

# Woman's Realm Social and Personal Fashions Literature

## Needlecraft FOR THE HOME



### KITCHEN COMPANION

Clever cover-all apron to keep you spot and span on daily duties—has flower shaped pot holders to match its patch pocket! And, as an added attraction, you can cut the apron in an extra large size.

No. 2366 is cut in sizes small, medium, large, and extra large. Medium requires 2 1/2 yards 35-inch, 1/2 yard 35-inch contrasting for pocket and pot holder.

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2366  
SMALL, MEDIUM  
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POT HOLDERS INCLUDED

### How Can I!!!

Q. How can I make a hem that will not show?  
A. After making a hem that one particularly anxious will not

### Ellen's Diary

And because our mind has been pretty well taken up with other matters, which were most engrossing, December came almost unawares to us. Though we were reminded of it in the gently falling snow, which settled so charmingly white and lovely over the face of the countryside. To the like of Jamie I suspect the month had been a long time in making its appearance. I recall the wistful expression on his features on a day when rose-scented winds, and the gay chant of a song sparrow stole into the kitchen, and Jamie was here. He reached up to turn leaf after leaf of a calendar, until finally he came to the last one. "And we have to live all those 'drier months first,'" he asked. "Yes, Jamie," I answered, and a little "I hope so." "There's a good one of them aren't there. It's been a long time before we come to this one" touching the magical red-marked number there, which for him held high hopes. But quickly I find the intervening time has gone, in days which stopped only a moment at quiet dawn, lingered quite as briefly on the gold of the ripened harvest, and the breathtaking beauty of the Autumn, skipped faster than through the melancholy days which are November's, until very quietly the month which sets its seal to the year had come.

And so December is here with a sheaf of days which draw in alarmingly for farm folk with their increased choring and aim, but which nevertheless presents the best season of the year, the time of Peace on Earth—Goodwill to Men wherein one remembers "it is more blessed to give." "Shure and Ellen" Pat said to me recently, "people sometimes are after forgetting that it's The Lord above that Christmas stands for, and not Santa Claus at all. We must always mind, Ellen it's the Babe in the manger that blessed the day, (Continued on Page 17)



Minus the pre-war scarlet tunics and bearskins of the Governor General's Footguards, but with the usual pageantry and traditional formality of custom His Excellency Viscount Alexander presided at the opening of the fourth session of the Twentieth Parliament in Ottawa. The Governor General is shown above with Lady Alexander, taking the salute from a composite Guard of Honour, on his arrival at the Parliament Buildings. (Canadian Army Photo)

### Dorothy Dix Says—

#### Working At Marriage

Frequently Compatible Couples Lack Ability To Get Along With Mates

Possibly you have to have a talent for marriage. Otherwise you bungle the job and make a failure of it, as you would of being a carpenter if you couldn't hammer a nail in straight, or of being a grand opera artist if you couldn't carry a tune. Anyway, this is as plausible an explanation as any of why so many marriages that should have been a bit of Heaven on earth are nothing but a preview of purgatory.

If only people who are sadistic by nature and who get a kick out of torturing others got married, we could understand why one marriage out of three ends in the divorce court. Nor is it difficult to comprehend why the woman who thought she was getting Prince Charming for a husband doesn't go around singing roundelays of joy when she discovers that she is tied to a tight-wad and a grouch.

And even a blind person can see that the man who espouses a nagger always looks like an early Christian martyr.

But it isn't alone the meanies, the tyrants, the viragos, and the slave-drivers who are responsible for the marriages that are failures. Some of the best men and women in the world are the worst husbands and wives. They have every good quality except the know-how to get along with their mates.

#### UNINTENDED CONDUCT

And the pitiful part of this tragedy is that often not the men and women who are wrecking their marriages are perfectly unconscious of the crime they are committing. The hen-pecking wife, who never gives her husband a breath of freedom and who tortures the very life out of him by her bossing, isn't always actuated by malice. She is often prompted by a love that makes her feel that she must keep a continual watch upon him lest some accident might befall him, or he might do something that disgraced with him.

And all of us know husbands who simply adore their wives and who work themselves to death to give them luxuries, yet who never pay them a compliment, or say a word of affection to them, or give them a kiss that isn't as figid as if it had been in cold storage ever since their wedding day.

Now the trouble with these misfit husbands and wives is not that they lacked any of the basic virtues of domesticity, but that they just didn't have a talent for marriage. The husband is a good provider, but he feeds his wife on pork chops while her soul starves for white myacins. The wife gets corns on her fingers pinching every penny and burns herself to a cinder cooking good meals, but she has got to so unglamorous her husband calls her Mother.

We often wonder why certain married couples of our acquaintance live together in such harmony and peace when they do not seem to us to be especially congenial; while others who we would think are just made for each other are in a perpetual fight. The answer to the conundrum is that one has a talent for marriage; that the other lacks. One couple use as much diplomacy in handling each other after marriage as they did in the days of courtship. The other couple believe that marriage gives them the right to say and do things to each other that they wouldn't think of doing or saying to a stranger.

Which is right?

#### The Stars Say--

By Genevieve Kemble

For Wednesday, December 10

UNDER the spur of greatly-accelerated energies and faculties, there should be swift and decisive moves made in the direction of pursuing over desired goals and ambitious objectives. An entirely constructive program, albeit involving sudden revision of plans, may prove of far-reaching and thrilling dimensions.

A brilliant idea, new ways and means, a quick grasp of opportunities may cap the climax to a very progressive program. Youthful things flourish.

#### For the Birthday

Those whose birthday it is are promised a year of spectacular progress, with new and cherished programs and plans, accelerated to surprising growth through the spur of fresh techniques, or brilliant ideas of novelty and innovation, reaching new high spots. This will come through highly-stimulated faculties, energies and nervous tension, forcing into new grooves, with more progressive associates, probably on the side of youth and daring. Travel, revised plans, or contracts, all contribute to constructive and

#### Household

By Roberta Lee

Waterproofing Shoes

To make a comfortable pair of shoes waterproof for outdoor use, melt together a dressing of two parts of beeswax to one part of mutton fat. Apply at night, and in the morning wipe well with a piece of flannel.

Grease Stains

A grease stain may be easily removed from clothing by placing a piece of blotting paper over the stain and placing a hot iron on top of the blotting paper.

Cleaning Suede

To clean shoes or bag of antelope or suede, use a cheap bath sponge. This is said to be effective and does not mar the finish or texture of the pelt as does a brush.

ly and bravely.

A child born on this day should be extremely versatile and clever, with brilliant ideas and talents, sure to attain place and prestige in any channel. It may direct its fine

### That Body Of Yours

By James W. Barton, M. D.

#### FAT FOODS HELP A RUN-DOWN CONDITION

Some years before World War II, I watched a cargo vessel taking on board hundreds of hogheads of fats; they were being shipped to Great Britain and Europe to be manufactured into soap. Most of the "home" supply of fats in these countries was being used for food.

Notwithstanding the great value of animal proteins—meat and fish—and amino acids which are derived from proteins, and notwithstanding the great value of carbohydrates—bread, potatoes, sugar—which give quick heat and energy to the body, it is a known fact that to be strong and healthy a fair amount of fat food must be eaten daily.

Fat gives twice as much heat per calorie as either proteins or carbohydrates, in addition to "cushioning" the nerves throughout the body, pressure on which would give severe pain. Fat also fills out the "hollow" spaces, making the human form more attractive in appearance. Fat in sufficient quantity helps to fight off infection and protect the patient from severe wasting.

While it may not be compulsory to man, the use of various diets in feeding rats has taught food research workers more about the most suitable diet for man than any other series of experiments. This is because the digestive systems are so much alike.

In the "Journal of Nutrition," Philadelphia, Dr. H. J. Deuel, Jr., and his associates show that the feeding rats of diets varying in fat content from 5 to 80 per cent of total calories resulted in better growth, greater physical strength and greater reproductive ability than does feeding of diets containing small amounts of fat. The most satisfying results were observed in diets containing 20 to 40 per cent fat. Most pronounced differences were observed in males.

The proportion of fat in the diet of the average man and woman not doing heavy work is about 20 per cent proteins, 20 per cent fats and 60 per cent carbohydrates (starches).

For those who are underweight, run down, easily tired, adding 20 per cent more fat foods—cream, butter, oleomargarine, egg yolks—should increase weight, strength and ability to fight off disease.

#### MAKE AN ATTRACTIVE RUG

These rugs are made from scraps. Discarded stockings and two shades of carpet warp are crocheted to make a round or oval rug. Pattern No. 360 contains complete instructions. Needlework Book 20 cents.

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14 SHOPPING DAYS TO CHRISTMAS

"I'm all set," says Christmas Belle. "At shopping, I'm quite dolt. "But my pal, I'm here to tell—'Our fourteen days are left—"

### COLDS DO MATTER

There is no such thing as "just a little cold" because the cold itself is a symptom of lowered vitality. To stave off colds, or to deal with them once they have started, keep warm and dry, get plenty of rest and take FATHER JOHN'S MEDICINE.

For nearly 90 years careful parents have been giving Father John's Medicine to their children, and have been taking it themselves. This is a wonderful proof of the value of this famous medicine.



### Modern Etiquette

By Roberta Lee

Q. If you have sent a gift to someone and have received no acknowledgment after a reasonable time, would it be all right to ask this person if he received it?  
A. Yes. You are perfectly justified in asking, as it may have gone astray.

Q. Isn't it a man's responsibility at a dance to see that his partner is not left alone while he is dancing with someone else?  
A. Yes indeed; this is his first duty.

Q. Is it correct for the host to carve at the table, after the guests are seated?  
A. Yes, unless it is a formal meal.

### Better English

D. C. Williams

1. What is wrong with this sentence? "I shall follow after you."  
2. What is the correct pronunciation of "coupeur"?  
3. Which one of these words is misspelled? Supportable, immutable, permissible.  
4. What does the word "blatant" mean?  
5. What is a word beginning with cap that means "to surrender on conditions agreed upon"?

ANSWERS

1. After is redundant, as follow means "to go or come after."  
2. Pronounce koo-pay, oo as in cool, accent last syllable. 3. Permissible. 4. Brawling; Clamorous; noisy. (Pronounce first as in last.) The voice of the speaker was drowned by the blatant mob." 5. Capitulate.

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