

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

THE COOK'S CORNER

FOR SUPPER

When it comes to budget-stretching here are two suggestions that give you the maximum of delicious, wholesome nourishment at the minimum outlay.

- DRIED BEEF RAREBIT
6 Shredded Wheat Biscuits
1 lb. dried beef
3 tablespoons butter or margarine
1 tablespoon minced onion
Salt
2 tablespoons flour
2 cups canned tomato juice
1 cup grated American cheese
3 eggs, well beaten.

Put up the dried beef, pour boiling water over it, and then drain. Melt the butter in the top of a double boiler over direct heat. Add the onion and cook until tender. Then add the dried beef and cook 5 minutes. Next add the flour, stir well, add the tomato juice, and cook over hot water until smooth and thickened. Add the cheese and stir until melted. Add the eggs, stir well, and cook 2 minutes. Add salt if necessary. Serve immediately on split shredded wheat biscuits—two halves to each person—which has been heated in a moderate oven of 375 degrees F. for 10 minutes. Serves 6.

A la King dishes enjoy well-deserved popularity and here is one that can well serve for a substantial main dish—it has a delicate flavor and it's very easy to make, and more than that, it will go far in making your reputation as an expert cook.

CREAMED HAM A LA KING

- 6 Shredded Wheat Biscuits
1 tablespoon minced green pepper
1 tablespoon canned pimento
3 cups milk
3 tablespoons butter
1/2 teaspoon paprika
2 1/2 cups diced cooked ham
1/2 cup sliced sauteed or canned mushrooms (optional)
Worcestershire sauce
1 egg yolk, well beaten

Cook the green pepper and pimento until tender in the butter in a double boiler. Add the flour and blend, then add the milk and paprika. Cook until smooth and thickened, then cover and cook 10 minutes. Add the ham and mushrooms, and heat, then add the beaten egg yolk, and cook 1 minute. Add Worcestershire sauce to taste. Serve on shredded wheat biscuits, cut crosswise in halves and heated in a moderate oven of 375 degrees F. for 10 minutes.

Variation: If desired, the mushrooms may be omitted and 1 teaspoon prepared mustard added. Serves 6.

MAKES FIRST HOLE IN ONE

VICTORIA, B.C., May 28.—(C.P.)—When H. K. Dent, Seattle, Wash., played his first game at the Victoria golf club he made a hole in one for the first time in his life. "I think it must be the atmosphere here," said Mr. Dent when he had recovered from his surprise. "When I play in Victoria I relax completely. Down in Seattle you're tense all the time."

That nice tea! Old English Blend King Cole

The HOUSEWIFE and HER ACTIVITIES

INTERLUDE
One little hour of rest, To dream about the past, A little space to think, Times flies so fast.

Man wants but little here below—zero. It is far better to be still than to speak ill.

A peck of common sense is worth a bushel of learning.

The wise man makes stepping stones of his stumbling blocks.

Fault is the one thing that is usually found where it is not.

Sending flowers to the new girl usually plants a good impression.

Suffering loses all its charms for a woman if she has to do it in silence.

When a man grows too old to learn, he has just about outlived his usefulness.

Some girls set their caps for husbands and others set their capitals for titles.

Trucks on the highways get much larger, the good old express train will have to watch for the crossings.

CARE OF RUGS
When rugs begin to wear, instead of putting pieces of wool as when first made (which makes little heaps), thread a large wool needle and fill the worn places with cross-stitch.

TABLOID
A piece of silver paper from a chocolate put on one side of a new piece of soap will stop all that wastage of the soap while it is lying on the soap dish. It is very pleasant to hold, and nearly doubles the life of the tablet.

TABLOID
To clean aluminum, wash each article with soap and water (no soda, please!), then rub it over with a piece of flannel dipped in pure olive oil.

FOR DRY SKIN
Rich creams, oily lotions and special anti-wrinkle preparations should have prominent places in the dry-skinned woman's beauty cabinet.

Under eyes, any cream should be patting in gently with one fingertip. Don't use a patter on this area of your face, and don't pat vigorously. Gentle patting with fingertips is best for your throat. Too. Begin just above collarbone and work upward.

COD WITH SPAGHETTI
Fried or grilled cod cutlets are ordinary; this pie of cod fillets and tomatoes is not so usual.

GREYS AND BLUES
There is a kind of new grey-green that will have a great vogue when spring comes along.

PARIS FASHIONABLES
In Paris, gloves continue to play star roles. Short stude ones in Chinese green, raspberry, violet, jonquill, mandarin blue and Chinese pink are worn with black street clothes.

USE THE MIRRORS
Mirrored glass and plate glass, both tinted and clear, are used in decorating in decoration, particularly as tops for small occasional tables.

EXTRA PIECES
Accessories are more important than ever this spring and some of the designers are showing extra "pieces" in the way of collar, basque, gloves and hat in linen to give brightening touches to an all-wool frock.

RICH, FRESH CHEESE
Heat the knife in boiling water before attempting to slice very rich cheese. It is your only chance to prevent crumbling or breaking.

DURING THE WARMER MONTHS
Dishes can be heated by placing them in hot water instead of the oven during the summer months. They will not have that oven heat to contend with, but even in summer one does not like fatty meats, such as lamb and pork chops, served on cold plates.

A LITTLE APPRECIATION
Don't be afraid to thank people for the favors and kindnesses they show you. Remember it is the only way in which they are repaid and it is very discouraging to the thoughtful person to never reap any word of appreciation. Speak right up with that "Thank you!"

MARRIAGE Is Exacting and Demands Sacrifices Dorothy Dix Family Gem Named Nanny as Often as it is Billy

It May be True That Man Takes on the Greater Financial Burden, But Woman Renounces Most of Her Freedom When She Becomes Married

A man, who is a bachelor and who hesitates by the strength of his own will power and the grace of God to remain one, declares in a recent magazine article that marriage is a racket run for the sole behoof of women and in which the husband is invariably victimized.



This will be news to millions of wives who cook and wash and scrub and sweep, making comfortable homes for the men they have married, who bear them children; who pinch pennies to try to save their money and help them get a start in the world; who undergo tortures trying to keep young and beautiful so their husbands may not tire of them; who love their husbands even after they have become unlovable, forgive the unforfeivable in them, and who consider that when they have given all that they are and have to marriage they have put as much into the domestic partnership as the male member of the firm.

Furthermore, it will puzzle their curiosity to know what are these great gifts that men bring to marriage, for observation and experience has led them to believe that most men consider that when they "support" their wives they have done all that is expected of them. Indeed, so general is this attitude toward marriage among men that any husband who goes domestic, who continues to treat his wife as a lady love, who shows her domesticity, who pays her little attentions and tries definitely to make her happy and keep her entertained and amused and who has no little affairs on the side, is a marked man in any community.

As a matter of fact, no man is half as much married as a woman is, nor does even the best husband in the world lay any such sacrifices on the marriage altar as his wife does, because she gives not only the love of her heart and the work of her hands, but her independence and her personality.

A man may be a devoted father, but he did not go down into hell to bring up the children as his wife did. He may toil and sacrifice to provide for his children, but it is the mother who trundles baby carriages and picks up her youngsters. It is the mother who trudges baby carriages and picks up her youngsters. It is the mother who trundles baby carriages and picks up her youngsters.

When a man marries he does not have to sacrifice his career and his ambitions and have to give up the work he loves and in which he knows he will be successful. He merely adds the companionship of a wife, the joy of children and the comforts of a home to his other blessings.

But when a woman marries, no matter how gifted she is, nor how much time and money she has spent preparing herself for a career, she has to give it up if she expects to be a successful wife and mother. She has to put away her dreams and hopes and exchange the platform for the kitchen and the auditions of the multitude for the grumbling of a husband who isn't satisfied because she knows more about law or medicine or acting or singing than she does about cooking.

Not many men have to sacrifice their personal and financial independence when they marry, but most women do. Only a few hen-pecked men have to ask their wives' permission to buy a new suit, or join a club, or take a trip, but the vast majority of wives have to consult their husbands before they can even go to see their mothers.

With marriage a woman also generally renounces her financial freedom. She swaps a job that has a pay envelope for a harder one at which she works just for her board and clothes, and those such as her boss sees fit to give her. There would not be many weddings if a man knew that his wife would take all the results of his labor, as he takes hers, and only dole him out a quarter or so for carfare after she has made him ask for it.

Marriage is full of sacrifices for both men and women and the worth while of both sexes are willing to make them. But it is not the men who get the worst of the matrimonial bargain. The family goss is just as often named Nanny as Billy.

FAITHFUL By MARGARET GORMAN NICHOL

CHAPTER 15
Iris refused to let the ugly suggestion of Joan's words disturb her more than she was already disturbed. Yet at times it hung over her like a menacing cloud.

When she called Joel, he said, "So I'm eligible for Mary North, eh? Why the change of heart? She never invited me before. She always had somebody else she wanted to marry you to. I wasn't good enough."

"Stop feeling inferior," said Iris. "You're punishing yourself. I'm good enough for Mary North, but I'm not good enough to call for at your home."

"I want you to call for me at home." "Has your mother relented, too? This is too much. Did she hear I've been left a millionaire?"

"I'll take care of that with Mother. You're to call for me at home." Mrs. Wade was setting the table when Iris got home that night. Not stopping to take off her hat or gloves, she walked into the narrow dining room. Selina lifted her eyes.

"I heard from Eve today," said Mrs. Wade, separating the silver. "She's lovely, beautifully. Her teacher says she'll be a sensation." She shook her severely cut white hair.

"I'm very proud of her." "Iris's mouth curved ironically. Had all the events of the past weeks, crowded and important, destroyed her fear of her stepmother? She could remember as a child that Selina's cold gray eyes had seemingly penetrated her and made her body rigid. She remembered hot childish tears at a rebuke and scolding. But fear of Selina belonged in a past that seemed terribly remote now, and Selina, clearly seen, was only an aging woman disappointed in her failure to govern her children's lives and particularly to bend Iris's strong young will her way.

"I'm glad you're proud of Eve—one of your children," said Iris. "I'm proud of Tommy, too. He's doing well in his new position in the gasoline company's office. It's given me a new life to be his boy."

"Then I'm glad you're proud of them both because—because what I'm going to tell you won't make you proud of me." She went to the table and put her hands on the white cloth. "I'm going to marry Joel, Mother, and I'd like, until we are married, for him to come here to see me. I don't like meeting him outside."

Mrs. Wade stiffened. "First Gen—Did you hear that old McClooskie had gone to his long rest? Second Gen—Yes, he's been after that Government job for a long time."

HAVE Stomach Upsets? YOU IMPROVE your stomach and build up the blood with Dr. Pierce's Golden Medical Discovery. The entire system feels the beneficial effect. Your appetite increases and you feel stronger.

Mr. Fred Longstaff of 22 Lane St., Guelph, Ont., said: "I was troubled terribly with headaches, heartburn and indigestion. Pains in my back were so severe it would be impossible for me to turn in bed. Through a friend I learned of Dr. Pierce's Golden Medical Discovery. I took three bottles and I know I would never have been able to keep up if I had not taken it."

Buy your drug now! New size, tab-lets 50 ct. Large size, tab-lets or liquid, \$1.35.

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CRISP, golden-brown Shredded Wheat—heaped high with sliced bananas. The perfect flavor partners! And when you pour on milk you have a perfectly balanced meal. Mineral salts, carbohydrates, vitamins—Nature's vital food essentials—in their most tempting and digestible form. Order Shredded Wheat from your grocer today.



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"Very well, I can't do any more. I suppose I'll have to make the best of it. I can say this for you, Iris, you're like your father. He never went back on his word. Is Mark the only man you've been out with since you've been engaged?"

"Yes, the only one." Selina looked at her searchingly and then went on arranging the table. "I won't ask any questions. You never confided in me. But you're not a happy bride-to-be. Anyone can see that."

When Joel came that night, he took Iris's hands and drew her close to him. "I've never seen you look lovelier."

"Because you see me only in my business clothes. Come into the living room. It's too early to go."

He looked around the room. "I feel like the prodigal," he said. "Would you mind explaining to me why I'm no longer an outcast? No, you needn't. Since I've been making extra money."

"No, no, it's not that," said Iris. "You and I are going to be married and we can't hide it from the world."

Joel's resentment toward Mary North was quickly overcome. From the moment they entered the living room, bright with the colors of evening dresses, Mary attached herself to him and never let him experience a dull minute the remainder of the evening.

Iris knew that he was awed at the luxury and beauty that surrounded Mary. Again she plucked at her heart for him because he had seen so little of beauty. One looked up at Mark; one looked down at Joel and forgave him.

On the way home the cab passed the apartment house where Mark lived. Iris lifted her eyes to the particular room she knew to be his living room. Who was with him now? A part of her, the faithful part, was in this cab with Joel, her fingers locked tightly with his. The other part of her was getting out of the cab, running, hurrying to the room where the light was burning, to stand before him, smiling, and then go to him and give him her lips and her hands.

On the dark porch Joel drew her close again. "Clear sailing ahead for us now" he said.

"Are you sure there are no dark clouds?" "What do you mean?" "Nothing. Nothing at all. I want you to know that the money you're making has nothing to do with..."

"Yes, I know." "You didn't let me finish." "You mean it has nothing to do with my being permitted to come to the house. Iris, you'd—would you never back out on me, would you? You'd never do that, if..."

She touched his face. "Did you say clear sailing? Good night, my dear."

Selina's nodding in the chintz covered chair in Iris's bedroom frightened her when she opened the door and switched on the light. Blinking sleepily, she said, "I waited up to tell you that Camilla Winters called. She wants you to come to see her."

When Selina went out, Iris sat down at her dressing table and looked at herself between the amber lights. Set Mark free of Camilla or break faith with him? Which? But she knew the answer. In the end she knew she would break faith with him to set him free.

(To Be Continued.)

PERSISTENCE REWARDED

First Gen—Did you hear that old McClooskie had gone to his long rest? Second Gen—Yes, he's been after that Government job for a long time.

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Buy your drug now! New size, tab-lets 50 ct. Large size, tab-lets or liquid, \$1.35.

Today's Short Wave Radio Program

FRIDAY, MAY 29 Moscow 4 p. m.—A broadcast planned by a listener: here and there in the U. S. S. R.; music; a worker at the microphone; answers to listeners' questions. RNE, 25 m., 12 meg.

Rome 6 p. m.—News bulletins in English. "Rome's Midnight Voice," by Miss Amy Bernardy. Violoncello concert. 2RO, 31 1 m., 9.63 meg.

London 7 p. m.—"Books to Read." Some suggestions for the listener's bookshelf by Eric Gillett. GSP, 19.6 m., 15.31 meg., GSD, 2 5 5 m., 11.75 meg., GSC, 31 3 m., 9.58 meg.

Berlin 7:30 p. m.—Little musical compositions by great masters. DJD, 25.4 m., 11.77 meg.

Rio de Janeiro Hour. 4:45 p. m.—Brazilian PRFS, 31 6 m., 9.50 meg.

Halifax 8 p. m.—Acadian Serenade CJRO, Winnipeg, 48.7 m., 6.15 meg. CJRX, Winnipeg, 25.6 m., 11.72 meg.

Berlin 8:30 p. m.—Technical and Traffic Aspects of the XIII Olympiad at Berlin. DJD, 25.4 m., 11.77 meg.

Keep Your FEET FIT & HEALTHY and Prevent Blisters, Corns and Chafing by Rubbing in Every Night

ZAM-BUK HERBAL OINTMENT

Spring Fashions For Home Dress-Making

A charming dress with cape that shoulders to sleeveless arms, is interesting detail of this dotted sheer cotton dress in wine ground with white.

A slimming bodice effect is achieved by the surplice waistline cape. The graceful skirt has a length-giving lining panel.

Another idea is navy blue and white dotted swiss with the vest of plain white. Finish the edge of the cape with bias binds of the plain white. It creates a very sportive effect. It's so practical, too.

Again, another fascinating scheme is white tub silk with dramatic contrast in the cape in purple shade. Style No. 1764 is designed for sizes 36, 38, 40, 42, 44, 46 and 48 inches bust. Size 36 requires 3 1/2 yards of 39-inch material with 1 1/2 yards of braid trimming.

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

No. 1764. Size..... Name..... Street Address..... City..... State.....

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1764

AMAZING OPPORTUNITY To obtain a Set of Wm. A. Rogers A-1 Plus Quality Silverware in the attractive Croydon Pattern made by Onaida Ltd. OLD DUTCH offers you 1 SIX TEASPOONS—value \$3.50 per dozen—3 windmill panels from Old Dutch labels, and... 50c

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 at an amazing low cost. This offer, good only in Canada, expires December 31st, 1936.

KEEP YOUR FEET FIT & HEALTHY and Prevent Blisters, Corns and Chafing by Rubbing in Every Night ZAM-BUK HERBAL OINTMENT

Spring Fashions For Home Dress-Making A charming dress with cape that shoulders to sleeveless arms, is interesting detail of this dotted sheer cotton dress in wine ground with white.