

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

FOR THE WOMAN READER

DEEDS

One deed may mar a life And one may make it. —Selected.

The work proceeds without inter- estion; and all that has been done is the under-structure for that which is to be done. Young man and maiden, take heed how you build. That which you are doing, the work which you are performing, you do not leave behind you because you forget it. It passes away from you apparently, but it does not pass away from you in reality. Every stroke, every single element abides, and there is nothing that grows so fast as character. There is nothing that men think so little of, nothing that men think so little of, as character, although there is mortality, and that is so incompar- able in importance, as character. —Beecher.

A MOTHER

When you looked into my moth- er's eyes you knew, as if she had told you, why God sent her into the world—it was to open the minds of all who looked to beautiful thoughts. —M. Barrie.

THE WONDER OF BOOKS

Except a living man there is nothing more wonderful than a book! A message to us from the

dead—from human souls we never saw, who lived, perhaps thousands of miles away. And yet these, in those little sheets of paper, speak to us, arouse us, terrify us, teach us, comfort us, open their hearts to us as brothers.—Charles Kingsley.

VICES

The vices we scoff at in others, laugh at us within ourselves.—Sir Thomas Browne.

BEING CHEERFUL

Get the personal habit of being cheerful, no-half of the trouble in this world never happens, and the other half of the trouble is due to the fact that there are not enough cheerful. One-half of the trouble in

HOW ARE YOU?

Any number of players can join in this game. The players sit round in a circle, and one player is blind- folded. After being turned round two or three times, the blindfolded player has to find his way to a play- er, place his hand on the player's head, and say, "How Are You?" The player replies "Very well, thank you!" and the blindfolded player must guess who it is by the sound of his voice. If he is correct, the other player takes his place and is blind-folded. If he is wrong he has to try again till he is right.

Dressing The Salad

However often you may serve green salads, you may give them fresh appeal by serving a variety of dressings with them. Here are a few suggestions that will help you to add zest to your warm weather meals.

Roquefort Dressing

Cream 4 tablespoons of soft, ripe Roquefort cheese into six table- spoons of olive oil. Mix two table- spoons of vinegar or lemon juice with one third teaspoon of salt and white pepper and paprika to taste, add slowly to the oil and cheese, blending carefully.

Egg and Cheese Dressing

Mash half a cream cheese to a paste and add two hard-cooked eggs mashed with a fork in the same manner. Work into the com- bined ingredients a quarter tea- spoon of salt, the same amount of paprika, half a teaspoon of French mustard, four tablespoons of salad oil, and two of vinegar.

Chiffonade

To one cup of ready-made may- onnaise add a scant quarter cupful of mixed chopped green peppers

and canned pimientos, one-quarter teaspoon of horseradish and two tablespoons of mixed chopped olives and cucumber pickle.

Salted Cream Dressing

Our grandmothers made a salted cream dressing which gives the early summer greens, such as ten- der lettuce, a happy flavor. It is made of 3 tablespoonfuls of thick cream beaten into the yolk of one egg. A teaspoonful of salt and one tablespoonful of lemon juice are added and the dressing is chilled before being served. Tender young dandelions, sorrel, and chicory may be used with this dressing.

Thousand Island Dressing

1 cup ready-made mayonnaise. 4 tablespoons chill sauce. 1 tablespoon chives. 3 tablespoons catsup. 1 teaspoon tarragon vinegar. 1 tablespoon chopped green pep- per. 3 tablespoons chopped canned pimiento. 1 teaspoon (scant) paprika. Add chill sauce, chives, catsup, peppers, paprika and vinegar to mayonnaise and mix well.

A Morning Smile

They met again for the first time since their school days.

"Well, well," said Brown, "and how are you finding things? Have any of your fond childhood ambi- tions been realized?"

"Yes, one," he replied. "You re- member how I always wanted to wear long trousers?"

Brown nodded. "Well," continued Jones, "I be- lieve I now wear them longer than anyone else."

Freddie, who had been kept be- hind to correct his arithmetic, stood before the master, waiting to be told that he could go.

"Your last problem is still wrong," said the master, "You must stay in until you get it right."

Freddie glanced at the clock. "How much am I out, sir?" he asked.

"Five pence," was the reply. Freddie put his hand in his pocket and produced fivepence.

"I'm in an awful hurry, sir," he said: "do you mind if I pay the dif- ference?"

ST. PATRICK'S ROAD WOMEN'S INSTITUTE

The regular monthly meeting of the Women's Institute was held at the home of Mrs. Charles Kneebone on June 14th with 10 mem- bers and 12 visitors in attendance. Meeting opened by singing the Is- land Hymn. Roll call was answered with jokes. Minutes of last meeting were read and signed. \$5.00 was voted to buy presents for school children at the end of June. Mrs. Charles Rogerson and Miss Doris Stewart were appointed to attend annual convention. Several letters were read and it was decided to send for reflectors for each one in the district.

Contest was put on by Mrs. Ed. Donnelly and Mrs. Thomas Brazil and won by Muriel Stewart. Next meeting to be in school house. Roll call, supper dishes. Muriel and Doris Stewart were appointed on pro- gramme committee for next month. Meeting then closed by singing the National Anthem after which a dainty lunch was served by hostess and social hour spent.

Members met for their monthly May meeting at the home of Mrs. Ed. Donnelly with nine members and several visitors in attendance. Meeting opened with singing "It's a good time to get acquainted". Roll call was answered with Gar- den Hints. Minutes of last meeting were read and signed. In the absence of the president the vice president occupied the chair. A neat sum was realized at dance in Peakes Hall. Contest was put on by Mrs. M. Henderson and Miss G. McDonald and won by Mrs. Walter Rogerson. Next meeting to be at the home of Mrs. Charles Kneebone; roll call to be jokes. Mrs. Ed. Donnelly and Mrs. T. Brazil were appointed on programme commit- tee for next month. Lunch was then served by hostess and social hour spent which consisted of sing- ing by Miss Georgie McDonald and Muriel Stewart and Mrs. J. E. Birt and Misses Eileen and Norma Don- nelly.

"BREAKFAST FACE" GIVES DARK LADY DAY OF POPULARITY

The favorite spring color in wo- men's faces is coffee. This shade of powder is to be used with orange rouge.

"Every morning now fashionable London takes a specially concocted iron tonic—the modern equivalent of sulphur and treacle—which makes a woman's skin as beautiful as possible for the sunny chocolate- brown color which is to be worn," reports a beauty expert of Mayfair.



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ST. CHARLES MILK UNSWEETENED EVAPORATED

Newest Reasons For Divorce

Dorothy Dix

Finds Incompatibility Underlying Cause

Radio and Jigsaw Puzzle Are Newest Causes of Divorce—but Two People Who Like Puzzles or Crooning Can Have Bliss- ful Time Together; Real Reason for Separation Lies in Lack of Congeniality.

It appears that the jigsaw puzzle and the radio are superseding the platinum blonde and the romantic-eyed sheik as home-wreckers, as with- in the last few weeks a husband has been granted a divorce from a wife who spent the market money for jig-saw puzzles in- stead of beef and potatoes, and a wife has been granted a decree absolute against her husband who kept the radio going, with the loud-speaker on, until he drove her away from her bed and board.

Of course, to those of us who love to eat and to whom a jigsaw puzzle is a headache and nothing more, it would seem that the man was perfectly just- ified in leaving a woman who expected him to stay his stomach on bits of sawed-out wood. Also, those of us in whose breasts a crooner rouses murderous passions, and who would enjoy nothing so much as strangling one with our bare hands, can but feel that to be forced to listen endlessly to much that comes over the air is cruel and inhuman punishment that no woman should be forced to endure.

But, on the other hand, there are both men and women who can spend ecstatic hours piecing together scrambled pictures, and there are other men and women who ask no more thrilling diversion than an evening of listening to the blues.

Undoubtedly, many a husband and wife who cannot talk together for half an hour without getting into a spat have worked out a picture of peace in their mutual interest in solving a jigsaw puzzle. And equally certain is it that the radio has done more than all the combined tears and reproaches and prayers of wives in nailing husbands to their own firesides.

So it all boils down to a question of taste and emphasizes anew the fact that the most important thing in marriage is congeniality between the high contracting parties. In reality, that is almost the only thing that matters, because it doesn't make a bit of difference what a man and a woman are. The only thing that counts is whether they suit those to whom they are united.

A man may have every virtue under the sun. He may be tender, kind and loyal and a good provider, but if he doesn't like to do the things the wife likes to do, and doesn't like the things she likes, her marriage will be cinders, ashes and dust in her teeth. A woman may be the incarnation of every feminine charm and grace. She may be amiable and intelligent and domestic and affectionate, but if her every taste and inclination is radically different from her husband's their marriage will be a failure and bring neither one any happiness.

The lack of similarity of tastes is at the bottom of virtually all do- mestic squabbles and first aid to nine-tenths of the divorces because we never understand the people who hold diametrically opposite opinions from ours, who are wedded to different ways, who like the things we don't like and who enjoy doing the things that bore us to tears.

It seems perfectly pig-headed and stupid in them to cling to views that we think foolish, or to insist on having weak coffee when we like it strong, or to prefer a low-browed musical comedy when we adore sym- phony concerts. Hence the family spat over virtually every subject that comes up in domestic life, and that makes so many homes so dull—because nobody dares speak for fear of starting something.

Irvin Cobb declares that the war between the States was not fought to free the slaves. It was fought over the issue of hot bread vs. cold bread, and certainly a civil war that lasts from the altar to the grave is fought in many a family over differences in taste that are equally unim- portant. As, for instance, whether a wife shall use rouge or a man use tobacco. Many and many a promising marriage has been wrecked on a compact and a pipe.

If you will recall the tales of woe that you have listened to from dis- grunted husbands and wives, you will be amazed to realize that in nearly every case the thing that the aggrieved one complained of was that his or her mate did something that he or she didn't personally like to do. The man was gay and liked to step out of an evening, and the wife wanted to sit at home and watch the baby sleep and raised ructions when he went out without her. Or the woman wailed out that her hus- band was an old stick-in-the-mud who would never go anywhere and thought all the amusement any woman could desire was sitting up and watching him read the newspaper or snore on the couch.

The walls of the golf widows are from women who hate athletic games, and the howls of husbands over wives who neglect their homes for bridge comes from men who loathe cards. Intellectual men who pick out wives who never read a book in their lives are aggrieved because the wives don't understand them, and women who marry go-getters feel themselves ill-used because they are not dancing partners.

Nothing the matter with any of these couples except that they are not congenial. A playboy and girl can have a perfectly thrilling time to- gether going to parties and making whoopee, or two students can have an ideal marriage browsing on Greek roots and nibbling at the Einstein theory. Two tightwads can be happy pinching pennies together and watching the bank account grow. Two cooks can live blissfully planning out new dishes together. It is only when the playboy marries the puri- tan, and the student marries the nitwit, and the epicure ties up with the delicatessen-minded maiden, and the tightwad gets a spender that trouble ensues.

All of which is a tip to the young: Marry some one who likes to do the things that you like to do and who looks at life from the same point of view that you do. DOROTHY DIX.

SATIN COATS FOR DRESSY AFTERNOONS

All the leading designers have recommended satin coats for smart afternoon wear this spring and sum- mer. Vionnet, Lanvin and Auguste- bernard have adorned these coats with charming simplicity.

Black and navy blue are the pro- minent colors. Augustebernard de- signed a very smart satin coat in dark blue and has made it admir- ably simple, going it a straight body cut in one with the elbow-length sleeves. It wraps over to the left side, just to the neck, and is closed by a small jeweled flower button in plastic composition.

A single tuck is placed horizon- tally across the bust to lift the coat over so slightly. On top of the shoulders, Augustebernard puts bias-

ed bands that have pointed ends, which descend a bit on top of the arm and are stitched flat. A ruffle of the same stiff satin is placed at the back of the neckline in lieu of a collar, and a short sash of the material emerges from the shoulder bands to hang down the back. The sleeves are wide at the bottom, cut up in squares in front and banded with silver fox. The smartness of this coat is enhanced by a hat and gloves in the same rayon satin material.

ROLLER SKATING OUSTUME

If you're going in for roller skating in a big way here's the cor- rect costume: A tweed skirt topped by a matching or contrasting sweater and a crocheted or knitted beret or Schiaparelli high-he-

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THE COOK'S CORNER

STRAWBERRY FLUFF

1 egg white 1/2 cup powdered sugar 1/2 cup crushed strawberries Whipping cream.

Beat the egg white slightly, adding a few drops of lemon juice, then gradually whip in the sugar and crushed, but not strained, ber- ries alternately. Whip until the mixture expands to almost fill a quart bowl and is exceedingly light and fluffy. Pile into tall, slender glasses or into sherbet cups and chill thoroughly. Serve with plain cream or garnished with a spoonful of whipped cream. For a more pre- tentious dessert, fold one cupful of stiffly whipped cream into the strawberry mixture after it has been beaten sufficiently then pile in sherbet glasses, chill, garnish with ripe strawberries and serve.

Fruit Fancies

These may be made from stale cake if it is more convenient, but fresh sponge cake is more desirable. Cut the cake, which should be about three-quarters of an inch thick, into rounds with a cookie cutter and lay on each a slice of canned pine- apple, over the pineapple place a few sliced and sugared strawberries.

VACATIONS and HEALTH

By Dr. ERNEST H. LINES

ARTIFICIAL RESPIRATION mucous, or other substances than Every person should know the prone method of artificial respira- tion. This is particularly important when on your vacation, for knowl- edge of it may save the life of a person who has apparently drown- ed. It is also useful in cases of as- phyxia from smoke or gas, or car- bon monoxide poisoning from breathing the exhaust of a motor, or in cases of electric shock.

In many instances the heart con- tinues to beat for some minutes af- ter cessation of respiration. It is important, therefore, that artificial respiration be started with all pos- sible promptness.

Artificial respiration saves lives because of the fact that if the nor- mal ventilation of the lungs is ap- proximated for some time by arti- ficial means the rhythmic function of the nerve centers and the mus- cles of the thorax and diaphragm may be resumed.

The prone method of artificial respiration is now recognised every- where as the best, and everyone should learn it. It is very simple. It provides for compression of the thorax, thus expelling "poor air" from the lungs, and for the sudden release of the chest wall, which expands by its own elasticity and thus draws in fresh air.

The person who has apparently drowned should be turned with head and face downward for a mo- ment. Thrust a finger far back- ward into the mouth and depress the tongue forward. This favors the escape of a small quantity of water.

then top all with meringue made in the usual manner. Sprinkle with cocoanut and brown very lightly in a slow oven. Chill and serve with a garnish of ripe berries sur- rounding each.

Strawberry Juice

Heat berries almost to the boiling point. Crush and strain out the juice. Combine the juice of one lem- on with two cupfuls of strawberry juice. Sweeten and dilute to taste. Chilled, this makes a refreshing beverage or a good addition to other cold drinks.

may have collected at the base of the tongue and which might ob- struct the entrance of air to the lungs. Don't resort to the barbar- ous practice of rolling a person over a barrel or hanging him head downward. It is quite certain that no great quantity of water gets into the lungs.

The prone method of artificial respiration may be divided into three successive movements, which may be repeated by counting aloud "one," "two," "three" as you go through them.

First—With the victim lying face downward and the head turned to one side, straddle the hips and place the palms of your hands on the small of his back, with the fin- gers over the ribs. Bend your body slightly forward so the weight of your shoulders can be brought into play. Your arms should be kept straight and stiff.

Second—Swing your body for- ward slowly so that its weight is gradually brought to bear on the victim. This compresses the thorax and expels air from the lungs.

Third—Swing backward and re- move all pressure from the patient. The thorax and diaphragm will expand from their own elasticity and air will be drawn into the lungs. After an interval, return to the first movement. Repeat this process at a speed of 16 to 18 per minute.

Keep up for three or four hours, or until a doctor arrives. Success in artificial respiration depends as much on perseverance as upon knowledge of the technique.

It is a good idea to practice the prone method of artificial respira- tion at home before going on your vacation in order to familiarize yourself with it.

This is the tenth of a series of 13 articles on Vacations and Health. The eleventh, on Hot Weather Haz- ards, will answer the question: 1. Can a vacation at home be bet- ter for health? 2. What are wise precautions with an electric fan? 3. Which is better in hot weather, a cold bath or a tepid one?

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