

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

Household Hints

BY ROBERTA LEE

The Half-Worn Whisk Broom

A half worn whisk broom makes a good scrubbing brush for enameled ware. When the whisk broom becomes worn, trim it to a stub. Then scald with soapy water, then with clear water and finally rinse with cold water.

A Stopped Sink

When a sink becomes clogged, if strong copperas water is poured down the drain pipe it will open it.

The Doughnut Box

A slice of bread placed in the doughnut box will keep the doughnuts soft and light.

An inventor has found room for a coin carrier in a new vanity case for women.

A Fashion a Day



TYPICALLY SPORTS

A distinct type that has created unusual attraction in fashionable circles is a sports dress of lightweight woolen in chartreuse shade. Style No. 392 designed in sizes 16, 18, 20 years, 36, 38, 40 and 42 inches bust, takes but 3 1/2 yards of 40-inch material to make it. The inset vestes closing at center-front, underfaced and rolled with collar, and completed with youthful bow, gives splendid idea for stitching, to achieve tailored finish. The attached two-piece skirt with wide box-plaits across front makes it so appropriate for sports. Plain silk crepe, Jersey, crepella, silk crepe in tweed pattern and canton-faille crepe are smart suggestions suitable for practical daytime wear. Pattern price 15 cents in stamps or coin (coin is preferred.) Wrap coin carefully.

We suggest that when you send for this pattern you enclose 10 cents additional for a copy of our Spring Fashion Magazine. It's just filled with delightful styles, including smart ensembles, and cute designs for the kiddies.

For the Cook

Quick orange marmalade. Two oranges, 2 lemons, 2 cups cold water, 2 cups sugar, 2 tablespoons cornstarch. Put the oranges through the food chopper. Add the juice and pulp of the lemon and the water. Cook until the orange rind is tender. Add the sugar with which the cornstarch is mixed and cook five minutes longer.

About 800 languages and dialects are used among the natives of Africa.

To the Girl Who Would Be Popular

Dorothy Dix

Suggests the Qualities That Charm

The Attributes That Set a Woman Above Her Sisters in the Eyes of Those About Her Are Beauty, Gentleness and Intelligence, and These Any Industrious Maiden Can Cultivate for Herself

TEN COMMANDMENTS FOR GIRLS

1—Be pretty. If you have been blessed with a peaches-and-cream complexion, naturally wavy hair and a classic profile, thank heaven for its mercies, and preserve them. If you were passed over when good looks were handed out, get busy circumventing nature. Camouflage your defects, and turn the spotlight on your good points. Learn how to dress, which is nine-tenths of being easy on the eyes. Find out what lines and colors flatter you and stick to them.



Acquire the art of make-up. It is a virtue to suggest the bloom of roses on sallow cheeks and to give a warm glow to pale, thin lips, but it is a crime to daub your face up with color like a circus wagon, and to slap on lipstick until your mouth looks like a cut of raw beef in a butcher shop. Above all, be neat and well groomed. More attractive is a spick-and-span homely girl than a slovenly beauty who looks as if she needed to be run through the laundry.

2—Be feminine. When God made both men and women, He knew what He was about, and He implanted in our breasts some instinct that makes either one of them repulsive to us when he or she apes the characteristics of the other. Every one feels a contempt for the effeminate man and disgust for the mannish woman.

The prettiest girl in the world turns herself into a scarecrow when she puts on breeches, because the feminine figure is not designed for pants. If she is fat she looks the shape of a turnip. If she is thin enough not to have any hips she appears to be an undernourished street gamin with tuberculosis. At best the girl who copycats men in clothes and manners is but a poor imitation of the real thing that has neither allure nor worth.

When a girl casts aside her femininity, she has thrown away her one best bet, especially where men are concerned, for her sex is the thing with which a woman conjures. Every woman who has ever been a great vamp has had femininity raised to the nth power. She dressed like a woman, talked like a woman, and acted like a woman. Probably no man ever asked anything in trousers to marry him.

3—Be sweet. Be gentle in your judgments. Be tender and pitiful to old people and little children. Keep your faith in everything that is holy and beautiful. Hold on with both hands to your enthusiasms. Keep on believing in love and romance, and that some day a fairy prince will come your way.

Don't get bitter because you have to stand behind the counter instead of buying chiffons over it. Don't let yourself get hard-boiled and cynical. Don't make the mistake of thinking it is clever to be sophisticated and like Lady Kew's daughter, who was 40 years old and had heard all there was to tell.

Nobody admires that type of girl. The girl that we want about us, and that we go out of our way to do nice things for, is the sweet girl who is gentle and tender and loving, and whose starry eyes are still filled with the illusions of youth.

4—Be Amiable. There is no other virtue in the world that pays such heavy dividends as amiability. If you are beautiful, your rivals will envy you and backbite you. If you are witty, people will laugh at your wisecracks, but they will avoid you because they are afraid of you, but good nature makes no enemies. It rouses no jealousies. It inspires no fears. Nobody ever tires of a good-natured girl. Everybody likes to have her around because she is so pleasant and agreeable, and every one plugs her game.

The high-tempered girl who is always going into hysterical rages, the catty girl who is always scratching at other girls, the ill-natured girl who is always saying mean things that hurt like dagger thrusts the irritable girl whose fur has to always be smoothed the right way gets nowhere. It is the girl who wears the smile that won't come off, the girl who can laugh at misadventures, the girl who jollies us along and says the pleasant thing to us that we long to hear, who has hosts of friends and dates to burn, who can marry whom she pleases and who never figures in the divorce court.

5—Be Intelligent. Don't make the mistake of thinking that good looks is all the capital a woman needs to do business on in life. It isn't. True, beauty may get her a husband, but it won't keep him. She needs brains for that. No man can spend forty or fifty years gazing rapturously at a living picture. He is bound to grow tired of it in time. Besides which, living pictures deteriorate with time. Their colors fade, their outlines blur, so that what was once one of nature's masterpieces, only too often turns into a chromo.

The woman who is beautiful but dumb is bound to lose out in a few years, but the woman who has intelligence grows more and more fascinating because she adds continually to her charms. She reads, she studies, she thinks, and so she becomes a companion of whom we never weary because she keeps us always interested.

Therefore, if you want to be a woman who will be just as much sought after when she is 50 as she is at 20, cultivate your mind. Make it a rule to learn something every day. Read the daily papers. Read magazines. Read books. That will teach you how to talk and how to listen intelligently.

It will do more to insure your popularity than dancing the Charleston, for it will save you from becoming that pest of society, the feminine bore who can do nothing but simper. It will be money in your pay envelope if you are in business. It will make your husband vamp-proof if you get one. And it will insure your own happiness, because no woman who can say "my mind to me a kingdom is" is ever helpless or lonely.

Remainder of series will appear on February 20.

DOROTHY DIX.

Modern Etiquette

BY ROBERTA LEE

Q. Is it etiquette for a woman to keep her hat on at a luncheon? A. Yes, in large cities women generally retain their hats, but it does not show bad form, however, to remove it.

Q. May an answer to an invitation, no matter how informal, ever be written on a visiting card? A. Never, under any circumstances.

Q. What is the correct waistcoat to wear with a dinner coat? A. Either the white waistcoat or the plain black one is correct.

A Morning Smile

She called to find out the state of her neighbor's health, but was unable to make anyone hear. So she wandered round to the back of the house and there discovered her friend's husband carpentering in the woodshed.

"How's Emma?" inquired the woman; but the man's reply was drowned by the sound of a violent fit of coughing.

"Is that her coughing?" asked the visitor, when the sounds ceased.

"No," came the abrupt answer. "This is a henhouse!"

Milady Beautiful

BY LOIS LEEDS



EXERCISES FOR WEAK FEET

It has been estimated that more than three-quarters of the population enter adult life with some sort of acquired foot trouble. Among girls this weakness is largely due to wearing the wrong type of shoes—shoes too high in the heel and too narrow and short in the toe. Such shoes deform and cramp the feet so that they cannot correctly perform their normal function of supporting the body and propelling it forward in walking.

In his book on "Preventive and Corrective Physical Education" George T. Stafford has written a valuable chapter on feet, which includes a long list of useful exercises for strengthening weak feet. While exercise alone cannot cure all types of weak feet, especially those in advanced stages, it is a very valuable aid. Many of my readers have asked for such a list of exercises, so I am describing some of them below with the hope that those who are interested in them will turn to Mr. Stafford's book for a more comprehensive treatment of the subject than I can give here.

Two types of foot exercises are recognized, namely, nonweight-bearing and weight-bearing. In the former class are the following:

(1) Sit on a chair with the outer side of your right ankle resting on your left knee. Grasp the right foot in your hand and bend it inward sideways to the left against resistance. This is called adducting the right foot. Relax and repeat with each foot.

(2) Sit on a chair and stretch both legs out in front, knees straight and feet together. The toes are pointed strongly downward (plantar flexed) and the soles turned inward until they almost face each other. The feet are then bent upward at the ankle (dorsi-flexed) and an attempt is made to keep the soles turned inward. Relax and repeat.

(3) Sit on a chair with knees bent and feet flat on the floor and parallel. Curl the toes in strongly, attempting to raise the arches as high as possible but keeping the heels on the floor. Relax and repeat.

After the feet have become accustomed to the exercises in the above group, the following "weight-bearing" exercises may be begun:

(a) Stand erect with feet about four inches apart and parallel. Roll the weight of the body to the outer borders of the feet. Curl the toes under and hold the position for thirty seconds. Relax and repeat.

(b) Stand erect and place hands lightly on the back of a chair. Bend feet upward (dorsi-flex), resting weight on heels only. Relax and repeat.

(c) Stand erect with feet about ten inches apart. The forepart of the right foot is adducted (turned inward) and rests on the end of a towel. Try to draw the towel toward you by clutching it with the toes of the right foot, using the heel as a pivot for the action, which occurs at and below the ankle only. The knee-cap is facing straight ahead.

Tomorrow—Beauty Questions Answered

COULD NOT WORK FOR MONTHS

Restored to Health by Lydia E. Pinkham's Vegetable Compound

Port Elgin, N. B.—"For three months, I was nervous and weak with tired feelings and could not do my work. A friend advised me to take Lydia E. Pinkham's Vegetable Compound and I have got good results from it and recommend it to others."—LULA TAYLOR, Port Elgin, N. B.



Here is a trio of advance spring hats which feature the popular, small, snug-fitting and brimless idea. On the left is a felt hat, trimmed with black silk to imitate hair; in the center, a felt trimmed model with gold sequins, and on the right a smart cap-like hat with a pom pom.

Lessons in English

By W. L. GORDON

WORDS OFTEN MISUSED: Use "herd" to designate a number of animals. When speaking of persons, say, "a disorderly rabble." OFTEN MISPRONOUNCED: answer; a as in "ask," not as in "an." OFTEN MISPELLED: yeast. SYNONYMS: shrewd, sagacious, clear-sighted, discerning, keen, intelligent.

WORD STUDY: "Use a word three times and it is yours." Let us increase our vocabulary by mastering one word each day. Today's word: REFLECT; to turn back the thoughts; to think; ponder. "Have you reflected what the consequences might be?"

The Threatened Cook

(From the Manchester Guardian) Mr. Henry Ford, supreme organizer of "mechanized warfare" on the industrial front, has made another prophecy. "The day will come when cooking in the home will no longer be necessary. Meals will be delivered in a hot, appetizing condition to everyone." They may be hot and they may be appetizing, but it is by no means certain that the process will be completely satisfactory to all consumers.

Domestic cooking is not, after all, a form of penal servitude but a fairly high fine art, and most women and a great many men take a natural interest in it. To cook family meals day after day and week after week, with no change at all for the operator, may become a dull routine and drudgery, but so do many forms of human activity if there is no break in the obligation to pursue them. In the very nature of the subject there is more variety in cooking than there is in any other aspect of housework; there is only one way of brushing a floor, or even of bathing a baby, but there are any number of ways of cooking a dinner. And nothing could be more of a routine than an endless succession of mechanized meals delivered from a common centre.

What is more, the disappearance of the cook implies the disappearance of the kitchen, which would be a very vital organ to remove from the domestic system. The first hearth was a kitchen hearth, and "the home" is an extension of that hearth; a home may lack a good many things, but up to now no home can lack a kitchen. Nevertheless, times change and ideas with them. The day may come when even the kitchen will vanish and the housewife will sit at a desk and administer what remains of the establishment by pressing buttons. Even the Queen of Hearts, seized by an old-fashioned whim, will be unable to make her own tarts, for there will be nowhere to make the pastry. She will have to pull a lever and they will be shot at her through a tube connected with the tart branch of the Communal Bakehouse and Biscuit Works.

MANY AND VARIED ARE USES FOR LEMONS

Lemons are useful in so many ways that I always keep a supply on hand. They are cheaper bought by the dozen and when kept in a glass jar do not become dry. If they should become dry, place them in a saucepan of hot water (not boiling) leave at the back of the stove for about two hours, wipe dry and they will be soft and juicy. Do not use until cold.

Before peeling lemons, oranges and grape fruit, cover with boiling water and let stand a few minutes. The skin will then peel off easily and take with it the inner white skin which has a bitter taste. I often cut a lemon in small pieces and place in the soft white frosting between and on top of layers in a layer cake. It is very nice that way. Lemon juice is an excellent flavor for sugar cookies. I like the grated rind of one lemon as a flavor for sponge cake. A dash of lemon juice in the water in which rice is boiled

helps to keep the grains separate and makes them whiter. Tough meat may be made tender by adding lemon juice to the water in which it is boiled. A refreshing drink is made by adding freshly beaten egg to lemonade. Two or three slices of lemon in a cup of strong hot tea will cure a nervous headache. As a remedy for hoarseness lemon juice and loaf sugar are excellent.

To make lemonade for a cold, use two tablespoons lemon juice and one tablespoon sugar to three-quarter cup boiling water. The old-fashioned method of adding the sugar to the boiling water and letting it dissolve before adding lemon juice will be found better than adding sugar last, as is usually done. Lemon juice will relieve the irritation of insect bites. After brushing the teeth, rinse the mouth with plain water, to which a little lemon juice has been added. It leaves a pleasing taste in the mouth. When washing the hair, add lemon juice to final rinse water. It leaves the hair with a nice gloss. Lemon juice and rose water or

rain water will remove tan. It also removes fruit and vegetable stains from the hands. Equal portions of glycerine and lemon juice—make a very good hand lotion. These are some of the uses of lemons, but one may find other uses for them.

MT. PLEASANT A bill for treat at Christmas for aged folks of district was presented and paid, also bill for needles for knitting machine. It was decided to buy a new saucepan for children to make hot cocoa means of raising money were discussed and it was decided to hold a whist and dance in the near future. \$16.00 was realized, from a recent social and two dollars was given for a High Mass for a deceased member. Next meeting will be at home of Mrs. A. D. MacCormack.

California chemists have developed a method using sulphur dioxide for killing insects and preventing the formation of mold on fruit after it is loaded in refrigerator cars for shipment.



Why this Blue Box means money saved—

CARELESS WASHING is harder on clothes than actual wear, experts say. Every time you wash silks, rayons, woollens or colored things with soaps containing harmful alkali, fibres are weakened, colors dulled. They wear out sooner!

That means money wasted! Don't run the risk of buying unknown soaps—whether flakes, chips or cakes.

When you buy Lux you know it is safe! Lux contains no harmful alkali—nothing to injure the finest fabric, the most delicate color.

With Lux, clothes, curtains, blankets, embroidered linens, printed cottons—sheer and sturdy fabrics, too—stay new-looking more than twice as long!

Lux is sold only in the blue box, never in bulk.

*Every great movie studio in Hollywood, every New York musical show, buyers for 112 leading department stores, use Lux, to keep clothes new twice as long!

If it isn't in the blue box, it isn't Lux

"Where there's a baby—how handy it is"



WHETHER your baby is one year old or more, you'll find "Vaseline" Petroleum Jelly is the right remedy for all the little ailments. Millions of mothers use it daily.

And remember, when you buy, that the trade mark Vaseline on the package gives you the assurance that you are getting the genuine product of the Chesebrough Manufacturing Co., Cons'd, 5520 Chabor Avenue, Montreal, Canada.

Vaseline

TRADE MARK PETROLEUM JELLY

Internal Use

For tickling cough give the child a spoonful of "Vaseline" Jelly now and then. Relieves irritation.

External Uses

Chafing—Rub the irritated part gently with "Vaseline" Jelly.

Cuts—Wash under running water and apply "Vaseline" Jelly.

Burns and Scalds—Cover the affected area with "Vaseline" Jelly, spread on clean linen or gauze. Change dressing frequently.