

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

Living & Leisure

— THE WOMAN'S REALM —

AUTUMN FIRES

Swirling, upward curling, The smoke of autumn fire rises, higher, higher, mist green boughs. Though all about is high noon a dusk filters through, clutching the sun. The rays escape shining forth atop like a gleaming Christmas star. Night falls, the wind calls, but on the fire sleeps. Winter is not far.

—H. Cardash, Ottawa

Our bodies need plenty of iron to supply us with healthy red blood and good circulation. Excellent sources of it are variety meats such as liver, heart and kidney. The wise housewife will serve at least one of these foods each week.

Behaviour problems in children are often aggravated by an unsympathetic attitude on the part of the parents due to ignorance of the cause of the problem. When behavior problems loom, parents are well advised to consult their family doctor who can give expert guidance in solving what may be an important puzzle.

Any young child is fascinated by flame and, given the chance,

Household Scrapbook

By Roberta Lee

To Eliminate Roaches

Gum camphor is a speedy remedy to rid the house of roaches. Another is to sprinkle powdered borax mixed with sugar near their haunts. A rag soaked in kerosene will also drive them away, if left near the infested area.

Leather Furniture

Old stains may be removed from leather furniture by coating with a mixture of powdered pipe clay and water, mixed to a paste. Allow to remain several hours, then brush off, repeating if necessary.

Threading Needles

Cut the thread on a slant when threading a needle, and see how much easier it is to slip the pointed thread through the eye of the needle.

Morning Smile

ALL ELEVEN

He was talking of coincidences: "The most amazing thing happened to me at the races. It was the eleventh day of the eleventh month. My boy was eleven that day. We lived in a house numbered eleven and I arrived on the course at eleven. Later in the day I found that eleven horses were to run in the big race, so I backed the eleventh horse on the card." "And it won?" "No. It came in eleventh."

DIAPER DIPPING

ANOTHER JOB Javex DOES BETTER

For snowy-white, hospital-clean diapers, simply let Javex soak out all dirty stains and odors. Use as for all other white linens and cottons. Full directions on label.

Javex DOES SO MANY JOBS BETTER!

In 3 handy sizes for your Grocer's

For snowy-white, hospital-clean diapers, simply let Javex soak out all dirty stains and odors. Use as for all other white linens and cottons. Full directions on label.

Those whose birthday it is may be subject to a siege of delays, upsets, nullified plans, hopes and ambitions, in which a devastating and far-reaching state of affairs may radically upset domestic, emotional and intimate life, with reactions on more practical or workaday interests. There may be complete spalling up, disturbance or miscarriage of plans and aspirations—of an unpredictable nature. It might be as well to find solace and inspiration in philosophy or on spiritual foundations.

A child born on this day may be erratic, emotional, and disposed to complicate its affairs by peculiar drives or eccentricities. Its personal and interior life may be unrealistic.

A Country Garden

By Mrs. Gordon Macmillan

"Out of the complicated house, come I To walk beneath the sky Here mud and stones and turf, here everything Is mutely comforting." This is true of all who love the outdoors, no matter the time of year or hour of the day, and a gardener can find something to do for the garden every day of the year. More tulips have been planted this week. Inglecombs yellow, at the top of the south border with violas and forget-me-nots as a carpet and in groups of two around the evergreen hedge, the varieties Zwanenburg, a beautiful pure white, Venus, a deep rose, Niphotos, soft lemon with petals slightly curving, and Gloria Swanson, a large crimson red.

This year I have several hundred Darwin tulips in mixed colors, and these will be placed in a border by themselves and from my experience with them, they will be something lovely to look forward to in the spring. I am hoping to finish the tulip planting this week, health and weather permitting. It is fine to have a sheltered sunny situation for the garden and my garden chrysanthemums are still very good not withstanding the twelve degrees of frost one night. Of course snow never hurts anything in the garden and scarlet geraniums, iris and sprangeri fern still bloom on the front veranda. Chrysanthemums lend themselves to potting up for blooming in sun porches and garden rooms, lasting until almost Christmas. The white and light colored varieties do not stand the Fall weather as well as the rose and bronze shades. So I have brought them in to the garden room.

I have been thinking of plants and their habits. They are like humans in this respect. The calla lilies, the Azalea and Christmas cactus are now looking so fresh and beautiful because of their summer rest and many others are coming to their rest periods, the tuberous begonias and pelargoniums. It makes gardening more interesting to have different plants for different seasons, but it certainly keeps the gardener on the jump.

In the rush of the summer season the flower seeds that were gathered, were hurriedly pushed into all sorts of boxes and baskets. It is good fun on a rainy day to sort them over and put them in paper bags, labelling them as to variety. I especially like the scented seeds of marigold, stachys lanta, nepeta and lavender; it is a lovely reminder of hot sunny days.

Painting garden shelves in the sun porch and rearranging the plants satisfies that longing the gardener gets for work in the soil and with growing things. There is also quite an art in making a beautiful picture with what you have and many old utensils may be used with a little paint of one kind and another. My best begonia this summer and still blooming very nicely was planted in an old discarded porridge pot painted a good color of green.

Bring baskets and brackets of leaf, mold, sand, good loam and old rotted manure into the cellar for early potting up of begonias in March and repotting of other things through the winter, and country gardeners never realize how easy it is for them to have good soil to work with. In the city

Old and Odd Records

F. H. MacArthur

The first steam locomotive was made in England. This wonder of that day operated between Manchester and Liverpool. The first locomotive of this type to be operated in America was the "America II." It was built in England about the year 1829. Not until 1830, did the U.S.A. come out with a locomotive of their own make. This engine was called "Best Friend" and was made at the West Point Foundry in New York.

The wearing of rings is a very old custom, dating back to the days of early civilization. Rings were used as ornaments not only on the fingers, but in the ears, the nose, and about the wrists and ankles. For use of rings in Bible days see Isaiah III, 21; Luke XV 32; James II 2. The ring when used as a seal was an emblem of authority, and the giving of a ring the imparting of authority. Placing a ring on the bride's hand is an old, old custom, though by early Christians it appears to have been used in the ceremony of espousal, and not at the marriage itself.

San Benito was a garment worn by the victims of the Inquisition at the Sulo de Fe. Those garments had devils and flames painted on them. If the victim was to be burnt alive, the flames pointed upward; if not, downward.

Sandals were worn in the East at an early date and were made from the hide of the camel's neck. The straps that held them in place passed between the first and second toe, and around the heel and over the instep.

Do you know that the disease called St. Vitus Dance got its name from a wild sect of enthusiasts who first came to notice in the Lower Rhine in 1374? Half naked, this group of fanatics would jump hands and dance themselves into a state of exhaustion, often falling down in convulsions. The victims of the mania were taken to the chapel of St. Vitus at Ralstein, where Mass was celebrated for them.

The Golden Legends are a collection of stories about the Saints compiled by Jacobus de Voragine in the 13th century. The collection is without historical value, but

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The best you ever tasted!

KING COLE COFFEE

VACUUM-PACKED

the Lower Rhine in 1374? Half naked, this group of fanatics would jump hands and dance themselves into a state of exhaustion, often falling down in convulsions. The victims of the mania were taken to the chapel of St. Vitus at Ralstein, where Mass was celebrated for them.

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ELLEN'S DIARY

By An Island Farmer's Wife

And presently as our younger farmer had anticipated of today's weather, when the world about us came awake to see smokes spiraling prettily into the morning from the house across the lane and that on the hill, the sun beamed his way into the quiet of our valley. Nice shadows returned to the pond, and we fancied a new joy and lightness to the sparrows' wings. So spiritless these numerous guests of ours had appeared in yesterday's rain and dampness, as they sought shelter in the leafless creepers far up beneath the eaves, or braved the cats to find a temporary haven in the open shed. The sunshine set faces aglow with the magic of it, and put fresh inspiration in our steps.

We recall that it made a bright lattice on the wall of the kitchen where we breakfasted and talked of the plans for the day. The two farmers were to be off in an early trek to the city, with granddaughter along for good—and very happy measure. Ordinarily such an outing causes no disturbance to our serenity, other than the slight ripple of excitement we experience in assembling "James" other cap or on a marketing venture as today "those other overalls" and "a pair of shoes." This leads up to a smile than can be irresistible and a wave of the hand before the quiet which tells farm folks that one or more of their number is missing, spreads over the place.

But this morning, with our last cup of tea, James bethought himself of "that paper" he must take along, in connection with some business transaction or another, which at times are rather bewildering to a lay mind. The mention brought an expression that betrayed us. "You should know where it is, Ellen," James remarked sternly, "I gave it to you in safe keeping but where?" That was the disturbing question. And the distressing consequences! To delay the trip, would mean that the hogs would certainly be over-weight, because James had said "there's only a pound or two to come and go on" when the two had discussed this topic last night. And Jack had nodded and decided "they can't wait for another market—they'll have to go, rain or shine tomorrow." And to be too fat at marketing would be a sad reflection on the farmers experienced in their times and seasons! And now, what a grave situation had arisen! "It's a desk with the other papers," James said, "Of course, Ellen. That's where anyone would have put it!"

We turned these over and over, all that were pilloved on the great folded square of paper which records the fact that great-grandfather to Jamie "was born twenty-fourth day of October, in the year one thousand, eight hundred and thirty two" paid a certain sum sterling for these holdings to "the Trustees appointed by the last will and testament of the Right Honorable Thomas, Earl of Selkirk, deceased," "without desired result. Jock came in to say "perhaps you tucked it away on a mantle." We searched, atop these vainly, and were only confounded more deeply. "If you could only think back to that morning!" Jeanie encouraged us. We tried to concentrate on it, but it seemed as though every other morning we had ever known persisted in coming between, in detail, and many as clear as crystal.

Behind a clock perhaps — in the bosom of the old china hen — in the drawer of the old coffee mill in a bookcase — in a drawer-upstairs and down . . . and James was drawing on his rubbers now, and commencing to frown. Granddaughter had danced in, curls sunny and in place beneath a poke connet. "Your grandmother's a queer woman," James observed "She's gone and lost a paper I wanted to take to town with me." "Perhaps" the small one offered, "she put it under a mat — she does that, you know!" Bless her — there it was, for James to tuck in a pocket and all to be on their way!

And back home at noon, to go after dinner to the saving of turnips, washed clean by the goss of Winter at Rob's, to have last loads in and return in the starlight. A choice November day, this has been, sunlit and balmy, the old sparkle back to the pond — and a small lad, who will in three months tomorrow, from the house across the lane to visit us. Until tomorrow — Diary—Good-night . . .

Cook's Corner

CANDIED GRAPEFRUIT PEEL

Your candy gift boxes for Christmas won't be complete without candied grapefruit peel to lend a gay touch of color and variety. Cut peel from medium-sized grapefruit, then cut into thin strips, using a sharp pointed knife (you should have about 4 cups). Add enough cold water to cover strips of peel. Cover the pan and bring to boiling point. Boil 5 minutes. Drain and repeat 3 times. This removes

Added PROTECTION FOR GROWING KIDDIES

STOP SCHOOL

Safeguard the health of all the family

Order

Eastern Bakeries' BUTTERNUT BREAD

That Body Of Yours

By James W. Barton, M.D.

A story is told of the late Henry Ward Beecher, the noted preacher, and Robert Ingersoll the agnostic. Beecher showed Ingersoll a beautiful watch, studded with jewels which sounded the correct time when a little lever was raised. Ingersoll admired the watch very much and then asked: "Who made this beautiful work of art?" "Oh, nobody made it; it just happened," was Beecher's reply.

The above story came to my mind as I read about the new discovery, for the treatment of arthritis and other diseases, developed from the pituitary gland of hogs. The pituitary gland is about the size of a large cotton, lying on the floor of the skull between the eyes and between the temples. Small as it is it has two parts, anterior and posterior, (front and back part), the anterior being the portion used to manufacture ACTH, also known as adrenocorticotropin, which possesses almost miraculous powers according to outstanding research physicians. ACTH is not the same as cortisone, also recently reported to be helpful in arthritis, although they are related.

I have written before about the anterior part of the pituitary gland and how its underactivity allows too much fat to be stored in certain parts of the body, resulting in large deposits of fat across shoulders, chest, abdomen, upper arms and thighs, with no excess fat on forearms and lower legs.

In a brochure published by Armour and Co., James C. Leary states that this anterior lobe of part of the pituitary gland, produces at least six hormones or chemical messengers or workers of the body. It stimulates growth, affecting the whole body; it stimulates production of milk, stimulates the sex glands to produce sex extracts, thyroid gland to produce thyroxine, which stimulates the adrenal glands to produce adrenal extract.

At the present time there is not enough ACTH to supply the demand of hospitals and physicians for this substance to treat arthritis sufferers. However, as it is hoped that a

method of manufacturing this pituitary gland product from other substances in large quantities will soon be possible, the whole world is awaiting the outcome of the efforts of these research workers.

Needlecraft

— FOR THE HOME —

CLASSICAL MODE

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DOROTHY DIX SAYS—

Lifelong Hatred

Are Quarreling Pair, 70, Too Old For Divorce?

DEAR MISS DIX: My mother and father married young and soon found out that they cared nothing for each other, but in their day to get a divorce for whatever cause was a disgrace, and so they have gone on living together, quarreling and hating each other worse every year. Now they bitterly regret they did not part when they were young, but as they are 70 years old, they think it too late. What do you think?

ANSWER: I think that they had better part, no matter how old they are if they hate each other so much that their lives are embittered by it. Surely they should have the few brief years that are left to them in peace in which to purge their souls of all the accumulated rancor and evil thoughts of so many years. But can any human tragedy be more terrible than that of a man and woman who live together in the close intimacy of married life with nothing in their hearts for each other but enmity? The atmosphere always tense with the sense of battle in the air, of tempers and emotions kept on so slender a leash that they may snap it at any moment.

And think of lives poisoned by hate for years and years, from youth to age. Of a man and woman potential murderers in their secret souls, always hoping that death will break for them the fetters they have not the courage to break themselves. It is situations like this that make divorce seem the higher morality.

However, husbands and wives who hate each other and who still stick together get a morbid kick out of the misery they endure and their hatred becomes a sort of dark wine that stimulates them. Therefore, if your parents part now, the chances are that they will be even more unhappy than they are at present. They will miss having some one to quarrel with, some one to say cruel and cutting things to.

And, perhaps, they will find that what they thought was hate was, after all, a strange and perverted love, for hate and love are very close together.

DEAR MISS DIX: My wife and I are having trouble over our children. Especially over our daughter, a girl of 18, who is insolent and spent several weeks with him, but she is unrepentant for her conduct. Her mother protects her from me when I go to chastise her and so she goes from bad to worse. All of this is running me crazy and I am thinking of leaving home for a while. Perhaps if the breadwinner was gone it would bring my wife and children to their senses. What do you think?

ANSWER: You are about fifteen years too late in doing your spanking. If you had controlled your daughter when she was 3 years old and forced her to behave herself and respect law and order, she wouldn't need a thrashing at 18. It is too late now for you to do anything with her, but you can only hope that time will teach her a little wisdom and that she will see the folly of her conduct and reform herself.

Evidently your wife is much to blame for the girl's waywardness because she tacitly encourages her in following her own wild will when she refuses to co-operate with you in maintaining family discipline. Many fathers and so set his authority at naught. It takes teamwork between husband and wife properly to bring up a family. I think the jar you would give your family by leaving them for a while might do them a lot of good, and it would certainly give you a chance to cool off and see things more dispassionately.

DEAR MISS DIX: What would you do if your husband absolutely

How Can I!!!

By Anne Ashley

Q. How can I prepare parsley for garnishing?
A. Chop the parsley very fine, place in a cloth, squeeze the cloth tightly, hold under the cold water faucet for a half minute, and then squeeze again until all the water is out.

Q. How can I keep the eyes from watering during windy weather?
A. Bathe the eyes in a solution of ten grains of boric acid to one ounce of warm distilled water.

Q. How can I sweeten the ground around house plants?
A. By working some coffee grounds into the earth frequently.

The Stars Say --

By Genevieve Kemble

For Wednesday, November 23

IT is probable that a sudden and quite unpredictable event may prove devastating, far-reaching, interfering in plans, hopes and wishes in private life as well as in other relations or aspirations. It may be a disturbance in domestic or romantic associations, uprooting and far-reaching in its final consequences. There may be peculiar or subtle factors, difficult to handle in a realistic or common-sense manner, which might complicate matters. Postponement may be wise.

For the Birthday

Those whose birthday it is may be subject to a siege of delays, upsets, nullified plans, hopes and ambitions, in which a devastating and far-reaching state of affairs may radically upset domestic, emotional and intimate life, with reactions on more practical or workaday interests. There may be complete spalling up, disturbance or miscarriage of plans and aspirations—of an unpredictable nature. It might be as well to find solace and inspiration in philosophy or on spiritual foundations.

A child born on this day may be erratic, emotional, and disposed to complicate its affairs by peculiar drives or eccentricities. Its personal and interior life may be unrealistic.

YOU'LL FIND THIS BABY AT YOUR DEALER'S

Whenever a happy young mother starts looking for nourishing foods for her baby the first thing she sees in most stores is the smiling Heinz baby. It is her shopping guide to shelves where she can buy from 27 varieties of Strained Foods, and two Baby Cereals. For older babies there are 17 varieties of Junior Foods. A feast for infants of any age.

HEADQUARTERS for all BABY FOODS

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