

Woman's Realm Social and Personal Fashions Literature



NO FEAR OF COLD CATCHING

when the children have been built up with Father John's Medicine, which increases resistance to colds.



Cook's Corner

Spanish Cream

- 1/2 tablespoons granulated gelatin
 - 1 cup cold water
 - 3 egg yolks
 - 1/4 teaspoon salt
 - 2 1/2 cups milk
 - 1 teaspoon vanilla
 - 3 egg whites
 - 1/3 cup sugar
- Soak gelatin in cold water. Beat a custard of egg yolks, salt and milk. Cook, stirring constantly, until mixture coats the spoon. Dissolve gelatin in hot mixture. Cool and add flavouring. When mixture begins to thicken, fold in meringue made by adding the sugar to the stiffly beaten egg whites. Turn into moulds and chill.

Cocoanut Spanish Cream

Follow recipe for Spanish Cream. Folding in 1 cup shredded cocoanut with the meringue.

Caramel Spanish Cream

Follow recipe for Spanish Cream. Use 1/3 cup caramel syrup instead of sugar, combining it with the milk in making custard mixture. Fold in stiffly beaten egg whites.

Coffee Spanish Cream

Follow recipe for Spanish Cream, using 1 1/2 cup milk as liquid.

Chocolate Spanish Cream

Follow recipe for Spanish Cream. Melt 1 1/2 oz. unsweetened chocolate in milk when making custard mixture. Beat with rotary egg beater. Then add egg yolks and salt.

Fruit and Nut Spanish Cream

Follow recipe for Spanish Cream. Fold in, with meringue, 1/4 cup chopped nuts and 1/4 cup dates, candied cherries, or ginger.

STEAMED FIG PUDDING

- 1/3 cup shortening
 - 1/3 cup sugar
 - 2 cups bread crumbs
 - 1 1/2 cups scalded milk
 - 3 eggs
 - 1/4 cup flour
 - 1 teaspoon baking powder
 - 1/2 teaspoon salt
 - 1/4 teaspoon cinnamon
 - 1/4 teaspoon cloves
 - 1/4 teaspoon nutmeg
 - 1 cup chopped figs
- METHOD: Cream the shortening well and gradually cream in the sugar. Add the bread crumbs and

Household Scrapbook

By Roberta Lee

Gasoline Soap

To make gasoline soap, cut three bars of white laundry soap into a ten-pound bucket filled with cold water. Heat the water until the soap is dissolved. When cool, add one large cupful of gasoline and stir well.

New Stockings

Always wash out new stockings before wearing and they will not have runs so soon as otherwise. This will take out any dressing that makes the silk brittle.

A Salad

A novel salad can be made with cranberry jelly served on a lettuce leaf with either mayonnaise or French dressing.

Better English

D. C. Williams

1. What is wrong with this sentence: "I have every confidence in his ability?"
2. What is the correct pronunciation of "solace"?
3. Which one of these words is misspelled? Devotee, development, devastate.
4. What does the word "formative" mean?
5. What is a word beginning with ze that means "filled with active interest"?

ANSWERS

1. Say, "I have implicit confidence in his ability." 2. Pronounces so-las, o as in of, not as in so. 3. devastate. 4. Giving, or tending to give, form; plastic. "These experiences date back to the formative period of my life." 5. Zealous.

the scalded milk, mixing well, then cool. Beat the eggs well and add to the cooled cream mixture.

Sift the flour with the baking powder, salt and spices, and mix with the chopped figs. Add the dry mixture to the first mixture and stir until well blended. Place the batter in a greased bowl, filling it two-thirds full. Cover the bowl and steam for 3 hours. Serve with custard sauce, or with any other desired pudding sauce.

LENGTHEN SKIRT

Don't think that you have to throw away a good skirt just because it has no hem-letting possibilities. Lower its length by adding a yoke to the top. New fabric used for such a yoke does not have to be painstakingly matched to the old skirt. In order to make a yoke, sewing skill can even be on the amateurish side. You can conceal an ineptly made yoke with a wide cover-up belt.

DRIFTING BOTTLE CROSSES ATLANTIC

PAARL, South Africa, Feb 2 (CP) — After drifting across the Atlantic Ocean from the Gulf of Mexico, a bottle was washed up on the South African shore, near Saldanha Bay, about 90 miles north of Cape Town. Found by J. C. Wolfardt, a Paarl teacher, the bottle contained the following message: "This bottle was thrown into the Mississippi River near New Orleans on June 22, 1947, by Ken Christensen, of 1003, 5th Avenue, Moorhead, Minnesota, U. S. A. Please communicate."

That Body Of Yours

By James W. Burton, M. D.

DEATHS FROM TUBERCULOSIS NOT SO NUMEROUS

We may laugh at the number of safeguards practiced by the young mother as she tries to follow the advice given her physician or child specialist. But it is following that advice that within a space of about 30 years has reduced the death rate in children at birth and during their first year from 3 in 10, to less than 1 in 20. One of the favorite spots for children is on the knees of the grandmother or grandfather. Today mothers are warned not to let the children climb on the knee of grandparents if the grandparents have a cough, however slight. The organisms expelled in coughing or spitting may not always be the tuberculosis organism but often it is, and even other organisms can lower the child's resistance to tuberculosis. The fact that tuberculosis can be controlled, if care is taken, is one of the teachings of the National Tuberculosis Association, which for the past 50 years has been waging a war against this dread disease. Some of its slogans make us all pause and realize that in every case of tuberculosis the two questions of the slogans must be answered: From Whom Did He Get It? and To Whom Has He Given It?

When we learn that in 1907, of every 10,000 people, 300 died of tuberculosis and that in 1945, 1.53 in 10,000 died of tuberculosis, the great work done by this organization in teaching the public how to prevent tuberculosis can be appreciated. The National Tuberculosis Society outlines eight "preventive" suggestions as "prevention is better than cure." These suggestions for our everyday guidance are: 1. Have physical examinations at regular intervals. 2. Consult your physician if you have a cold, cough, unexplained pains in the chest or fatigue that tends to "hang on."

3. Ask your physician about a tuberculosis test. 4. Eat regularly three meals a day. Include all forms of food stuffs. 5. Develop regular sleeping habits, and get eight hours' sleep every night. 6. See that you have sufficient exercise, fresh air and plenty of sunshine.

7. Have all chronic infections removed from teeth, tonsils, sinuses, gums, gall bladder. 8. See that your home is ventilated and properly heated.

THE COMMON COLD

Never neglect the common cold as it often may be the forerunner of other more dangerous conditions. Send 10 cents and a 3-cent stamp, to cover cost of handling and mailing, to The Bell Syndicate, in care of this newspaper, Post Office Box 99, Station G, New York 19, N. Y., and ask for your copy of the Barton booklet entitled "The Common Cold."

The Stars Say--

By Genevieve Kemble

For Wednesday, February 4

THE astral indications are that an energetic and fiery flare-up or explosion may result in clarifying the atmosphere for a promising degree of constructive work. After an outburst of over-enthusiasm, with resentments and harsh words, there is likely to be a saving gesture of pouring oil on troubled waters, with compromise, better understanding, and a show of reason rather than riot and recrimination. This possibly owing to the kindly intervention of responsible persons, able to note advantages, progress and ultimate gain, and harmony born of consideration and amicable adjustments of honest differences of opinion.

For the Birthday

Those whose birthday it is may find their affairs moving into productive goals, with definite progress and promotion, following a space of entanglements, misunderstanding, wrangling, acrimony and resentment. A deep analysis with practical appraisal of major interests, has promise of an energetic move in the right direction, possibly with the good offices and constructive cooperation of those in responsible places. There is much to be gained by reason and sound tactics, as the mentality and energies are under splendid stimuli for action. A child born on this day has a versatile mentality, with skill, ingenuity and force to back up its ambitious ideas and enterprises.

APPLE-PIE ORDER

A famous old Puritan housekeeper, Hapsbach Marton, made a practice of baking two or three dozen pies every Monday. As these were to last her family throughout the week, she placed them on her pantry shelves, each one duly labeled according to the day it was to be eaten. When she had finished her work she would remark that her pantry was "in apple-pie order." The saying has come down to modern days.

Dorothy Dix Says—

Why Do Women Sour On Marriage?

Too Many Spouses Build Impossible Ideal Husbands Cannot Live Up To

A correspondent says: "Practically all women want to marry, and they feel that life is cinchers, ashes and dust if they do not get a husband. Yet women are the chief petitioners in the divorce courts. Why is it that so many of them so soon lose their taste for marriage?"



That is a conundrum that no one can answer for true, for there are as many different sources of domestic grouches as there are married women; and each wife has her own pet peeve if she is one of those prickly ladies who is always searching for a crumpled rose leaf under her 40 mattresses of ease. Any woman can find a grievance if she looks for it hard enough, for even the Creator was not able to make a perfectly satisfactory husband, as is proven by the Adam and Eve affair. But I think that the reason that so many women go about beating their breasts and crying out that marriage is a failure is because they expected too much of it.

They had built up an impossible ideal of earthly bliss in which there would be nothing but sunshine and roses; where their husbands would always be ideal lovers; where they would be always clothed in bridal finery and were as the old cowboy song says, they would never hear a discouraging word.

MARRIAGE CAN BE TEDIOUS

And when they found out that marriage was mostly cooking and washing and scrubbing and baby-tending and putting up with the peculiarities of husbands who are always throwing their mothers in their teeth, and who had dropped all of their love-making at the altar, they just couldn't take it. They turned on their tear ducts and began filling their bills of complaint against marriage.

Another reason why so many women find marriage a chore instead of a picnic is because mothers so seldom rear their daughters to be wives. Not one bride in a dozen knows how to cook, or whether to buy a sheep or a chop for lunch. Nor has her mother ever given her any tips about how to stroke her husband's fur the right way instead of getting in his hair. So it is no wonder that, when the young husband sits down to a meal that is inedible, he says things that sour her on the whole matrimonial relationship.

Of course, a gloomy and disgruntled wife, who is always complaining and fault-finding, isn't what the husband bargained for in marriage, either. But, to a large extent, he is to blame for it; for the great majority of husbands take mighty little trouble to make marriage a happy experience to the women to whom they are married. They think that all that any woman needs to keep her entertained and amused is to sit up and look at her wedding ring.

Unfortunately, such is not the case. Little as husbands suspect it, their wives have the same need and desire for entertainment and amusement that they have. The girl who has been accustomed to putting on her pretty clothes and stepping out in the bright lights can be just as bored spending every evening at home as her husband would. She doesn't even enjoy hearing the baby cry any more than he does.

But husbands are obsessed with the belief that wives need no other entertainment than just being married to them, so there is no use wasting time and money in showing them a good time. It is his wife's boredom that costs many a man a lot of alimony.

Modern Etiquette

By Roberta Lee

Q. The only good piece of jewelry I have is my platinum, diamond-set wedding ring. Is it necessary for me to discard this, inasmuch as I have just been divorced?

A. No, you may go on wearing this. It is the only kind of ring that you can wear without question.

Q. What apology should a person offer if he accidentally brushes against another person on the street, or in some public conveyance?

A. "I am sorry" is sufficient. Q. When is the proper time for the host to take his seat at the dinner table? A. The host should always be the last one to take his seat.

Morning Smile

Doctor: The thing for you to do is to stop thinking about yourself—to busy yourself in your work. Patient: Gosh! And one a concrete mixer.

ONE TO PAT

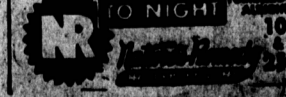
A certain will was being disputed in court, and Pat found himself called as one of the principal witnesses.

One of the counsel thought that the uneducated Irishman would give him plenty of fun in the witness box. "Now Pat," he started, "was the deceased in the habit of talking to himself when he was alone?" "Oh, no idea, yer honor," came Pat's reply. "Come!" the lawyer went on. "You say you don't know—and yet you told the court that you were a great friend of the deceased?" "Well, 'or," confessed Pat, "I never happened to be with him when he was alone."

Don't Let Constipation Keep you feeling all-in

Millions find relief this way

Feel bad? Headache from faulty elimination, weary and dull? Take NE tonight, an all-vegetable laxative with a thorough, pleasing action. NE comes in two strengths, Regular NE, and NE Junior (4 doses), best made for you if sensitive to laxatives. Chocolate coated or plain.



Ellen's Diary

By an Island Farmer's Wife

James was to town today, and now that the frost creeps up the pane whitely to make one exclaim "This is a cold one!" smugly he talks over the high lights of his trip with Mr. C. from the house on the hill—Pard has stolen in to rest behind the stove and Tabby is comfortable beneath it. Mr. C. came at twilight which was not at all dusky, but a rare and delightful period of a day which had been coral tinted at dawning and ending, and had slipped away suddenly without one being aware of its passing, into the mellow glow of moonlight. Its beams has set a million gems to sparkling along the snow stretches of our yards, not brilliantly as by day but in a more subdued and delicate manner. And seeing the outdoors as I did them from the pantry window, one might well believe they were viewing one or another of the bewitching and fanciful lands out of Jamie's books of fairy tales. Mystic by night, yet real if inclined to be short-lived, I find the moonlight places—and always beautiful.

We were on the point of sitting down to supper. "Put down a plate for Mr. C." James bade me "a cup of good hot soup never goes amiss on a night like this" and the talk which commenced then of current marketings and prices and perspectives as gained and noted by James on his outing still continues, without any hint of lack of subjects.

There was business to take James to the city today, of a nature which could not be attended to by the feminine part of the family in any of her goings or comings. And besides there were "those pigs." "I reckon" Jock observed to his father this morning "we may as well let a pair of those pigs go today." True when they went into the matter more thoroughly "they might stand to wait for the next market day" but taking into consideration the variable winter weather of late they decided it would be to our interests to let them go. A delay such as could be occasioned by a snow storm might put them above the required weights which in this instance had been determined by weighing and girthing in an experiment to find out how the weigh and girth are aligned. In respect to hogs, girthing is a new method of computing poundage, though it has always been practiced in approximating the gains in the fattening catt—and sometime rath—ing carefully in purchases of the same!

Getting away any of the stock is always an occasion at Alderlea and today was no exception to the rule. To begin with there could be no luxurious pausing in bed to chat idly but before one could be certain morning had come covers were hastily thrown aside and our day had commenced. Not only James' allow time for his share of the early choring, he must also do all in his power to lighten the day's work for those left behind. Perhaps or all the preliminaries to his going, the most trying are his own preparations for the trip. From the time he handles a warmed pair of socks which leap and question: "Have you just off the clothes line?" and cap doctored and he is away. But not before a careful checking of glasses—since eyes grow dimmer, of shopping lists which though put "in this pocket here" turn out to be usually only so much extra baggage, and his purse which in an astute reminder to me was "fairly slim" this morning.

Last minute directions had to do with: "Now don't go out and slip on the ice when I'm away, Ellen," and don't go to sleeping all afternoon and forget about the fires. Close all the dampers in the stovepipes and don't have too much fire on if you feel like lying down!" I may say that today's such as these questions: "Have you just off the clothes line?" and cap doctored and he is away. But not before a careful checking of glasses—since eyes grow dimmer, of shopping lists which though put "in this pocket here" turn out to be usually only so much extra baggage, and his purse which in an astute reminder to me was "fairly slim" this morning.

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Living & Leisure THE WOMAN'S REALM

The sky is low, the clouds are Mean. A travelling flake of snow Across a barn, or through a rut Debates if it will go.

A narrow wind complains all day How some one treated him; Nature, like us, is sometimes caught Without her diadem. Beclouded—Emily Dickinson.

TREATMENT OFFERED FOR DRY HAIR

To overcome a dry hair condition you must work directly on the scalp. Insist in a dry-hair ointment. Ask for it at any cosmetic counter.

Brush the hair until it is free of dust, then comb carefully. Divide the hair into sections. Put a little ointment on the fingertips, then massage the scalp. Go over the entire head, paying special attention to the crown of the head and the nape of the neck, also above the ears. Then comb and brush.

Do this daily for four weeks, then shampoo once a week after that period. Follow the shampoo by treatment as outlined above. If your skin is dry, use a rich cream and add more fats to your diet. Rest and relax as often as possible. After two months of dry-hair treatment try the treatment outlined below.

EGG SHAMPOO

Egg shampoo does wonders in improving your hair. For this treatment, add one whole egg to a diluted solution of liquid shampoo.

First, brush your hair briskly and, wrap in hot towels, turban-fashion. Leave towels on for 15 minutes. Next, remove towels and massage the scalp. Wrap in hot towels again for a few minutes, then remove and give the scalp another fingertip massage.

Now, wet the hair with lukewarm water and use one-half of the shampoo solution, working it into the scalp. Use cool or luke warm water for thorough rinsing, otherwise the egg may curdle. After rinsing repeat entire process, using the other half of the egg lukewarm rinse and gentle, warm-towel drying. Massage a tiny bit of colorless ointment into the scalp. Brush, comb and set the hair, a rattail comb for curls and waves.

This home treatment is a real brightener-upper for faded, over-bleached or streaky hair. If you have been having your hair bleached or dyed, think well before you decide to discontinue. The "growing out" stage is hard

to take but you can wear a wrap-pod turban until the natural color returns. It is a wise move to let your hair "go natural."

WISDOM VITAL TO TEEN-AGERS

Father may growl when Junior wants the car to take his "date" dancing! Mother may criticize Susan for day-dreaming but when it comes to dealing with members of the juke-box brigade, health and welfare department officials have a few "do's and don'ts" for parents.

These experts admit that the teen-ager is "a peculiarly difficult individual to manage," but at the same time parents could make life easier for themselves, and the adolescents as well, if they tried to be a little more understanding. It is granted that it's difficult at times to tolerate the "know-it-all" attitude of the average teen-ager, but a parent should realize that the independent phase is natural if the child is to develop into a self-reliant, responsible person.

He's at the age when he questions everything from religious observances to the economic system but the best way of meeting this phase is not with arbitrary authority, nor even with reasonable argument if presented in an overwhelming broadside, say department officials.

"Present it with just enough reasonable argument to set him thinking again." Then again, he's at the age when he needs friends most of all. Neither the young child, who gets most of his emotional satisfactions within the family, nor the adult whose philosophy of life carries him over many difficulties, has need for friends to the same extent as the adolescent.

When it comes to the decision of a career, a job—part-time or during school holidays — often is useful as an indicator of the type of vocation the adolescent should follow, suggest health department officials. In this field the parent should "tread with much circumspection," guiding himself by the aptitudes of the child, not by his own wishes.

Play is important in growing up and active sports are useful for all adolescents, the experts agree. They improve muscular co-ordination and posture, prevent day-dreaming and serve generally as a means of working off energy.

Sex instruction, of utmost importance at this time of life, should be given in a factual way and unemotionally. "It should best be given privately by the parent or by some older person in whom the adolescent has confidence," say health officials.

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Modern Etiquette

By Roberta Lee

How Can I!!!

By Anne Ashley

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