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

Today's Short Wave Radio Program

(All time is Eastern Standard)

WEDNESDAY, MAY 20

Washington

10 a. m. —U. S. Navy Band W8XK, Pittsburgh, 19.7 m., 16.21 meg. Also W3XAL, New York, 16.8 m., 17.78 meg.

Paris

2:30 p. m.—News in English. TPA3, 25.2 m., 11.88 meg.

Moscow

4 p. m.—Travel talk: "A Voyage on the Northern Sea Route"; also "A Short Talk on Gardening in Moscow." RNE, 25.m., 12 meg.

Rome

6 p. m.—News bulletins in English. Latest Italian light music. Prof. A. De Masi—Talk on topics of general interest. 2RO, 31.1 m., 9.63 meg.

London

6.45 p. m.—Chamber Music. The Griller String Quartet. GSD, 25.5 m., 11.75 meg., GSC, 31.3 m., 9.58 meg., GSA, 49.5 m., 6.05 meg.

Schnectady

7 p. m.—Latin American Concert. W2XAF, 31.4 m., 9.55 meg.

Berlin

8.30 p. m.—Aboard the Etherbus through Germany. DJD, 25.4 m. 11.77 meg.

London

9 p. m.—A Recital of Music by Empire Composers. Victor Harding (Australian baritone) and Arthur Benjamin (Australian pianist). GSD, 25.5 m., 11.75 meg., GSC, 31.3 m., 9.58 meg.

Caracas

10 p. m. — Musical Comedies. YV2RC, 51.7 m., 5.8 meg.

A Morning Smile

The pastor of a thriving negro congregation down South was speaking to one of his flock.

"Brudder," he said, "I hears very bad reports about your youngest son. Dat boy don't seem to do you much credit."

"Credit?" rejoined the member of the dock. "Huh! You puts it mildly! Brudder Johnsing, strictly betwixt ourselfs, we regards him as the white sheep of de family!"

THE CUTE LAD!

The man was giving away candy samples. A boy, given one piece, asked for another.

"Why do you want two?" he was asked. "Have you a brother at home?"

"No, sir," was the answer, "but my sister has."

YOUR BLOOD NEEDS IRON—

And you MUST supply it or your health suffers

Many people who are unwell, are really hungering for iron. Their blood cannot properly nourish them nor maintain their "pep" because it is low in iron. For these persons Dr. Williams' Pink Pills are particularly beneficial. Every dose helps enrich the blood with iron and the blood in turn revitalizes the entire system. This method of regaining health and strength has been used by thousands of persons during the past forty years. Their happy experience is evidence that Dr. Williams' Pink Pills are likely to prove just the tonic you need. Full size package, 50c.

DR. WILLIAMS' PINK PILLS

Quality tea

King Cole

Old English Blend

The HOUSEWIFE and HER ACTIVITIES

FAITH

In every seed to breathe the flower,
In every drop of dew
To reverence a cloistered star
Within the distant blue;
To wait the promise of the bow
Despite the cloud between,
Is faith—the fervid evidence
Of loveliness unseen.

—John B. Tubb

WINTER HANDS

Save the lemon rinds and keep them near the sink to remove vegetable stains from your hands. They are great whiteners.

HOME HINTS

If you want the glassware to shine, add vinegar to the rinse water.

If you are in doubt as to what to serve the guests on a meatless diet, have chicken and waffles.

Paint the nails with white enamel that are used for hanging kitchen towels and the tapes will not become discolored with rust.

The earth around house plants must be sweet or the plant will soon die. Every so often work some coffee grounds well into the earth. They will sweeten it wonderfully.

The best way to end war is not to start it.

If beauty is power some girls are surely helpless.

A divorce court decree is always a parting injunction.

Facts are those stubborn things that never apologize to anybody.

The pedestrian who has never been hit must be a lightning calculator.

A woman buys a new hat for the men to look at and the women to talk about.

The girl who does everything under the sun usually has shadows under her eyes.

The length of a man's stay in a hospital often depends on what his nurse looks like.

The leap-year bachelor should not forget that after all his life is just one undarned thing after another.

Half the people in the world are unhappy because they haven't enough, and the other half are unhappy because they have too much.

ODORLESS COOKING OF CABBAGE

You should have a large pot and a lot of water, and put the cabbage in leaf by leaf, so the water does not stop boiling, and when all is in, stand over the pot and with any convenient spoon or other utensil keep the cabbage under water until it is done. In this way the "smelly" gases given off will be held in the water, and the only time when odor will be released is when the cabbage is drained from the pot, then it will be so little as to be inappreciable. This way, though a little troublesome, is the one we have found best.

Other recommended remedies are: (1) Keeping on the stove a vessel containing vinegar, which as it gives off its own fumes will smother those of the cabbage. (2) Placing near the cabbage pot a piece or two of bread to get burned and give off the smoke that is really composed of fine particles of charcoal, that will effectively absorb all odors. But you get the smell of burning toast instead. (3) Putting a wire lid on the cabbage pot, and placing on this slices of white bread. Odor and steam will be absorbed by the bread.

EVOLUTION

Evolution of a man's ambition:
To be a circus clown.
To be like dad.
To be a fireman.
To do something noble.
To get wealthy.
To make ends meet.
To make the old-age pension.

HEALTH SALTS

One and one-half pounds icing sugar, 6 ounces epsom salts, 4 ounces each of cream of tartar, baking soda and tartaric acid.

Sift together three or four times. Put in a jar. Dose: One teaspoon in a glass of cold water, once or twice a day.

AN EASY DECISION

Sometimes the kitchen and shed windows are almost the same size and there is but little difference in the lengths of the curtains—just enough to prove puzzling. If a tiny letter is embroidered on each one, as "S" for side window and "B" for the back window it will save much measuring and handling when replacing the laundered curtains.

Divorce Should Be the Last Resort | Dorothy Dix | Gives Four Reasons Why Patience Is Essential

A Decree of Separation Rarely Brings Happiness, for the Wife Finds Herself in a New and Rather Undesirable Social as Well as Financial Status

A correspondent asks why I always advise women not to rush headlong into divorce when they find that marriage has not come up to their expectations, or they are disillusioned or bored or have lost their taste for their husbands or even when they have some serious grievance against the men to whom they are married.

There are four reasons why I urge women to regard divorce as the last desperate remedy in domestic troubles, instead of as first aid to injured feelings. The first of these is that divorce seldom comes up to what is expected of it. It rarely brings happiness. It is not a panacea for a hurt heart or broken dreams or lost illusions, as women believe it to be. The one who thinks that. If she were only rid of the husband who gets upon her nerves or of whom she is tired or who is grouchy and hard to live with, she would be a gay, laughing, carefree, young girl again makes a fatal mistake.

None of us can retrace the journey we have come in life. The woman who has been married, who has been at the head of her own house, cannot go back and take her old place in her parents' home. She is an alien in it. She has lost her social status and fits in nowhere. Her family considers her a burden. Nine times out of ten her last estate is worse than her first and she finds it harder to be bossed by her mother than she did to be bossed by her husband.

Moreover, in the great majority of cases no marriage is hopeless as long as it is a going concern. It can always be salvaged. So many marriages that look on the verge of bankruptcy turn into successes. So many husbands and wives who quarreled like cat and dog during their honeymoon learn to live in peace together and iron out their difficulties. Husbands settle down and turn domestic. Wives acquire tact. And their golden weddings are happier than their first ones were.

My second reason for urging women to think long and carefully before they buy tickets to Reno is because divorce is such a bad bargain for most women. A husband has ways that his wife feels she cannot stand another minute without screaming. Or he is stolid and commonplace and she is emotional and craves the gestures of affection he does not make. Or she is jealous of his blonde stenographer. Or it may be that he is a philanderer and some kind friend tells her of his little affairs. Her first impulse is to jam on her hat and run to the divorce court. But what does divorce get her?

It breaks up her home. It half-orphans her children and tears them away from the father they adore, for many a poor husband is a good father. Unless her husband is rich it forces her to a lower scale of living on a little grudgingly given alimony, and deprives the children of the education and start in the world their father could have given them. As she was, even if her husband was unsatisfactory in many ways, she had a lot of consolation prizes in her nice home, her good car, her social position, her circle of pleasant friends, all of which she forfeited for a divorce that has not stilled one single heartache or made life one whit happier or brighter. All that the average woman gets out of her divorce is a decree to get out and earn her own living.

The third reason why I urge women not to be in a hurry to divorce their husbands is for the sake of the husbands themselves. I urge them not to give their husbands divorces even when they ask for them until they have had time to find out if their husbands have really found their soulmates at last or are just suffering from a passing attack of juvenilitis that they will get over without serious results if given a little time.

A lot of men are afflicted with this along toward middle age. Suddenly they realize that youth is about over and it brings with it an irresistible desire to have one last fling. Then they are ready for any fast-working gold-digger who comes their way and it is no trick at all for her to persuade a man in this frame of mind that his wife is too old for him and that what he wants to do is to play around with her, instead of sitting at home and nursing his rheumatism.

If the wife sought the bitterest revenge she could take on her husband for his unfaithfulness, she would find it in giving him the divorce he asks for, because no sooner is he married to some little schemer half his age than he finds that all he felt for her was just a flicker of passion that has died out; that they not only have nothing in common, but they are violently antagonistic in every view and purpose and desire, and that he is of all men the most miserable. Worse, he finds that his heart belongs to the wife of his youth with whom he has struggled and striven, achieved, joyed and sorrowed and to whom he can say, "Don't you remember———?"

The most pathetic letters that ever come to this column are from men who have swapped old wives for new and who ask: "Why didn't my wife save me from this tragedy? Why didn't she know that I was suffering from a temporary madness and refuse to give me a divorce? If she had only had a little more patience with me."

And the fourth reason why I urge women to bear almost anything before they get a divorce is for the sake of the children. They are the innocent victims who are buried under the debris of every wrecked home. None come out of it without being maimed and crippled, distorted in soul and character for life. A woman owes her children a better deal than that.

DOROTHY DIX.

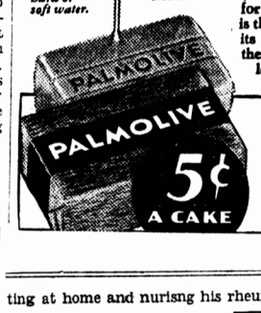
THE FAVOURITE *Beauty Soap* OF CANADA'S SMART BUSINESS GIRLS

"There's nothing like Palmolive's simple beauty treatment to keep all my skin lovely . . ."

says DORIS PRESTON, *beautiful Montreal stylist and designer*

Yes, they're as clever as they're beautiful . . . Canada's young business women. Clever enough to know that a clear, attractive, healthy skin really counts when meeting people. That's why so many of them, like Miss Preston, rely on Palmolive's simple beauty treatment. It keeps them lovely . . . all over. Palmolive can keep your skin fresh and youthful too. Start today. Use this wonderful soap for face and throat and for the bath. See how quickly all your skin becomes clear and soft . . . satiny-smooth.

Lathers perfectly in hard or soft water.



Soothes and Beautifies

More than 20,000 beauty specialists recommend Palmolive for its careful blend of olive and palm oils. It is these costly oriental oils that give Palmolive its rich gentle lather. A lather that cleanses the pores thoroughly, soothes your skin . . . leaves it restfully refreshed and radiant.

Try this Palmolive Beauty Treatment

Use it not only for face, throat and shoulders, but for the bath as well. Gently massage into your skin a warm, rich Palmolive lather. Cleanse the pores thoroughly. Rinse with warm water, then with cold. That's all there is to this simple beauty treatment. Yet there is no surer way to real, all-over skin beauty. And here's another beauty hint. Palmolive, used as a shampoo, keeps your scalp healthy, hair soft and lustrous.

THE COOK'S CORNER

BANANA BRAN MUFFINS

1 cup sifted flour, ½ teaspoon salt, ¾ teaspoon soda, 2 table spoons shortening, ¼ cup sugar, 1 egg, well beaten 1 cup bran, 2 tablespoons sour milk, 2 cups thinly sliced bananas (2 to 3 bananas).

Method: Mix and sift together the flour, salt and soda. Cream shortening add sugar gradually and cream well. Add egg, bran and sour milk. Mix and let stand while slicing banana. Add banana and mix well. Add sifted dry ingredients, stirring only enough to dampen all the flour. Bake in well-greased muffin tins in moderately hot oven 375 degrees F. or 30 to 35 minutes. Make six large or twelve small muffins.

RICE PARFAIT

1½ cups milk, 1 cup cooked apricots, crushed, 1 cup cooked rice, ¼ cup sugar, ½ cup syrup, 1 cup chopped nuts, ½ teaspoon salt, 1 teaspon vanilla, 1 cup cream, whipped.

Method: Stir milk into rice. Add sugar, nuts and salt. Freeze to stiff mush. Beat, add vanilla and cream, and return to refrigerator to finish freezing.

CHOCOLATE NOUGAT CAKE

½ cup shortening, 1½ cups powdered sugar (icing sugar), 1 egg unbeaten, 1 cup milk, 2½ cups pastry flour, 2 teaspoons baking powder, ½ teaspoon vanilla, 1-3 cup powdered sugar and 2 squares bitter chocolate melted.

Method—Cream shortening, add 1½ cups sugar and egg unbeaten when well mixed add 2-3 cup milk sifted flour and baking powder and the vanilla. To melted chocolate add 1-3 cup powdered sugar. Place over fire, and gradually add remaining milk and cook until smooth. Cool slightly and add to cake mixture. Bake 20 minutes in a modern ate oven 350 degrees Fahrenheit in two 8-inch round layer cake pans. Frost with Fudge Frosting.

Spring Fashions For Home Dress-Making

A happy possession, a little ensemble like this—whether you play tennis or not!

The original, in shell pink novelty rough cotton had deep carnation pink buttons. The belt can be of self tissue or match the buttons.

It's perfect for golf. For tennis or for lazing on the beach, discard the skirt.

A sportsy idea, too, is to top the shorts and skirt in plain white with the shirt in navy.

Not only cottons, but linens and tub silks are also lovely for this easily made outfit.

Style No. 1751 is designed for sizes 14, 16, 18 years, 36, 38 and 40-inches bust. Size 16 requires 4⅜ yards of 39-inch material.

Price of PATTERN 15 cents in stamps or coin (coin is preferred.) Wrap coin carefully.

No. 1751. Size .....

Name

Street Address

City State

TAKE ALONG A TIN OF MECCA ON HOLIDAYS

Don't let Sunburn, Windburn, Poison Ivy, Mosquito and Insect Bites spoil your holiday. Mecca Ointment is almost magical in soothing and healing skin irritations. 61

FAITHFUL

By MARGARET GORMAN NICHOLS

CHAPTER 8

For days afterward Iris was mentally ill at the encounter with Annette and the strange, surly, handsome man. Moreover, conditions at home were becoming so unbearable that when the business day was over she winced at the thought of returning to it.

Mrs. Wade bickered continually, complained and grumbled about the old subject of money. Tommy was discouraged and miserable with his job.

"I don't know what you can be thinking about not to encourage a man like Mark Christian," Selina whined at the dinner table." You're ungrateful, Iris. And all I've done for you. Do you want to go on living like this, skimping and pinching pennies all your life for the few clothes and comforts you have? You could have everything." Her hard blue eyes blinked with tears. "I should think you'd think of me and of Tommy."

Tommy grunted. "I'm not complaining. Let up on Iris."

And Iris, her dark head lowered, bit her lips to control the pain and hurt inside of her, feeling if it did not cease she would have to flee from the house. "If only," she thought, "I could have some peace. If only I could come home one night and be met with pleasant faces. If only one night we did not quarrel at dinner."

She put her fork in her plate.

"You haven't eaten anything," said Mrs. Wade.

"Can you blame her?" cried Tommy. "Why can't you let her alone? You'll drive her crazy with your preaching. I'm not complaining, am I? I'm a grease monkey in a gas station and I don't want Iris to marry money—for me. If she were your own daughter, you wouldn't want her to sell herself!"

"My own daughter — indeed? Haven't I been a mother to her? Did I put her in an orphanage when her father died. I'm getting old and tired and Iris owes it to me for what I've done for her."

"Tommy," said Iris," don't go on with this."

Tommy's eyes were sullen. "Why don't you tell her why you don't encourage Mark and get it over? There won't be any peace here until you do."

Selina's eyes were bright through her tears.

"What is it I haven't been told? What are you keeping from me? So—there are secrets between you, Iris, I believed in your honesty . ."

Iris got up, walked to the door, and turned.

"It's the only way," said Tommy.

"You're married to somebody else?' her mother said.

Iris shook her head. Her voice was firm and clear. "No. Not married. But I'm engaged to Joel. You've probably forgotten the boy who came here two years ago and stopped coming because you were so sarcastic and rude to him . . ."

"You've been seeing that — that boy?"

"Yes. Secretly for two years. I've promised to marry him as soon as he makes enough money. I can't break my promise to him," and the anger and hate in Selina's eyes was milk to Iris' contempt for herself. She thought, "Go on. Say what you're thinking. Nothing you can say will matter . . . . I love Mark. That's why this hurts so much. I love Mark."

Tommy said soberly, "Don't say anything you'll be sorry for, Mother. Don't forget that Iris paid for Eve's music lessons, pays for nearly everything around here. You've got no right to own her life."

"And who are you to tell me what I shall say to my stepdaughter!" she cried vehemently. She looked at the slim strong little figure in the doorway. "You were determined to defy me, weren't you? You don't care about the people who need you . . ."

"Don't care!" Iris cried.

"You needed me once," Selina cried. "and I love you and raised you!"

Iris shook her head. "There are so many, many things you don't know," and then turned abruptly, went into the hall, and put on her coat and hat.

She walked heedlessly down Gwynn's Falls Parkway and through the park. In the warm spring night she saw silhouettes of couples walking arm in arm and gay roadsters parked beside the calm lake. For a while she sat on a bench, realizing now how physically tired she was. It was unthinkable to return home until Selina and Tommy were in bed, and it was also unthinkable to remain in the park alone.

At the approach of a sinister figure with a hat pulled over his eyes, Iris got up quickly, crossed the bridge, walked up a steep hill, and cut across the Hopkins campus where the night students were going to class.

Later she realized that subconsciously she knew where she was going all the time and that pure chance had not directed her halfway across the city to stand before the apartment house where Mark lived. "Why am I here?" she thought. "He took out a gay amusing girl. He doesn't want to see a half hysterical girl and hear what she has to say. How foolish of me to run to him because I love him!"

Mark, coming out to his car, saw her.

"Iris!"

She wanted to turn and run into his arms, and put her head against him. Then everything would be all right with Mark close, looking down on her. When she turned, she jerked her mouth into a smile and came toward him. (To Be Continued.)

CARELESSNESS— *that often brings UNHAPPINESS*

YOU may know girls like the one on the left — at home, unhappy, while others are out enjoying life.

Often they are victims of ill health that results from unwise dieting — from eating meals that lack sufficient "bulk" to provide needed internal exercise.

Common constipation results. Too often it isn't regarded as serious. Yet doctors will tell you that common constipation can slowly undermine your health, leading to discomfort, lowering of bodily resistance, and disease.

Don't neglect common constipation. Usually it is due to lack of sufficient "bulk" in the foods you eat. When it is, Kellogg's ALL-BRAN is a safe and pleasant corrective. Scientific tests in leading universities have shown that this delicious ready-to-eat cereal supplies the "bulk" needed to provide regular elimination.

Kellogg's ALL-BRAN absorbs moisture in the body, forming a soft mass that gently cleanses the intestinal walls. It does not break down in the system as does the "bulk" in many fruits and vegetables. So it is often more effective.

Isn't it better to use this natural laxative food in place of patent medicines? Two tablespoonfuls of ALL-BRAN daily, served with milk or cream, are usually sufficient. Stubborn cases may require ALL-BRAN oftener.

Kellogg's ALL-BRAN is not a "cure-all" —but it does correct common constipation. It is guaranteed by the Kellogg Company. Enjoy ALL-BRAN as a cereal, or cook into appetizing muffins, breads, waffles, etc. ALL-BRAN has a tempting nut-sweet flavor. Eat it regularly for regularity. Sold by all grocers. Made by Kellogg in London, Ont.

Serve ALL-BRAN *regularly for regularity*