

Woman's Realm Social and Personal Fashions Literature

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Delicious Quaker Puffed Wheat Sparkies still cost no more per ounce than in the pre-war year of 1938!

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Living & Leisure THE WOMAN'S REALM

SICK ROOM

Four walls about a ceiling Beyond a mist of grey, And underneath, white featherfolids Of deep tranquility.

Forever on the edge of sleep; Vague forms that, now and then, Emerge from hazy shadowland Then sink away again.

A hand upon my head—a voice From far away, but stern, Adjoining me, and telling me I must return—return.

—Roger L. Waring, (From Kaleidograph)

THICKEN HAIR WITH "TEASING"

If you find that your hair isn't as thick as it used to be, try combing it in reverse when you dress it. That's another way of telling you to "tease" or "rat" your hair, a trick which top-notch hairdressers use without any qualms. They claim no harm is done to "ratted" hair. The tangles are brushed gently out.

Any section of hair may be "ratted" at back, front or sides. Sometimes a woman needs to thicken her hair all around in order to puff out skimpy contours. Fault head contours can also be masked by the simple trick of thickening the hair to fill out flat areas.

If hair is slippery or sleeky, particularly after it is freshened up by a shampoo, reverse-combing will usually give it more "body" and will help to keep it better anchored to the head.

When a permanent is so far gone that curls refuse to take shape, this problem can also be solved by gently "teasing" each curl from the inside when wispy locks are being freed.

SPRING AND SUMMER CREATIONS HAVE FLY-AWAY BACK FULLNESS

Paris — The man who lowered hemlines from knee to calf for the new look one and one-half years ago is raising them again this spring. Christian Dior's new spring fashions put the skirt hem 16 inches from the ground—four inches higher than his famed new look.

The old "New Look" fullness remains in many Dior numbers, as well as the pencil-straight skirts. One of Dior's fashion news items was pockets. They were cut in with the lower bodice and jut out like kangaroo pouches. Some have wide flaps, others form triangular "ears" that fly off over the shoulder. The pockets were shown on dresses and

coats, even on mink and Persian Lamb.

Evening Dresses Short
Short evening dresses were shown, sometimes accompanied by dark taffeta coats with Dior's fly-away back fullness made from a deep unpressed pleat falling from the shoulder blades.

Among Dior's slinker numbers was a navy taffeta design with a straight slit-up-the-front skirt. It's plain round neckline was slit nearly to the waist in front.

Most of the necklines were either stopped up or had a small turn-down collar in the front only. The trend in evening fashions was to opera-topped dresses with narrow straps often in emerald green or black leather.

TEETH NEED CARE

It is easier to repair dental cavities when the damage is at an early stage. At this time the cavities are small and the work can be done with a minimum of discomfort for the patient. If allowed to go unchecked, the cavity will become larger and may destroy the tooth. The teeth should be checked at least twice a year by a qualified dentist.

VITAMINS AND VITALITY

Bad eating habits are the enemy of beauty. That feeling of vitality—a clear skin, bright eyes, glossy hair—depends to a large extent on the food you eat. It isn't what you eat now and then that counts, but what you eat every day at every meal. A balanced diet may be a better beauty aid than many cosmetics.

Household

Scrapbook

By Roberta Lee

Soap Bubbles

A solution for soap bubbles for the children can be made by adding a little gum arabic to the soapy water. This will give the bubbles an elasticity and make them last much longer.

Parchment Shades

Wipe off the solid parchment shades with a cloth dampened in olive oil. It will remove all dirt and will make the shades look like new.

Chocolate

An added flavor that is delicious can be imparted to the chocolate by using a small quantity of cinnamon.

Needlecraft

FOR THE HOME

PERFECT PERENNIAL

Tried and true two-piece type featuring the trim fitted jacket with hip pockets and convertible collar. Over a front 'N' centred kick-pleated skirt. Short and long sleeves both included in pattern.

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BREECHES BIBLE

The Geneva version of the Bible, often known as the Breeches Bible, is so called because it says Adam and Eve made breeches of fig leaves.



2953
SIZES
12-48

Legends

Of P. E. Island

(By Uncle Joe)

THE COUNCIL OF MICMACS

Upon a time, a Micmac chief Cried loud and long his tale of grief;

With mutiny he fired the tribe, And spread dissension far and wide. On matters that concerned their state.

The red men met in long debate, A brave, whose young heart flamed with fire, Elate with strength and pent-up ire, Stepped forth and stood before the rest

And thus his fellow braves addressed:

"O gods! how fallen is our race, Condemned to live in dire disgrace! Shall we the white man's yoke retain

Because our fathers bore the shame? Think well, dear friends, and 'ere this night

Be gone, rise up, assert your right. For cunning is the white man's ways: With veiled threat he marks our days.

Were we designed to slave and toil The acres of this Island soil, To bow before the paleface breed, To ape and act their every deed? How feeble are the white-skinned kins!

What might is in our race combined! Shall, then, our proud and noble race

Submit to terms that spell disgrace? Shall sly-faced whites our Isle possess? While we stand by without redress?

Forbid it, spirits! Help back our claim, That we may break the white man's chain.

Let him the weakling first subdue And dry the sparkling morning dew:

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Pearl Polishchuk was found dying in a pool of blood in a Toronto rooming house. Beside her was a saw-toothed bread knife, police said, and both her legs were almost severed above the knees. Her right leg has been amputated. Her employer told police that the girl had often told him she would "like to die and see the other side." An ardent churchgoer, Pearl always wanted to be a minister.

Ellen's Diary

By an Island Farmer's Wife

March was pleased to continue its recent benign mood into today, though we were led to suspect that this present attitude was misleading. Because we found signs which pointed to an early change in the weather. On farms often it is a wind in one's ear that whispers its sometimes a scudding cloud above the rim of the world warns one of it, or it may be an owl's mysterious hoot past the edge of dusk—a lonely voice in the vast silence of night. There was a dependable token when James came to dinner. He hung up his cap and jacket behind the door and turning towards the kitchen sink, sniffed with suspicion. "Did something burn, Ellen?" he asked. "Nothing actually burned," I replied, "but the potatoes did boil dry." "I guess there's going to be a thaw!" James nodded. "For St. Patrick's," he commented. He picked up the newspaper to glance along the front page then put it down to take his place opposite mine at the meal.

Stew, we had, nourishing and appetizing, bequilling too and certain to hold much good in it—like the proverbial luck of the Irish for which it has been named. What no Irish? But no matter what a learned professor may have to say to the contrary, we know, Pat and I better than that. For as Pat himself will tell you, in his own words, "an' without a word a lie," his folks have been "Irish for generations." And you know that only one race could have bestowed that litting brogue and the twinkle of fun a-gleam in his eye! You know it too by the puckish whistle of an old tune which falls naturally from his lips. "An' what is it, ye're askin'?" Sure 'an' wouldn't you be knowin' 'tis 'Over the Hills an' Far Aways'?" And who owns the hat and the next first, and the shamrocks "what grows nowhere except in Erin's fields?" Certainly there are Irish!

To the cut of meat, we had added a carrot, a parsnip, silvers of turnip, the small white heart of a cabbage. An onion too since James always holds much respect for these. We gathered all except the potatoes into the mixture, which by rights should have been among the first of the vegetables dropped therein. A tomato sauce brightened it, as a relish, and for dessert our choice was baked apple and cheese—not the beautiful which once went to satisfy masculine appetites

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Better English

D. C. Williams

1. What is wrong with this sentence? "He is likely to be injured if he attempts to do it."
2. What is the correct pronunciation of "floral"?
3. Which one of these words is misspelled? Bagage, bagatelle, balliff.
4. What does the word "chaotic" mean?
5. What is a word beginning with inv that means "incapable of being conquered"?

ANSWERS

1. Use liable to express a possible event regarded as disastrous.
2. Pronounce flo-ral, o as in no (not as in on), a unstressed.
3. Baggage. 4. Resembling confusion, or disorder. "He brought the country out of this chaotic condition."
5. Invincible.

That Body Of Yours

By James W. Barton, M. D.

CUTTING DOWN ON TABLE SALT TO PREVENT HEART FAILURE

One of the methods used in reducing weight is to reduce the amount of all liquids—water, tea, coffee, milk, soft and hard drinks—by one-half. This is because fat tissue holds water within it—about three pounds of water to every pound of fat. Thus while water is "good for everybody," it is not good for overweight people because they already are water-logged.

Ever since we have had knowledge of blood pressure, physicians have advised a reduction in liquid because they increase the need for more pressure behind the blood going to all parts of the body. Salt also is reduced in the diet for high blood pressure because it holds 70 times its own weight of water in the tissues.

It came as a surprise to physicians when some noted heart and blood vessel specialists recently stated that, while salt should be reduced in food, patients with heart disease and high blood pressure should be allowed to drink plenty of water daily.

In the "Journal of the American Medical Association," Drs. Edwin O. Wheeler, William C. Bridges and Paul D. White (Massachusetts General Hospital), Boston, state that it is reducing the amount of salt—not the liquids—that is the important factor in the treatment of heart failure. They report that allowing patients to drink as much as four quarts of water daily caused no symptoms of heart failure, if they took little or no salt in or on their food. On the other hand, heart failure occurred when salt was given.

In treating congestive heart failure, these physicians use an 1800-calorie diet and less than half a teaspoonful of salt daily in and on food. In addition, they prescribe rest, digitals to strengthen and regulate the heart, and drugs to drive water out of the tissues.

The salt in the average diet runs from four to 10 times the amount used in this treatment. Thus, salt-free bread and salt-free butter help greatly in reducing the salt intake. Salt, soda and baking powder should not be used. Sweet butter or butter washed free of salt may be used. Bread and salad dressings must be prepared without salt. Canned foods, unless prepared without salt, should not be used. Salted nuts, potato chips, sardines, olives, pickles, cheese, smoked or salted meats should not be used.

Modern Etiquette

By Roberta Lee

Q. When a girl is preceding her escort and reaches a closed door, shouldn't she open it?
A. No; she should stand aside and allow her escort to hold the door open. The girl should then pass through first.

Q. Will you please name some of the items that are included among the "finger" foods?
A. Olives, celery, radishes, corn on the cob, cookies, bread and in some cases, fried chicken.
Q. May one use a postal card to write anything of a private or personal nature?
A. Never. This shows very poor taste.

The Harvey Girls

By Samuel Hopkins Adams

CHAPTER XXVII

"Yes. Afterward he shot two of Purvis's men and was killed, himself." For Cricket's eyes were wide and staring in a face drained of expression.

"Not Ned Trent!"

"What's wrong with you?" he said harshly. "Take it easy. You'll be all right in a minute. Now, listen. I'm taking Clay to the hospital tomorrow. He wants to see you before he goes."

"She spoke dully. 'I can't go.' 'You mean you won't go?'"

"I—can't tell you." Cricket's face was set in lines of misery.

"What shall I say to Clay?"

"Nothing."

"I don't understand this. What will he think, Cricket?"

"I don't know. I don't know. Please, Doc, I can't stand any more." She ran from the room.

He went back to report to Clay.

All Doc Gibson's arguments, orders and persuasions were futile against Clay's obstinacy. Flatly and finally he refused to leave town without seeing Cricket. "It's no use, Doc. I won't stir."

"I can't take proper care of you here. You may die. I'll give you one more day. If your temperature isn't down by then, I'll take you in a strait jacket, by God!"

An easier way than that was in the doctor's mind. If necessary, he intended to drug his patient and take him up in the baggage car on a stretcher. Meantime he would tackle the girl again. He

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The Stars Say--

By Genevieve Kemble

For Wednesday, March 23

MOST propitious astral conditions encourage the concentration of all the resources, energies, talents and influences or a concerted effort to accomplish the highest aspirations, ambitions and objectives, in personal and business life as well as in career and public reward for merit. All affairs are under an expansive, sound and optimistic basis for far-reaching success and achievement, with increased possessions, funds, prestige and popularity, in which the element of charm, personality and good nature have major effect. Capture the moment of promise.

Those whose birthday it is are encouraged to proceed with confidence, assurance and every available talent, assets and influence for securing the expansion and enhanced prestige of the most cherished wishes. This in personal, domestic, heart, position, finance and career aspirations and aims. Desired aid and influence are forthcoming, particularly if personality, talent, ideals, professional and social graces be tactfully exploited. Increasing prestige and popularity are secure for worthwhile wares, with promotion and honors in the near picture.

A child born on this day, should be richly blessed with talents, aspirations, ideals and personality, graces, charms and friendliness, for an outstanding career and popularity.

Morning Smile

Grandmother Green didn't like changes of any sort.

The dial system of telephone service was no exception. "Don't you think you will like it, Grandma?" asked the daughter of the house.

"No," replied the dear old reprobathe, "if I get the wrong number, who can I blame it on?"

TWO IN ONE

The weary father was marching up and down at 1 A. M. with a walling infant in his arms, when there came a knock at the door. It was the tenant from below, carrying a pair of new shoes. "I say, old man," he said, "while you're about it, you might break these in for me."

BE IPANA BRIGHT!

Make Gums Healthier—Teeth Brighter—with Ipana and Massage



Firm, healthy gums are important to sound teeth and sparkling smiles. So switch to Ipana—for Ipana is specially made not just to keep teeth clean, but to stimulate gum circulation. Try it. Brush your teeth with Ipana. Gently massage a little extra Ipana onto your gums. Your mouth tingles with new freshness as gums wake up... your smile gains new charm. Be bright about your teeth and gums—Ipana bright.

*Firm, healthy gums are so important that 7 out of 10 Canadian dentists recommend gum massage.

Product of Bristol-Myers—Made in Canada

DOROTHY DIX SAYS—

Sponging Relatives

Man Needs Backbone To Rid Home Of Parasites

DEAR DOROTHY DIX: Please tell me what is the obligation of a man to his in-laws. My wife's sister and brother have been living in my home for the last eight years and I am fed up with both of them. The brother is lazy and drinks and the sister never thinks about anything but playing bridge. Neither of them pays a nickel for the upkeep of the home.

Now I am far from a rich man and I have growing children who must be educated, and I would like to come home from work just one day and be able to sit down with my own family and not have Brother and Sister right under my nose. Do you think I am selfish in wanting this?
DICK T.

ANSWER: I don't think a man is selfish because he wants his home to himself without its being cluttered up by his wife's relatives. That is what he married for, and it is no more than he has a right to expect.

But how to attain this domestic Elysium is a problem that not even Solomon himself could solve. For the parasitic relative is always with us. He, she and they infest almost every home, and how to get rid of the pests nobody knows. Or, if he does, he hasn't the nerve and the backbone to apply the remedy.

ASSERT SELF

I think you should assert yourself and refuse to be victimized any further by your wife's brother and sister who have camped in your home. As they are perfectly healthy, they should get out and support themselves. When you allow them to sponge on you, you do them more harm than good because you weaken their morale, and they will never make any effort in their own behalf until they are forced into it. So, in my opinion, if you will button up your pockets and put "Keep Out" instead of "Welcome" on the doormat for your wife's relatives, you will do yourself and them a good turn. After all, when a man marries

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How Can I!!!

By Anne Ashley

- Q. How can I keep the teeth clean?
A. Soda water used with any good tooth paste is better than water out of the faucet. The teeth become whiter and a sensation of thorough cleanliness is felt in the gums and throat.
- Q. How should chamomile gloves be washed?
A. Chamomile gloves should not be wrung out after washing. Squeeze them in the hands and press in a dry towel. Pull into shape and hang to dry in the open air.
- Q. How can I make better salad?
A. Sprinkle a little lemon juice over fruit, vegetable, fish or meat salads just before they are served, and the flavor will be greatly improved.
- The blind-worm of Europe is neither blind nor a worm—It's a legless lizard.

It's so different today



Raiding the store-room was not encouraged in stern pioneer days. But today raids on the pantry for delicious Post's Grape-Nuts Flakes should bring no reproach. You need never run short of this healthful, ready-to-eat, easy-to-digest cereal. It's perfect for the between-meal snack.

Post's Grape-Nuts Flakes have that unbeatable Grape-Nuts flavor in popular, honey-golden flake form. They provide nourishment every one needs—useful quantities of carbohydrates, proteins, minerals and other food essentials. So quickly served; so truly good. Your grocer has Post's Grape-Nuts Flakes.