

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

The HOUSEWIFE and HER ACTIVITIES

PURSUIT Through all our lives we chase a golden prize That flits like gossamer before us...

GREEN VEGETABLES SHOULD BE INCLUDED IN DIET EVERY DAY

To often we make little distinction between the terms green, raw and fresh as applied to vegetables...

Hunger often is due to the absence of vegetables in the previous meal, especially in the case of children...

Leaf lettuce and the loose varieties of head lettuce that are green clear to the centre are richer in vitamin A and iron content than the tight, bleached heads...

Care should be taken in cooking green vegetables to preserve their color. The three rules for this are boiling water, uncovered kettle and short cooking period.

It's interesting to know that while tomatoes and carrots and sweet potatoes are not green in color, they have the same vitamin A as the green ones...

Nearly all green vegetables contain other valuable substances besides the A vitamin. Consequently when tomatoes and carrots and any green vegetable is served you may be sure that you are providing a food which promotes growth and affords protection against some of the every day ailments of mankind.

Green vegetables are also important sources of vitamins B, C and E.

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Dr. F. Rogoyrn of Masaryk University in Brno, Czechoslovakia, in shape of eyebrows. Examining this human characteristic, obvious but hitherto ignored by anthropologists...

STIMULATE YOUR INDIVIDUALITY BY NEW SCENTS

Several girls have written to ask what perfume a blonde should wear this spring, or a brunette or a platinum blonde.

Off-hand, that is a hard proposition to answer. Your nose could do more at short range than one can do without seeing a person or knowing her personality.

All such rules have been discarded in this new era we are living through. Just because a woman is a brunette is no sign she is exotic.

However, there is one way to discover a perfume you really like and one that suits you. Try it. Right on your skin, not your handkerchief.

This year flower scents are very popular. There is a run to gardenias and jasmines for wear with the new blue suits that have white trimmings.

Some blondes are getting away with murder this year by using a very demure perfume, heliotrope, lilac, violet, I know one petite little woman who always uses the most stimulating Spanish scents.

It is a year to experiment in fragrance. Try something new and see if it doesn't stimulate your individuality?

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If You Were A Bride Again— Dorothy Dix Asks: What Would You Do?

Will it Take You Twenty-five Years to Learn the Things You Should Have Known as a Bride? Have You Learned to Take Your Husband 'as Is,' or Do You Still Try to Reform Him?— Do You Use the Salve-Spreader Instead of the Hammer?

The bride, stary-eyed and radiant, departed on her honeymoon journey, and one of a group of married women who had been watching her turned to the others and asked:

"What would you do if, with your experience of the holy estate, you were just starting out as a bride?"

"If I were starting out as a bride," said one woman, "I should pack away all of my sentimental foolishness and romantic notions with my bridal veil and face the fact that courtship is one thing and marriage is another, and that a man doesn't have to keep trying to sell himself to you after the bargain is made, signed, sealed and delivered."

"If I were starting out as a bride," said the second woman, "I'd take my husband as he was and not try to reform him. Of course, every mother's daughter of us is born with a mania for making over things, and when we get married we fall upon our poor defenseless young husbands and tear them limb from limb."

"If I were starting out as a bride," said the third woman, "I'd feed the brute. My mother held to the optimistic theory that a girl would learn how to cook and keep house when she had to. So I did, but in acquiring the knowledge I should have possessed when I married I threw half of my husband's small salary into the garbage can and poisoned him on bad cooking."

"The first quarrel my husband and I ever had was over a dinner of burnt meat and soggy potatoes and leathery pie, and though I wept and he kissed the tears away, the fat was in the fire, so to speak. He never again believed me the one perfect woman. He knew me as an incompetent who couldn't hold her part of the domestic partnership. If I were to see me with the aureole of an angel about my head, he would behold me with the incense of a good dinner rising up about me. And perhaps he would never know the difference."

"If I were starting out as a bride," said the fourth woman, "I'd be my husband's little playmate, and I'm one of those uncomfortable females who are married by conscience, and I was so anxious to do my duty as a wife that I cut out all of the fun and made marriage a chore instead of a picnic. My husband is of a pleasure-loving nature. He likes to laugh and amuse himself and to go to places and do things. I considered this

her a good time, while she thinks she is poor and knows that she is lonely. "But she didn't look lonely the one time I saw her," Freddie sputtered. "That big chap with her—perhaps he knows too—"

With painful recollections of the pummeling she had received, Freddie gave him that Freddie didn't know anything about Clarence twisted his foppish moustache nervously.

"That big stuff!" He growled, "Why, he doesn't know the thing about women! I do. I know she's a lonesome little thing and needs jollying and that I'm the boy that can do it. Cheer 'em up, kid 'em along, tell 'em how beautiful they are, and they'll be glad to be with you. Hand 'em that sort of thing and they'll give you back all they got to give."

So he was jolly well pleased with himself when he rang Molly's door-bell.

Molly herself, in her modest black lace evening gown, caught up her coat with a sigh. She didn't ask him if she had a distinct aversion to admitting him to her charming little sitting room. She called over the stairs, "Down in just a jiffy," and walked to the end of the hall to the door of the small room that she had rented to Lilla and Sodie.

She came promptly at ten as he had promised, independent in evening dress, with a flower in his button hole and much of the Prince of Broadway Gardens triple extract heralding his arrival. He was tremendously excited about Molly's acceptance of his chance invitation. He had hardly dared expect that she would.

A Morning Smile

Teacher: "Alfred you may spell the word 'neighbor.'" Alfred: "N-i-g-g-a-b-o-r."

Teacher: "That's right. Now, Tommy, can you tell me what a neighbor is?"

Tommy: "Yes, ma'am. It's a woman that borrows things."

Little Martha had gone to church, and on her return home her mother asked her how she liked the singing. "I liked it very much, although the people all said it was bad," she replied.

"All the people said it was bad? What do you mean, dear?"

"Oh, it was so bad that when they were praying I heard them say, 'I have mercy upon you miserable singers.'"

McTavish bought a new cash register. One day a friend entered the shop and bought a sixpenny cigar. To his surprise he noticed that the shopkeeper placed the sixpence in his pocket instead of in the register.

"Why don't you ring it up?" he asked. "Aren't you afraid of forgetting it?"

"I'll not forget it," said McTavish. "Ye ken I keep track of it in my head until I get five shillings, then I ring it up. It saves wear and tear of the machine."

frivolous and lectured him about settling down and taking a serious view of life. "I was so eager to save that I pinched every penny and never indulged myself in any good clothes or to go to the beauty shop, and every time my husband suggested going to any place of amusement I wretchedly balked at the ground that we couldn't afford it."

"In short, I became a dowdy, overworked drudge who was dull and peevish, and when my children came I was so determined to be a good mother I became still more of a domestic slave. Why, while I was under the impression that it is a wife's duty to be a killjoy, my husband didn't forsake me for a more companionable lady is a miracle. I shall never understand to him while I might have made it pleasant and happy. So if I were starting out as a bride I would be my husband's best girl and grab my hat and go whenever he suggested stepping out."

"If I were starting out as a bride," said the fifth woman, "I'd use as much tact in dealing with my husband as a diplomat would in arranging the velvet gloves whenever I had to scrap with him. I'd gumboose around his peculiarities instead of bumping into them. Most men don't mind being managed by their wives. What they resent is the raw way they do it."

"It takes us twenty-five years to learn the things we should know as brides," said the first woman.

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Let Common Sense decide what Soap you'll use!

THEY SAY that women "don't reason things out." That we rely more on intuition than on common sense thinking. It's supposed to be one of our little weaknesses. But you and I know better; we can be as hard headed as anyone—about important matters—soap for instance.

When we buy a toilet soap we want one first, that cleanses thoroughly yet gently; second, that benefits the skin and complexion.

And that's why we choose Palmolive. Note! One: its bland lather penetrates each tiny pore, freeing it of accumulations easily... leaving skin soothed and softened. Two: the exclusive blend of olive and palm oils actually refreshes the complexion, cast over it a true "veil of loveliness."

Try this Quality soap today. Massage its gentle lather into the skin of face, throat and shoulders each night and morning. Do this for only a month and prove to yourself that the secret blend of palm and olive oils in Palmolive will make and keep your skin smooth as a baby's... clear, fresh, youthful. Lots of people use Palmolive in the bath, too.

Very graceful and lovely is this slenderizing model. It is navy and white because it leads the daytime spring mode in a "casual job" that is part of the collar adds an exceedingly attractive touch. The stitching on the sleeves is smart. The pattern provides perforations for same. It can be omitted, however, if you please.

Another fastidious scheme is plain navy, black or brown crepe silk print with the jabot collar of fresh white embroidered organdie or white crepe.

Style No. 630 is designed for sizes 36, 38, 40, 42, 44, 46 and 48 inches bust. Size 36 requires 3 1/2 yards of 30-inch material. Price of PATTERN 15 cents in stamps or coin (coin is preferred). Wrap coin carefully.

No. 630 Name Street Address City State

Margaret Hunter; 3, Norma Davidson. Grade IX-1, Claire Somers; 2, Rosetta McKenna; 3, Adele Brown.

Grade VII-1, Doris Saunders; 2, Reta Clarke; 3, Dorothy Baker. Grade VII-1, Mary Owsley; 2, Lloyd MacPherson; 3, Annie Delaney.

Grade VI-1, Keith Kennedy; 2, George Kennedy; 3, Wendell Proffit. Grade V (Miss Proffit)-1, Lorraine McMahon; 2, Joyce Howard; 3, Vina Higgins.

Grade VII-1 (Miss Ready)-1, Morris Clark; 2, Elwood Clark; 3, Thane Bernard. Grade IV-1, Ingham McNeill; 2, George Proffit; 3, Mary Pendergast.

Grade III-1, Gussie MacDonald; 2, Geraldine McLean; 3, Patricia Pendergast. Grade II (Miss Higgins)-1, Jimmie MacDonald; 2, Barrie MacDonald and Andrew Marks.

Grade II (Miss Thompson)-1, Eunice Adams; 2, Andrew Humphrey; 3, Malcolm Kennedy. Grade I (a)-1, Phelicia Clark; 2, Lois MacDonald; 3, Lowell MacLean.

Grade I (b)-1, Evelyn Harding; 2, Gertrude McMahon; 3, Jean Moss. ALEXANDRA SCHOOL The following is the report of Alexandra School for the month of February: Grade IX-1, Ida Wood; 2, Doris Wood. Grade VIII-1, Noreen Ernhaut; 2, Benilday Wood. Grade VII-1, Raymond Ernhaut. Grade IV-1, Agnes Wood; 2, William Wood; 3, Doris Buchanan. Grade III (a)-1, Richard Ernhaut. Grade III (b)-1, Oliver Carver. Grade I-1, Glendon Ernhaut. Highest Average—Noreen Ernhaut. Doris V. Beaton—Teacher.



7 PER CAKE

New Spring Smartness Illustrated Dressmaking Lessons Furnished With Each Pattern

By Ruth Rogers

Very graceful and lovely is this slenderizing model. It is navy and white because it leads the daytime spring mode in a "casual job" that is part of the collar adds an exceedingly attractive touch.

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Marked Sealed Tenders will be received by the Orwell Dairymilk Co. for buttermaker, up till April 15th. Tenders must state price per lb. for manufacturing. Manager to send all supplies including coal. Lowest or any tender not necessarily accepted. RICHARD MACLEAN, Secretary, Orwell Co.

What Every Widow Knows! By LUCILLE VAN SLYKE

CHAPTER 21 TEARS, BUSY TEARS It was with mingled emotions that Molly Benedict dressed herself on the evening when she had so thoughtlessly promised Clarence Collins that she'd go "dancing somewhere" with him.

In her heart of hearts the petite widow knew perfectly well that she ought never to have said she would, and she was already regretting that she had done so. She thought she had no illusions about the "debonair" Clarence. She knew that he'd never stamped all over his weak, good-looking face. But the very guilelessness of that face had hidden from her the fact that there was a mildy vicious streak in his makeup.

There was just a touch of defiance in her accepting this abrupt invitation. Not only did she want to punish the presuming little Lilla, who had been so openly flirting with him, but she was still peevish from Jimmie Gordon's repeated warnings against young Collins.

Admittedly Molly knew very little about Clarence, whom she had met so casually. But on the well-known other hand she didn't actually know anything about him. He was always smartly dressed, albeit a trifle flashily, was over-polite, but Molly told herself fiercely, remembering Dexter Hatch's uncouth manner, that over-politeness was better than downright rudeness. Clarence's flattering manner didn't deceive her. Inexperience as she was, she realized he probably had it for all women.

"You little goose!" she thought as she looked at her mirrored self while she dressed, "why on earth did you promise to go out with him? Just to punish that silly Lilla—"

The sombre-eyed self in the mirror looked back at her reproachfully, the chin quivered and the lips moved tremulously. Suddenly Molly's head went down on her folded arms and tears trickled slowly. "Not only to punish Lilla—she admitted to herself. "To dodge just

IN MEMORIAM THE LATE MARTHA GORVEATTE

On Sunday, February 11, there passed to her eternal reward, Martha Jane Gorveatte, at the age of 33 years. For three years she had been a patient at the Provincial Sanatorium, where her cheerful disposition and bright humour made her a general favourite. She was a devout member of the Baptist Church, and was respected and loved by all who knew her. She was a member of Hillsboro No. 1012 I. O. F. She is gone, but her influence still lives, and her works do follow her. The funeral was held from the McLean Funeral Home on Tuesday, February 13th. The following were the pall bearers: Messrs. Joseph Storey, Forbes Kennedy, Chester Walker, John W. MacKenzie, William Lacey, Unsworth Gurney. The following are the floral tributes: Pillow, Sisters; Crescents, W. L. and Whiston Smith; Mrs. Campbell, Gordon and Duncan; Sprays, Dr. P. A. Green, Neil P. MacMillan, Dr. and Mrs. R. D. MacLaughlan, Staff of Sins Building, Nurses of Falconwood Hospital, Baptist Church, Annet Adams, J. W. and Mrs. MacKenzie, Edith Starnes, Mr. and Mrs. J. D. Taylor, Katie MacKenzie, Court Hillsboro No. 1012 I. O. F. Cards and letters of sympathy: Hazel Starnes, City; Kristine Leavitt, City; Mary Gunn, Bradalbane; George Leard, Bourke; Clara Clark, Halifax; Grace Thomson, North River; Thelma Clark, Kensington; Mrs. Waldon Lovther, Cornwall; Hazel Mann, City; Myrtle MacCormac, Peakes Station; Miss Roberta Nicholson, City; Mrs. Arthur MacMillan, Beverley; Mrs. Margaret Farris, Amherst; Mariel Peardon, City; Annie MacLennan, City; Mrs. Jesse Waitt, York; Mr. and Mrs. S. Vall and family, City; John R. Jenkins, City; Mr. and Mrs. J. S. Garrick, City; Mrs. John Roche, Lunenburg.

Funeral services will be held at 11 o'clock on Wednesday, February 14th, at the McLean Funeral Home, 1012 I. O. F. Building. The following are the floral tributes: Pillow, Sisters; Crescents, W. L. and Whiston Smith; Mrs. Campbell, Gordon and Duncan; Sprays, Dr. P. A. Green, Neil P. MacMillan, Dr. and Mrs. R. D. MacLaughlan, Staff of Sins Building, Nurses of Falconwood Hospital, Baptist Church, Annet Adams, J. W. and Mrs. MacKenzie, Edith Starnes, Mr. and Mrs. J. D. Taylor, Katie MacKenzie, Court Hillsboro No. 1012 I. O. F. Cards and letters of sympathy: Hazel Starnes, City; Kristine Leavitt, City; Mary Gunn, Bradalbane; George Leard, Bourke; Clara Clark, Halifax; Grace Thomson, North River; Thelma Clark, Kensington; Mrs. Waldon Lovther, Cornwall; Hazel Mann, City; Myrtle MacCormac, Peakes Station; Miss Roberta Nicholson, City; Mrs. Arthur MacMillan, Beverley; Mrs. Margaret Farris, Amherst; Mariel Peardon, City; Annie MacLennan, City; Mrs. Jesse Waitt, York; Mr. and Mrs. S. Vall and family, City; John R. Jenkins, City; Mr. and Mrs. J. S. Garrick, City; Mrs. John Roche, Lunenburg.

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CHILDREN Like Its Taste

Milk of Magnesia is a necessary in every household. But haven't you often wished it were a little pleasanter to take?

Just try Squibb's Squibb Milk of Magnesia is creamy, snow-white and pure. It is smooth and palatable, carefully refined and free from the usual earthy taste.

Squibb Milk of Magnesia has become standard of quality with physicians, druggists and mothers.

Get a bottle of Squibb's from your druggist. Note how readily the children take it. Squibb Milk of Magnesia is an excellent mouth wash, a mild antacid and gentle laxative.

SQUIBB MILK OF MAGNESIA

THE COOK'S CORNER

Potato Salad 5 medium-sized potatoes 1 1/2 cups celery, cut in pieces 2 tablespoons chopped onion 1 tablespoon chopped onion 1 teaspoon salt 1/2 teaspoon paprika 1 hard-cooked egg (optional) 2 tablespoons mayonnaise Or chopped pimiento and green pepper. Wash and boil potatoes in salted water. Drain, let cook with skins on, then remove skins and cut in small dice. Marinade in French dressing and chill. Just before serving, add celery, parsley, onion, finely chopped green pepper and pimiento, if you are using them, salt and paprika, and moisten with mayonnaise dressing. Garnish with lettuce, slices of hard-cooked egg, and stuffed olives.

Maple Sugar Tea Cakes 4 tablespoons butter 1/4 cup maple sugar 1 egg 1 tablespoon milk 1 cup flour 1/2 teaspoon soda Heat milk, cream the butter, add the egg, sugar, milk and flour sifted with the baking powder and the salt. Place the dough in a paper cone and drop in regular little balls on a griddle covered with a buttered paper. Place a nut on each cake. Cook in moderate oven.

Brasil Soup Half a pound of good Brasil, one quart of white stock, two sticks of celery, one onion, one ounce nut butter, one gill milk, one gill cream (or evaporated milk), seasonings. Heat the nuts in a moderate oven for ten minutes. Remove the shells and brown skins. Grate the nuts. Sauté the onion and celery in the nutter or butter. Add the nuts and stock. Simmer for three hours. Run through a hair sieve. Add the milk, cream and seasoning. Reheat, but do not boil. Serve with fried bread.

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