Women's realm

How Can I ! ! !

By Anne Ashley

Q. How can I remove a tight glass stopper from a bottle?

A. To remove a tight glass stopper, wrap around the neck of bottle a cloth which has been wrung out of hot water. Or, soak the neck of the bottle in vinegar for a while; work it gently and it will soon loosen.

Q. What is the best method of mending a glove?

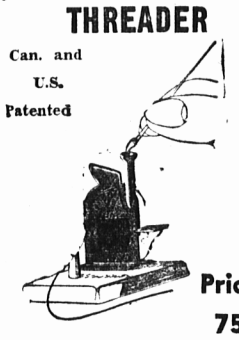
A. It is a good idea to slip a thimble over the finger and pull the glove over this when mending it. The thimble acts as a darning ball and prevents sticking the finger and also getting the glove out of shape.

Q. How can I clean leather goods?

A. By using a strong ammonia water. Rub the leather until it is clean, and then dry with a soft cloth.

AUTOMATIC NEEDLE THREADER

Can. and U.S. Patented



Price 75c

Never before on the market. For everyone, especially for persons with poor or weakening eyesight. This amazing gadget threads any kind of thread easily and quickly. Price 75c, postpaid. Order from E. Miller, 60 Proctor Boulevard, Hamilton, Ontario, enclosing payment.

For Quick Cough Relief Mix This Syrup In Your Home

Thousands of Canadian housewives have turned to this well-known recipe for relieving coughs due to colds. It's easy to prepare, and gives you four times as much for your money.

Your usual drug counter can supply you with a 2½ ounce bottle of PINEX CONCENTRATE. Pour this into a 16 ounce bottle and fill up with granulated sugar syrup, or honey or maple syrup. To make the sugar syrup, simply mix 2 cups of sugar with one cup of water . . . no cooking needed, and it takes but a minute. Now you'll have an ample supply of fast acting, effective cough syrup for the whole family, so pleasant tasting the children will *like* it.

PINEX — a concentrated blend of proven ingredients—must help or your money refunded. Get a bottle today!

PINEX FOR COUGHS—EASY—ECONOMICAL

The Stars Say - -

By Genevieve Kemble

For Tomorrow

WHILE accepted schedules and objectives may forge ahead with special shrewd planning and, perhaps, thrilling intrigue, it is possible that such allure may lead into blind alleys or to strange experiences unless firm ground be established. The peculiar urge to do the singular or spectacular, based on faulty premises or misunderstandings, could create havoc or queer entanglements. The only safeguard is to seek firm foundations, using logic and common sense rather than emotional prompting. The advice of elders may be worth heeding in a crisis.

For the Birthday

Those whose birthday it is may have a year of solid advancement with far-reaching progress and achievement if they will base their projects on logical and solid foundations rather than flash-in-the-pan propositions or fantastic notions. While these may have a modicum of success if adroitly managed, security and stability should be the incitement rather than thrill or exploitation. These projects may be successful in some exceptional or glamorous way, but decisions made on an emotional basis may prove wrong, since judgment is faulty, deceptive, cagey. Confer with elders and escape schemes.

A child born on this day may have sound talents, character and stability, but may be lured into danger by want of logic or reason, although its business may be good.

Cook's Corner

SPANISH SOUP

3 tablespoons butter or margarine
2 tablespoons finely-chopped onion
2 tablespoons finely-chopped green pepper
¼ cup flour
3 cups hot soup stock
1½ cups canned tomatoes or tomato juice
1 teaspoon salt
Few grains pepper
Few grains cayenne
½ teaspoon vinegar
½ tablespoon prepared horseradish
¼ cup macaroni soup shapes or coarsely-crushed macaroni.

Heat the butter or margarine; add onion and green pepper and cook until vegetables are tender and onion golden brown.

Remove from heat and blend in the flour; gradually stir in the hot soup stock and tomatoes or tomato juice. Cook over low direct heat, stirring constantly, until smoothly thickened; cover and cook, stirring occasionally, 15 minutes. Press through a sieve.

To the sieved mixture add the salt, pepper, cayenne, vinegar, horseradish and the macaroni.

Simmer gently, stirring occasionally, until macaroni is tender.

Autumn Wedding At Trinity United Church

—Meyers Photo

Mr. and Mrs. Gordon Ramsay, whose marriage took place at Trinity United Church, are shown above with their attendants. From left to right are Mr. Bradford Murray, brother of the bride, best man; Mr. and Mrs. Ramsay; and Miss Alice Campbell, bridesmaid. The flower girl is Miss Faye Sellick. The bride, the former Dorothy Murray, is a daughter of Mr. and Mrs. Gordon Murray, Brackley, while the groom is the son of Mr. and Mrs. George Ramsay of Alberton.

Modern Etiquette

By Roberta Lee

Q. Is it proper for the bride to wear her engagement ring to the wedding, and have the bridegroom put the wedding ring above it?

A. No; the engagement ring belongs above the wedding ring. On her wedding day, a bride either leaves her engagement ring at home or wears it on her right hand until after the ceremony.

Q. When drinking any kind of refreshment at a social affair, is it proper to leave a small portion of the drink in the glass?

A. No; one is perfectly privileged to drink it all. But avoid throwing back the head or turning the glass upside down to drain that last little drop.

Q. Is it proper to use a visiting card for writing one's regrets to a formal invitation?

A. No. If an answer is requested on the invitation, it must be answered on one's personal stationery.

Morning Smile

Economist

A Scotsman was bound for London on a slow train, and at each stop he left his compartment and hurried into the station, only to rush back to his seat before the train started.

After this performance had been repeated many times, a fellow passenger asked the reason.

"It's because of my heart," the Scotsman explained. "The doctor says I may drop off at any time, and I'm buying tickets from station to station."

DOROTHY DIX'S COLUMN—

Which Church?

Girl Should Consult Impartial Clergyman

DEAR MISS DIX: I am 17 and planning to be married in two years. Our problem is religion. My fiance and I belong to two different Protestant sects. When I met him, I wasn't going to church at all, but have been going to his church with him. I like it fairly well, though I have a tendency to get tired of any church I go to for a long time.

Muriel Nissen

Do you think we should be married in my fiance's church? I don't plan to join the church even after we are married. Then there is the problem of children. I believe in letting them choose their own religion, so don't think they should be baptized in infancy. My fiance disagrees with me.

CHARLOTTE T.

ANSWER: You are quite a cynic for so young a lady. For the sake of brevity, I eliminated most of your particularly brittle remarks. Now I'll try to set you straight.

You, apparently, interpret religion merely as a matter of going to one church or another as the spirit moves you. Would you like God to be as casual in bestowing his blessings upon you? You brush aside my anticipated suggestion that you see a minister, but I shall make it anyway. Perhaps you have a disinclination to see the pastor of the church you attend, or the one you were brought up in, so why not consult a completely impartial clergyman? Locate some church in your city noted for its youth activities, go there and ask to see one of the ministers. The understanding you will be given will, I am sure, astonish and delight you.

RELIGION A BIRTHRIGHT

You are particularly wrong in your assumption that children should be permitted to select their own religion at some unidentified age. Religion should be part of every child's birthright, as much of a heritage as his name. He should be taught his prayers, sent to Sunday school, instructed in Biblical history, receive instruction in his faith—regardless of what denomination it is. To leave so important a part of a child's training to chance is unpardonable neglect.

A large part of the world is today involved in a struggle against Godlessness; don't permit such a destructive force to sink its roots into your life now, or into your family life later.

You are young, I know, to comprehend the great necessity for religion, and the amplifications thereof, but your letter is intelligently written, indicating you are a person capable of more thought than the usual 17-year-old. Use your thinking in the right direction, and use it constructively.

I have gotten far from your question, which was whether you should be married in your fiance's church or not. Since you have not been a regular attendant at any church, it is only reasonable that he, as the regular church-goer, should have preference in the matter.

Your letter interested me greatly, and I should like to hear from you again.

DEAR MISS DIX: Three years ago I met a boy with whom I have fallen in love. He has never asked me to go steady, or told me he loves me, but he has told a mutual friend that he likes me very much.

Some weeks ago he left for duty in Korea. I love him enough to wait for him, but my sister tells me I should go out with other boys. What do you suggest?

SUSAN T.

ANSWER: While I agree with your sister in theory, it would certainly be useless for you to go with other boys if you're sure you can't enjoy yourself with them. It is, on the other hand, rather foolhardy of you to assume that matters between you and your absent friend have reached such a point that you must dedicate yourself to loneliness during his absence. He has neither made promises to you, or exacted any from you. Therefore, it's better not to take them for granted.

DEAR MISS DIX: For two years I have been going with a boy. Friends tell me he is not my type—he is a perfectly nice boy, but we have nothing in common. He is athletic, musically inclined, a good dancer, and rather quiet. I am not athletic, not musical, an average dancer and very talkative. I read a great deal—he never does. My friends conclude that we date only because we appeal to each other physically. I cannot say if this is true or not. We have never mentioned marriage. Do you consider it wise for us to continue dating? I am very fond of him, but don't want to date anyone for mere appeal.

M., S.

ANSWER: What in the world do you two young people do with your dating time? You must find common ground somewhere! It is said that opposites attract, so even with all these disparities it would be quite possible for you to be happy together, if you loved each other enough to make the necessary, and reciprocal, adjustments. Since you aren't very sure of the depth of your affection for the young man, it might be wise to look elsewhere for a steady.

False Face

By E. C. Buley

"This is a surprise, Marcia," he said hesitating. "But you look better than ever to me. What on earth brought you over here at this time of year, and alone?"

"I have my maid Jannine," Marcia replied evasively. "And I have come to New York to taste what waffles are like. I've read such a lot about them; but the samples I unearthed in London didn't look like anything to eat. Oh; and cole slaw. And the mention of food of any kind—if those things are food—reminds me that I'm famishing. Shall we eat first, and talk afterwards?"

Peter drew back Marcia's chair, and then slid it forward as she subsided into it.

"Mind you," he said doubtfully, "If you have come over here with the idea of arranging for some unknown art patron to discover my genius, and invest heavily in my pictures, that shot is not on the board."

Marcia shook her head disdainfully.

"Don't talk like a meanie," she advised. "I was never infantile enough to attempt any of those fictional benefits in your interest. Tell me about the interior decoration. It sounds as if it might be interesting; though, of course, if I asked you to do over Brookridge for me, you'd spurn me with your thickest brogues."

Continued on page 12

That Body Of Yours

By James W. Barton, M.D.

IRON BY MOUTH BUILDS UP THE BLOOD

When your family doctor prescribes iron for you or a member of your family, you may think that iron is old-fashioned treatment and may wonder if your doctor is keeping up to date, notwithstanding your trust in his ability.

Despite all the new drugs now available for building up the quality and quantity of blood in the system, iron still stands at the top, as it has for hundreds of years, as the builder of blood.

It is true, of course, that iron is given not only by mouth but by injections into the muscles where quicker results are desired, but this old-fashioned method of iron gives results over the weeks or even months it is being taken.

When much blood has been lost by injury or operation and the patient is very weak, transfusions of blood are given to give strength and save life as transfusions give immediate results. Quick results are also obtained by injections of blood into the veins.

Interesting information as to the value of iron taken by mouth over long periods of time is reported in the American Journal of Obstetrics and Gynecology by Dr. Curtis J Lund, New Orleans, of the Department of Obstetrics and Gynecology of Louisiana State University School of Medicine and Charity Hospital of Louisiana.

The report is the history of 4015 pregnant women and shows that half of them are anemic (insufficient iron-haemoglobin) according to commonly accepted standards. Although Nature gives an all-round boost in health during pregnancy, including an increase in hemoglobin, nevertheless there was some decrease in the amount of iron that should have been in the blood during pregnancy. It was in a number of these cases where iron was given by mouth that a definite increase in hemoglobin was observed as compared with those who did not receive this extra iron.

"These results show that it is possible to drive upward the total hemoglobin even when there is the normal amount of iron present in the blood."

Now, in the majority of cases of pregnancy, there is a natural increase of iron in the blood so that no extra iron is needed. However, it is interesting to learn that the old-fashioned method of iron by mouth gives satisfactory results where the factor of time need not be considered.

SCALDS • BURNS

Dab on a paste of Baking Soda and water and cover with a damp cloth.

COW BRAND BAKING SODA

Better English

By W. O. Williams

1. What is wrong with this sentence? "If it hadn't have been for John, they would of gone."

2. What is the correct pronunciation of "antitoxin"?

3. Which one of these words is misspelled? Chattauqua, chattel, chauffeur, chastisement.

4. What does the word "pendent" mean?

5. What is a word beginning with se that means "allaying pain"?

ANSWERS

1. Say, "If it hadn't (omit have) been for John, they would have gone." 2. Pronounce first i as in it, not as in tie, and accent third syllable. 3. Chautauqua. 4. Supported from above; suspended. "Pendent from the ceiling were garlands of roses." 5. Sedative.

Household Scrapbook

By Roberta Lee

The Hairbrush

Mix a half-cup of salt and flour in equal proportions, rub it through the bristles of the hairbrush, and it will make it as clean as when new. Be sure to shake out the mixture thoroughly before using the brush again.

Marshmallows

Marshmallows can be kept soft by storing them in a tightly-covered jar or can. If they have become hard, they will soften up again if put into the bread box over night.

Mrs. James Fraser praises Fleischmann's Yeast for prize-winning results in bread.

Prize Bread Baker at Antigonish County Fair

As a busy young farmer's wife, **Mrs. James Fraser** has lots to do besides cooking. But she knows how to turn out batches of prize-winning baking! "When people ask me how I get such fine results in my baking, I tell them you have to use the finest ingredients," says Mrs. Fraser, who lives at Brierly Brook, N.S. "For instance, yeast. Unless you have a good lively yeast your bread just won't be up to the mark. That's why I'm sold on Fleischmann's Yeast. It has *always* given me splendid results."

Young and old prize-winners agree! You can't beat the dependable fast rising action of Fleischmann's Yeast. It's been proved by Maritime housewives for over 80 years!

Sheer Delights

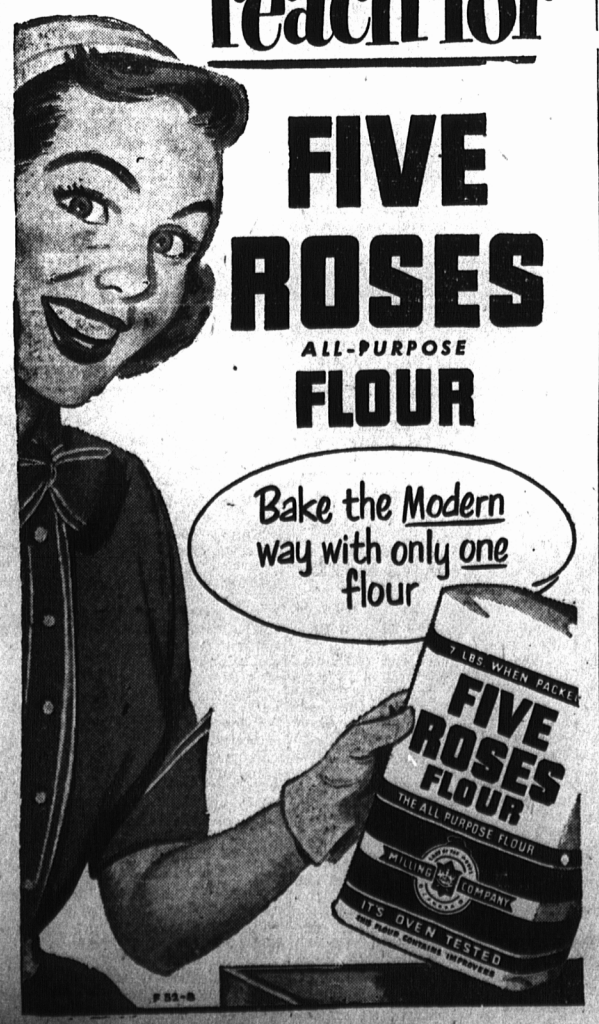
GOTHAM GOLD STRIPE

TRADE MARK REG'D MADE IN CANADA

BEAUTIFUL STOCKINGS

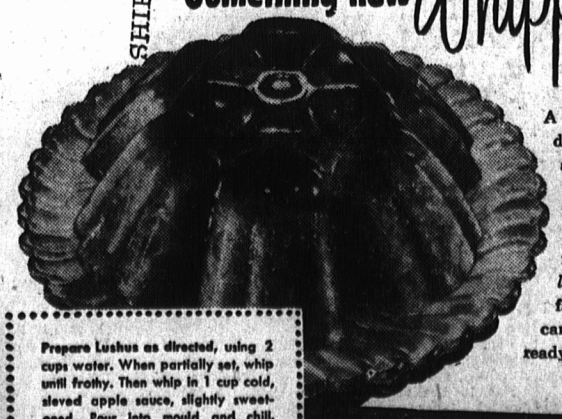
next time reach for

FIVE ROSES ALL-PURPOSE FLOUR



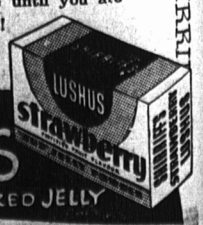
SHIRRIFF'S · SHIRRIFF'S · SHIRRIFF'S · SHIRRIFF'S

Something new Whipped Apple LUSHUS



A simple idea for a swell dessert: combine tangy apple sauce with sparkling Lushus jelly. Lushus has such refreshing flavour because the fruity goodness is sealed *liquid-fresh* in Shirriff's famous Bud. Flavour just can't escape until you are ready to use it!

Prepare Lushus as directed, using 2 cups water. When partially set, whip until frothy. Then whip in 1 cup cold, sieved apple sauce, slightly sweetened. Pour into mould and chill.



SHIRRIFF'S LUSHUS

THE BUD-FLAVOURED JELLY