have been assigned to take his place"

"Phew" Elsa considered for a moment. "Well, come up to my apartment anyhow."

In the living room she sat down and lighted a cigarette. Carl refused one and remained standing. Her loyal staff was once more on duty before Queen Elsa.

"Carl," said Elsa slowly — she noticed his involuntary start and blush when she no longer addressed his am "Lieutenant"—"I'm not going to ask you to violate any confidence. But it was the baron who sent you to watch over me? I think 'watch over' sounds a little better than 'watch', don't you?"

"It was the baron, Your Highness."

"How long has he know where I am?"

"From the very first, Your Highness. You were traced here from the hotel—traced by the police, through a taxi driver."

(To Be Continued)

Ellen's Diary

By an Inland Farmer's Wife

We talked of our experiences in child-rearing, and training, to an agent this morning, Jeanie and I drawn to it by the fact that the subject was of mutual interest brought to mind at the moment by grand-daughter who had also come to the kitchen. We discussed a number of its angles in the short time we had, and among the most interesting was one which had to do with home laws. Fortunate all of us, in being reared in large families where parents were perfect teammates we looked back along our years to much commend this fine practice of carrying out the home laws in consistent agreement. Laws are made to be broken" is a trite saying, but they will not be broken so readily if both parents are of a mind as to the punishment to be meted out to the offender. In fact as I see it, they must be of one mind if they would demand obedience from their family.

• • •

"It's really useless trying to ask for obedience from your children if one or the other of you is careless about the matter" I said to the young parents this morning, licensed somewhat in my comments by my "silvery hair," for children are quick to notice and take advantage of any sign of laxity in either, and the result is usually a rude, undisciplined child, a trial to himself and a bore to adults. Not that James was not inclined to waver in making a decision with ours over some point of law and I confess that as I look back to consider those years, there were the occasions that I too sinned in my responsibilities, though ours were always so busy with pets and calves and lambs and foals that as James says "Providence took care of them", I suspect, knowing how inexperienced young parents are! But if James had been present this morning, instead of away to the harvesting at the other farm, he too would have praised the memory of those parents of the long ago whose first thought was to inculcate the principle of obedience in their children.

• • •

No one was too young to learn it, and with rare exceptions, none too grown to forget it. "I would as soon have said 'No' to Heaven above as to have disobeyed my parents" a woman remarked reverently of her upbringing to me recently. And James would have told how a man he knew, a busy farmer, an exceedingly wise father, whose memory is much respected by his family, neglected his farming one morning to sit patiently indoors until such time as a young son picked up a dropped article off the floor. It was seemingly only a minor incident in child training and yet something that handled either way would make or mar the child's character for life. It was a matter of hours before the youngster finally made up his mind to the demand —with I may say no harm to his ego! and the matter firmly settled without other punishment.

• • •

I suppose if it had been James meting out judgment to one of ours I should have been inclined to bring the matter to a head before this, and lost the battle before it had scarcely begun. What marvellous women those mothers were! Even though hearts must have been troubled and torn between the two —husband and son, they could calmly forget the present harrowing incident and look with much confidence into the future. "It's not one bit of good for one parent to require something of a child in the way of obedience, without the other one backing the demand—might as well let the matter drop, and the child drift." Jeanie said matter-of-factly. Not that the folks across the lane do not see eye to eye about grand-daughter's training. Indeed when any issue presents itself it is sternly and quickly settled by either one or both of them. And sometimes the wailing reaches to this house to make James comment sadly 'She's owre young yet —the dear little lass" and I nod, a tear in my eye for the small one, even though I know that the correction is for her own and our benefit.

• • •

Amusing incidents happen to disprove James' theory. Like this morning when she visited me. A jar of cookies new-made were on top of the stoves warming-oven. "Another cookie!' she requested. "But you've already had two" I protested "as it is, you've had one too many." "Not too many!" she returned. "Saying 'Please' and 'Thank you, Nanna' for another cookie." "But . . ." I began, which negative attitude precipitated tears. "Well" I laughed "you needn't be laughing about it" 'Laughing!' she repeated tearfully "I'm not laughing, I'm crying! Crying for another cookie!" "Parents must come to their problems together and patiently and certainly without anger —anger has no place at all in child rearing. For how can a parent direct or rule another if he has not yet learned to rule himself?' I said to the dealer as he made his way to the car. And between-times in our talking there had been a searching of purses and a pooling of resources for Jeanie and me, to buy some of his wares.

Until tomorrow — Diary —Goodnight.

PREFERRED . . . in more homes across the Maritimes than any other bread . . .

ENJOY Eastern Bakeries' BUTTER-NUT BREAD

How Can I!!!

By Anne Ashley

Q. How can I remove scratches from table silver?

A. Buy a small quantity of putty powder at the drugstore. Put this in a saucer with enough olive oil to make a paste. Rub this on the silver with a soft cloth, then polish with a chamois.

Q. What are a few attractive garnishes, that are also reasonable in price, for meats and vegetables?

A. Parsley, watercress, pimento, and slices of lemon.

Q. How can I freshen artificial flowers that have become crumpled?

A. Hold them over the steam of a kettle for a few minutes and it will freshen them.

Better English

D. C. Williams

1. What is wrong with this sentence? "Won't you try and do the work today?"

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

3 Which one of these words is misspelled? Indispensible, indiscriminate, indissoluble.

4. What does the word "pedantry" mean?

5. What is a word beginning with ex that means "extremely painful"?

ANSWERS

1. Say, "Won't you try to do the work today?" 2. Pronounce ma-lin, a as in ask unstressed, i as in ice, accent second syllable. 3. Indispensable. 4. Ostentatious display of knowledge. "Pedantry consists in the use of words unsuitable to the time, place, and company." — Coleridge. 5. Excruciating.

Modern Etiquette

By Roberta Lee

Q. After returning home, how long should one wait before writing the bread and butter letter to one's hostess?

A. This kind of letter should be written as soon as possible after one's return home.

Q. What dishes are already laid on the dinner table before the guests are seated?

A. A cold side dish, or relish (hors d'oeuvre).

Q. When a new acquaintance leaves and says, "I am very glad to have met you," what reply should one make?

A. Merely respond with a cordial "thank you."

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NEW C.N.R. ROAD FOREMAN

MONCTON, N. B., Sept. 13 —T. F. Hoyt has been appointed road foreman of engines, Moncton division, with headquarters at Moncton, N.B., according to an announcement by J. H. Swetnam, superintendent, Moncton division Canadian National Railways.

YOU WOMEN WHO SUFFER HOT FLASHES then FEEL CHILLY—

Here's Good News!

Are you between the ages of 38 and 52 and going through that trying functional 'middle-age' period peculiar to women? Does this make you suffer from hot flashes, feel clammy, *so nervous*, irritable, weak? Then do try Lydia E. Pinkham's Vegetable Compound to relieve such symptoms! It's famous for this!

Many wise 'middle-age' women take Pinkham's Compound regularly to help build up resistance against this distress.

Pinkham's Compound contains no opiates—no habit-forming drugs.

It helps nature (you know what we mean!). This great medicine also has what Doctors call a stomachic tonic effect.

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