

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

The HOUSEWIFE and HER ACTIVITIES

LESSONS
One good man teaches many men to believe what they behold;
One deed of kindness done, is worth forty that are told;
Who stands with men of honor, learns to hold his honor dear.

FOR LUXURIOUS LEAVES
If your house plants are beginning to look a little tired and drab it may be that the leaves are not getting enough moisture.

TO CLEAN FLOOR MOP
To clean a floor mop, soak in strong soda overnight. Rinse out, and boil for 20 minutes in a soapy solution.

WOMAN BEATS OFF ARMED RAIDER
A man walked into a sub-post office in Lytham Road, Brixton, England, presented a revolver at Mrs. Crozier, the sub post mistress, and asked for money.

Tired, Below Par? Try This "Hospital-Tested" Remedy
If you know that a remedy had been scientifically tested at a hospital on 40 patients to prove its value in correcting run-down, always tired, below par conditions, and the results had been so good that they impressed the doctor in charge of the test, wouldn't you, too, be impressed?

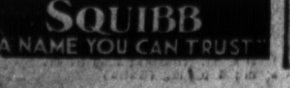
FRESH FRUIT, VEGETABLES CONTAIN VITAMIN C
Nearly everyone realizes how important fresh fruit and vegetables are so far as health is concerned. This is because they contain vitamin C, which prevents scurvy, has a protective action against septic infections and probably has to do with the health of the teeth.

CANNED VEGETABLES REQUIRE CAREFUL AND VARIED SEASONING
Although fresh green vegetables are abundant in market, for many housekeepers the main source of the vegetable supply lies in the canned variety.



TRY TO AVOID LOW RESISTANCE

Outward precautions in bad weather are not always enough to keep you well. It's necessary also to have good resistance.
Make sure your resistance is built up. Take Squibb Adeb Tablets-10D regularly every day.



the appetite and promoting growth. It is only by careful seasoning and treatment that canned vegetables can be given their utmost value.

Aerate Vegetables
One of the first and most important rules is that canned foods should be properly aerated. Practically all the air was expelled from the can during the canning process.

The second rule is that vegetables should be reheated in the water in which they were canned. This water contains valuable nutrition and flavor.

Vary Seasonings
Always season vegetables well and do not depend solely on salt.

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In every case where the red corpuscles had been below normal at the start, there was a recorded increase after the treatment on Dr. Williams' Pink Pills—and in 96 per cent of the cases the haemoglobin content had also improved.

Are you needlessly putting up with that distressing "tired out" feeling that indicates a run-down condition? Dr. Williams' Pink Pills will benefit you as they benefited these 40 scientifically-tested patients.

What Every Widow Knows!
By LUCILLE VAN SLYKE

CHAPTER I
SPRING MEMORIES
Spring came to town with a gorgeous rush. Molly Benedict steeled herself against it. On such a day as this the spring two years before the Armistice, Molly, who had been a little thing, had worked all day on canteen duty in a ladies' covered shack under the protection of the Liberty Lions.

WHEN GUESTS ARRIVE
Barber's PEANUT BUTTER
An advertisement for Barber's Peanut Butter featuring an image of the product and a woman's face.

and pepper and butter. Lemon juice, vinegar and tomato juice improve the flavor of such vegetables as spinach, beets and green sweet peppers.

A Morning Smile
Harmless Enough
The big-game hunter had just returned from a shooting expedition in darkest Africa, and was telling a crowd of admiring friends and relatives his thrilling experience.

THE COOK'S CORNER
Tapoca Celery Soup
1 cup celery soup
1/2 cup tapoca
1 cup milk
1 1/2 cups water

COMFORTABLE BEDDING
If a person is tall, blankets and bedding may be of pulling out at the feet during the night. One excellent way to avoid this is to stitch a strip of unbleached muslin, a foot deep and as wide as the blanket's width, across the bottom of either single or double blankets.

YOUNG MOTHERS
Don't experiment with children's colds. Treat them with your own mother did—externally. No dosing! Just rub throat and chest with...
VICKS VAPORUB
PROVED BY 2 GENERATIONS

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Can You Tell the Plain, Unvarnished Truth and Still be Popular?—Not Unless You're a Miracle Worker, Says Dorothy Dix, But if You're Clever You Can Avoid Falsehood and Still Keep People's Regard

A correspondent asks: "Is it possible to be perfectly truthful, on all occasions to tell the truth, the whole truth and nothing but the truth, and be popular with one's fellow creatures?"

It may be possible, for miracles occasionally happen, but it is highly improbable. I myself have never seen it happen. I have never known an individual with the truth telling complex from whom all and sundry did not flee as if he or she had the leprosy or the smallpox or any other fearsome complaint.

Indeed, our whole attitude toward truth is one of mendacity. Even our continually proclaimed reverence, for it is merely lip service, and we never tell a bigger lie than when we beg someone to tell us the plain unvarnished truth about ourselves.

When a middle-aged woman with a sallow complexion asks you to tell her the truth about whether her new pale-pink hat is too young for her, she will never thank you a lady again if you plump right out and say: "Yes, about thirty years."

No. No one with intelligence enough to learn from experience ever gives the seeker after truth what he asks for but once. After that he sidesteps the main issue.

It may be that our aversion to truth springs from the fact that the samples we get of it are nearly always so disagreeable, and that the people who have a mania for telling the truth are practically always cats.

What, then, about lies? To be belied by our friends and acquaintances must be a torment. No, one need be neither Truthful James nor Ananias.

Why tell a woman how she has broken and lost her good looks? Why tell a man that his golf is so poor no one likes to play with him? Why tell anybody anything that will hurt or humiliate them or make them unhappy?

On a par with this clever gentleman is the old bachelor who found a veracious way out of one of the most embarrassing situations in life, when proud young parents display an infant that looks like a cross between a stream choco and a lobster.

All of which goes to show that you can still be popular if truthful, if you know when and how to do it.

erected in five years, instead of 9,600 in the 10 years programme. Fifty or 60 tenements will be built to the acre and altogether 24 acres of land are required.
It is explained that the shortage of materials is not likely to be as acute as was at first feared. It is not anticipated that the estimated cost of \$38,654,450 will be exceeded.

LET'S HAVE SOUP!
HEINZ HOME STYLE SOUPS
HOME-STYLE SOUP is the only kind you can be sure your family will like. So Heinz uses your way—the home-made way—and saves you the time and the work and the expense of doing it for yourself.

Daintiness With Chic Styles
Illustrated Dressmaking Lesson Furnished with Every Pattern
BY ANNABELLE WORTHINGTON

A lovely little dress like this will make any school girl happy. It is so inexpensive and easy to put it together.
A gay frothy loose weave cotton in grey and bright red made the original. The leather belt and shiny home buttons are bright red. The scarf collar is white pique. It can have long sleeves, if you like.

Private Sale
Offering for private sale following household effects, until Tuesday next, Feb. 20, hours 3 to 5 p.m.:

LIVERPOOL PLANS SLUM CLEARANCES
LIVERPOOL, England, Feb. 17.—(C. P.) Liverpool's slum clearance scheme is to be speeded up, this having been decided upon by the Liverpool Corporation Housing Committee at the suggestion of the Ministry of Health.

TENDER
Sealed tenders will be received by the undersigned until noon, March 15th, 1926, for the renting of the Mark's Church "Globe Land", 100, for ten years. Tenders to state amount per year, paid semi-annually. Highest or any tender not necessarily accepted.