

# Woman's Realm / Social and Personal / Fashions / Literature



## That Body Of Yours

By James W. Barton, M. D.  
WASTES OR EXHAUST OF THE BODY

In textbooks in physiology which tell of the workings of the body processes, as anatomy tells of its structure, the body usually is compared to an engine or boiler which takes in fuel (food) just as an engine takes in coal, wood or oil. Like the engine the body gets rid of its wastes, just as the engine gets rid of its ashes and smoke. However, the big difference between the body and the engine is that the fuel for an engine never becomes a part of the engine, whereas the food we eat actually becomes a part of our body.

It takes more than kisses to keep a man happy! If you want your man always to be proud of you... if you want always to look your youngest, slimmest, and loveliest... you must watch your diet! And, in any diet to gain a lovely figure, you should eat certain special foods because of their vital "protective" qualities.

This is the vital part so rich in iron and certain other "protective" food elements your body must have. Not only is All-Bran a "protective" food but it is guaranteed, on a double-your-money-back basis, to keep you regular naturally. Such natural regularity is always advisable, diet or no diet.

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## Modern Etiquette

By Roberta Lee  
Q. Is it necessary to send an answer if one has received an invitation to a church wedding, but not to the reception?  
A. No, unless the wedding is small and the invitation is a personally written note or letter.  
Q. Is it all right for a woman to close a social letter with "Respectfully"?  
A. No. "Sincerely yours" or "Very sincerely yours" would be the best endings.  
Q. Is it correct to spread jelly on bread when at the table?  
A. No; the correct way is to put the jelly on each piece of bread as it is broken.

## The Stars Say

By Genevieve Kemble  
For Friday, September 10  
THE auguries for this day seem to point to the hopeful and ultimately successful launching of fresh starts, new projects of importance, but with little encouragement or approval from those in positions of importance. It may be necessary to demonstrate individual abilities, diligence and sustained work on practical and lasting propositions and plans. These plans should be worked out by shrewd techniques and a concentrated marshalling of all available resources, forces and facilities. Such industry and tactics may win betted aid.

## How Can I!!!

By Anne Ashley  
Q. Can Iard, that is the least bit brand, be used for pastry?  
A. No; it will spoil the pastry. It is false economy to attempt using it. It can be rendered again and used for frying, use only fresh lard for pastry.  
Q. How can I prevent the weakening of the fibers in hosiery, when laundering?  
A. AVOID extremes of heat. Do not wash in hot water or dry in the hot sun, as both treatments will weaken the fibers.  
Q. How can I tint wall paper that has faded?  
A. Special tints for this purpose can be purchased at any prominent paint store.

## Better English

D. C. Williams  
1. What is wrong with this sentence? "They are excessively happy."  
A. "Excessively" is a redundant word. "They are happy" is sufficient.  
2. What is the correct pronunciation of "indubitable" in the sentence: "The success of the plan was indubitable."  
A. In-dub-i-ta-ble.  
3. Which one of these words is misspelled? Benignant, beneficently, benediction.  
A. Benignant.  
4. What does the word "gratis" mean?  
A. Without charge.  
5. What is a word beginning with "un" that means "unprincipled"?  
A. Unscrupulous.



Trumps at all parties

## KING COLE TEA COFFEE

## DOROTHY DIX SAYS—

### Traits of Good Mother Man Should Evaluate Virtues Of Fiance As Moulder Of Children's Character

Considering that the most important thing in the world, to every man who has children, is the way they turn out, it is amazing how little thought and consideration men give to the kind of a mother a girl will make.

### INFLUENCE GOOD OR BAD

Doubtless children inherit no more from their mothers than they do from their fathers, but it is far more important what kind of mother they have than what kind of father they have. For their mothers are with them much more in their plastic years than their fathers are, and it is the mother who lights the fires of ambition in their souls, who inspires them to do and dare. It is the mother who keeps them cheered up when their hope fails, who braces up their weak spines with her own backbone, and whose ambitions for them and belief in them actually forces them to make good.

## Ellen's Diary

By an Island Farmer's Wife  
The accomplishment brought a gleam of approval to James' brown eyes this evening, better even than the ardent love-light of yesterday! But then perhaps not better but definitely sicker. It was about the milking of the new heifer and James had just given me a verbal tap on the shoulder. In this morning Jeanie and I, disgusted when our farmers could not find a spoon or a drenching-bottle, the whereabouts of which was most obvious had agreed between ourselves that "Adam could not have picked and eaten that apple himself!" I decided from James' words this evening that somewhere along the early years, man and hand had absorbed a bit of the gulle, supposed to have been waully appropriated by us of the fairer sex. Though his words "may have been from the heart," "You're the Ellen!" James exclaimed. I may say that it is only a matter pertaining to the farm that James ever lets fall any word of praise to his women-kind.

## The Queen's Holiday

By Elizabeth Corbett  
Presently as she shifted a hat box from one chair to another she came quite close to him. She paused directly in front of him, and began to compose in her own mind a little speech of thanks for all his kindness.

## Household Scrapbook

By Roberta Lee  
Sweeping Cellar  
When sweeping the cellar floor using a damp sweeping compound which will get the floor cleaner and prevent flying dust. Save at your old coffee grounds and tea leaves, soak them with water sprinkle on the floor, and then make your clean sweep.

Now if I chanced to "write a better book, preach a better sermon, or invent a better mousetrap" any one or all would merit no word of commendation from him. In James' mind, anyone could do things like that, but a woman be able to drive a team of horses, hoe a row of turnips, pick a quick basket of potatoes, look for a gang of workers, or as this evening milk a fractious heifer. There now, these are among the requisites of a smart woman. "And you milked her, Ellen?" he asked. "Yes!" I beamed with wily modesty, of course. "No trouble?" he inquired. "No trouble!" I returned.

It would certainly have taken down my present stock in James' eyes, if I had returned any other answer. The incident was past then. Let the past bury its past, I tell myself of tedious happenings. I would not dare relate that the animal, a comely creature, fidgeted until the perspiration, this cool evening broke out on my forehead; that I had effected the milking with only one hand; that it took much gentling and persuasion to have her suffer the milking at all; and that when at last she was reconciled to my approach, the touch of strange fingers grand-daughter, who is very sweet and dear had appeared suddenly in front of the manger to ask: "And how are you getting along, grandma—are you missing granddaddy? Granddaddy's the best fellow in all this world to milk new heifer-oo!"

It had just occurred to her that unless he were keeping back certain knowledge—and she didn't believe he was—Theodore V. Layton was no older acquaintance of hers than he himself realized.

The next three weeks were just too good to be true. No one came near Elsa; she seemed to have made good her disappearance. Her great dream had come true—she was at last a private person, and her time and actions were her own. Mornings she rose late, and made her coffee with some difficulty. (It was very bad coffee that she made, but good bread and butter helped it down.) Then she established herself on the couch in her living room, and read the magazines and new novels which she had brought in with her the day before. Through the pages of the newspapers she kept track of her own case. They doled on "Queen Elsa."

Do not place the berries in the icebox while they are damp, or until they are dry after washing. If they are wet they will mold quickly.

White Silks  
White silks will retain their good color if two or three drops of vinegar are added to the last rinsing water.

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## Morning Smile

By an Island Farmer's Wife  
Elsa: "Was your chaperone much of a nuisance at the dance last night?"  
"Yes, we couldn't find her anywhere when it was time to go home."

## Needlecraft FOR THE HOME

Advertisement for Needlecraft featuring a dress pattern (No. 2546) and instructions for purchase.

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