Women's realm

Household Scrapbook

By Roberta Lee

Roof Paint

A very satisfactory roof paint can be made by heating six to seven parts of coal tar pitch until thoroughly melted. After removing from the fire, add slowly and with constant stirring three parts of solvent naphtha. If desired that this coal tar paint contain asbestos, mix in one part of asbestos fiber to nine parts of the above paint.

Yellowed Garments

To whiten yellowed clothes first soak them over night in water containing borax — about ¼-cup to 1 gallon of water. If not satisfactory, let them freeze in cold water. This will whiten them wonderfully.

Cleaner Sink

A piece of common washing soda placed in the outlet of the sink keeps the drain free and prevents unpleasant odors.

Two Little Birds

Kathy Kelly, 11 months old, gets the bird, and she loves it. The daughter of Mr. and Mrs. William Kelly of Cedar Rapids, Iowa, has a devoted pet and companion in "Echo," a parakeet. Echo, like Kathy, hasn't yet learned to talk, but they get along fine with bird-and-baby language. The Parakeet has the run of the house, and thinks cages are for cats.

"Not very dainty, but you can eat in a hurry using your hands," says Echo. Kathy approves of this method.

Kathy listens intently to words of advice from her parakeet companion regarding merits of speech.

Echo rewards Kathy with a kiss for eating up all the spinach (and also gets a taste for herself).

Echo's very helpful. She keeps Kathy from drowning by holding her up by the hair. It's a hair-raising stunt.

That Body Of Yours

By James W. Barton, M.D.

OUR EMOTIONS, BY CAUSING TENSION, CAUSE FATIGUE

We sometimes wonder why, although we have done no physical, and little mental work, we nonetheless feel tired. What we do not realize is that our emotions act directly on certain muscles in our bodies, readying us to express these emotions physically. As we are civilized, we do not act on these emotional impulses as our primitive ancestors might have, but repress them. The result is tension causing muscular fatigue.

In The International Record of Medicine, Dr. A. D. Jones, Bronx, New York, states that emotional repression may select, in the more severe forms, the muscles of the entire body, or in milder forms, some of the outer muscles.

1. Occipito - frontalis — the muscle extending from back of head to forehead. This muscle expresses conscious prevention of aggressive or fighting thoughts.

2. Muscles of the face. Fear and depression cause loss of expression of the face.

3. Chewing muscles. Tightening of the jaws expresses suppressed rage. A protruding jaw caused by use of tight jaws is seen in energetic individuals.

4. Muscles of sensory organs — eyes, ears, nose, tongue. Increase of tension of the ear muscles will create abnormal vibration of either the ear drum or oval window, producing various symptoms — head noises, nausea, vomiting; increased pressure on eyeball leads to disturbances of refraction (vision).

5. Vocal cord muscles. Increase of tension is seen in anxiety states Hysteria may cause loss of speech

6. Neck muscles. Used to keep head erect. Their function exaggerated when surrounding situations are depressing the individual. In severe or prolonged forms, the neck muscles create an abnormal pressure on the cartilages of the neck joints of the spine which may lead to arthritis.

7. Spinal muscles. Rigid spinal muscles are characteristic of pent-up tension. may also lead to arthritis.

8. Diaphragm and breathing muscles. In the depressive states. breathing muscles receive fewer stimuli, causing shallow breathing.

9. Abdominal muscles. Increased tension is seen in tense individuals.

10. Muscles of hand and feet. Pseudo (false) paralysis as seen in hysteria.

From the above information given us by Dr. Jonas we can get some idea of what nervous tension can do to us. With all the muscles under tension or strain, it is only natural that we should soon become tired.

Relaxation should be our motto in these upset days.

The Stars Say - -

By Genevieve Kemble

For Tomorrow

A DAY of exciting and extraordinary activities, with the possibility of unique, strange and unpredictable events, sudden change of plans, fresh adventures and achievements. The mentality is keen, enterprising and versatile, emotions highly stimulated for unusual social or romantic pastimes. Should there be practical offers to consider, they should reach for security and long-range development. Creative talents clamor for expression.

For the Birthday

Those whose birthday it is may be ready for a year of dramatic change, with novel and experimental ideas, plans, activities having long-range scope and radical consequence. While the outlook is dramatic and exciting as far as social, romantic and creative urges are concerned, in workaday ventures there could be excitement, peculiar contacts and radical reactions on the life. Mind and emotions are keyed to new levels.

A child born on this day is splendidly equipped for a novel, thrilling and exciting way of life, its creative urges beckoning into strange adventures.

Cook's Corner

SAVORY FISH LOAF

Ingredients for six servings: 2 cups flaked cooked fish or 14-ounce can; 1½ cups soft bread crumbs; ¾ cup cooked or canned tomatoes; 1 egg beaten; 2 tablespoons melted fat; 1 tablespoon minced onion; ¼ teaspoon savory seasoning; salt and pepper to taste.

To make: Combine all ingredients and pack into greased loaf pan. Bake at 350 F. (moderate oven) until firm — about 45 minutes. This loaf may be served with hot tomato sauce or with white sauce to which chopped hard-cooked eggs and a little lemon juice have been added.

Peanut-Cheese Loaf

Ingredients for four servings: 2/3 cup cooked oatmeal, wheat cereal or rice; ¼ cup chopped green pepper; 3 tablespoons minced onion; 1 teasapoon salt; 2 teaspoons lemon juice; 1 cup chopped salted peanuts; 2/3 cup fine crumbs; ¼ pound cheese, grated (about 1 cup); 1 egg; 1/3 cup milk.

To make: Combine all ingredients. Put mixture in greased loaf pan and bake at 350 degrees F. (moderate oven) about 1 hour. Serve hot with mushroom or tomato sauce.

ELLEN'S DIARY

By an Island Farmer's Wife

St. Patrick's Day this. . .In the turn of the months the Day returns bearing with it, always, promise of much loveliness to come. There is surely of summer itself in the new blue by this above the hills; in the sun baring the fields and flecking the pond waters with jewelled glints; in the touch of the merry little breezes that come in now to play along the length of the valley.

"Come St. Patrick's" Pat used to say through his pipe-smoke —and he having stolen away from him for the moment the comfort of James' old armchair— "An' ain't it after the good Saint himself, I be named? Well, come th' Day wan may be sayin' the winter is over . . . the frost av it an' the storms. Shure an' I'm not sayin' there won't be more, but 'tis short-lived they'll be— an' no last to the snow av them, at all, at all. No body to it lak . . . nor more than to a mist o' mornin'!"

• • •

And St. Patrick's Day is touched with many a precious memory that has little to do with its significent history but revives glimpses of past years and enchanting legend as it is borne in on the dawn of the morning . . .We recall that Pat had had a young twinkle in his blue eyes and any lapses in his conversation were his spells of remembering — "Mindin" he said.

Picturing the sights painted for him by the other "childer," by the words of his oldsters, of the charms and delight of the magic Isle they once knew: remembered homes in the lee of misty hills; "the green av th' grass" and the fires of peat; the lilt and sprightliness of the Irish jig; the profound poignancy of love-song; the merry tap of danced tune.

• • •

"Nor ever snake is in th' Ould Land, they do be sayin'." But tiny green folk to laugh and tease, and dance happy dances in wee moonlit meadows. And leprechauns to whine and call if you listen when the night is dark — and banshees to wail in token of disaster. Pat's lighted lantern was always adequate and comforting protection against any fearsome Island gnomes of the dark and his heart was a trysting place for the nice 'little folk' of his people.

"Would you" he has asked with a hint of doubt in his voice, "be after belavin' in the small folk yourself, Ellen?" Strange indeed, the woman would be if she could not almost catch a glimpse of elfin forms along the beautiful nightplaces, or hear their happy laughter in the momentary stirring of the grasses or the rustle of leaves along a summer-trail of the farm.

• • •

"There's a part of me that's Irish!" a housewife who indeed could lay claim to many an Irish grace though her forbears belonged not to the storied land of Erin, offered with a winsome smile recently. "And it's a nice part . . . It's my birthday!"

"So the part o' me that's Irish
Claimed kinship we' the dead,
And listened to their merry laugh
And all the things they said.
We saw again the lashin' seas
The green o' fairy rings,
And driftin' down across the bogs
The smell of Irish springs."

Until tomorrow — — Diary— — Good-night. . . . . .

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Alberta Girl, Mother Say Toronto Really "the Good"

The world, and Toronto in particular, isn't such a cruel place after all, or so says 12-year-old Sheila Richards and her mother. The pair recently returned to their Claresholm, Alta., home loud in their praises of Toronto's generosity. It seems that, en route by plane to Toronto to compete in the Kiwanis music festival, Sheila lost the suitcase containing the costume she was to wear in the festival. The youngster was left with only the blue jeans she wore on the trip. When Toronto folk heard of her predicament, the pretty musician was deluged with clothing and kind words. In the festival Sheila, a trumpeter, did right well. Against all-male competition she captured a second and a third. The western girl, who wants to live in Toronto when she grows up, thinks "it's the nicest place I've ever been."

DOROTHY DIX'S COLUMN—

Possessive Husband

Man Claims Full Ownership Of All Household Goods

DEAR MISS DIX: We have been married sixteen months, have a nice flat and furniture. My husband constantly reminds me that he owns the furniture and everything in the house; that nothing is mine. I try to be good to him. I'm a good cook and housekeeper but I'm sick and tired of hearing this story over and over. A few times he told me to pack up and get out. I left him, but when he begged me to come back and promised to change, I believed him. However, the change lasted for just two weeks. The way we are living, I don't feel like a wife at all, and I'm not happy.

W. R. M.

Muriel Nissen

ANSWER: Your husband evidently didn't pay much attention to the words of his marriage vow, "With all my worldly goods I thee endow!" Marriage is a partnership, and everything brought into it, or achieved in it, should belong to both husband and wife. A man who puts such store by his material possessions that he's afraid to let his wife claim a piece of furniture is branding himself as a miser. Apparently he married you just to add a good cook and housekeeper to his possessions. Since, to him, marriage is a business proposition, you are entitled to wages for the work you do around the house. Demand it, and see how businesslike he is then!

CHECK LEGAL RIGHTS

Your husband actually may not even be legally correct in his assertions of possession. Several states provide that furniture, etc., are partnership property, owned equally by husband and wife. It's quite possible that if you divorced your husband you'd be entitled to half of everything he owns. Since you didn't give me your address, I can't advise more definitely on this point.

Judging from your husband's treatment, I'd say you were listed in his mind as a chattel along with the rest of the belongings. Modern women, who have learned to stand alongside their menfolk, sharing with them the full measure of prosperity and adversity, don't go for that position. You've been married only sixteen months, so presumably have many belittling years ahead! If the prospect fails to please, either insist on more equitable treatment or leave your misanthrope to his own devices.

DEAR MISS DIX: My stepfather-to-be doesn't allow me to date boys. I like one boy in particular, and would be satisfied to see him two or three times a week, even if he only came to the house to visit. I'm not allowed to go out with my girl friends. I'm 14, and the only child in the family.

JANE

ANSWER: Your mother is certainly losing an early grip on the reins of authority when she lets her fiance exercise so much authority over you. You should be permitted to go out with girl friends, at least, provided you don't do so on school nights. One evening a week,

Continued on page 11

Seven Days A Week

(By Anne Shannon)

1. Monday: St. Patrick's Day—of course green predominates in the menu to-day. Nice idea in the cake department. Make (or buy) two plain white cakes, about eight or ten inches in diameter. Out of one cut a large shamrock. (Use most of the cake in cutting it out!) Set the shamrock cake on top of the first cake. Frost lower part in pink or white and the shamrock part in green! Interesting and appetizing!

• • •

2. Tuesday: A good suggestion for apple pie lovers. Bake a nine inch pastry shell. Fill it with thick sweetened apple sauce. Top it with marshmallows and bake in a 375 degrees oven until the top is a puffy golden brown. This is a quick method of making pie, believe me!

• • •

3. Wednesday: Over fifty years ago or thereabouts, ham was from fifteen to eighteen cents a pound. One magazine said at that time that a well-set breakfast table should include at least seven different articles of food. Among them generous servings of ham and eggs, maple sugar, french pancakes, hot rolls and so on. No mention of "watch your diet, ladies" there! Food experts tell us that, it would be far better for us, if we ate our heavy meal of the day in the morning. So maybe the old timers had something there! Of course, their dinners and "lunches" were equally as heavy as their breakfasts were!

• • •

4. Thursday: How many of you guessed last weeks riddle? Remember "Mary is 24. She is twice as old as Ann was when Mary was as old as Anne is now. How old is Ann now?" Well the answer is 18 years Work back from there! Takes a bit of doing!

• • •

5. Friday: Try this Fillet Dish for today's main meal. Place 2 pounds of fillet in a baking dish on waxed or greased brown paper. Brush top with 2 tablespoons butter (melted). Bake in a moderate oven (375 degrees) for 30 minutes. Heat one can condensed tomato soup to which has been added 2 tablespoons lemon juice. Pour over fish. Garnish with slices of lemon.

• • •

6. Saturday: Crisp curtains at the windows, and windows gleaming in the morning March sun makes for pleasant weekend surroundings. Did you know you can bring windows together as a unit by installing a strip of mirror from floor to ceiling in the space between them. Then use a long valance right across windows and mirror combined. Sheer curtains and draperies add height and gracefulness. Lovely idea.

• • •

7. Sunday: "We stand on the wrong side of the tapestry — a confusion of colors, knots and loose ends. But, be assured, on the other side there is the pattern Without faith, you are as stained-glass windows in the dark." The author of that quotation is unknown, and what a nice quotation it is. Until next week—bye now and remember a clean conscience is a soft pillow!

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Modern Etiquette

By Roberta Lee

Q. Is it a "must" to call on newcomers in one's neighborhood?

A. In neighborly communities, it is not now considered obligatory, but, nevertheless, it is a kindly and courteous act and conceivably may develop into an enjoyable friendship. Newcomers should not take the initiative in calling, unless invited to do so.

Q. Does the man or the woman precede when leaving a hotel dining room?

A. The woman goes first, and when reaching a closet door she stands aside for her escort to open it.

Q. What are the appropriate gifts to give a newborn baby?

A. Baby clothing, a silver mug or spoon, or any of the innumerable infant accessories are in good taste.

How Can I ! ! !

By Anne Ashley

Q. How can I prevent white silk from turning yellow when washed?

A. This is rather difficult to prevent, but rolling the white silk garments in a Turkish towel as soon as washed will usually prevent their turning yellow. They may be ironed in half an hour ,or can be left for twenty-four hours without harm.

Q. How can I make an effective cement for broken china?

A. Mix plaster of Paris with the white of an egg to the consistency of a cream. Then apply as you would any prepared cement.

Better English

By W. C. Williams

1. What is wrong with this sentence? "The weather was excessively cold, and each and every one of us were uncomfortable."

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

3. Which one of these words is misspelled? Balast, balustrade, balbriggan, balloon.

4. What does the word "lineage" (the i as in in) mean?

5. What is a word beginning with ul that means "beyond what is manifest or avowed"?

ANSWERS

1. Say, "The weather was exceedingly cold," and say, "each of us" or "every one of us" (but not both) "was uncomfortable." 2. Pronounce the a as in ah, accent second syllable. 3. Ballast. 4. Ancestral line; race; family. "He can trace his lineage to Edward VI of England." 5. Ulterior.

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Morning Smile

Short And Sweet

"Nope," observed the oldest inhabitant, "folks round these parts don't try to labor very much. Matter o' fact, I think the laziest man in the state lives right here in this village—name's Will Knott."

"Will Knott?" the listener repeated.

"Yep," replied the O. I. "He's so lazy he never writes out his name in full — just signs hisself "Won't'!"

Korea Was Never Like This!

No sooner had HMCS Sioux docked at Esquimalt, B.C., after Korean war zone service than Leading Seaman George Edginton of Victoria B.C. found himself face-to-face with the primary duty of fatherhood. His wife and buddies are highly amused as the husky tar tangles with a diaper's intricacies.

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