

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



## FOR THE WOMAN READER

### LIFE'S GREATEST SECRET

"When a man ain't got a cent, and he's feeling kind o' blue, An' the clouds hang dark an' heavy, an' won't let the sunshine through  
It's a great thing, O my brethren, for a feller just to lay His hand upon your shoulder in a friendly sort o' way!

It makes a man feel curious, it makes the teardrops start, An' you sort o' feel a flutter in the region of the heart; You can look up and meet his eyes; You don't know what to say When his hand is on your shoulder in a friendly sort o' way.

Oh, the world's a curious compound, with its honey and its gall, With its cares and bitter crosses, but a good world, after all. An' a good God must have made it—leastways, that is what I say, When a hand is on my shoulder in a friendly sort o' way."

### MANTLEPIECES

Mantlepieces which are old fashioned can be modernised in this way. Box in both the sides with stained plywood, with a wider shelf over the mantel with a beading at the edge to serve as a bookshelf, and paint the hearth with a cellulose brushing enamel. This cellulose paint withstands a reasonable amount of heat.

### USEFUL CUTTERS

Razor blades make excellent pocket knives and string cutters if fitted into a handle. They also rip up seams more neatly than a pair of scissors. Always use them for cutting fur on the wrong side.

### CLEANING SAUCEPANS

Aluminium saucepans blacken easily, owing to the action of the impurities in the water on the metal. Boil the pan out afterwards with a piece of rhubarb, or lemon or tomato, the acid in any of which will clean the pan.

### CURTAINS

Curtains with frilly headings can be given a crepe effect by inserting a cane through the fold, gathering the curtain along it, and ironing over the gathers. This creping helps the heading to stand erect.

### NEXT TIME YOU BAKE— TRY AN ORANGE SPONGE

During the summer months probably the most popular and satisfactory cake to serve with fruit and ice cream is some variety of sponge



**for Baby's Comfort**

There is nothing better for baby's tender skin smooth, free from dryness, chafing and chapping. Use it, too, each time you change his diaper, to soothe inflamed buttocks; on his scalp to correct "cradle-cap"; in his nostrils to ward off sniffles. Absolutely pure, harmless to the most tender skin.

BE SURE YOU GET THE GENUINE LOOK FOR THE TRADEMARK VASELINE WHEN YOU BUY.

If you don't see it you are not getting the genuine product of Chesbrough Mfg. Co., Cons'd., 5520 Chabot Avenue, Montreal.

## TEMPTING RECIPES

### SURPRISE SALAD



### PEEL AN ORANGE

remove all of the white skin, slice thinly (in rounds). Skin a tomato and slice. Arrange as follows: a slice of tomato, then a slice of orange, then a tomato slice and so on. Cut in half through centre. Arrange in V-shape on lettuce with mayonnaise in centre.

A salad like that makes a delightful addition to any meal. Particularly if the dressing has been made appetizing and interesting with Colman's Mustard.

## Colman's D.S.F. Mustard AIDS DIGESTION

### THE COOK'S CORNER

#### RUSSIAN STEAKS

Buy three-quarters of a pound of minced raw beef and mix with six dessertspoons stale bread crumbs which have been soaked in milk and drained, three ounces of butter or good dripping, and a seasoning of salt and pepper. Divide this mixture up into half a dozen pieces, roll them in flour and shape into cakes about the thickness of your finger. Fry them in fat for about six minutes on each side. Then arrange them on a dish and keep them warm. Strain off the fat in the frying-pan, and pour in three tablespoonfuls of stock and the same of sour cream. Scrape and stir well till it boils, then boil for two or three seconds longer, and pour this sauce over the steaks.

#### CARROT SOUP

This is a suitable soup for summer meals, when young carrots may be bought. This is enough for six. You will want a pound of carrots cut in very thin shavings. Put these into a stew-pan with about a tablespoon of butter and a teaspoon (scant) of sugar, and let them fry gently with the cover on and without browning for 20 minutes. Then add a pint and a half of stock or water, and four potatoes cut in quarters. Put on the cover again and cook gently for three-quarters of an hour. Pass the soup through a sieve and put it back into the stewpan with three-quarters of a pint of stock or water, bring to the boil, stirring well and let it simmer for another quarter of an hour. Take it off the fire, stir in a piece of butter the size of a small walnut and serve with fried croutons of bread.

#### CUSTARD PUDDING

One of the uses for egg yolks to which our mind turns most readily is any version of a custard pudding. The standard firm custard mixture calls for one egg to each cup of milk, if the custard is going to be served from the dish in which it was cooked. (It is well to use half an egg yolk, or another yolk, to each cup of milk, if the pudding is to be unmoulded.)

It is useful to have in mind the fact that instead of a whole egg to a cup of liquid, two yolks will make a custard of a desired firmness. And, of course, this rule is just as easily inverted. If you are in the habit of making your custards with yolks only you may sometimes prefer to use the whole egg—if you have nothing particular in mind as a use for left-over whites.

## Dorothy Dix's Letter Box

### Boy Who Gives Up Love and Self-Respect to Marry Money Makes Poor Bargain— Daughter of Jealous Mother is Advised to Laugh Her off

Dear Miss Dix—I am a young man, 21 years old, and I am engaged to a girl whom I love dearly, but there is another girl who is very rich who says that she will marry me. I don't care anything for her, but she has lots of money, while the other girl is a poor girl. What would you advise me to do?  
C. J. M.

Answer: Well, if I were a young man, I shouldn't sell myself out. I wouldn't be able to look myself in the face if I belonged to some woman who had bought me. I would rather roll up my sleeves and go to work and make whatever money I wanted myself.

Money is a good thing to have, but you don't require a great deal of it and there is a strict limit on its purchasing power. When you have enough money to feed you and clothe you and give you shelter, you have all the physical comforts that money can give you. If you had all the wealth of a millionaire to pay for it, you could only eat a certain amount of food. You can only wear one suit of clothes at a time. You could only sit in one chair, sleep in one bed, ride in one automobile. And the finer things of life—love, congeniality, peace of mind, self-respect—money cannot buy.

Furthermore, the fun about money is not in spending it, it is in making it. Any rich man will tell you that all of the kick he has got out of his fortune he got when he was planning, contriving, scheming, plotting to build up his business. The game was in outwitting the other fellow. The triumph was in pulling off a good thing. The excitement was in the chase of the elusive dollar. He was never bored when he sat in the big game, but now when he has nothing to do but spend he finds it a dull and tedious affair.

So, it seems to me, a young man makes a bad bargain when he sells himself for money which he could so easily make for himself and have sport in the making. To give up love and romance and the girl who keeps you interested and thrilled and your own independence for the sake of a few dollars looks like a mighty bad trade to me.

I don't remember that I ever saw the poor husband of the rich wife look really happy and contented and like a regular fellow. On the contrary, somehow, such men always get a kind of prize Pomeranian pup look about them—the look of a thoroughly house-broken pet who is fed on cream and bonbons and gets fat and wheezy for lack of exercise and doing a he-man's part in the world.

Invariably it breaks the man's spirit, because he is in an abnormal position in which the only thing he can do to pay for his board and keep it to lie down and roll over and jump through the hoop to please his good, kind, generous owner. For, if wife or wife's family are furnishing the money to run the establishment, what can he do but yes-yes-yes them? It is always the privilege of the one who pays the piper to call the tune, and it is up to him to dance to it. No man is the head of the house who doesn't settle with the butcher, the baker and the candlestick maker.

Furthermore, to marry a rich wife is death to ambition, because it strikes away a man's incentive to succeed. He doesn't have to struggle and strive to make a place for his wife or in order to give her luxuries, and that is what drives more men on to achieving things than anything else in the world. It is love for a woman that goads a man on in a race and makes him put forward his best efforts. It is necessity that is a spur in his side.

All of this a man misses who marries a girl for her money. He has taken the line of least resistance when he marries for money instead of making it for himself, and he follows it to the end which leads nowhere except just to the feed trough. And he is never happy, because he has neither the respect of himself, his wife or his fellow creatures.

DOROTHY DIX.

Dear Miss Dix—Three years ago I was married to the best man on earth and we went to live in our own home, and four months ago our first baby was born. Until the baby came, I used to telephone my mother every morning and go to see her every afternoon and then go back to her house to spend the evening. Now I can't do this, as the baby keeps me tied down and I can't even telephone her, as I have no phone and have to go to a neighbor's phone. My mother is making me perfectly miserable by finding fault with everything I do. She objects to the name we gave the baby and the way I take care of him, and finds fault continually with my husband. She says I don't love her because I don't come to see her every day, and she has had a nervous attack, which, she says, I brought on her by my neglect. There is no reason for her not coming to see me, but she won't do it. What should I do?  
UNHAPPY DAUGHTER.

Answer: Just laugh at her. Make a joke of it all, and perhaps you can make her see how ridiculously she is acting. The trouble with her is that she is jealous of your husband. Jealous of the baby. Jealous because you love some one better than you do her.

If you give in to her now and apologize all over the place for not devoting your time to her and if you wheedle and coax her into trying to be reasonable, you will just encourage her in her folly. She will make a kind of cult of it, and will take pride in never going near you and find a morbid satisfaction in being a martyr.

So let her alone. Don't notice that she doesn't come to see you. Don't inquire after her health or evince any concern about her nervous attacks. She works them up deliberately. And if you will just give her time to sulk it all out alone she will come down off her high horse and be sensible and reasonable. She won't be able to stay away from the baby.

DOROTHY DIX.

Dear Dorothy Dix—Why is it that girls take so long to get dressed after their date has arrived? I have waited as long as half an hour on several occasions, sometimes as much as an hour or more on a girl, and I hate to sit in a girl's parlor and have to wait for her. Is it that girls just don't care about taking up a man's time, or does it really take them that long to dress?  
W. D.

Answer: It doesn't take any girl three minutes to give her bob a slick and put on the few garments in which they clothe themselves nowadays, so when a girl keeps you waiting it is because she is more interested in doing something else than she is in seeing you.

It is a deliberate, premeditated affront and you are foolish to stand for it. When a girl keeps you waiting, get up and leave and, my word for it, she will have on her glad rags the next time you come, especially if thereby you cut her out of going some place that she wanted to go.

And for heaven's sake be warned. Don't ever marry a girl who isn't punctual and Sally-on-the-spot. It means that here will never be a meal on time and that she husband can follow the example of the man who learned three foreign languages while his wife was putting on her hat.

DOROTHY DIX.

## GARDENING

### THE LION ON THE LAWN

The dandelion was cleverly called "the tooth of the lion" in the original French from which comes the name. It has long, deep, tapering roots which, if broken off, have the capacity to form new leaves and plants. Once thoroughly established on a lawn, dandelions are most difficult to eradicate. To the distressed home beautifier, they are indeed like lion's teeth chewing up the beloved handwork.

Spraying the lawn repeatedly with sulphate of iron is recommended where the pest is prevalent, a twenty per cent strength being suggested for the sulphate, that is, about 20 pounds in 10 gallons of water. However, many of the leading horticulturists are definitely in favor of the fertilizer system and recommend the stimulation of the grass by repeated applications of sulphate of ammonia. That would be about four applications at least during the season, the first application being made very early in the spring, using about eight pounds of sulphate of ammonia on 1,000 square feet of lawn. It is well to fix the fertilizer with a certain amount of soil in order to get uniform application and should be applied when the grass is damp. One eminent horticulturist is of opinion that the use of sulphate of iron to kill out dandelions works better with a plant like mustard that does not possess so strong a root system. It may take two or three seasons to clean the lawn by the fertilizer method.

There are two effective ways of exterminating the weed and both require considerable time and patience. The first is by trying to poison them off with sprays; the second, and most efficient in the long run, is killing them with kindness, that is, by the use of fertilizer. The grass becomes so strong, crowding in under the rosette of the dandelion leaves, that the weeds are forced to give place to the persistent grass, particularly if in a sunny position.

It is still possible to set out dahlias tubers, but probably this work has been completed. The first of July, however, is not too late for planting dahlias which mature rapidly, something to be remembered by garden makers who have summer homes to which they go after the close of the schools. It often happens that late planted dahlias give better results than those which are started early, but the roots produced by them are not so likely to winter well. Late planting is an excellent plan when flowers in abundance are sought, but early planting is better to give an increase in tubers. Dahlias started from seed are not likely to produce tubers of sufficient size to be carried through the winter unless the planting is done early.

"Feeling utterly miserable, Doris crept up to her room and shed a few tears.—From a Novelette." With the aid of her rouge-pot and lipstick.

## COULD HARDLY EAT OR SLEEP

Lydia E. Pinkham's Vegetable Compound Made a New Woman of Her



"I could not eat or sleep at night because I was so restless—pains all over my body. The woman who lives next door told me about Lydia E. Pinkham's Vegetable Compound. It has helped me tremendously. It has rebuilt my system, and relieved the pains. I feel like a new woman now."—Mrs. L. M. McKASSON, Maple Road, P. O. Brighouse, Lulu Island, British Columbia.

Try this medicine. 93 out of 100 women report benefit. Sold by druggists everywhere. Get a bottle today.

DOROTHY DIX.

## SKINNY? NEW WAY PUTS ON POUNDS In a few weeks!

Hundreds who were once skinny praise this new, easy way to get lovely curves and vital health!

STOP being ashamed of your figure—having people call you "skinny", and losing your chances of making friends on that account. Here's a new, easy treatment that is giving hosts of people solid, healthy flesh and attractive curves—in just a few weeks!

As you know, doctors for years have prescribed yeast to build up health for rundown men and women. But now with this new discovery you can get far greater tonic results than with ordinary yeast—regain health, and in addition put on pounds of solid flesh—and do so surprisingly short time.

Not only are hundreds easily gaining beauty, bringing pounds, but also clear, radiant skin, freedom from indigestion and constipation, new life and pep.

Concentrated 7 times  
This remarkable new product, Ironized Yeast, is made from specially cultured, imported beer yeast, the richest yeast we know of, which by a new process has been concentrated 7 times—made 7 times more powerful.

But that is not all! This super-rich, health-building yeast is then ironized with 2 kinds of strengthening iron. Day by day as you take Ironized Yeast, watch that chest expand, skinny limbs round out attractively, skin clear, new health come.

Results guaranteed  
No matter how skinny and weak you may be, this new Ironized Yeast should build you up in a few short weeks as it has so many others. If not delighted with the results of the very first package, your money instantly refunded.

Only be sure you get genuine Ironized Yeast.



Not some imitation that cannot give the same results. Insist on the genuine with "IY" stamped on each tablet.  
Special FREE offer!  
To start you building up your health right away, we make this FREE offer. Purchase a package of Ironized Yeast today, and out the seal on the box and mail it to us with a clipping of this offer. We will send you a fascinating new book on health, "New Facts About Your Body", by an authority. Remember, results guaranteed with very first package—your money refunded. At all druggists, Canadian Ironized Yeast Co., Ltd., 2234, Box 1323, Montreal, Que.

## A Morning Smile

Restful  
"I don't know what to do with young Jones," complained the sales manager to the head of the firm. "I've put him in three different departments, and he simply dozes all day long."

"Put him at the pyjama counter," suggested the proprietor, "and fasten a card on him with these words: 'Our pyjamas are so restful that even the man who sells them cannot keep awake.'"

Too Smart For Him  
They had been having one of their frequent squabbles, and he was getting the worst of it.

"I wish," he said in exasperation, "that some brainless idiot had proposed to you before we were married."

"He did, darling," replied his wife, calmly.  
"This rather took the wind from his sails."  
"Well, then," he exclaimed, "I wish he had married you."

"Yes, darling," she replied, still unperturbed, "he did."

LOUIS XVI'S TREASURE SHIP  
Following the success of the Italian salvage ship Artiglio in rescuing the gold from the liner Egypt, there is now some talk of recovering the golden treasure from the Telemaque which sank in the Seine on January 3, 1700.

It was at the instigation of Louis XVI's advisers, who saw the storm clouds of the revolution on the horizon, that the Telemaque is said to have been laden with priceless plate, bars of gold and jewels. The overladen ship only got as far as Quilleboeuf, where she sank in the muddy river.

In 1840 engineers drew up plans for salvaging her at a total cost of half a million francs, but after a year's efforts, the attempt had to be given up. Old salts of Quilleboeuf are convinced the treasure is sunk in the broad estuary of the Seine and point to the spot where their ancestors told them it lies.

LUMBER EXPORT HIGHER  
The export of planks and boards made a strong advance in May, the value being \$1,242,656 compared with \$536,998 in April and \$1,174,888 in May 1932. The total to the United States was \$489,226 and to the United Kingdom \$454,638.

There was a heavy increase in Douglas fir square timber also, the total being \$114,526 against \$47,191 in April and \$74,928 in May 1932. Most of it went to the United Kingdom and large quantities to Australia and Japan. The buying by Australia was one of the features of last month's export.

MOVING MOUNTAIN MAKES A MYSTERY  
DURANGO, Colo., July 11.—The United States government recently set out to solve the mystery of Carbon mountain, southwestern Colorado's moving peak. J. W. Vanderwild of the U. S. geological survey is in charge of an investigation to determine why Carbon mountain, until last December a perfectly normal mountain peak, suddenly became restless and began to wander about.

## Daintiness With Chic Styles

ILLUSTRATED DRESSMAKING LESSON FURNISHED WITH EVERY PATTERN  
BY ANNABELLE WORTHINGTON

If you want to make a darling splash of colour in a simple sports type—here's your model!  
It's cotton to be certain, for it is as smart as paint this season. It has a linen finish. The ground is white with orange-red motifs. The decorative buttons of the raglan shoulders and the belt buckle tone with the red shade.  
Lots of other materials suggest themselves for this cool dress. Pale blue pique, yellow linen, white tub silk and dusty pink pique are especially smart.  
Style No. 458 is designed in sizes 14, 16, 18, 20 years, 36, 38 and 40 inches bust. Size 16 requires 3 1/2 yards of 39-inch material with 2 3/4 yards of binding.  
Price of PATTERN 15 cents in stamps or coin (coin is preferred). Wrap coin carefully.

No. 458. Size .....  
Name .....  
Street Address .....  
City ..... State .....



Another definition of an optimist is a dead-broke man ordering oysters in the hope that he can pay for his dinner with a yawn.