

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

The HOUSEWIFE and HER ACTIVITIES

WHO PLANTS A TREE
Who plants a tree
Plants breezy penance free,
A monument of beauty, clearing high
The lambent aure of the tented sky;
He plants a safely cool retreat
For feathered friends, from rain or heat;
A home for warbling ecstasy—
Who plants a tree.

WHO PLANTS A TREE
Plants promises of things to be;
Of silver rain on dripping leaves
Of bent low;
Of bare, brown branches, heavy
fringed with snow;
He plants the Autumn gold, the glad
awakening
And first green glance of Spring.
All this and more plants he
Who plants a tree.

WHO PLANTS A TREE
Plants good for days to be;
King of the forest, splendor of
the plain;
The labor not in vain;
He plants a joy posterity may
own.
Not for himself alone;
Who plants a tree
Almost he plants infinity.
Mrs. M. M. Beck.

FOUR SKIN NEEDS SPECIAL ATTENTION JUST NOW

This is the time to get tired
winter complexion back into shape
for the Easter parade. Skins that
have become dry from steamheated
rooms and clogged pores, caused by
excessive coal dust in the air, all
need special attention.

EXERCISE AND LIGHT DIET TO CURE SPRING LASSITUDE

The lassitude which afflicts the
human race with the approach
of warmer weather has always puzzled
doctors. Some think that it is
due to subtle nervous changes dur-
ing readjustment to different
climatic conditions, but what is
more likely is that a body, which
wishes to be young again, is trying
to throw off superfluous accu-
mulated during the sedentary
days of winter. A lighter diet and
the same passage to greater bodily
activity will do much to help, and
perhaps, after all, there was some-
thing more than frightfulness in
the old brimstone and treacle idea.

AGE-OLD ROMANCE OF HEALTH-GIVING SPICES

The story of spices reads like a
romance. From time immemorial
spices have been highly prized; they
have been the cause of war and
have aroused the ambition of dis-
coverers; they have been pre-
sented to kings and paid to them
as tribute, so valuable were they
and so highly esteemed.

SPICES WERE CONTRIBUTING CAUSES

Many scientists laugh at the idea that
red hair has any relationship to temper.
University tests have shown that red-
heads can be just as sweet-tempered as
brunettes. Good temper depends largely
on health, and a well-regulated system.
To cleanse and tone the system of the
young child avoid medicines prepared
for adult use. The careful mother relies
on Baby's Own Tablets, prescribed for
babies and children of all ages.

for the discovery of the passage
around the Cape of Good Hope, for
the discovery of America, and for
the colonizing of the East Indies by
the Portuguese and the Dutch.

In England, in the statutes of
Eilhelred, about 1000 A. D., the
Easterlings, coming to trade with
London, were required to pay a tax
of cloth, five pairs of gloves, two
barrels of vinegar and ten pounds
of pepper at Christmas and Easter.

Later, pepper rents were es-
tablished, by which tenants had
to supply their lords with a stated
quantity of pepper, usually one
pound.

In the time of Henry II a pep-
perer's guild existed, which lat-
er was incorporated with the
grocers; grocers were first called
"pepperers," later "grossers," be-
cause they sold by the gross.

In the twelfth century pepper
sold at one shilling per pound,
equivalent to eight shillings of
modern money, later advancing to
the equivalent of sixteen shillings
in today's funds.

The ancient world also from
the earliest history considered
spices among their most pre-
cious possessions.

A spice bark, supposed to be
cassia, was mentioned as im-
ported into Egypt in the seven-
teenth century B. C., and cinna-
mon and cassia are recorded
among offerings to Apollo at
Miletus in 243 B. C.

The first mention in the Bible
is in Genesis, about 1729 B. C.,
where the Ishmaelites, who bought
Joseph, were bearing spices, balm
and myrrh to Egypt.

When Israel sent his sons the
second time into Egypt to buy
corn, he told them to take with
them the best fruits of the land
a little balm spices and myrrh as a
present.

In King, it speaks of the vis-
it of the Queen of Sheba to
Solomon, and of her camels,
that bore spices and very much
gold and precious stones.

"NOW I FEEL FULL OF PEP!"

THAT'S what
hundreds of
happy women say
after taking Ly-
dia E. Pinkham's
Vegetable Com-
pound. Mrs. M.
Carter, Toronto,
writes: "I was all
sundown. I took
two bottles of
your medicine. Now I sleep better
and I eat more. My color is good
and my nerves are better."
Why don't you try it? Its tonic
action may be what YOU need.

Try Lydia E. Pinkham's
VEGETABLE COMPOUND

THE COOK'S CORNER

Cranberry and Apple Sauce
2 cups cranberries
2 cups sliced tart apples
1 1/2 cups sugar
1 1/2 cups water
Look over and wash cranberries;
pare, core and slice apples.
Combine sugar and water and
bring to boiling point, then simmer
for 5 minutes.

Add cranberries and apples to
sugar-water-mixture. Cover pan
and simmer gently until apples are
tender and the cranberries have all
burst their skins. Cool, then chill.
Bread Sauce
2 cups milk
1 large peeled onion
6 or 8 whole cloves
1/2 cup fine day-old breadcrumbs
2 tablespoons butter
Salt, pepper

Scald milk over hot water. Cut
peeled onion in half and stick with
cloves. Add onions to scalded milk
and cook over hot water until ten-
der, then remove onion. Add bread-
crumbs, then the butter, bit by bit.
Beat lightly with fork. Season
with salt and pepper to taste. Re-
heat and serve as accompaniment
for roast turkey or chicken.

A Morning Smile ORIGINAL

London Advertiser
"We'll now hear from Mr. Jones,
the last speaker on the program,"
said the weary toastmaster.
Jones arose as those around the
banquet table made a weak attempt
at applauding.
"My ears ache from listening so
much," he began, "and I'm too tired
to do my stuff. Any fool who would
like to know what I would have
said if I'd been first on the list can
read the speech; it's here, all type-
written. Thanks."
Jones sat down amid deafening
applause.

ALL ENGLISH
"What's your name?" said a school
inspector to a boy who dropped his
slates very badly.
"Arrison," replied the boy.
"No, no," said the inspector, "it's
not Arrison."
"Awell, sir," said the boy, "if a
hallow, sir, two harrs and a
hi, a hess and a ho and a hen don't
spell Arrison, wot do they spell?"

is then liberally sprinkled with
paprika. The paper is carefully
lifted, so as to leave a bright red
star on the grapefruit.

Chili pepper comes from Cal-
ifornia, the Southern States and
Mexico.
Cinnamon is one of the most
popular spices. It is used on fruits,
both raw and cooked; it is added to
egg milk shake omelets or chocolate
and to various temperance drinks.

Cinnamon or cassia is the
bark of a tree growing in Cey-
lon, Java, Sumatra and China.
Both quality and price vary
greatly, from the cheapest brok-
en China cassia, to the Saigon
cassia, the latter costing about
three times the price of the cheap-
est. A blend of several kinds seems
to be the most satisfactory when
strength and price are all con-
sidered.

Dorothy Dix's Letter Box

How Will Marriages Pan Out Which Were De-
ferred Because of Depression? — Should
Father of 8-Year-Old Marry for
Love or to Get Good Stepmother for
Youngster?

Dear Miss Dix—On account of the depression many young people have
been compelled to defer marrying. What are the advantages and dis-
advantages of a late marriage? WALTER.

Answer:
The disadvantage of a marriage that has
to be long deferred is that inevitably a lot of
romance wears off. Love's young dream gets
a little shopworn in time and loses some of its
glitter. Wedding cake is like a soufflé. To
get its finest flavor it should be eaten as soon
as it is cooked, when it is all puffed up and
hot. If you let it stand it falls flat.

Only when we are very young do we ever
see the golden glory and are we upborne by
the circling wings of life. Only when we are
young do we thrill and palpitate and grow hot
and cold at the sound of a footstep. Only
when we are very young is some woman a
goddess and some man a hero to us. Only
when we are very young do we believe that a marriage license is a "glory
ticket," as our colored friends say. And so, in a way it is a pity that boys
and girls cannot marry while all of this glamor is about them. Inevit-
ably, of course, they are bound to have the disillusion because real life
is never a fairy tale, but they have had, at any rate, their great moment.

Development is determined by Nature, not by propinquity. The kind
of men and women we grow into depends upon our heredity, our educa-
tion, our brains, the way we were trained in babyhood, and it is just a
chance when a boy and girl start out with the same mental and moral
equipment, the same background and development. It takes experience.
It takes battling up against the world to teach us the folly of trying to
break down stone walls instead of walking around them. It takes a
knowledge of life that comes only from living to teach us how to get along
with people—and that goes for husbands and wives especially—how to
make allowances for their faults and to make the most of their virtues,
and how generally to smooth their fur the right way and handle them
with tact and diplomacy.

So the young people who have had to defer their marriages need not
feel that their waiting has been a total loss. They may not have quite
so many illusions, but they will have a lot better chance at happiness. In
the first place, they will be sure of their own feelings, and after all that is
the most important thing in making marriage a success. Really getting
your heart's desire. They can be sure that any affection that has stood
the wear and tear of a long engagement is the genuine, blown-in-the-
bottle kind that only death itself can shatter.

Then they will know they are getting what they want in a life com-
panion, instead of gambling on it as the young do. The men and women
they marry will be mature. Their habits and tastes formed. They will
be intelligent or dumb. Dependence or flighty. Domestic or play girls
and boys. They will know the man on the door and bread and cheese
and kisses fall on the appetites of those accustomed to three square meals
a day.

Furthermore, those who wait to marry until they are financially able
to marry certainly stand a great deal better chance of making a success
of marriage than those who marry on a shoestring, or no string at all.
For starving together doesn't seem so romantic an adventure after mar-
riage as it does before. Love is mighty apt to fly out of the window when
the bill-collector is forever hammering on the door and bread and cheese
and kisses fall on the appetites of those accustomed to three square meals
a day.

All of which adds up to saying that marriage, like all other good
things, is worth waiting for and working for. DOROTHY DIX.

Dear Dorothy Dix—I am a widower of 36. I have a little boy of 8 and
have been advised by well-meaning friends that I should remarry for the
sake of the boy, as he is at an age when he especially needs a mother. I
am hopelessly and helplessly in love with a girl of 22. Do you think that
the difference in our ages is too great for her happiness? I love her so
unselfishly that I put her good before my own. There is a woman of my
own age who I feel sure would marry me if I asked her, but the only rea-
son I could see for marrying her would be that she would make a good
mother for my boy. S. O. S.

THIS SPRING NOT A RING WEAR MIR-O-KLEER HOSIERY...75% MADE IN CANADA ONLY KAYSER MAKES IT

KAYSER Stockings — Gloves — Undergarments Moore & McLeod Ltd.

How Are Your Kidneys? WHEN pain over kidneys or bladder irregularities keep you getting up at night and you feel nervous, despondent, head the warning. The kidneys may not be working as they should. Drink plenty of pure water and get Dr. Pierce's... FASHIONS FOR SPRING