

Woman's Realm Social and Personal Fashions Literature

Needlecraft—

—For The Home



Here is an easy to follow pattern that takes very little time and very little fabric. This cute sunsuit makes the perfect sunny day costume for your little boy or girl. A jacket is included. Daintily flowered cotton with frothy ruffle trim for a little girl and a plain, sturdy fabric with contrasting stitching will please any little man. Buttons on the side make this an easy sunsuit for mother to put on even the tiniest child.

Style No. 2907 is designed for sizes 6 months, 1, 2, and 3 years. Size 2 requires 7-8 yard of 35-inch fabric for sunsuit; 1-2 yard for bolero; 1-2 yards of ruffling for little girl.

Send Twenty (20c) coin is preferred, for Pattern. Write plainly your Name, Address and the style number. Be sure to state the size you wish.

Style No. 2907 Size

Name _____

Street Address _____

City _____ Province _____

FEMALE PAIN

Women who suffer painful, irregular periods with nervous, moody spells due to functional causes should find Lydia E. Pinkham's Vegetable Compound very effective to relieve such distress. Pinkham's Compound is made especially to help such weak, tired women during difficult days. Thousands of women have reported remarkable benefits. Made in Canada. WORTH TRYING! Any drug-store.

Your Individual HOROSCOPE

By Frances Drake

For Thursday, July 24.
MARCH 21 to APRIL 20 (Aries)—One of your best planetary days in a long time. Now is the time to extend your operations, make improvements, increase your output. Both personal advantages and general interests highly favored.
APRIL 21 to MAY 20 (Taurus)—Your stars urge moderation in all things for best results today. Achievement should be made in useful lines. Home affairs, personal improvement, correcting errors among the favored.
MAY 21 to JUNE 21 (Gemini)—Similar indications exist for you as for Taurus. Care necessary not to divide or miscalculate. Slow and thorough procedure where you are uncertain will be your best bet. Don't worry.
JUNE 22 to JULY 23 (Cancer)—A lucky day for you folks. Be most careful in forming new partnerships and in signing contracts or legal documents. Vacations, industrial and other business matters under friendly rays.
JULY 24 to AUGUST 22 (Leo)—If you start carefully in the a.m., you'll find things turning out well as the day advances. Care especially advised handling tools, machinery, driving vehicles, airplanes. General business matters and necessary issues highly favored.
AUGUST 23 to SEPTEMBER 23 (Virgo)—Not particularly auspicious for private interests or artistic pursuits but solid and more practical matters are favored. Literary efforts and mental work in general approved.
SEPTEMBER 24 to OCTOBER 23 (Libra)—If you won't let personal likes and dislikes interfere with your business affairs, and logical reasoning, you should enjoy a productive, interesting day. Laborious

work, activities required energy and endurance among the first favored.
OCTOBER 24 to NOVEMBER 23 (Scorpio)—What may seem nigh impossible to some others will be right up your alley. Emergencies, problems that need keen penetration and quick solution, difficult tasks and competitive games and sports are among the sponsored.
NOVEMBER 24 to DECEMBER 23 (Sagittarius)—It's a honey for you today. The new and unique as well as old, familiar matters, strenuous activities and late-in-the-evening entertainment and socials are a few of the favored.
DECEMBER 24 to JANUARY 23 (Capricorn)—The early part of the day warns against unnecessary changes and thoughtless decisions but after 2 p.m. very benefic vibration and quick solution, difficult more efficient handling of your affairs.
JANUARY 24 to FEBRUARY 23 (Aquarius)—Today can be productive if you lend a willing, enthusiastic hand. Exports in all lines of trade, industry and artistry are especially favored. Work for improvement.
FEBRUARY 24 to MARCH 20 (Pisces)—More thought and attention in the a.m. will aid in building a winning program. You people who appreciate responsibility will know how to handle today. Avoid nervous enthusiasm and undirected activity, also absent-mindedness.
A CHILD BORN ON THIS DAY—Whatever this individual does will be done in a deliberate, big way. High-mindedness and great energy are outstanding. It must learn to keep its desire for dominance within reasonable bounds. Its constancy and loyalty are admirable.

Dorothy Dix Says—

MARRIAGE MARTYRDOM FUTILE WHEN LOVE DEFINITELY GOES

Real Victims Of Divorce Are Children, But Strife In Home Poor Background For Education

Dear Miss Dix—We have been married twenty-five years and have a son in high school. Now this is our story: My husband and I lost our love for each other more than ten years ago, but because of our son we stayed together. For over five years he has been in love with another woman and she with him. He told me of this and asked for a divorce, but I refused it. Now his health is breaking because of his frustrated love for this woman.

We are both very unhappy living in the same house together with this between us. My son understands the situation and urges me to give his father his freedom. My husband would provide for the boy and myself. Something must be done soon, for my husband is so unhappy he is starting to drink. What would you advise me to do? BULL-HEAD.

Circumstances Alter Some Cases

ANSWER—Give your husband his freedom at once. Let him go to the woman he loves and be happy with her. Otherwise you will be responsible for a total wreck of his life. Like husbands and wives would try to make success of their marriages as they do of any other enterprise into which they go, there would be few broken homes.

But, I think there are times, even when a husband and wife have committed no great crime against each other, when divorce is justified and when a child is better off with one parent in a peaceful home than it is with two parents in a house of strife in which the father and mother are continually quarrelling, reproaching each other with their faults and calling each other obscene names.

I do not believe in wholesale divorce. I think that marriage is a very sacred institution and that one should not be broken up except for the gravest causes. I think that most divorces are a mistake, and that if husbands and wives would try to make success of their marriages as they do of any other enterprise into which they go, there would be few broken homes.

Martyrdom Sometimes Futile

That you both have done this for the sake of giving your child at least the outer semblance of a home, adds the dignity of martyrdom to your sacrifice, but now the need for that is over. Your boy is practically grown. His character is formed. He wants to get in a more wholesome atmosphere than the one of suppressed hate in which he has been reared, and he wants his father to be freed from your tyranny and to have a chance at a little happiness at last.

It seems to you that you cannot refuse your husband a divorce when your son asks it for him, and you will have your reward because such an act will also set you free. It will wipe the slate for you and you can set about making a new life for yourself.

Dear Dorothy Dix—Thirteen years ago my only son, who was not quite 18, ran away and was married. He brought his bride to our home to live and stipulated that he was only going to pay \$30 a month for the board for both of them, although both were working and they earned \$50 a week together.

When their baby was born my daughter-in-law remained at home for two and a half years. Then she left me to take care of her two-year-old boy by simply walking out on him, a chore which was added to my other duties of cooking and scrubbing and washing for the family. The child is very unruly and impudent to me, but his mother does not permit me to correct him. She does none of the housework and when I object to anything she tells me that "I don't like it I can get out."

My son and his wife are both good money-makers and indulge themselves in anything they wish, but I am not paid a dollar for my services. What should I do? A PERPLEXED COLLAR-NECK.

If Mother Walks Out

ANSWER—The next time your daughter-in-law tells you to get out if you don't like the way you are treated, take her advice. Walk out on her. Leave her flat. Just put on your hat and take your clothes and go. When she and your selfish son have to wrestle with a four-year-old brat and try to get hired help who will cook and wash and scrub and baby-sit, they will realize what a Godsend they have had in a slave mother and be on their knees to get you back.

I have no sympathy to waste on the women who do nothing but whimper and cry when their husbands or their children order them to get out of the house that make themselves miserable because they have such a perfect instrument of revenge in their hands. Every woman who can cook or wash or scrub or nurse can go into somebody else's home and get pay for the work she has been doing for nothing. And she won't have to work half as hard either. DOROTHY DIX.

ROSES

I wandered down a country lane
 Where roses sweet and lovely grew,
 Flushed deeply with the morning sun
 Their petals touched with dew.
 So entrancing was their perfume
 That my eyes were filled with tears,
 For it touched a chord of memory
 That has lingered through the years.
 Dreaming there beside the roses
 My thoughts go back to childhood's day
 When a group of happy children
 Neath the roses romped and play.
 The fragrance of forgotten summers
 Flows through the roses that grow,
 Sweetest flowers in God's garden,
 Love's emblem of the long ago.
 —Constance I. Heckbert.

Exercises Can Help You to Reduce



Large Bust Adds Years to Looks

"Too old for us!" they guess.
 But she may not be! A large shapeless bust adds years to a woman's looks; as she grows older she's branded "dowager" long before she is one.

Can anything be done about it? Of course. By firming with exercises the pectoral muscles that support the bust, you can make it smaller and more shapely. Normalizing the body weight also helps.

Many women have reduced their bust measurement as much as six to eleven inches with the aid of exercises like this (illustrated in our sketch):

1—Kneel on mat, body upright, arms out to side, palms up, shoulders back. Drop head backward.

2—Make small circles with arms, beginning each circle by moving arms forward. Try to feel the muscles pull between shoulders. Repeat circles 6 times.

3—Drop body forward, arms and head hanging downward. Then repeat exercise 6 to 8 times.

You'll get results! And with the exercise routines in our 32-page booklet you can slim hips, thighs, arms, and waistline, too; flatten your abdomen; lose a "dowager's hump." Gives exercises for posture, aching feet, nervous tension, constipation; also general exercises.

Send 20c in coins for your copy of Best Exercise For Health and Beauty To The Guardian Home Service. Be sure to write plainly your Name, Address and the Name of booklet.

Name _____

Street Address _____

City _____ Province _____

A Morning Smile

RATHER MERCENARY

Mrs. Malchance (sentimentally): "I declare, darling, you hold the umbrella over me just as carefully as you did in our courting days—more carefully, if anything."

Mr. Malchance (practically): "I did not have to buy your hats in those days, Myrtle."

HITLER WINS

Hitler, Goering and Ribbentrop went for a walk in the country, and presently came to a cave inhabited by a family of skunks.

"Let's go one by one, and test our powers of resistance," said Hitler. "Let's see who can stay in that atmosphere longest!"

Goering went in, and stayed a minute.

Then Ribbentrop went in and stayed two minutes.

Then Hitler went in... and out rushed the skunks!

Here is a new cocktail tid-bit, read for your tables: Cover toast squares with minced cooked fish, spread with mayonnaise and sprinkle with fine chopped dill pickles. Place under broiler to brown, and serve warm.

"OKAY! MOM-IT'S JUST WHAT I WANT, IT'S SWELL!"

Delicious Nourishing
QUAKER PUFFED WHEAT and QUAKER PUFFED RICE

You can win your family's praise every time when you serve Quaker Puffed Wheat and Quaker Puffed Rice. You will find these two tempting cereals are "tops" with your children and with grown-ups, too, because they are so much fun to eat—and so good for them.

Each full ripened grain of wheat and rice is actually "shot-from-guns". Thus unlocking the tiny food cells... making it easier to get food energy more quickly. Treat your family to delicious, nourishing Quaker Puffed Wheat and Quaker Puffed Rice tomorrow morning... they're extra delicious with fruit... get several packages of each at your grocer's today!

FOR DELICIOUS VARIETY GET SEVERAL PACKAGES OF EACH

Living & Leisure —The Woman's Realm

WORLD WITHOUT BEAUTY

This life were very dull indeed without a little garden seed.

Suppose the ground were wholly bare,
 No grass, no thistle growing there,
 No little plot to dig and hoe,
 No roses red and pink to grow.

Suppose this world held nothing more
 Than brick and steel and shop and store
 And all men ever saw or knew
 Were metals cold to touch and view

And there were neither field nor spire,
 For daisy and forget-me-not,
 Just smoke and dust and foundry
 And clash of steel from day to day.

With nothing else to hear or see
 How horrible man's life would be.
 —By Edgar A. Guest.

with health and vitality, she can get by with clothes that aren't quite fresh, hair which isn't washed at least once a week, a dingy neck or untidy fingernails.

Chipped Polish

It's a bad idea for the 16-year-old or any other girl for that matter, to wear her long bob so long that it looks bushy and neglected. A long bob can be charming, regardless of how widely upwept, coiffured, or touted. But it isn't charming if it hangs all over the shoulders. And, even when it's just short enough, it isn't charming unless it gleams and shines as a result of frequent brushing and weekly washing.

The high school girl who really cares about her appearance takes a bath every day, of course. She uses a deodorant each morning or an anti-perspirant a couple of times a week. She cleans underneath her fingernails with an orange stick. If she cannot manage to keep nail polish undipped and uncracked, she gives it up altogether and buffs her nails instead. Chipped polish is one of the worst sins against good grooming.

Her sweaters and skirts are spotless. She can and will wash out a sweater in record time. She polishes her saddle oxfords often enough to keep them neat and shining. She doesn't let soiled handkerchiefs, bits of gum wrappings, stray notes and such accumulate in the pockets of her coat.

In addition, she remembers not to apply layers of fresh makeup over stale. She washes her face thoroughly at noon and puts on a new coat of exfoliant. She does the same immediately after school closes for the day. You don't catch her looking faintly grayish across the forehead and chin instead of pink and white and blooming.

QUININE VALUABLE PRODUCT OF DUTCH EAST INDIES

An important drug is known as "quinine." It is helpful in treatment in warm parts of the world.

Quinine is taken from bark of the cinchona tree. This tree is a native of South America, and is found wild on the slopes of the Andes mountains.

About 300 years ago, a Spanish woman, Estador, was cured of a fever after using the bark of the cinchona tree. Just how she "used" it, we are not told, but in any case the news of her cure spread far and wide. Hundreds of pounds of the bark were sent to Spain, Italy and other parts of southern Europe.

WALL PROTECTION FROM A DIVAN

If a Divan bed stands close against a wall, the wall should be protected if possible by a screen or curtain to prevent it from becoming marked. A lightweight screen of plywood, reacting to a height of about 18 inches above the divan, is neat and serviceable. It can easily be moved from place to place as required.

Another handy device is a framework screen something like a folding clothes-horse, covered with material to match the cover of the divan.

Beauty in the very young depends on absolute cleanliness, a fresh, scrubbed though carefully groomed look.

It's a mistake for any high school girl to assume that, simply because she is young and glowing

LOW-COST, HIGH ENERGY DISHES GRAND FOR SUMMER MEALS!

RECIPES

INDIVIDUAL SIZZLED BEEF CASSEROLES

Chop and cook 1 small onion and 1 small green pepper in 3 tbs. butter. Add, then brown slightly, 3/4 cup (2 1/2 oz.) shredded dried beef. Add contents of 1 medium tin Heinz Cooked Spaghetti. Pour into 4 ramekins or large custard cups. Bake 20 min. (375°F.)

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THE COOK'S CORNER

SUMMERTIME DRINK

2 lemons
 2 oranges
 3 cups sugar
 3 pints water
 1 tablespoon tartaric acid

Method: Grate the rind from both the lemons and oranges with a fine grater. Place in a saucepan and add the sugar and the water. Stir over heat to dissolve the sugar, then bring to a boil and keep boiling for 5 minutes. Remove from the heat and add the tartaric acid, stirring to dissolve. Allow to stand until cold, then bottle and store in the refrigerator until ready to use. To serve, place a small amount in the bottom of a glass and fill the glass with cold water. Experiment with a glass of it to find just how much of the stuff you prefer.

● You save work and money—and still serve nourishing warm-weather meals—when you choose Heinz Cooked Spaghetti as the main course! We make our own spaghetti—drench it in rich tomato sauce enriched with nippy cheese. Order a few tins! It's delicious, energy-giving and ready to serve!

HEINZ COOKED SPAGHETTI

H. J. Heinz Company of Canada, Ltd.

PS. Creamy, Cheese-Flavoured Heinz Cooked Macaroni is Grand By Itself or With Leftovers

You Don't Need Experience

CERTO gives SURE RESULTS in Jam and Jelly Making

As Easy for the Beginner as for the Expert

Very Short Boil

It's surprisingly quick and easy to make Certo jams and jellies. For jam you need give only a one-minute to two-minute full, rolling boil... for jelly only a half-minute to a minute. It's so different from the old-fashioned, long-boil way!

More Jam or Jelly

In this short boil practically no juice has time to boil away. It does in long boiling. It all goes into your jam and jelly. You get up to one half more from an equal amount of fruit. That's a considerable saving!

Natural Taste—Fresh Colour

The short Certo boil does not affect the taste or darken the colour as long boiling does. The fresh taste and colour of the fruit itself remains unspoiled in your jam or jelly.

Sure Results

A book of 72 tested recipes comes with every bottle of Certo. Just follow exactly the recipe for the particular fruit you are using and you'll have jam or jelly to be proud of every time.

BOOK OF 72 TESTED RECIPES UNDER THE LABEL OF EVERY CERTO BOTTLE

CERTO IS FRUIT PECTIN—a natural substance EXTRACTED FROM FRUIT

3 Out of 4 Jam and Jelly Champions use CERTO

Mrs. G. G. Proolz of Aylmer, Ont.—Prize-winner at Aylmer Fair, writes: "I believe it was due to Certo that I won my first prize at the Fair. I find that Certo saves time and gives me a lot of trouble and worry."

Name _____

Street Address _____

City _____ Province _____