

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

Living & Leisure THE WOMAN'S REALM

Boyhood Memory
At cookie baking time I stood. (And wish to-day again I could) Upon my face a boyish grin As mother used the cutting tin. For with the bits left over, she Would fashion one or two for me.

Out of her fingers and her thumb Some little animal would come— A bear, a kitten or a dog, A horse, a monkey, or a frog—

That extra bit was always mine. But whatever the design, Though time may dull man's love of sweets

And much that rapturous childhood had, I've learned that memory fondly clings Throughout the years to simple things— Such simple things as cookie bears The mother for her child prepares.

EDGAR GUEST

Table of Common Measurements
3 teaspoons—1 tablespoon.
16 tablespoons—1 cup.
4 tablespoons—1/4 cup.
2 tablespoons—1/8 cup.
12 tablespoons—3/4 cup.
12 tablespoons—3/4 cup.
2 cups—1 pint.
4 cups—1 quart.
2 tablespoons—1 liquid ounce or 1/8 cup.
8 ounces—1 cup or 1-2 pint.

Accurate Measurements Are Important!

To insure consistently good results, standard measuring cups and spoons should be used. Measure all ingredients carefully, following methods.

Eggs vary in size. Recipes are planned for large, fresh eggs. If necessary, use an equivalent amount of small eggs.

OLDER WORKERS

Surveys conducted in Canada and elsewhere prove that workers in middle life are generally, the best types of employees. Far from being "washed up" at 45, the older worker is less likely to be away from work without good cause, has greater stability and is far less likely to have an accident. To this, point out the authorities, must be added the value of experience acquired by years on the job. The surveys were particularly important in view of estimates that more than five million Canadians will be more than 45 years old in 1971!

Cook's Corner

INDIVIDUAL MEAT LOAVES

1 1/2 pounds ground steak
1/2 cup crumbs
1 egg
1 small onion, minced
Salt and pepper
1/2 cup tomato juice
Bacon strips

METHOD: Combine the ground meat with the crumbs. Beat the egg and add to the meat, mixing well. Add the finely minced onion. Season with salt and pepper and then moisten with the tomato juice. Line muffin pans with strips of bacon and fill with the meat mixture. Now these may be stored in the refrigerator for later baking or done immediately. Bake in a moderate oven (350 deg. F.) for about 40 to 50 minutes. A piece of bacon may be placed over the top of the loaves before baking, if desired.

BUZZING WIRES

The total number of effective telephone calls made in Britain during 1947 was 2,714,000,000.

That Body Of Yours

By James W. Barton, M. D.

MEAT A VALUABLE FOOD FOR BABIES

Mothers and grandmothers will be surprised to learn that infants are fed meat not at the age of one year or even six months but at the early age of six weeks. True, they do not have to chew the meat, as it is strained, but nevertheless they are getting meat in their diet at this early age.

That infants and young children need and can eat meat months sooner than was formerly believed has been known for some time, and medical journals, monthly and weekly magazines and daily newspapers are now carrying attractive advertisements showing the value of strained meats in building up and maintaining the strength of infants.

In the "Journal of the American Medical Association," Drs. Ruth M. Leverton, Lincoln, and George Clark, Omaha, Neb., report their results of adding strained meats to the formula of bottle-fed babies beginning at the age of six weeks and continuing for a period of eight weeks. Thirty-three normal infants were studied; 18 received the strained meat supplement, and 15 did not. The amount of meat mixed with the formula was determined by calculating the quantity necessary to increase the protein content of each infant's formula 25 per cent and therefore it varied with the strength of the formula and variety of meat used. The meats used were veal, beef, pork and lamb. The amount of strained meat averaged nearly one ounce daily.

Not only did meat agree with these infants, but also the well being of the infants who received the meat supplement was better than in those who had not received meat. In addition, strained meat not only checked the drop in the amount of iron in the blood which occurs in most youngsters during



VACUUM PACKED

KING COLE COFFEE

Household Scrapbook

By Roberta Lee

Repels Mosquitoes
Mosquitoes can be kept away from your bed on summer nights by putting five drops of spirits of camphor on a lump of sugar and setting this on your bedside table.

Setting Colors
To set the color in colored wash fabrics soak the material in salt water, 2 cups of salt to 1 gallon of water, or in 1/2-cup of vinegar to 1 gallon of water, for at least an hour before washing.

The Salad
Lettuce must be crisp to make a perfect salad. It should be washed and thoroughly dried, wrapped in a napkin and placed in the refrigerator to crisp.

The first few months after birth, but also actually increased not only the amount of iron in the blood cells as well as the number of blood cells.

The knowledge that strained meats not only agree with infants but also actually stop the drop in the iron in the blood which makes the first few months of the baby's life such a worry to mothers and physicians, is most gratifying. That strained meats increase the iron in the blood and the number of the cells holding the iron, is a great boon to infants and worried mothers.

How Can I!!!

By Anne Ashley

Q. How can I make it easy to apply varnish?

A. Fill a shallow vessel with hot water and place the can of varnish in it, while working. It will make the varnish flow much easier, and it will also dry in a shorter time.

Q. How can I prevent yellowing of white garments?

A. It is claimed that a white garment will not become yellow if a little kerosene is added to the washing water.

Q. How can I smooth soft custard that has curdled?

A. Set it in a pan of lead water and whip with an egg beater. It will become smooth.

Morning Smile

A BEAUTIFUL MEMORY

The children had been photographed, and the teacher was trying to persuade them to buy copies. "Just think how nice it will be to look at the photograph when you are all grown-up, and say: 'There's Rose, she's married,' or, 'That's Billy; he's a sailor.'"

A small voice at the back of the class shouted: "And that's teacher; she's dead."

WHAT A WELCOME

The stout wife of a high-ranking officer in the army was on a tour of inspection at a military academy. The boys had been drilled for days, and everything was arranged, all but one item; no one had informed the band which number to play for the lady's entrance.

Without thinking of the occasion, the leader chose one of his favorites, and as she entered, with every cadet standing to attention, the band broke into: "The old grey mare ain't what she used to be."

The Stars Say--

By Genevieve Kambie

For Wednesday, June 16

BY dint of concentrated efforts, well-planned and organized tactics, supported by shrewd and clever strategies, there is likely to be a sudden whirl in the wheel of fortune, which should be dramatic and breathtaking. A renewed grip on congested or lagging affairs, a new lease on life, may be suddenly and abruptly precipitated. This drastic change may be radical and far-reaching on the affairs, fortunes and destiny, affecting the life in all its objectives and contacts.

Those whose birthday it is, are encouraged to summon all their energies, resources, acumen and in-

Modern Etiquette

By Roberta Lee

Q. Would it be all right for a bride to have acknowledgements of her wedding gifts engraved?

A. No; the bride should write personal notes of acknowledgement which show a sincere appreciation. Otherwise, her donors will regret having wasted their time and money.

Q. If a toast is proposed, does the person who is toasted drink from his glass?

A. No.

Q. What position does the salad plate occupy on the dinner table?

A. It may be placed either at the right or left of the diner.

Better English

D. C. Williams

1. What is wrong with this sentence? "The audience at the prize fight were unruly."

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

3. Which one of these words is misspelled? Ludicrous, lucrative, luminous.

4. What does the word "dilemma" mean?

5. What is a word beginning with ec that means "odd"?

ANSWERS

1. Say, "The spectators at the prize fight were unruly." Audience means listeners. 2. Pronounce hauteur, o as in obey, u as in fur, 4 cent first syllable. 3. Ludicrous, 4. A necessary choice between equally undesirable alternatives a perplexing predicament. "I found myself in a dilemma, not knowing which invitation to accept." 5. Eccentric.

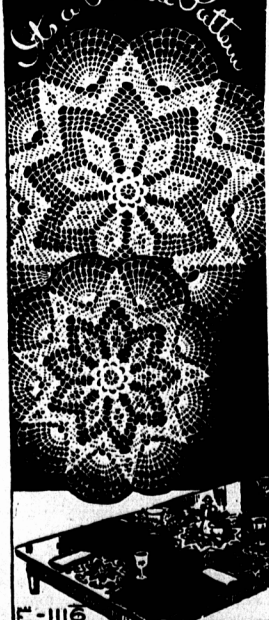
fluence in a concentrated endeavor to take advantage of a sudden about-face of the fortunes, this being dynamic and far-reaching in its effect on future progress, happiness and accomplishment.

Shrewd, decisive and well-executed plans and routines are bound to attract substantial support from high places. Most pleasant and profitable reactions should materialize in the private life, with adventure, romance.

A child born on this day should be excellently endowed with talents, character and personal influence for a career which will be dynamic and romantic to spectacular degree.

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Ellen's Diary

By an Island Farmer's Wife

Jamie and his grand-father have just lunched and now in a great show of haste are hurrying up the stairs to bed. Jamie ate bread and prunes; James dined royally on a piece of fresh cod brought by the fish-man in his shining red truck on his weekly round this evening. Rain beats now on the window and there is a gusty wind in the lawn trees. In an endeavour to get the grain sowed on 'the back forty' before rain fell, James did not take time to come home for supper. Instead, Jamie and I carried it—and ours back to enjoy it there in the open with him. Food tastes much better if eaten outdoors and so it was not in the way of a task that we walked the distance there but quite cheerily with pleasant anticipations that were well fulfilled. "Now what shall we take?" Jamie conjectured. We made sandwiches, not at all wafer-thin but substantial fare for working folk, spread generously, Jamie counting the number. Pieces of cake off a new one, baked this morning, oranges by way of a sunny ending and perhaps best of all in the coyness of this afternoon a Thermos jar of hot tea.

Our "back forty" lies at the far side of the stump field and one comes to it along a magic road of travel. An adult, beset by worldly affairs might walk it heedlessly. Far better to see it through a small boy's eyes. Robins cleared the way for us as we faced the North wind that blew lustily in our faces and set a nice tune in the trees beside our wood-path. We saw violets lighting the damp places and trilliums in countless numbers blossoming on mossy banks. A rabbit startled by our coming—a brownish fellow hopped away into the underbrush and I must tell Jamie then of the deer and her fawn we came upon suddenly on the roadside by a stretch of woodland last week on our homeward trip. A squirrel answered Jamie's: "Hallo!" saucily and called to us until we were out of earshot. Beautiful now, are the neighboring woodlands shaded with the red of the maples, the new green of the birches and poplars, the dark of the evergreens and now lighting it all with their crowns of enchantment, the white of the flowering wild cherry.

Already James was at the last stage of the sowing. We found a sheltered nook on a mossy bank at field-side and leaving his team, and with Pard at his heels, James came presently to join us. Never was a supper more enjoyed or appreciated than that one, eaten as it was to the last crumb, the dog's hunger being taken care of by Jamie. Pard always accompanies James to the sowing. He puts in the time comfortably, now scuttling after odd crows that alight, or sometimes following close to James who disregarding the seat on the sower chooses always to walk endless miles in his seedling, or 'trung Pard comes then to nap on an empty seed-bag by the fence. "We have often eaten here before" James commented his mind going back to far-gone years "when we were stumping this piece. There's been many a change since then, Ellen—many a change. "Jamie and I must visit a neighboring piece of new land there, now coming to its second crop. Tonight, the first of our grain seed that has been sowed rests in "the back forty."

All about us, farmers worked today at the cultivating taking advantage of the fair weather, which since morning threatening a change, hastened their efforts. Mr. C. from the house on the hill, like Jock, was busy at some plowing; on a nearby slope, Pat rode in state on a manure spreader hauled by a tractor, all intent on the seed-time at hand. Karoly was, as she said "having a time of it at her gardening" with her smaller son in tow. Jeanie, a leap ahead, has ours planted, and Jamie and I in the morning wedded a flower bed. We had a canary who flashed yellow wings for an audience and fat bees came dangerously near us a-hunting. Jamie spoke of these before retiring, while in the old arm-chair he awaited his grand-father's return from the field at day's end. Then obviously sleepy something else came to mind. "I guess he remarked suggestively "if those two kittens in the barn are ever going to get used to the house we may as well bring them in tomorrow as any day" . . . Lights are gone from the house on the hill and from that across the lane. Presently they will be gone from this old house too and her farm-folk will drift away into the fair land of dreams.

Until tomorrow — Diary — Good-night.

HOT FLASHES?

Are you going thru the functional "middle age" period peculiar to women (30-52 yrs.)? Does this make you suffer from hot flashes, feel so nervous, high-strung, tired? Then try Lydia E. Pinkham's Vegetable Compound for relief of all symptoms! Pinkham's Compound also has what Doctors call a stomachic tonic effect!

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DOROTHY DIX SAYS—

Improving Male Appearance

Good Grooming Boosts Men's Morale, Makes Marriages Happier

From various statistical reports I gather that more and more men are frequenting beauty shops and spending millions a year on having themselves furnished up. Certainly the world will be a more attractive place in which to live when every man counts his calories and takes up improving his appearance in a serious way.

And why shouldn't men prettify themselves? Goodness knows they need it. Most of us need to circumvent Nature and supply through art the deficiencies that she left out of our make-up. But while women have always painstakingly, and with suffering and prayer, and fasting, striven to make themselves easy upon the eyes of the public, men have been content to remain as they were created.

Women endure the agony of starvation in order to retain a girlish figure. They undergo the tortures of being scalped to have a permanent wave put in their hair. They spend far too much thought on the lines and colors they can wear.

But men cheerfully let themselves get bay-windowed and with rolls of fat overflowing their collars. They make no effort to camouflage their bald patches. Why they devote so little personal intelligence to their appearance, nobody knows. Sometimes one thinks it is because they have so little vanity that they never look in a mirror. Perhaps it is because they are so superhumanly conceited that they consider themselves so ravishingly handsome just as they are that they don't need any aids to their beauty.

ROMANCE AT STAKE

One of the main things that make wives tired and causes them to wonder why they married the ones they did is because they get weary of looking at a husband who looks like something that came off the bargain counter. We are constantly advising a bride that if she wants to keep her husband she must keep herself tidy and fresh and sweet and clean and all dolled up, and that no love will survive soiled kimonos and run-down-at-the-heel slippers and cold cream. It is all true enough. A woman who looks as if she needed to be run through a washing machine is a repulsive object, and no one can blame the man who turns his eyes away from her to one who looks like she had just stepped out of a bandbox. But it doesn't seem to have occurred to the man, who is so critical of his wife's looks, that she is equally sensitive to his, and that she doesn't any more enjoy spending an evening looking at a fat man with a two days' stubble of beard on his face than he would contemplating a fat woman in a dirty housecoat with cream smeared all over her face and neck.

So when men begin to keep themselves fixed up for their wives and come home all shaven and shorn and spruced up in clean attire, as they used to do in their courting days, why, it is going to usher in a glad new day in domesticity and stop a lot of divorce.

And certainly it is going to brace men up and put fresh energy and more pep into them to devote more time and money and thought to beautifying themselves, for there is great moral support in knowing that we are looking our best.

You can save a dish if when making a cake, you cream your shortening and sugar in the mixing bowl, then push the mixture aside and beat your eggs in one side of the same bowl with spoon or beater, then combine the two mixtures.

Cottage cheese and fruit are important foods on summer menus. Just for fun give the cottage cheese a swish look and taste by topping it with sliced roasted almonds. Sprinkle it with fruit of your own choosing.

Needlecraft FOR THE HOME

NEW PORTRAIT PRETTINESS
The new sweet and lovely look, interpreted in this shoulder-strapped dress by means of a big bertha collar, swirling skirt, enchanting edging. Note the way it picks on pouch pockets to provide hip interest!

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