

Woman's Realm Social and Personal Fashions Literature

Living & Leisure

—THE WOMAN'S REALM—

RESTING SPELL

"Becky in the corner, an old arm-chair,
The mother knitting, and all is well;
A bowl of apples to munch while
And the home is blessed with a resting spell."

"Far away from the city's hum,
Dense with gossip and hue and cry;
Dense with dreading what is to come,
At home for an evening and glad am I!"

"No one to flatter and no one to fear,
And nothing to offer to buy or sell,
Just mother and I and the children here
Safe and happy and all is well!"

"It may be that fortune and fame may hold
Truer delights, but I cannot tell;
But surely at times must the brave and bold
Hunger for home and a resting spell."

—Elgar A. Guest, in Tit-Bits.

Never allow trash to accumulate in or around the house. If you cannot dispose of it immediately, put it in a metal can with a heavy

metal cover until it can be burned or collected. Never burn trash near the house or on a windy day.

Plain vegetable or fruit salad for four becomes generous servings for seven or eight when added to a package of gelatin dissolved in two cups of boiling water.

Braised veal steaks are a good idea if you point into them a mixture of a teaspoon of ginger, dry mustard and salt mixed with two tablespoons of flour.

A woman may be fined in Ohio for driving a car with a hat that covers one eye.

FOUR TIPS ON FAT CONSERVATION

Collect every bit of fat and render it down for cooking purposes. Out away the excess fat from roasts, steaks or chops. Take home the meat trimmings and set you pay for at your butcher's, they can all be put to good use.

Save all meat drippings. In roasting meats and poultry pour off excess fat during cooking, leaving only sufficient fat in pan for basting and later for making gravy. In this way the fat is not darkened to the same extent it would be if left in pan for full roasting time.

Save scraps of butter lard or shortening adhering to their wrappings by using these papers for greasing pans.

In measuring accurately you can save. The best method of measuring, say 1.2 cup of solid fat, is to fill your measuring cup 1-2 full with cold water, then add fat until the water measures 1 full cup. Pour off the liquid and the remaining fat is the exact amount needed. Be sure all the fat is completely submerged in the water while measuring.

HINTS ARE GIVEN ABOUT EXERCISE

Do you realize that a broom or a washboard can give you just as much good exercise as a golf club or a rowing machine? Provided, of course, that you use your muscles properly. Fatigue, you know, results from muscles that are strained or overworked.

Watch the moving man, and the station agent, who can toss around a heavy trunk with no apparent effort. No, we do not mean you should do likewise, but notice how they figure out how to lift and shove objects without unnecessary muscular strain.

Washing includes bending, stooping, lifting and reaching. So the next time you pick up a heavy bucket or a basket—instead of bending at the waist and straining the small muscles across your back—squat with one foot slightly behind the other, and use the large thigh muscles to help bring your body up.

And remember that it's easier to carry two suitcases or two pairs of water than just one. Heavy objects that are balanced reduce the strain on a person.

Exercise is wonderful for you, but only if it's done correctly.

LONDON — (CP) — The museum of the Public Record Office, where the Domesday Book is kept, has been reopened after the wartime shutdown.



You'll like the flavor of

KING COLE TEA AND COFFEE

How Can I!!

By Anne Ashley

Q. How should the oven be cooled?

A. When the oven door is opened, after the oven has become very hot, it often cools too quickly. But instead of doing this, if a pan of cold water is placed in the oven, it will lower the temperature gradually.

Should anything be done to a brass kettle that has not been in use for sometime, before using it again?

A. Yes; wash it with salt and vinegar before using.

Q. How can I prevent fat from splattering on the stove?

A. It will not splatter when frying if a little salt is added to it.

Morning Smile

A wise fellow stepping up to the bus as it stopped the other morning said to the driver:

"Well, Noah, you've got to be the Ark full?"

The motorman answered back: "None, we need one more monkey. Come on in."

NOT SAFE

An insurance agent was trying to build up new business in an American village, and tackled an old Negro who was very much under his wife's thumb.

"You'd better let me sell you an insurance on your life, Mose," said the agent, coaxingly.

"No, sir," replied the Negro, firmly. "I ain't no too safe at home as it is."

Cook's Corner

FRIED TOMATOES WITH MILK GRAVY

Three tablespoons fat, 4 tablespoons flour, 2 tablespoons sugar, 1/4 teaspoon salt, 1/4 teaspoon pepper, 4 large green or partially ripe or ripe firm tomatoes, 2 cups milk. Melt fat in frying pan. Mix the flour, sugar, salt and pepper. Cut tomatoes in 1-inch slices. Dip in flour mix and fry carefully until golden, turning once. Remove to hot platter. Add any remaining flour mix to fat in pan and, if necessary, make a blend, add flour, fat or butter. Pour in milk stirring until it thickens, adding salt if needed. Pour gravy over tomatoes and serve at once garnished with chopped parsley.

GREEN TOMATO MARMALADE

(This is a sweet, but does not require as much sugar as a marmalade made from all-citrus fruits.) Wash green tomatoes, trim and cut into small slices. To each 4 pounds of the prepared and sliced tomatoes allow 2 pounds sugar, 1/4 teaspoon salt, and 5 lemons. To prepare the lemons remove the peel and cut it into water thin slivers, and boil for 5 minutes in 1 cup water. Discard the water. Add the parboiled lemon rind, the sliced but seeded lemon pulp to the tomatoes, sugar and salt, and heat slowly until the sugar is dissolved. Continue stirring and boil 1 hour or until mixture is somewhat thick and clear. Pour it once into hot sterilized jars and seal with coating of paraffin, adding a second when cold. This mixture should be stirred almost constantly during cooking period.

PEACH CHUTNEY

(This is delicious, and half the peaches may be substituted with apples. 2 quarts windfall Delicious and 2 quarts Ebermas.) Four quarts peaches, 5 cups spirit vinegar, 1/2 cup each chopped onions and sugar, 1/2 lb. raisins, 1/2 lb. white mustard seed, 2 oz. scraped ginger root, 1 oz. sweet red pepper, 1 oz. garlic.

NEW IDEA FOR PADS

Shoulder pads bulk into a sheer net bodice will give a new "lift" to fall clothes. Available in black or white, the eliminate pinning or sewing pads into each dress, wash easily and are quick to dry.

Try This Old Home-Mixed Cough Relief. Surprising!

Anyone Can Make It. No Cooking. Big Saving. You may not know it, but in your own kitchen, and in just a moment, you can easily prepare a really surprising relief for coughs due to colds. It's old-fashioned—your mother probably used it—but for real results, it's hard to beat.

First, make a syrup by stirring 1/2 cups granulated sugar and one cup of water a few moments, until dissolved. No cooking needed. Hot sterilized jars and seal with coating of paraffin, adding a second when cold. This mixture should be stirred almost constantly during cooking period.

Put the Pinex into a 16 ounce bottle, and fill up with your syrup. This makes sixteen ounces of really splendid cough syrup, and you get about four times as much for your money. It never spoils, and children love it. And for quick relief, it's splendid. It loosens the phlegm, soothes the irritated membrane, eases the soreness, makes breathing easy, and lets you or liquid honey, instead of sugar syrup, get restful sleep. Just try it and you'll see. Then get 2 1/2 ounces of Pinex compressed, your money will be refunded.

DOROTHY DIX SAYS—

Unwanted Bride-To-Be

Bachelor Horrified By Fiancee's Plans For Wedding Date

DEAR MISS DIX: I am a bachelor 30 years old, with my own business, prosperous, active in fraternal, political and municipal organizations. My girl friend is 38 years of age and comes from a prominent and wealthy family. We have known each other for the past five years and became engaged about a year ago.

Now she desires to set a wedding date and I cannot bring myself to do it because I do not love her and look upon being married to her with horror. I am not happy in her company and have tried in every way I can to get her to break off the engagement, but she will not do it because she loves me. I do not want to hurt her and I am at my wit's end to know how to conclude this affair. What is your advice?

F. J. K.

ANSWER: No girl is so stupid as not to know whether the man she is engaged to loves her or not, so if your fiancee insists upon marrying you in spite of your coldness and your putting off the wedding day, it is not because she is so enamored of you, but because you are a dreadful catch, and she is determined not to let a good thing get away from her.

ONLY BRIDE HURT

Under these circumstances you need not be afraid of breaking her heart if you call off the marriage. It will be only her pride that will be hurt. But you will have to gather up your courage to speak plainly to the girl and tell her in no uncertain terms that you not only do not want to marry her, but that you do not intend to do it. If you dilly-dally about it and use weasel words, the first thing you know you will be saying "yes" at the altar and she will have gotten you.

Of course, it is a hard thing for a man to break off an engagement to a girl whom he respects and admires but doesn't want to marry. Many men haven't the nerve to do it, and they think they are being kind and chivalrous in sacrificing themselves to what they consider their sense of honor, but in reality, they could do no more cruel thing to a girl than to marry her if they do not love her. No woman is so much to be pitied as the unloved and unwanted wife.

My advice to you is to break off your engagement to this girl. Don't keep her nursing a forlorn hope any longer.

DEAR DOROTHY DIX: I am the mother of three children. Shortly after my husband was sent overseas I fell in love with a widower with two children. At that time I wanted to get a divorce, but felt that in fairness to my husband I should wait until he came back before telling him that I no longer loved him and wanted to marry another man.

Now that my husband has been wounded and lost his leg I am so miserable and confused I don't know what I should do. He has been released from the hospital and will be home in a few weeks. What is your advice?

BARBARA

ANSWER: Do nothing until your husband comes home and you can talk the matter over together. Perhaps seeing him so sadly wounded will revive your old love for him and you will not break up your home and deprive your children of a father's love and care. Or perhaps his affection for you may have waned, for many a man's heart suffers a sea change in a long separation from his wife and he is glad to be free of a marriage that he entered into in his early youth. It is certainly a great affliction for a man to lose a leg, but in these days of marvelous surgery and clever mechanical appliances it does not destroy his ability to lead a useful and successful life.

DEAR MISS DIX: While my husband was overseas I fell in love with a man three years younger than myself and he wanted to marry me. We were very much in love, but now that my husband has been killed and we are able to be married he denies that he ever proposed to me and refuses to see me. What shall I do?

BEBUILDERS WIDOW

ANSWER: There is nothing you can do except hunt up another suitor who really means business when he pops the question. You certainly can't marry a man against his will, especially when he is foxy enough not to get within your reach.

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DON'T DELAY
ANOTHER MOMENT

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5W-119

Household Scrapbook

By Roberts Lee

Large Buttons
When sewing large buttons on heavy clothing, use a small button on the underside of the cloth. The button will be held securely, and be prevented from tearing the material.

Croquettes
When a wire basket is used for frying croquettes dip the basket into the hot fat before placing in the croquettes. The croquettes will not stick to it when done and will be easy to remove.

Rust on Steel
Rust can be removed from steel by rubbing with a piece of emery paper, and the rust will be entirely removed.

Needlecraft FOR THE HOME

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Better English

D. C. Williams

1. What is wrong with this sentence? "I was sort of surprised to hear about it."
2. What is the correct pronunciation of "Missouri"?
3. Which one of these words is misspelled? Benevolent, assilent, equivalent.
4. What does the word "impunity" mean?
5. What is a word beginning with "es" that means "indispensable"?

ANSWERS

1. At all, I was somewhat sur-

Softly falling side drapery and shoulder gathers make this dress one of the most flattering, feminine ones we've seen yet this season... more charm, the arm swathed in a long, tight sleeve.

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ANSWERS

1. At all, I was somewhat sur-

AW, MOM, DO I HAFTA KISS DANNIE?

HE'S GOT BAD BREATH!

76% OF ALL ADULTS HAVE BAD BREATH—
—the bar to romance, popularity, success

Don't you be a victim of BAD BREATH. You don't need to offend. Just brush your teeth right and morning and before every date with Colgate Tooth Powder. Remember, scientific tests prove that, in 7 cases out of 10, Colgate quickly stops oral bad breath.

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COLGATE TOOTH POWDER

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25c 40c