

Woman's Realm Social and Personal Fashions Literature

EXTRA FRESH BREAD!

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Fresh active yeast goes right to work! No lost action—no extra steps. Gives sweeter, tastier bread flavour—light, smooth texture—perfect freshness! IF YOU BAKE AT HOME—always use Fleischmann's active, fresh Yeast with the familiar yellow label. Dependable for more than 70 years—Canada's tested favourite.

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MADE IN CANADA

Living & Leisure THE WOMAN'S REALM

Loud is the summer's busy song; The smallest breeze can find a tongue. While insects of each tiny size Grow teasing with their melodies Till noon burns with its blistering breath Around, and day lies still as death.

—Clare

WATCH GREENS FOR AUTUMN

Watch greens for fall. The dark greens like Spruce Green and Forest Green will get the biggest following in both crates and woods. Spruce Green is also a high style favorite, used in one topnotch collection in rayon crepe or wool jersey blouses worn with raspberry wool or beige tweed soft suits. Olive green is another green to be reckoned with particularly in dressmaker suits in style collections. The bright greens, too, like emerald and Kelly, are getting a good hand used in wool dresses, in wool jersey dresses, and in swing skirted suits for afternoon wear.

When baby has a cold, a few drops of camphor or inhalant on his pillow, slip makes breathing easier and helps him to sleep.

HINTS ON ETIQUETTE

It is the duty of the young man's family to call on the girl and her family when she is engaged. If the girl does not live in the same town as the young man's parents, the boy's mother should write to her son's fiancée and invite her to visit, or, if this is impossible, a cordial letter will do.

The trick in having good home boiled ham is to keep the water simmering, not boiling. Cover tightly with a lid to keep in flavor. For half ham use two bay leaves, three slices onions, six celery leaves, and four whole cloves for extra flavor.

WARE THE SUN ON TENDER SKIN

Relief from a sunburned skin—If you're the sensitive type whose shoulders broil while the rest of you toasts—is to be had from a pack made of water and bicarbonate of soda. Treat the touchy spot to a pack that you keep moistened, because smarting skin will dry up because of the soda. This puts a stop to the progressive action of a burn and gives you relief from a sting that

becomes too peppery for comfort. Expressive exposure which develops fever is an entirely different story—one which urgently calls for a physician. But with all of the warnings that go out against the fearful hazards of sun poisoning, you certainly won't be guilty of the folly of staying too long under burning rays.

A rooster uses about 90 pounds of food a year and does not increase egg production in the poultry flock; he is needed only to produce eggs for hatching.

Aches and Pains

What happens when you give way to poor posture? That extra strain thrown on the points and ligaments can lead to aches and pains, as the change in your shape might lead to improper functioning of your internal organs.

It's like trying to move three rooms of furniture into two rooms. The chest is cramped—less room for lungs and heart—less oxygen—less energy. Abdominal muscles sag outward giving that you-know-what look. The diaphragm, the hard-working dome shaped muscle separating our chest and abdomen is forced down, flattens out and pushes the stomach, livers and other "lights" out of place. Breathing, circulation and digestion work against interference. Your feet hurt and your clothes don't fit.

That's the whole story of bad posture, at least long enough for those of us who don't want to get too anatomical.

The next question is "what to do?"

Correcting simple bad posture is simple. First of all don't forget the elementary rules of good health—eat enough but not too much, get enough rest, relaxation and sleep—get out for some outdoor play and exercise—and declare a moratorium on unnecessary worry.

Any exercise which improves muscle tone whether it be an active sport or simply a brisk walk will be an aid to good posture. Sitting or standing keep your body under your head, let your weight hang from your shoulders like a well-fitting coat and watch your posture improve.

By 1900 B. C. man was able to produce iron of a useful quality.

It was not until 1788 that diabetes was associated with a faulty functioning of the pancreas.

PATTERN OF THREE

By Mary Hastings Bradley

CHAPTER IX

Kay waited five days so Kendall would not connect, her decision with Eve's visit to the office. She kept herself from seeing him alone the evenings when she knew that he was free and about the office she managed, she thought, to seem five days almost as usual. Those were from Margo Wyatt saying that she could take Kay on, but only as secretary for her successor was already chosen. Perhaps later, Kay could work into something later, Kay wrote, but there was no assurance of that. If Kay came she must come as soon as possible for it needed now. This meant for Kay a position not so good as the one she now had and no certainty of holding it.

But it did mean a salary on which she could live, an excuse to get away. Instantly she wired Margo; she left herself no loophole for hesitation.

Next morning Dick had an early conference; it was nearly noon before they were alone together. He said abstractedly "Anything in my mind? I haven't read it yet."

"Nothing important," she broke off, standing by his desk, then asked with a time for something of my own?" and laid Margo's letters the first and the latest before him.

"I want you to read these. That position is gone now but later there may be something. Once I am there—have been thinking—if I'm ever to have another life."

She looked at him. He had an upward look at her. She did not meet it but stared down at the papers he had taken into his hands. He was reading them now—he was taking time to them, to get his feeling in hand.

"Looks all right," he said briefly, "but I don't mean I've been thinking you want to go there?"

"It's time I thought," Her tone was firm. "I don't mean I want to—you know that, Richard. But for either of us. And if I went to New York—"

He said nothing. She brought out, "It would simplify things."

"Yes," he said. "I ought to have sent you long ago."

It was as simple as that. She left within the week.

The night before Kay left she had dinner with Richard. They kept well on the surface of things, profoundly. They spoke of all direct, practical. So people do speak on the eve of battle or dry-eyes, she thought. He looked grim. He was suffering, she told her, but she told herself laconically that when that "special day" arrived on which Eve was to tell him the glad news he would feel better. He might even be relieved that life was so simplified for him.

They spoke of writing each other for either of us. "Postcards only," she said. "Postcards only," she told him. "It's good-by, and not good-bye." Gravely he agreed. "One thing he prevailed. He made her take a thousand dollars.

He did not sleep nights if I thought you needed anything. It's little enough when I think of all I dreamed of doing."

They did not prolong the evening. Or he did not. He said when the dinner was over, "I mustn't keep you late," and took her to the station to board her train. She had thought that he would drive her home but she saw that he was refusing the poignancy of that and for the first time she believed that she was going. Nothing now would happen to intervene.

He did not kiss her. He wrung her hand and said curly, "Best of luck, my girl. The best of everything."

The next day he did not come to the train; she had said he was not to come for there would have been some comfort in having him with her. Ada and her mother and the two girl friends who were seeing her there.

There was a desperate finality to trains. They took you up bodily and rused you across the continent. One moment you were look-

Oh Boy— It's Good!



CHOCOLATE MILK made this QUICK, EASY WAY

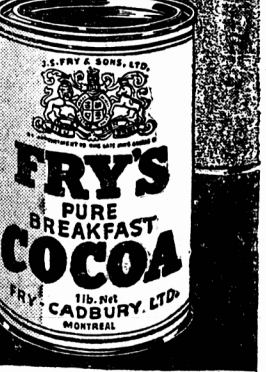
TAKE 1/2 CUP OF FRY'S COCOA and 1/2 cup of sugar. Mix well together DRY. Slowly add 1/2 cup of boiling water, stirring meanwhile. Boil for one minute. Then pour into a clean dry glass jar. Cover and let cool. Keep this tasty chocolate syrup handy in the ice box, instantly ready for making tempting drinks; ideal for sauces with ice cream, puddings, etc. And remember—a little goes a long way!

NOW FOR A GLASS OF DELICIOUS CHOCOLATE MILK!

Just add a dessert spoon of chocolate syrup to a glass of milk—stir and serve.

This recipe will provide 24 glasses of chocolate milk!

A GRAND DRINK AT ANYTIME!



MODERN ETIQUETTE

By Roberta Lee

Q. If a man has asked a girl for permission to call and she has declined, should he ask her again at some other time?

A. That depends entirely upon the manner in which she refused. If she really cared as to whether the girl really cared to extend the friendship.

Q. Is it correct for parents to introduce their children to adults?

A. Yes, and it is excellent training. Well-bred parents should do so of every opportunity.

Q. To place a butter knife on the butter plate?

A. Diagonally across the rim of the plate.

MORNING SMILE

By Anne Ashley

With smiles that verged on the odd, the two young actresses were discussing the new show at the Orpheum.

"I've got a part in the new show at the Orpheum," boasted the blonde.

"Speaking part?" asked the brunette in edged tones.

"Oh, no," the producer said. "I was just too sweet for words."

A bunch of farmers went to the county committee and complained about the condition of one of the roads. The chairman pooped the complaint and said the road was fairly good as a whole.

"Yes," replied one farmer, "but we want to use it as a road."

COOK'S CORNER

By M. Currant Jam

FRUIT JAM
1 cup currants
1 cup water
1/2 cup sugar to 1 cup cooked fruit. Add water to currants and cook slowly. Measure cooked fruit. Add sugar. Boil to the jelling point.

PLUM JAM
Select plums of a tart variety. Wash the fruit and drain. To each pound of fruit allow 1/2 of a pound of sugar and 1 cup of water. Boil the plums in the water for 10 to 15 minutes, or until the skins are tender. Add the sugar and stir while boiling until the jelly stage is reached. Pour into hot sterilized jars and seal.

PEACH JAM
1 cup peaches, cubed
1/2 tablespoons lemon juice
1/2 cup sugar
Cook peaches and lemon juice until soft. Measure the cooked mixture. Add sugar and boil to the jelling point.

GINGER PEAR MARMALADE
4 pounds sliced pears (9 cups)
6 cups granulated sugar
2 lemons
1 ounce dry ginger root or 2 ounces preserved ginger
Use firm pears. Peel, quarter, core and slice. Place in layers in pre-boiling kettle and sprinkle each layer with sugar. Add lemon juice and ginger, grated or thinly sliced. Let stand 2 to 3 hours. Cook slowly in covered glasses. Cool and seal.

Dorothy Dix Says— CASUAL REQUESTS FOR DIVORCE

Disgruntled Wives Do Not Attempt To Turn Marriage Into Success

Recently a middle-aged woman gave as her reason for getting a divorce from the husband to whom she long had been married that she had stood his disposition for 23 years and it had worn her endurance down to the vanishing point.

Perhaps that is as good a reason as any for a wife leaving her husband's bed and board, as the old phrase used to say, for no one will deny that a grouchy, fault-finding, heckling man is harder to live with than a philanderer, a drunkard or even a Weary Willie. The latter have their pleasant moments, whereas the grumbling husband is always on the job.

In the old days when a wife was supposed to stick to a husband, no matter how cruelly he treated her and when society looked down its nose at divorcees, this question of a woman throwing up her hands and quitting when she had enough of matrimony did not arise. The theory was that in time a woman got used to an unhappy marriage, as she might a pebble in her shoe, so that she hardly noticed the pain.

BORED WITH DOMESTICITY

But if our grandmothers often suffered too much in a marriage that was sheer martyrdom, their granddaughters are so often weaklings who do not even make an effort to get along with their husbands and turn their marriages into successes. This gives us the hordes of women who rush to the divorce court, because they have lost their taste for their husbands, because their husbands don't make as much money as they want, because they are bored with domesticity, because they want to be free instead of tied down with homes and children, and because they have found out that their husbands are mere men instead of cinema lovers.

I am appalled at the letters I get every day from disgruntled wives asking as casually if they should divorce their husbands as they would if they should buy a flowered hat or a tailored one. Apparently they think that divorce is a cure-all for whatever ails them in their young, pretty and glamorous again and they won't have a worry in the world.

And, curiously enough, most of them think that, no matter how middle-aged and homely nor how many children they have, they will find love and romance and another husband with plenty of money. Yet, as a matter of fact, a grass widow with a ready-made family has just about as much chance of being led to the altar as she has of being elected President.

Also, the divorcee finds that her family do not welcome her and the kids back home with a brass band. They think that they have done her duty by getting her married and that she should stay married, unless her husband is a positive brute. And, likewise, the divorced sister Jane's and Brother Sam's peculiarities than it was with a husband's.

So, granting that many husbands fall to come up to their wives' heart's desires and are no picnic to live with, divorce is seldom a pass-word to the region of the bliss. Generally it just makes a bad matter worse, for often a poor husband is a good provider. And that's something.



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ENO'S 'Fruit Salt' can help you to retain that youthful vitality and appearance, bright eyes and a buoyant step—qualities so much admired by all men—as ENO assists in the removal of harmful waste from the system.

A dash of ENO in a glass of water before breakfast, when needed, helps correct acidity and overcome constipation, often the cause of headaches, digestive upsets, a poor complexion and a listless, out-of-sorts feeling.

ENO is pleasant and refreshing to take—free of harsh bitter salts—no sugar or artificial flavouring of any kind. Buy a bottle of ENO'S 'Fruit Salt' from your druggist today.

TAKE BEFORE BREAKFAST



HOUSEHOLD SCRAPBOOK

By Roberta Lee

Attractive Garnishes

Garnishes on meats and vegetables are what make some of the dishes served at high-priced hotels so attractive. Parsley, Watercress, pimento, and slices of lemon are a few garnishes that are reasonable in price, but add to the appearance of a dish.

Old Bedspreads

After the bedspreads are too worn to be used, cover the springs under the mattress with them. It will protect the mattress from the wire and will mean less dirt.

Pie Crust

Pie crust shrinks when baking, and for that reason one should use a generous amount of dough when lining the pans.

A DEODORANT DOUBLE ACTION

HELPS PREVENT PERSPIRATION SPOTS AND OTHER WITHOUT IRRITATING THE SKIN

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The Largest Selling Deodorant

BETTER ENGLISH

D. C. Williams

1. What is wrong with this sentence? "I shall now fix breakfast."

2. What is the correct pronunciation of "incongruous"?

3. Which one of these words is misapplied? Charlatan, chastisement, chemical.

4. What does the word "labrynth" mean?

5. What is a word beginning with eve that means "to come cut finally"?

ANSWERS

1. Say, "I shall now prepare breakfast." 2. Pronounce it—kong-groos, o as in on, oo as in grove, u unstressed, accent second syllable. 3. Chastisement. 4. An inextricable or bewildering maze of things. We were confronted by a labyrinth of facts and figures. 5. Eminent.

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(To Be Continued)