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

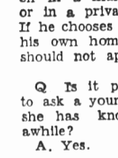
Our Purity Maid, on a tour of the West,
Views golden brown acres of Canada's Best.
"This wheat, when it's ripened by sunshine and shower,"
Says Purity Maid, "becomes Purity Flour."

You'll Make MORE BREAD AND BETTER BREAD with PURITY FLOUR

Try My Recipe for WHITE BREAD

(Straight Dough or 4½ hour Method)
(4 Loaves)

2 compressed yeast cakes	2 tablespoons salt
4 cups water	(About) 12 cups sifted Purity Flour
3 tablespoons white sugar	2 tablespoons shortening (melted)



METHOD—Dissolve yeast in ½ cup lukewarm water. In the remaining liquid (which should not be above 100 degrees F.) dissolve the sugar and salt; then add yeast. Mix in sufficient flour to make a soft batter, add shortening and beat well. Stir in sufficient flour to produce a dough soft enough to handle conveniently, but not sticky. Turn out on floured board and knead until soft and elastic. Place in a greased bowl, cover and let rise until it is double the original bulk; then punch down. Let rise again and, after punching down once more, divide into pieces which will half-fill baking pans. Bake in hot oven of 400 to 425 degrees for 35 to 60 minutes depending on size of loaves.

Get this time-saving, money-saving 200 page Purity Cook Book. Sent post-paid for 50c. Write Western Canada Flour Mills Limited, Toronto.

PURITY FLOUR
Best for all your Baking

Modern Etiquette

(By ROBERTA LEE)

Q. When should a servant close the door after a visitor has turned away?

A. The servant should stand with the door open until the visitor enters his car, or, if he is walking, until he reaches the sidewalk.

Q. Where should a man give a stag dinner?

A. A stag dinner should be given in a man's bachelor quarters or in a private room in a hotel. If he chooses to give the dinner in his own home, his women folk should not appear.

Q. Is it permissible for a girl to ask a young man to call, when she has known him for quite awhile?

A. Yes.

The Housewife And Her Activities

THE WHISTLER

I remember a boy
Sauntering, his hands in his pockets, down the street,
And whistling loud and sweet
For very joy.

It was in a morning of May:
I, a child, heard note on clear note
Tumbled headlong from a human throat:
I looked out, I saw him going his way.

Idly and gladly, with unpurposed foot
Between the white and purple lilac trees,
Piping his heart's ease
On his live flute.

Why have I not forgotten boy and bough?
I remember: I wonder who and what he was,
On some unlike day, I pause—
And if he's as happy now.

—By Audrey Alexandra Brown.

At the greatest known ocean depths there is a pressure of six tons to each square inch of surface.

The wire corn popper is splendid in which to cook the hot dogs over the camp fire.

RING-TAILED MONKEYS

An ingenious system is practised in capturing ring-tailed monkeys, which are numerous in Madagasca.

A cocoanut is split in two, and a banana, with a piece of wood running through it, is placed lengthwise through the nut, the two halves of which are drawn together by wires. Then a hole is cut just large enough for the monkey's paw to enter.

The monkey sees the tempting nut from his tree. He jumps down, looks it over, sees the hole, and smells the banana inside. He is very fond of bananas. Putting his paw in, he grasps it, but the wood prevents it from coming out.

Then the hunters appear and the monkey runs for a tree. But he cannot climb because of the cocoanut on his paw, and as he will not let that go he is captured, pawing wildly at the tree.

Turkey for a Queen

Smoked turkey is a favorite delicacy in London, and the Queen of Yugoslavia has just ordered one from the Savoy hotel. She also wants a smoked salmon and both are being sent by air to Belgrade.

Muffs Match Gloves

The muff this year is an important accessory. Flattened out and trimmed with astraken it hangs from the shoulder with a strap like a drum. These muffs enliven black ensembles and are shown in subtle shades fo red, plum and pearl grey kid, with stitched gloves to match.

Morning Smile

A certain gentleman was very fond of golf, and a little refreshment after the game. He arrived home very late one night, and was met by his wife in the hall.

"Well, and what excuse have you got to offer for coming home at this unearthly hour?" she asked angrily.

"It was like this, my dear. I was playing golf with some friends and—"

"Playing golf!" she cried in disgust. 'Are you trying to tell me you can play golf in the dark?"

"Oh, yes, that's easy, my dear," he said quickly. "You see, we were using night clubs."

Household Scrapbook

(By ROBERTA LEE)

Renewing Old Yarn

Raveled yarn can be revived and made to look like new by wrapping it in a towel, and placing it for a short time in a colander or steamer over a vessel of hot water. The steam makes it fluffy again, and the yarn is in the same condition as when new.

Blanched Nuts

Nuts are blanched by immersing them in boiling water for two minutes, then in cold water. Drain and remove the skins; then spread thinly in pans and put in a warm oven to dry for a few hours. The crispness of the nuts will depend upon their dryness.

Castor Oil Massage

A little castor oil massaged well into the scalp once a week in very beneficial to the hair, and is claimed by some to arrest grayness.

Diarrhoea Dysentery

If you are suddenly attacked with diarrhœa, dysentery, colic, cramps or pains in the stomach or bowels, or any looseness of the bowels do not waste valuable time, but at once procure a bottle of Dr. Fowler's Extract of Wild Strawberry and see how quickly it will give you relief.

When you use "Dr. Fowler's" you are not experimenting with some new and untried remedy, but one that has stood the test of time; one that has been on the market for the past 94 years. Beware of substitutes. They may be dangerous to your health.

Get "Dr. Fowler's" and feel safe.

The T. Milburn Co., Ltd., Toronto, Ont.

How Can I ??

(By ANNE ASHLEY)

Q. How can I shrink dress goods?

A. Place the goods folded in a tub of cold water, to which a few handfuls of salt have been added. After a few hours, hang on the line without unfolding. The weight of the salt prevents wrinkles from drying in, and the salt sets the color.

Q. How can I remove the old varnish when refinishing furniture?

A. Put three tablespoonfuls of cooking soda into one quart of water and apply with a rough cloth. Then use sandpaper and the varnish will come off easily.

Q. How can I prevent beans, bread, or cake from baking too quickly and getting too brown?

A. This can be prevented by placing a pan of cold water in the bottom of the oven.

Reduce Bulky Legs With Simple Exercises

Have Slim and Lovely Legs

How unkind are today's short skirts to the girl whose legs are thick, over large! And if she's not heavy otherwise she's apt to think their bulkiness is a natural defect—that nothing can be done about it.

Actually, with the right exercises it's possible to reduce knees and calves to a shapely slimness.

Here's a simple routine that acts on the muscles of the legs and trims down fatty pads. Then goodby to unsightly bulges!

Stand with feet 18 inches apart, arms out to side. Bending both knees, turn on ball of right foot and bend right knee so that it almost touches the floor at the instep of the left foot. Repeat to opposite side, turning on ball of left foot. Repeat eight times. Rest. Do 16 times altogether.

Whatever your figure-fault, remember your body is largely what you make it. Are your hips large, do you have a dowager's hump—or do you suffer from foot trouble?

Our 32-page booklet helps you take stock of your figure, gives illustrated exercises for the waistline, shoulders, arms, bust, hips, legs and feet. Also has exercises to improve posture, correct constipation, relax nerves, a daily routine to tone up the entire body.

Send 20c in coins for your copy of Best Exercises For Health And Beauty to The Guardian Home Service. Be sure to write plainly your Name, Address, and the Name of booklet.

Name

Street Address

City Province

FORGET INSIPID TEAS!

Change to **LIPTON'S**

THE RICHER, MORE SATISFYING TEA

FREE

Save the coupons from Lipton's 1 lb. and ½ lb. packages. They are exchangeable for beautiful Wm. Rogers & Son Silverplate. Write for premium book to Thos. J. Lipton Limited, Lipton Bldg., Toronto.

399

LIPTON'S *Full-Flavoured* **TEA**

RED LABEL ORANGE LABEL YELLOW LABEL

THE COOK'S CORNER

HEALTH SALAD

1 tablespoon gelatine
3 tablespoons cold water
1 1-2 cups cottage cheese
1-2 cup salad dressing
1 teaspoon salt
1 1-2 cups cucumber seeded and diced
2 tablespoons sugar
2 tablespoons lemon juice
1 cup grated carrot
1-2 cup green pepper, chopped fine
2 tablespoons minced onion.

Soak gelatine in cold water and dissolve over hot water. Mix cheese and salad dressing. Add salt, sugar lemon juice and vegetables. Add dissolved gelatine. Mould and chill. Serve on crisp lettuce.

Cottage Cheese in Tomato Aspic

2 tablespoons gelatine
2 1-2 cups tomato juice
1 teaspoon sugar
1 teaspoon Worcestershire sauce
Salt and pepper to taste
1 1-2 cups cottage cheese

Soak gelatine in 1-2 cup tomato juice. Add seasoning to remaining juice and bring to boiling point. Dissolve gelatine in hot juice. Pour into large mould and chill. When mixture begins to thicken press in cottage cheese by spoonfuls. Chill until firm. Unmould on lettuce or other salad green.

Dorothy Dix's Letter Box

Don't Keep a Leash on 16-Year-Old Girls All the Time; Their "Faults" Are No Greater Than Were Yours When You Were the Same Age

Dear Miss Dix—My daughter, who is not quite 17, has become a great problem. Instead of being content to spend her evenings with the family she wants to have dates and go out with what she calls "the gang." Worse still, when I refused to let her go she told me that if I did not give her more liberty she would go without my permission. She even threatens to leave home. How can I prevent her from running wild like the rest of the young people?

B. J. L.

Answer:

Perhaps your daughter wouldn't seem quite so much of a problem if you would think back to the time when you were nearly 17. It is because parents forget what they were like when they were boys and girls that they get so pessimistic about their own children and lie awake at night wondering what the world is coming to, and glooming over the depravity of modern youth.

You are worried sick over your 16-year-old who wants to do what all the other youngsters are doing; whose feet are aching to dance and who wants to run with the crowd instead of spending her evenings at home in the bosom of the family. But isn't that exactly the way you felt and what you wanted to do when you were her age? Weren't you boy-crazy? Didn't you feel that you would die with disappointment if you missed going to some party? And was your idea of a good time spending the evening at home listening to Grandpa reminisce about the Civil War, and Mother and Father thrash over the domestic problems and groan over the way the price of eggs had gone up?

You know very well that your Janey is just a reincarnation of you in your adolescent girlhood. You know that you got over thinking that every little pimply faced pipsqueak of a boy was a hero of romance, and of believing that you couldn't live if you didn't have a new hat. You thought it was all-important to do exactly what all the other girls were doing, and, incredible as probably your mother and father thought, you developed into a fine, sensible woman.

So why take Janey so seriously? Why not give her the benefit of the doubt and trust to her good breeding and the wise teaching you have given her to come through this wacky period of life unscathed? Quit worrying about Janey and use a little common sense in dealing with her. Give up the foolish idea that you can make over the modern girl into the prunes and prisms young person of the Victorian era, which you can't do. Streamline her ideas of what a nice girl should be, which you can do.

Of course, she is not going to be content to spend all her evenings with the family, but she would be willing to stay at home some evenings if she wouldn't have to have a row with you about every time she went out. Let her have a reasonable number of dates and she will go fifty-fifty with you. And that's fair, for a girl of her age is entitled to step out a bit.

Of course, she wants to run with the gang. All young people are gregarious and naturally she wants to go with boys and girls of her own age. We oldsters are awful bores to the young. But take the danger out of that by letting her have her friends come to the house. Entertain them. Make them welcome. Let them have good times. In that way you can find out who her companions are and gently and insidiously freeze out the undesirables without her knowing it.

Face the fact that if you don't give your daughter any liberty she will steal it. If you don't let boys come to the house, she will meet them on the sly. If you object to everything she does, she won't tell you anything. So don't force her into deceiving you. The best protection that any mother can give her daughter is her home. Don't take that away from her by making her home a prison. Try laughing at your daughter's faults instead of weeping over them.

* * * * * *

You will get a lot better results.

Problem: How to Deal With Jealous Son

Dear Miss Dix—I have been divorced from my first husband for ten years. Our son, then three years of age, was given into my custody and I taught music to earn our support. A few years ago I married a splendid man, who has been a true father to my boy. Before I married, my boy was thrilled with the idea of having a father, but after my marriage a complete change took place in his character. He sulked, dressed slovenly, became sarcastic and impudent in his talk and laid aside all of his good manners. All this his stepfather bore with great patience. Finally we sent the boy off to camp and then to school. He improved and all was going on nicely until his own father visited him and promised to do a lot for him in the future. Since then he refuses to answer my letters or to come home on his vacations and won't even tell me of his plans or whereabouts. All of his former love and devotion to me is gone. I could have the dean of the school compel him to write at least once a week, but I hardly would appreciate love by force. What is your advice?

S. E.

Answer:

Evidently your son is suffering from an acute attack of jealousy. Up to the time that you married he had been the sole object of your affection and interest, and when you took unto yourself a husband he couldn't stand having his little nose put out of joint.

Children at his age are morbid creatures and they enjoy nothing so much as posing to themselves, at least, as martyrs. They simply pile on the agony as they picture themselves as poor, miserable, neglected, mistreated victims of a mother's perfidy, or a father's cruelty. When they have a stepfather or a stepmother to act as the villain who is the cause of all of their misfortunes, they wallow in woe. And like it.

You should be very tender and sympathetic with your boy because he is suffering as many pangs of jealousy about you as any lover could about his sweetie. My suggestion to you would be to keep on writing him affectionate-mother letters, but don't insist on his coming home, or make too much of his not answering your letters. You see he is trying to pay you back for what he considers your deserting him. He wants to hurt you as much as you have hurt him, and he will keep it up as long as he knows he is making you miserable. But, if it falls flat, he will get tired of making gestures that nobody seems to notice, and give it up.

For the same reason don't oppose his going to his own father. It will take all the kick out of it if he finds that you don't care and have no desire to separate them. Boys at his age are kittle-cattle to manage because they are neither child nor man.

DOROTHY DIX.

How Thousands Now Improve Complexions

Reduce Enlarged Pores—Help Keep Skin Soft and Smooth With Unique Medicated Cream

NURSES first discovered how this extraordinary skin cream helped soften and whiten red, rough hands. Soon they found that used as a Night Cream and Powder Base it was a marvelous aid to complexion beauty.

Today millions of women depend on Noxzema Medicated Skin Cream as an aid to a clearer, lovelier complexion—over 15,000,000 jars are used yearly!

What Women Write

Externally Caused Pimples... "I suggested Noxzema to a friend of mine. The improvement in the texture of her skin and the quick way blemishes are disappearing is amazing. Noxzema succeeded where everything else she tried failed."

Finer, Smoother Skin... "I used to be troubled with large pores, but the regular use of Noxzema as a Night Cream and also as a Powder Base has helped correct this condition. I also find my skin is much whiter and smoother."

If your complexion is marred by Enlarged Pores or externally caused Pimples—if your skin is rough-textured, *try* Noxzema. Massage it into your face at night—apply it in the morning as a foundation for make-up. Noxzema is *snow-white, greaseless,* pleasant to use. See for yourself if it doesn't quickly help improve the texture of your skin.

LIMITED TIME OFFER
***FREE* NOXZEMA SOAP**

This week you can get a cake of Noxzema *Medicated* Cream Soap FREE with a 50c jar of Noxzema Skin Cream. Don't delay. Get your jar of Noxzema and your *free* cake of Noxzema Soap *today.* At Drug and Department Stores.

YOUR INDIVIDUAL HOROSCOPE

By FRANCES DRAKE

Look in the section your birthday comes in, and find what your outlook is, according to the stars.

(Copyright, 1939, King Features Syndicate Inc.)

For Thursday, September 7th

MARCH 21 to APRIL 20 (Aries)—A most beneficent day. Meet it with the best you have to offer in effort, persistency and application of your ingenuity and general capability. Profits should accrue from business, investments and creative achievements. Personal issues also favored.

APRIL 21 to MAY 20 (Taurus)—Less stimulating for you Taureans. Your best results will come from the use of your ability to do whatever is your job well. You can gain, too, through charm and gracious persuasion. Extravagance taboo.

MAY 21 to JUNE 21 (Gemini)—Among the generously sponsored activities: Those matters that require discrimination and analysis; agreements, contracts, advertising, promotion; the theatre and other forms of entertainment and amusement; menial and tedious work; social, romance.

JUNE 22 to JULY 23 (Cancer)—You Cancer folk stand to make noticeable headway this good Thursday. Happy events and surprising interesting news indicated.

Continued on page 10.

WOMEN!

read how thousands have been able to

GET NEW ENERGY

IMPORTANT Medical Tests Reveal WHY Famous Lydia E. Pinkham's Vegetable Compound Has Been Helping Weak, Rundown, Nervous Women For Over Half A Century!

If you feel tired out, limp, listless, moody, depressed—if your nerves are constantly on edge and you're losing your boy friends to more attractive, peppy women—SNAP OUT OF IT! No man likes a dull, tired, cranky woman.

All you may need is a good reliable tonic. If so try famous Lydia E. Pinkham's Vegetable Compound. Let it stimulate gastric juices to help digest and assimilate more wholesome food which your body uses *directly* for energy—to help build up more physical resistance and thus help calm jittery nerves, lessen female functional distress and give you joyful bubbling energy that is reflected thruout your whole being.

Over 1,000,000 women have reported marvelous benefits from Pinkham's Compound. Results should *delight* you! Telephone your druggist right now for a bottle.

Snappy Fashions For Home Use

A sleek frock with lines that are becoming to the larger figure. The panel front gives height and a long slim line. The soft gathers at the bust are flattering and the V-neckline is a becoming frame for the face. For immediate wear either smooth sophisticated rayon jersey or soft silk sheer are practical. interesting fabrics. A dark color looks so chic in the warm weather and also has the added advantage of being completely wearable in the later months. A turban to match is a smart note that you will find vrey comfortable. For luncheon, informal dinners in town, teas, club meetings and other social functions when every one comes back to town. So why not be the first to have this charmingly soignee frock.

Style No. 2641 is designed for sizes 14, 16, 36, 38, 40, 42 and 44. Size 36 requires 3 1-4 yards of 39-inch material.

Send fifteen (15c) (coin is prefered) for pattern. Write plainly your Name, Address and style you wish.

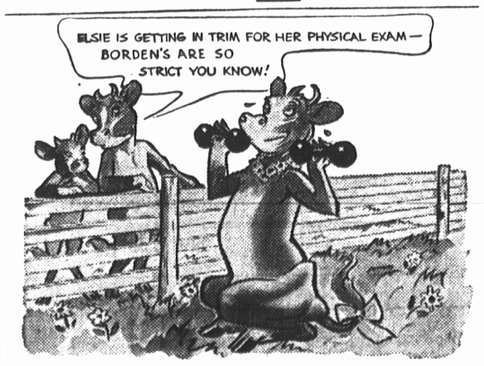
Style No. 2641 Size ....

Name

Street Address

City Province

IF IT'S *Borden's* IT'S GOT TO BE GOOD



No athlete was ever in better shape than the sleek well-kept cows like **Elsie** . . . who give their pure, foamy-fresh milk to Borden's.

Their quality-controlled milk is used to make Borden's Evaporated Milk. Evaporation removes most of the natural water, pasteurizes the milk and homogenizes it. And then this double-rich milk is irradiated for an added supply of the important "Sunshine" Vitamin D.

Here is a milk that improves all your cooking . . . a milk so safe, so nourishing, and so digestible, that it is used for infant feeding in millions of homes. Always ask your grocer for *Borden's.*

A Maritime Product

Borden's EVAPORATED MILK
UNSWEETENED IRRADIATED 181

RIGHT UP HIS ALLEY!
—the big red bottle and his favourite dish

● There's a whole army of men who can't enjoy a meal without a dash or two of Heinz Tomato Ketchup on steak or chop, roast or stew.

The right-off-the-vine flavour of pedigreed tomatoes, picked, cooked and bottled all in a day—the blended-in Oriental spices—Heinz own age-ripened vinegars—all these go to give a man the fragrance and taste that brings back his boyhood appetite. Try Heinz Tomato Ketchup with *your* man. Get a bottle or two from your dealer today. You'll see!

P.S.—And don't forget a few tins of Heinz Tomato Juice.

HEINZ TOMATO KETCHUP
LARGE 14-OZ. BOTTLE 57