

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

## The HOUSEWIFE and HER ACTIVITIES

### BE A BOY WHILE YOU CAN

Be a boy while you can, my lad. 'Tis a glorious thing to be Atune with the sun and the woods my lad. And free as the wind is free.

The good to have vigor in limb, my lad. Muscles and heart to mould. So be a boy while you can, my lad There's time for getting old.

Be a boy while you can, my lad. 'Tis a wonderful gift you hold. A body and mind to be trained, my lad. A tale to be rightly told.

The world will have need of you soon my lad. Strong arm and fearless heart. Then be a man with a will, my lad And take a man's good part. —Hadley Bourne.

### AMBITION

If you possess marked ability, it will show in your work. Capable

people do not need to talk about themselves. Make your service so good that it will be your press agent. —Van Amburgh.

### CONFIDENCE

Confidence is the thing. Faith in yourself, backed by a hopeful, buoyant spirit of service, and it shall be done. —Van Amburgh.

### PHILOSOPHER

The character of the true philosopher is to hope all things and not unreasonable. —Herschel.

### PERSECUTION

Persecution appears in many shapes: we have it at home and abroad; sometimes it addresses us with a voice of mildness, or imperious command; at other times it comes from relatives, friends, or suitors. —Zimmerman.

### WHEN INSERTING ELASTIC

When running elastic, I always sew on a hook and an eye at the ends of the elastic. This eliminates sewing the ends together each time it is inserted. To run the elastic through, I fasten a small safety pin in the eye and have no trouble in running it through the hole. This doing away with the bodkin. —E. S.

### STRANGE BAROMETERS

Seaweed is known to everybody as a sort of weather warning. It has salt in it, and it becomes soft and damp when rain is near. In fine weather, it is dry and harder. Gingerbread, according to a gentleman in France, gives the same sort of "forecast." It is tough and hard when the weather is fair and soft if wet weather is coming. This man buys a large gingerbread figure of Napoleon every year, and he declares that it never "lets him down." He has only to touch it to know exactly how the day will behave.

### A RIDDLE-ME-DEE

What is it that is well known in England, Germany and Greece, but never in Scotland, Sweden or Wales? It always lives near the end of the village, and is seen in the morning and evening, though never at midday.

It is well known among gangs of Gypsies and Negroes. It is not a thief, but is sometimes found in the morning and is always in disguise. Without it there could be neither good nor fighting.

What is it?  
Answer.—The letter G.

### BIRDS THAT CANNOT FLY

Do you know of a bird that cannot fly, yet can run so fast that, for a brief distance, it is one of the swiftest creatures on earth? The ostrich is the bird.

The ostrich uses its outstretched wings to help it in running, and it can thus reach an amazing speed. Unfortunately for the bird, it does not run straight, but in large circles, so that a hunter mounted on a horse much less swift than the ostrich can cut corners and thus get within gunshot of his quarry.

## ATTENTION!

### CAKE MAKERS

For that light velvety texture—use

### Barbour's ACADIA BAKING POWDER

G. E. BARBOUR CO. LIMITED, of the Maritimes

## Dorothy Dix's Letter Box

### Why Must Men Have Their Little Flirtations? After Ten Years of Marriage How Can I Tell My Faithful Wife I Love Another? Cries Anxious Man

Dear Miss Dix—I have been married seven years to a man of good character. We have two adorable children and have been very happy together. Lately he has become attracted to a beautiful young woman with whom he is thrown much in church work. I feel sure that so far he has never made love to her, but his infatuation is obvious. Others have noticed it and are beginning to talk about it. Naturally it brings up a jealous flare in my heart. I have tried to laugh it off, tried to think it was nothing to worry about but, in reality, I know better. I don't know what to do. Shall I talk it over with him, or shall I ignore it and let it take its course? I still think he loves me, but his conduct fills me with such disgust I am cool to him. Why must a man have his little flirtations when he has a wife who is loving and kind and makes a happy home for him? A WIFE.

Answer: I suppose that men are as prone to flirtations as the sparks are to fly upward because they are built that way. You remember that William Dean Howells once said that after centuries of civilization men are still imperfectly monogamous.

Perhaps in his heart every man would like to have a harem in which there was one wife to make him comfortable, and another wife to play with, and perhaps a third wife to be a parlor ornament, and maybe even a fourth wife to be a good business partner.

Certainly men like a change in feminine charms and attributes, just as they like variety in food. They can really prefer a woman who is sensible and practical and domestic and reliable, just as they prefer roast beef and potatoes as a starchy diet, and while doing this they can be fascinated with a silly little flirt girl without an idea in her head or an honest bone in her body, just as they can crave a gooey ice cream soda.

This is something we women can never understand. We can never comprehend how a man can still love his wife, still think her the finest woman in the world and the one he admires above all others, and yet be attracted by another woman. We can't understand why he is not satisfied with the one he likes best, why he wants to roam away from the fireside that we work so hard to keep the most comfortable spot on earth for him.

And it is because we women can't understand this peculiarity of masculine psychology that so many of us break our hearts and wreck our homes over our husband's little affairs that really mean nothing at all to him. Just a mild diversion. Something that he wonders Mary worries over when she must know how devoted he really is to her, even if he does enjoy a little flirting now and then.

I am not justifying the philandering husband. Far from it! I think just the mere fact that he knows that his flirtations torture his wife should make a husband refrain from them, no matter how really innocuous they are. But I do think, also, that the woman is wise who tries to see this matter from her husband's standpoint as nearly as she can, and who does not rush to the divorce court because he has a passing infatuation for some other woman.

I would judge from your letter, poor troubled wife, that your husband is taking a little nibble at the desert of romance after being a bit fed up on the corned beef and cabbage of domesticity. Probably he isn't himself aware that he is indulging in a little posh flirtation. He thinks the chances are that the girl will realize there is no percentage in having an affair with a married man, and he will get satisfied with his ice cream soda and come back home for a good square meal.

Let them alone, so far as any interference is concerned, and the higher life instead of the double life, and if I were you I would be the last to wake them up and make them realize that their interest is in each other and not in the "cause."

But you are making a mistake in treating your husband coolly and letting him see that you disapprove of him and think he is making a fool of himself. Just remember the girl is flattered to be desired and telling him how handsome he is, and what an oracle he is.

Outsmart her. Make your home-brewed education so strong that it will make her seem like near-beer to the real thing. Go off on a trip somewhere and stay with a friend, and beguile her to come home. The wife who makes home disagreeable just plays into the other woman's hands.

Don't forget the power of suggestion. Many a wife encourages her husband to be a philanderer by her jealousy. She makes him think that no woman can resist him. DOROTHY DIX.

Dear Miss Dix—I am 36. Have been married ten years. No children. My wife is fine in every way. Good-looking, attractive, talented, a wonderful pal and I have the highest respect for her. But I am in love with another woman. I fought against this love so hard that I became a nervous physical wreck. When I was at the end I gave in, and I never knew such happiness was possible as I have experienced with her. That was three years ago. My sweetheart feels toward me as I do toward her. Life to each of us without the other is unthinkable. What must I do? I want to do the honorable thing, but hesitate to hurt my wife who has always been loyal to me. E. K. H.

Answer: The only honorable thing to do is to go to your wife and tell her how you feel about her and the other woman, and ask her to give you a divorce. In leading the double life that you are now you are making everybody concerned miserable and achieving no good to any one.

You certainly can't think your wife is so lacking in intelligence and perception as not to suspect that anything is the matter with her married life, and that you are still as much in love with her as when you were married. No man is good enough actor to go on giving a convincing performance of the devoted husband when he has fallen in love with another woman and is miserable when he is not with her. Nor is any woman such a fool as not to know when her husband has ceased to love her.

It is, of course, a terrible thing when a man finds out that the woman who has been a good wife to him and whom he admires and esteems, and who loves him, is not his predestined mate, and that some other woman is. But such tragedies are sometimes like the catastrophes that they call in the shipping manifests "acts of God"—cyclones of passion that overwhelm a man and sweep him from his moorings and against which he could not have protected himself, nor for which he is responsible.

Many men and women meet with these disasters. They are not phil-

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anders. They have a high sense of honor and duty toward the good men and women to whom they are married. They honestly thought they were in love when they married and they meant to be faithful to their marriage vows. Then suddenly some woman or some man comes upon the scene and they find out for the first time what the love really means. For the first time their starved souls are fed. For the first time they glimpse the paradise that a marriage that is a real mating may be. And they face the great problem of whether their duty is to the unloved husband or wife, or to themselves and the ones they do love.

Shall one be happy, or two? Is it even possible for a man or woman, who sacrifices himself or herself for an unloved mate, to make that mate happy by going on with a marriage out of which everything has gone that makes for happiness in marriage?

I think not, and I think that most men and women who know that their wives and husbands had come to love some one else would refuse to hold them against their wills. There is no comfort in having the corpse of a dead love around the house. DOROTHY DIX.

## THE COOK'S CORNER

### ENGLISH ORANGE PUDDING

1/2 cup butter  
1 cup sugar  
2 eggs (well beaten)  
1/2 cup bran  
2 cups flour  
1/2 teaspoon soda  
1 teaspoon baking powder  
1/2 teaspoon salt  
1 cup seeded raisins  
1 orange, grated rind and juice  
1/2 lemon, grated rind and juice  
1/2 cup sugar

Cream butter and sugar and add eggs, buttermilk and bran. Sift dry ingredients and add to first mixture, combining thoroughly. Stir in raisins and the grated orange and lemon rind.

Turn into greased pan (8x12 inches is a good size) and bake in a moderate oven (375 Deg. F.) 20 to 30 minutes. When pudding is baked, pour over it the fruit juices combined with the sugar. Serve hot with whipped cream or hard sauce. Note: Dates may be substituted for raisins, if desired. Yield: 12 servings.

### FUDGE CAKE

One and one-half cups granulated sugar, 1/2 cup butter, 1/2 cup milk, 2 eggs, 2 cups flour (sifted), 1/2 cup cocoa, 1/2 cup boiling water, 1 heaping teaspoon baking powder. Cream sugar and butter. Add eggs and beat well. Add milk. Sift in flour and beat. In a separate dish dissolve cocoa and add to mixture. Add baking powder last. Half of recipe makes a nice-sized cake. Filling and icing for cake.—Grate skin of 1 orange, juice of 1 lemon, 2 tablespoons, juice of 1 orange, as much icing sugar as it will take.



SHREDDED WHEAT



SEEKS ADVENTURE

Without a guide, unguarded and unarmed and without a knowledge of the country, Lady Isobel Blum-Mackenzie, shown above, left Liverpool recently to join a caravan and travel with it through bandit infested countries of the east. She plans to visit Persia.

## Prevent Colds this safe, sure way



At bedtime snuff a little 'Vaseline' Petroleum Jelly into the nostrils. It spreads a protective film over the delicate tissues, guards against cold germs, soothes any inflammation and dryness. Relieves sniffles. Ask your doctor. Taken internally it eases sore, tickling throat, and hoarseness. Tasteless and absolutely pure. Children take it easily.

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## Vaseline TRADE-MARK

## New Spring Smartness

Illustrated Dressmaking Lessons Furnished With Each Pattern By Ruth Rogers



Plain navy blue crepe contrasts its smartness against printed crepe in copper clay in today's model. Note its trim youthful lines. When you remove your jacket, the dress is an adorable affair with softly draped cowl necklines and brief sleeves. The skirt is given a wind-blown effect through its new wrapped plaited arrangement.

The pattern includes the dress and jacket. It's extremely easy to fashion and quite inexpensive. Apple green plain crepe with taning printed crepe contrast is dashing chic and youthful.

Style No. 658 is designed in sizes 14, 16, 18 years, 20, 22 and 40 inches bust. Size 18 requires 3 1/2 yards of 39-inch printed with 1 1/2 yards of 39-inch plain material.

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

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### BUILD TRAPS FOR STARLINGS

ST. CATHERINES, April 4.—Large flocks of starlings are making their appearance again, according to reports from various parts of the Niagara district. In many cases farmers are constructing their own private traps in an effort to combat the damage done by the birds to fruits. Niagara Township has appropriated \$200 for the building of traps.

## Loses Ugly Fat 41 lbs. in 5 Weeks

Reduces Hips, Bust 5 inches



New Safe, Quick Reducing Method. I have taken 41 lbs. in 5 weeks. Reduced bust 5 inches and hips 5 inches. Lost my evil friends from my neck, waist and thighs. Mrs. Rose Jordan, 111 Madison St., Detroit, Michigan.

Get a Big Bottle of BonKora Today! Special This Week at ALL GOOD DRUG AND DEPARTMENT STORES. Your druggist has it or can get it quick from his wholesaler. If not, write today to Little's Great Drugs, Ltd., Dept. 1, Walkerville, Ont.

## Grandmother's Quilt Patterns



MOSE SPRAY. In the original quilt, leaves in rose centers with gold, flowers in green; small squares are gold. Cut out, applique and sew as indicated. Three inch border to match applique around entire quilt.

Material Required: 4-2-3 yards white material, 1 1/2 yards rose material, 1-3 yards gold material, 3 yards 3 inch border. Finished block is 12 inches square. 42 applique blocks, 3 inch border of plain or colored material.

Allow for all seams when cutting pattern. When ordering give Number 12-7. Send 15c for a book of quilt patterns containing 7 beautiful Grandmother quilt designs. Price 25c.

## Beauty Treatment for dull, faded curtains

If you are discouraged about the way your curtains look, perhaps this experience of a Toronto woman will help you. "My living-room curtains were so gray and dull from dust, smoke and light that I hated to look at them. They were perfectly good and I couldn't afford new ones. A druggist told me to dye them with Diamond Dyes. He said his wife had had splendid success with these dyes and that they really contained a greater amount of purple aniline. I used them and my curtains positively look like new—so beautifully bright and colorful!" Use Diamond Dyes for permanent dark colors by boiling and Diamond Tints for tinting light dyes in shades without boiling. Both give superior results. At all drug stores, 15c.

## DIAMOND DYES

## A Morning Smile

### Why Dad Blushed

Father criticized the sermon, mother disliked the blunders of the organist, and the eldest daughter thought the choir's singing atrocious. The subject had to be dropped when the small boy of the family, with the schoolboy's love of fair play, chimed in with the remark: "Dad, I think it was a jolly good show for a penny."

### Musical Treat

"What did you hear at the Opera yesterday?" "All sorts of things. Smith is going bankrupt. Mrs. Brown has aged, hair, the Whites are having a divorce."

Artillery is being used to dislodge dangerous overhanging pieces of rock left by recent avalanches in Italy. Thirty thousand Jamaicans who have been living in other Caribbean places are being phased back to Jamaica.

## Ladies - GIVE THEM BEANS



for downright delicious eating!

You can't do better than serve Heinz baked beans this very night. These plump, golden-brown, oven-baked beans are supremely satisfying. Why? First because Heinz uses "choice hand picked" beans and cooks out all but the perfect crust. Then Heinz oven-bakes these beans—instead of boiling or steaming them—to make them tender and digestible and to make them soak up the spicy, delicious Heinz sauce—just as a hot baked potato soaks up butter. Try one of the 4 varieties of Heinz oven-baked beans tonight. Order some today. Prices tempting.

## HEINZ over-baked BEANS