

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

More Kindness Needed in Home Life Dorothy Dix Says We Are Prone to Criticize Too Much

Home Can Be Made Heaven, But it is More Often a Hell, and as a Result Many Lives Are Often Ruined by the Critical Attitude of its Members

When I come to die I shall be content if I can know that that I have not made life harder for any one. Perhaps that does not seem a very exalted aspiration, but I have seen so many people whose peace and happiness was wantonly destroyed by those about them; I have seen so many backs broken under the heavy burden laid upon them by others that I shall thank God if my hands are clean of that sin.

Most of us are horrified at the very thought of committing murder or robbing or torturing anybody, yet the very ones who could not bring themselves to take a fellow creature's life, or steal his purse, or break him on the rack have no hesitation in slaying his happiness, taking away his peace of mind and making his every day an agony almost too great to be borne. They even do these things without compunction to their nearest and dearest, and that is the strangest thing in all the annals of crime.

Life is not an easy road to travel for even the most fortunate of us. It is an appalling thing that either through thoughtlessness, selfishness or malice we make it so much harder and stonier and difficult for those who must journey along it with us.

Take home life as an example of this. The stupidest of us know that our happiness or our misery lies within our homes. If at our own firesides we find love and appreciation, understanding and tenderness, all is well with us, no matter what happens outside the gates of our earthly paradise. But if in our homes there is discord and smoldering resentment, bitterness and strife, we live in a hell on earth, no matter if we are housed in a palace.

Yet nowhere else do we find such harsh criticism, so little sympathy, so little even common politeness as at home. No one tells us such scathing home truths as do the members of our own families. No one takes so little trouble to try to make things pleasant for us. The inferiority complex that is at the bottom of the failure of so many men and women is almost invariably made by the fathers and mothers, sisters and brothers who impressed it on the mind of a boy that he was a dullard and could never accomplish anything, or twitted a girl so often on her homeliness that she added shyness and awkwardness to her other drawbacks.

And look how much harder husbands and wives make marriage for each other. Both must work. Both must sacrifice themselves. Both must feel the matrimonial yoke gall their neck at times, but neither tries to make it easier for the other.

The husband comes home at night worn out from a hard day's work, discouraged, sunk, only to be met by his wife with a flood of whines and complaints and a demand to know why he can't make money like some other man. She doesn't make life easier for him by jolly him and breathing fresh hope and courage into him, telling him that as long as she has him nothing else matters.

Nor does the husband try to make marriage easier for his wife. Only too often he is grouchy and ill-tempered, hard to live with and dumps on his own family the fault-finding that he dares not inflict on any one else. The wife is little more than a domestic slave who toils from morning till night to make her husband comfortable and to save his money, but she would think it all worth while if he showed her some appreciation and affection. Many a woman spends her whole married life starving for the love and tenderness her husband never gives her.

Life is made almost unbearable in tens of thousands of homes by cranky and querulous old people who think that age gives them the privilege of being disagreeable. Mother or father, Aunt Jane or Cousin Sally or Uncle Tom are penitents and homeless, and some good son or daughter or relative takes them in.

The old ones repay the hospitality that is being shown them by quarrelling with the daughter-in-law or son-in-law; by finding fault with the children and the way they are being reared and saying that youngsters were never allowed to do that way in their day, and by never liking the cooking and new-fangled ways, and generally making themselves perfect pests. Apparently it never occurs to them to try to make themselves less of a burden by being grateful and interfering with their hosts' way of life as little as possible.

And think how much harder life is made for all of us by those who welshed our enthusiasms, who add further to our depression by prophesying disaster for us, who wound our hearts by speeches that cut like a knife and who turn life into cinders, ashes and dust by telling us the things we would rather die than know.

And that is why I shall die content if I have not made life harder for any one. DOROTHY DIX

That nice tea! Old English Blend King Cole

The HOUSEWIFE and HER ACTIVITIES

WITH SINGING AND LAUGHING

"What were you doing, dear child?" I said. "Singing, you say? But never a word. Never a sound of your voice I heard. Though your eyes were bright and your cheeks were red. Singing, you say? And you nod your head. Yours was no song of child or bird; Never a ripple your white throat stirred!" "Sometimes I sing in my heart instead."

"What were you doing just now, dear child?" Laughing, you say? But never a sound. Came from your lips, that I'll be it bountiful seemed to me you hardly smiled. With eyes-half-shut and a tear half-shed? Laughing, you say? But girls and boys Laugh, when they laugh, with glee and noise!" "Sometime I laugh in my heart," she said. Donald Bain, in the New York Sun.

SLEEP INDUCERS It is a very difficult task for some people to go to sleep readily and sometimes a tiny trick will help a great deal. Try drinking a glass of hot milk before retiring. A thin slice of bread and butter sprinkled with a little cayenne pepper eaten before going to bed is said to induce sleep. Pine needles have a soothing effect upon some people. Have one of your boudoir pillows filled with a pine cushion instead of down. Perhaps the best of all is plenty of fresh air in the sleeping room and a genuine effort to relax every muscle of the body and to make the mind a blank.

BRASS IS RETURNING TO FAVOR FOR MANY PURPOSES It is well worth knowing that chromium trimmings and accessories in the home were supplanted by copper, and still are, but brass is newest of all. In these metals, particularly the last two, the big problem for housekeepers is to keep them clean and polished, and the old trick of applying a layer of plain shellac is still good. Did you know that a coat of colorless liquid nail polish is the cure-all for the mischief which metal jewelry does to necks and neckwear? Getting back to the brass revival in housefurnishings, we wish to point out that it is possible to expect a brass or gilded phrase in women's costume accessories.

MANY LOUNGING-ROBES ARE VERY MASCULINE Most of the new dressing gowns have a masculine air about them. Made of quilted chintz, you get them lined with velvet, with a sash, cuffs, and rever facings to match, and a velvet waist to tuck into the neck. You find them, too, with a kind of leg-of-mutton sleeve or, if you want to go historical, with Elizabethan sleeves and a collar towering behind. As for pyjamas, from being just trousers completed by a top, they have settled down to be outfits over which every good lingerie-marker racks her brains.

WHAT'S INSIDE? Owing to lack of store-room space in many modern houses various things that are not required for regular use have to be packed away in parcels, or in trunks and suitcases. When these things are over-hauled during spring cleaning the contents of each package should be clearly noted on its wrapping or on a large label. This makes it possible to find things whenever they may be needed without trouble or loss of time.

LINEN IS POPULAR FOR SUMMER SPORTS Sports and morning clothes for summer are shown in linens. Linen is used in a yellow waist-length dress, and a dinner gown in pastel is also done in linen.

DON'T NEGLECT THAT PAIN AROUND YOUR HEART It is an interesting point that the pain which accompanies distension of the stomach is often referred to the region of the heart, and may lead to much anxiety, owing to the victim imagining that the heart is diseased, writes Sir Arbutnot Lane. On the other hand, it may happen that true heart pain, angina pectoris, may be referred to the stomach region.

A Morning Smile

They were engaged to be married, and he was proudly relating his former adventures in Africa. "I had to hack my way," said he, "through almost impenetrable jungle, chopping, slashing at thick undergrowth and trees—" "Oh, George!" said she, "you'll be splendid when you have to weed the garden!"

Mike was going to London for the first time in his life and his friend Pat was giving him a few hints on what to do and where to go in the city, finally advising him, not on any account to miss a visit to the Zoo.

"What do I do when I go to the Zoo?" asked Mike. "You be careful about the Zoo," advised Pat. "You'll see some animals if you follow the words, 'To the Lions' or 'To the Elephants,' but take no notice of the one 'To the Exit,' for, begorrah, Mike, it's a fraud, and it's outside I found myself when I went to look at it."

Bearing this in mind, it is important that persistent and recurring attacks of stomach pain, which do not yield to simple dietetic treatment, should be investigated by the doctor without delay.

A BED MUFF Excessive feminine frills seem to be as out of date as attacks of the vapors or the sudden swoon. Our lingerie nowadays is as tailored as trim, and as practical as the rest of our clothes.

We do, of course, occasionally notice items which seem a trifle coy—for instance, the quilted velvet bed-muff equipped with pockets, with which a friend, convalescing from a tiresome illness, equips herself. But on our arguing the fact with her, she points out firmly that her nurse dislikes an untidy bed, that she herself likes something in which she can find her handkerchief, her book, and her lipstick—and that, anyway, the muff matches her bed-jacket.

LIQUOR FROM VEGETABLES When canned vegetables are drained from their liquor for serving in salads, this liquor should be saved and used in soup. The juice of canned fruits may be used in salad dressings, fruit drinks, dessert sauces and jellied dishes.

CARVING If carving is to be well done, the implements for it must be in first-class condition. The knife, which should be kept solely for this purpose, must be sharp, and the fork should have two prongs and a strong spring. A steel should always be in readiness.

During operations the knife should be held firmly, but used lightly, and the meat must be cut in thin, even slices so that the joint will not look ragged, but will be left in a tidy condition for next time.

The cook can help the carver a lot. If the meat is not correctly jointed in the kitchen, and the skewers string and other accessories not removed, the task is more difficult.

The joint must be placed on a dish large enough to hold it, and the slices of meat carved from it. At the same time there must be room in the dish to turn the joint as required. Gravy poured around a joint is rather a nuisance. It should always be served separately.

The carving of a bird is, perhaps, the most complicated. Whether it is game or fowl, the principle is always the same. Place the bird on its back on the dish with its legs to the left. Fix the fork firmly either in the leg or across the breast bone. This method is steadier, and the fork can remain in the same position throughout the whole of the carving.

Start with the leg nearest the carver, and separate it from the carcass, by following the natural curve of the leg. Next remove the wing with a slice of the breast using the point of the knife to sever the joint; then divide the wing in two. Proceed to cut the breast in neat slices; then carve a sirloin roast should be placed with the thickest end of the left hand side. It is usual to carve the undercut first. To do this the carver must turn over the joint and cut down horizontally from the top to the centre, a small portion of fat being served with each slice. The joint should then be turned over, and the upper part cut in thin slices.

Take a hint from this glowing young lady!

MOST mothers know that whole wheat supplies the vital elements so necessary to make strong muscles, and sound teeth and bones. And Shredded Wheat is 100% whole wheat, Nature's perfect cereal food, nothing added, nothing taken away. Children thrive on Shredded Wheat. Serve it at least once a day with rich, wholesome milk and fresh or canned fruits or berries.



SHREDED WHEAT MADE IN CANADA - OF CANADIAN WHEAT



ADVICE TO WOMEN

All women at some period of their lives need a strengthening tonic like Dr. Pierce's Favorite Prescription. The young woman who suffers from monthly pains, the expectant mother who has nausea and other disagreeable symptoms, or the middle-aged woman who experiences "heat flashes" will find this "Prescription" a dependable tonic. Read what Mrs. D. James Amott of 312 Simcoe St., London, Ont., said: "Dr. Pierce's Favorite Prescription has done a lot towards keeping me well and healthy. I used it before each of my children came and it helped to alleviate many discomforts. I also used it during 'change of life' and it helped me equally as much." Buy now at drug store.

THE COOK'S CORNER

VEAL LOAF 3 lbs. ground veal 1/4 lb. pork sausage 1/2 cup bread crumbs 3 eggs, well beaten 1 teaspoon salt 1 teaspoon Worcestershire sauce 1/4 teaspoon pepper 1/2 cup tomato soup 2 tablespoons lemon juice 2 tablespoons drippings Method: Mix all ingredients, reserving a little of one egg white to brush the top of the loaf. Form into a loaf and place in a small roasting pan. Bake for two hours in a moderate 375-deg. F. oven, basting occasionally with the drippings in the pan.

CORN FUFFINGS 1 can corn 1 1/2 cups hot milk 3 tablespoons corn meal 1 green pepper, minced 1 egg, beaten slightly 2 tablespoons melted butter 2 teaspoons salt Method: Pour the hot milk over the corn meal and let cool. Add the remaining ingredients and turn into a well-buttered baking dish. Bake in a moderate oven for one hour. Stir well at the end of the first 30 minutes.

BEEF JELLY SALAD 2 tablespoons gelatin 2 tablespoons cold water 2 cups boiling water 1/2 teaspoon salt 2 tablespoons vinegar 2-3 cup sugar 1 1/2 cups chopped cooked beefs 2 tablespoons prepared horseradish Method: Soak the gelatin for five minutes in the cold water. Add the boiling water and stir until it is dissolved. Add salt, vinegar and sugar, and when it begins to thicken add the chopped beefs and horseradish. Pour into a mold wet with cold water and chill thoroughly before serving.

COLOR SCHEME One of the best dressed women in Paris, chooses brown and yellow for her color scheme.

TABLOID Vasline rubbed lightly into the scalp a few hours before washing the hair is very beneficial.

Spring Fashions For Home Dress-Making

You can't get through this summer without a sports dress with its own little cape. It answers more than one purpose. Button on the cape and wear it for spectator sports or for a trip to town. Striped pique in yellow and brown made the original. The cape is plain toning brown pique. White tub silk with the cape in vivid green makes an exceptionally smart combination. The new looking challis prints, cottons in shantung and linen effects, besides linens and pastel tub silks are other attractive suggestions that cost so little. Style No. 349 is designed for sizes 14, 16, 18 years, 36, 38 and 40-inches bust. Size 16 requires 2 1/2 yards of 39-inch material. Price of PATTERN 15 cents in stamps or coin (10c is preferred.) Wrap coin carefully.

No. 349. Size ..... Name ..... Street Address ..... City ..... State .....

Urgent A little man applied to the foreman of a gang of stevedores for a job. "You're too small," said the foreman. "Give me a chance," pleaded the little fellow. "O. K.," agreed the foreman, "we're loading three-hundred-pound anvils in the hold of that ship. Get to work."

Everything went all right for a few hours, then the foreman heard a loud splash and a yell for help. Running to the gangplank he saw his newly-acquired helper bobbing up and down in the water. "Help!" yelled the man, and under he went. He came up spluttering. "Help," he gurgled and again he went under. He came up for the second time. "Help!" he yelled. "If someone doesn't throw me a rope I'll drop this darned anvil!"

Business Methods in the Home An account book is a necessity in the life of the housewife who wishes to come out even at the end of her weekly, semi-monthly or monthly budget these days. Some idea as to the amount of money needed until hubby's next pay day is the only way to keep in bounds as to catering and buying for the home. The woman who budgets her accounts rarely needs extra help for household expenses.

Purity Flour means real economy. It goes farther. Rich in nourishing gluten, it makes bread that rises right up out of the pans—and the most delicious biscuits, cakes, pies and flaky pastry ever baked!

Best for all your Baking

—By Ad Carter

OLD DUTCH OFFERS YOU Wm. A. Rogers A-1 Plus Quality Silverware in the attractive "Croydon" Pattern made by Oneida, Ltd. HOW TO OBTAIN THIS SILVERWARE—Send 50c and the windmill panels from 3 Old Dutch labels for any one of the units mentioned in this advertisement. You may order one, or as many as you like. You can obtain a complete set of an amazingly low cost. This offer, good only in Canada, expires Dec. 31st, 1936. 6 TEASPOONS—value \$3.50 per dozen—\$50c 0.9E DINNER KNIFE—value \$1.60 per dozen—\$50c 0.9E GRAY LADLE—value \$1.00 per dozen—\$50c 0.9E BUTTER KNIFE AND ONE SUGAR SPOON—value \$1.00 per dozen—\$50c

Today's Short Wave Radio Program (All time is Eastern Standard) FRIDAY, May 15 Moscow 4 p. m.—Concert by Workers on Moscow Subway. Today's Anniversary: "One Year's Work on the Moscow Underground." RNE, 30 m., 6 meg. Rio de Janeiro 4:45 p. m.—Variety program. PRFS, 31.5 m., 9.50 meg. Rome 6 p. m.—News bulletins in English. "Rome's Midnight Voice," by Miss Amy Bernardy. Violinello concert. 2RO, 31.1 m., 9.63 meg. Berlin 7 p. m.—"The Witch-Burner." A Melodrama. DJD, 25.4 m., 11.77 meg. London 9 p. m.—"Affaire Pirate." Merry moments reath the "Jolly Roger." GSD, 25.5 m., 11.75 meg. or GSC, 31.3 m., 9.58 meg. Berlin 9:15 p. m.—The 1936 Olympiad (English). DJD, 25.4 m., 11.77 meg. Caracas 9:30 p. m.—Grand Opera selections. YVZRC, 51.7 m., 5.8 meg. Pittsburgh 11 p. m.—DX Club, W8KK, 48.8 m., 6.14 meg.

JUST KIDS YOU MUST REALIZE, YOUNG MAN—THAT YOU CAN'T BRING YOUR COAT INTO THE HOUSE! NOW GO IN AND EAT YOUR DINNER—IT'S ON THE TABLE! I WONDER WHERE THAT YOUNG ONE HAS DISAPPEARED TO? YUH KNOW—DYNAMITE 'D INVITE YUH INTO THE HOUSE IF I COULD!

PURITY FLOUR Best for all your Baking