

# Woman's Realm / Social and Personal / Fashions / Literature

## Living & Leisure

### THE WOMAN'S REALM

#### CHANGE NOT

Consider well and bear in mind, a faithful friend is hard to find; so when you find one kind and true change not the old one for the new.

When bad weather keeps the children indoors, a simple cooking lesson will help pass the time. Even a very young child can frost Graham crackers, for instance, with a new packaged instant frosting. All that's needed to put a tempting coat of vanilla or chocolate or strawberry on the cracker is a package of the prepared mix added into hot tap water.

#### TABLE ARRANGEMENT

When entertaining a large bridge party with many of the guests sitting at card tables for their luncheon, arrange the tables so that they will start the bridge game exactly in the position in which they are seated for the luncheon. It avoids all confusion and as soon as the dishes and covers are removed from the tables, the game can commence.

Spring begins when the sun starts north again. In the few weeks that remain before planting time, a careful plan should be made for your Freedom garden.

Leisure hours can be turned into cash by growing a vegetable garden. Savings on your food bill will pay high wages for the time spent in pleasurable garden work.

No housewife can afford to waste bread these days. An occasional pudding that uses bread cubes is the sweetest answer to the no-waste problem.

#### GIVE TWO RULES ABOUT CLOTHES

Give the clothes which you have a little better care, and you can spare yourself some expensive replacements.

By observing two simple rules of suit care, for example, you can

prolong the lives of these wardrobe mainstays.

Rule No. 1 for keeping a woollen suit off a chair back, where too many land when women peel them off, is to have a hanger hanging on the outside of your closet door. This easy accessibility to a hanger on which to pin up your skirt and hang up your jacket will make it easier for you to observe the most fundamental rule of suit-care.

Pressing out wrinkles is all right when that is necessary, but that shouldn't be necessary too often. It won't be, if clothes are hung up and allowed to shed the few creases they pick up while in use.

Rule No. 2 for keeping woollens up to snuff is to brush a suit when you hang it up. This helps to keep the nap from matting down, aids in preserving the "bloom" on fine woollens. Handiest little helper to make the routine of frisking up nape on woollen fabric and dislodging grit which buries itself from view in the clothes brush hooked on to the clothes hanger which you're urged to keep on the outside of your clothes door.

When you hang up your skirt and jacket, you'll be reminded—and almost obliged—to take that brush in your hand and clean up your suit.

#### CORSETS HAVE THEIR INNINGS

NEW YORK — Corsets are having their innings. And this is where you come in if you intend to keep step with the new silhouette. Three fundamentals come to light in the new foundation garments, no matter how variously they are developed.

The rounded bustline is number one. Second look for the smooth, but cup diaphragm. And lastly, note the return to the curved hip. These three things give the silhouette its newness.

One way to achieve two points at one time is to reach out and cinch in your waist with one of the smart little waistline aids that are hardly more than eight inches wide but constructed with a genuine for giving your waistline a trimline. They are fairly comfortable. Inspire you with the movements of a ballet dancer, light, untrammelled, and airy and at the same time they give a sense of security, if ehroy shrd of security, for they hug the waist soundly.

These waist nippers are made of different fabrics—of light satin, or net, or batiste, and boned with such softness that you scarcely notice their flexible little bones. Their colors, too, carry out the mood of lightness—pale flesh, black, peach, pale blue, old ivory, and white, some in faint little rosebud brocades.

#### Cook's Corner

##### RANGER COOKIES

- 1/2 cup white sugar
- 1/2 cup brown sugar
- 1/2 cup melted shortening
- 1 egg, beaten
- 1/4 teaspoon vanilla
- 1 cup flaked cereal
- 1 cup quick-cooking oats
- 1/2 cup shredded coconut
- 1 cup sifted flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt

Combine sugars and shortening and blend thoroughly. Add egg, vanilla, cereals, coconut and remaining dry ingredients sifted together. Form into balls no larger than a walnut, then flatten with fork or glass first dipped in flour. Bake on greased cookie sheet in moderate oven, 350 degrees F., 12-15 minutes.

##### NEW ENGLAND EGGS

- 1 cup milk
- 2 tablespoons butter
- 2 tablespoons flour
- 1/2 cup cheese
- Salt and pepper
- 2 cups hot, riced potatoes
- Salt
- 4 hard cooked eggs
- 1/4 cup cheese (additional)
- 1 tablespoon chopped onion
- 3 tablespoons milk

METHOD: Heat the milk to the scalding point. Then melt the butter and add the flour, blending until smooth. Add to the hot milk. Cover, but do not stir, and allow to stand for 8 minutes, then stir with an egg beater until smooth. Add the 1/2 cup cheese and season with salt and pepper.

Add one third cup of this cheese sauce to the hot, riced potatoes, and season with more salt, if necessary. Line a flat baking dish with this.

Cut the hard cooked eggs in half lengthwise. Remove the yolks and mix these with the 1/4-cup cheese, the chopped onion, 3 tablespoons milk, and seasoning to taste. Fill the egg whites with the egg yolk mixture and arrange them on the potato mixture in the baking dish. Pour the remaining cheese sauce around the eggs. Place the dish in a moderate oven (375 deg. F.) for 20 minutes, or until well heated and the eggs begin to brown slightly.

## That Body Of Yours

By James W. Barton, M. D.

#### THE TONSILS ARE USEFUL

No one has been able to tell us just what use the appendix is or was to the body, yet no one thinks of having the appendix removed until it starts to give trouble.

Some years ago I read of two Scottish mining engineers who went into a hospital and had the appendix removed before they set sail for a remote part of Africa. This, of course, looked like good sense because there is no known use for the appendix, and an attack of appendicitis—hundreds of miles from a surgeon—would be a calamity if not fatal matter.

On the other hand, there is a definite use for tonsils: the body—especially in children up to the teen age. Yet patients think nothing of having their child's tonsils removed if they are large, but with no sign of infection.

In "Hygiene," the health magazine, Dr. Frank K. Novak, Jr., states that the tonsils are a part of the throat's protection against infection. If then, the tonsils are a part of the throat's protection against infection, why remove them under any circumstances?

The reason tonsils are removed is that when the tonsils are diseased (infected), they no longer are able to do their special work which is filtering poisons out of the blood. When tonsils are infected, they not only fail to filter out the poisons from the blood but actually are full of poisons themselves, which poisons are carried by the blood to all parts of the body.

Poison from infected tonsils is the commonest cause of rheumatic fever and arthritis, and rheumatic fever is the commonest cause of heart disease.

The thought regarding tonsils is that they should remain in the throat to filter out poisons, especially in youngsters during the period of children's diseases. An enlargement of the tonsils is no reason for removing them, unless they interfere with breathing. A small tonsil, or fragment from a tonsil that has been removed, can be infected and cause trouble elsewhere in the body.

## The Stars Say—

By Genevieve Kemble

For Tuesday, March 2

**PREDOMINANCE** of the feelings, impulses and emotions on this day, fanned into action by stimulating and conflicting planetary influences, may make for a sensational and dramatic state of affairs. Such sidereal forces predetermine strange and unpredictable behavior with tendency to "talk tales," showing off, and other tactics for defeating good prospects. Well-regulated emotions, passions or intuitions might be shrewdly channeled into lucrative, happy and thrilling ventures.

For the Birthday

Those whose birthday it is may find themselves beset by a peculiar confused and bewildered state of affairs, in which a productive and promising condition might be diverted by wrong tactics, in which the feelings, desires and emotions blot out a balanced use of the mentality and sound judgment. Distortions or exaggerations of facts might divert willing help in crises, whereas astute and controlled behavior, emotions and ideas could spend sound ventures.

A child born on this day may be endowed with romantic, idealistic and over-liberal tendencies, impelling it to seek pleasure and gratification by rather dubious means.

CAMBRIDGE, England — (CP) — Local residents are housing 200 German prisoners-of-war during a six-week course at Cambridge University.

## Dorothy Dix Says—

### Divorce Trouble

#### Dull Marriage Preferable To Facing World Alone

DEAR DOROTHY DIX: Lots of women are miserable because their husbands don't get along with their families. Well, I'm telling them there is worse luck than that. Take me. I am 25, very good-looking, a nice figure, a sweet disposition, easy to get along with. But I also have two children and we live at home with my parents. I work in an office and my mother keeps the children, and let me tell you that this two-families-under-one-roof policy doesn't work.

Right now I am so fed up with this arrangement that I would be willing to marry any nice, desirable, dependable, child-loving, home-owning man who would ask me. Of course it is a lot harder to get a husband when you are three instead of one, and it begins to look as if I will have to live the rest of my life alone.

So my advice to women is to stick to the moderately good husbands they have and be glad they are no worse.

ANSWER: These are words of wisdom that every woman who has a husband who isn't the Fairy Prince that she thought she was getting when she married, will do well to paste on her mirror so that she can read them every time she puts on her makeup.

#### HAPPIER IN OWN HOME

Granted that a husband may have many faults and be hard to live with, but as long as he is a good provider for his wife and children she almost always makes a mistake if she breaks up her home and leaves him. For divorce is not the panacea for her domestic ills that the dissatisfied wife thinks it is going to be. Mother doesn't welcome Sally with open arms when she comes home when they get married. Mothers expect their daughters to stay married when they get married.

As long as Sally was married she had the run of her husband's pocketbook, which is very different from trying to collect alimony. Every divorcee expects to make a brilliant second marriage, but while men like to play about with the sophisticated Sallies, they are not so keen about marrying them, especially when they have children to be reared and educated. And if the Number Two husband happens to be allergic to the youngsters, poor Sally has jumped from the frying pan into the fire.

Of course, there are cases in which divorce is an absolute necessity, but, taking it by and large, wives seldom improve their lots by swapping husbands. For if John has one fault, Tom has another, and swapping husbands. For if John has one fault, Tom has another, and swapping husbands. For if John has one fault, Tom has another, and swapping husbands.

DEAR DOROTHY DIX: I am 25 years old and am considered very handsome by the fair sex. I have a fine job and money in the bank. I would like to settle down, but all the girls I meet seem so childish and stupid. There is one girl for whom I particularly care, but she doesn't seem to appreciate me, which proves that she is stupid. Is there any possible quality I could be lacking?

#### BEWILDERED MAN

ANSWER: From your letter I would judge that you are a little shy on modesty, and that is a quality that makes a particular hit with women. They want to monopolize vanity and for men to tell them how beautiful and wonderful and fascinating they are. They get very tired of a man whom they have to flatter and cajole all the time and who acts as if he were God's gift to women.

DEAR DOROTHY DIX: What is a girl to do when she has a man friend whom she admires and esteems and is very fond of, but with whom she is not in love, but who is madly in love with her and insists on marrying her? She has tried every way in the world to disillusion on marrying her, but she can't do it.

These fine people do not deserve to suffer the heartaches of a one-sided love affair. What alternative should this girl take to make things work out well for both of them in the end?

#### TWO FRIENDS.

ANSWER: The heart is an unruly member and no one has ever yet found any way to control it. Your friend cannot make herself fall in love with the man, and she will do him a disservice if she marries him without loving him.

## How Can I!!!

By Anne Ashley

Q. How can I prevent mist forming on eyeglasses when coming from the outside air into a warm room?

A. Try the following method: Mix olefin-potash soap with about three per cent glycerine and a small amount of oil of turpentine, and polish the lenses with this solution.

Q. How can I easily remove the seeds from dates?

A. By washing them thoroughly in warm water, then using a sharp knife to make slits in the sides for removal of the seeds.

Q. How can I remove spots from suede shoes?

A. Suede shoes that have become spotted with rain can be renewed by rubbing the spots gently with an emery board.

## Modern Etiquette

By Roberta Lee

Q. What is the correct way for a married woman to sign her name in social correspondence?

A. She should use her full name. If Jane Smith has married Henry Brown, she should sign her social correspondence "Jane Smith Brown" or "Jane S. Brown." In writing to a stranger, she should write below her signature "Mrs. Henry Brown."

Q. Is it bad form to tip a soup bowl, or a plate containing liquid food, when eating?

A. Yes; this is too often done, and should be avoided.

Q. When accompanying a woman in the rain, should the man carry the umbrella?

A. Yes, always.

## Ellen's Diary

By an Island Farmer's Wife

AH me, Pard and I found this morning cold as we braved the frosty breath of the keen North wind on our way to the mail-box at lane's end. So desolate our small and usually lovely world appeared then, it seemed as though the bitter Winter weather had warned every other creature to remain within the kindly shelter of home. There was neither sign nor sound of the squirrel so fascinating to Jamie and me. She had been there on Saturday, perched jauntily on an over-hanging limb of a Hemlock, ready to engage us in a spirited conversation. Instead the wind moaned drearily in the trees and came out to whirl small drifts of the new fallen snow along the white-covered stream beside. The Alders were stark and cold, and the place where the sturdy cattails stand velvet-coated in Summer for vagrant lovable breezes to caress, was a cemetery where rested only dry bones this morning. "By-r-r-r!" It shivered, tucking the malling away and turning the box to warn Mr. C. It had contents, and Pard looking up understood and let the way briskly back to the house. "There! I'm no going to the woods in this!" I remarked to James on one of his brief visits indoors and the slopes guarding the drifts along the slopes and sensing the strange chill which today seemed to penetrate the stoutest walls answered: "No—at least, Ellen, I'll not go, it's so chilly!" and yet in the afternoon since "it's not really very frosty Ellen" he was off with the others and sheltered there by an area of woodland found it "a very good day in the woods." (He has taken a mile this minute and gone to milk the heifer!)

Mrs. B. our good neighbor "in the road and Rob's and Karolyn's nearest, now growing older though in her activity at her house-work and all one would scarcely remember it was whisked away to hospital this morning—taken in the Doctor's snow-mobile which was to be a mobile vehicle of mercy to the sick and suffering folk of the countryside for many miles around. A recent and distressing indisposition necessitated her going there for observation.

(Continued on Page 3)

**Baby's Cold**

Clear Baby's head and nose with gentle Mentholatum. Quickly relieves nasal distress and soothes inflamed nostrils. Helps Baby breathe freely again. Jars and tubes 30c.

**MENTHOLATUM**  
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FLOWER AND MEXICAN DESIGNS

(Continued on Page 3)

## Morning Smile

#### THE CAUSE OF IT ALL

It was the morning after the riotous New Year's party. Meggie, who was always a judicious celebrator, manager of the "ice from her bed in a fairly good condition; but Jerry, her husband, was in an awful state. He sat holding his head and groaning.

"Jerry," his cautious mate admonished, "I warned you last night. If you hadn't drunk so much, you wouldn't feel so horrible this morning."

"Jerry had nothing to do with it," the afflicted man moaned. "I went to bed feeling wonderful and wake up feeling awful—it was the sleep that did it."

#### CARRY ON

"How's this?" asked the lawyer. "You've named six bankers in your will to be pallbearers. Of course, it's all right, but wouldn't you rather choose some friends with whom you are on better terms?"

"No. Those fellows have carried me so long that they might as well finish the job."

LONDON — (CP) — Crops will have to be grown right to cliff edges to produce sufficient food for Britons, said Farmers' Union Official Ernest E. Miller.

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No. 2208 is cut in sizes 10, 12, 14, 16, 18, 20, 22, 24, 26, 28, 30. Size 16 requires 3 1/2 yards 38-inch fabric; 2 yards ruffling.

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**Feet Killing You?**

1. Wash feet with soap and water and rub dry.  
2. Rub with Cuticura Soap, 2 Messages with Cuticura Ointment, 3. Don't Cuticura between toes and into shoes. Try Cuticura Soap and Ointment.



**\$262,875 MOTHER DEANNA AND JESSICA**

Ginger Rogers was the only Hollywood star to crash the "big 10" on the treasury's new 1945-46 list of top salary earners made public by Washington. The blonde dancer-actress drew a total salary of \$262,150 to place eighth among the first 10. She took the "leading lady" role away from shapely Betty Grable, whose \$208,000 topped Hollywood celebrities on a similar compilation issued last August. Deanna Durbin, a native of Winnipeg, was runner-up among moviegoing figures with \$262,875.

**Better English**  
D. C. Williams

**Household Scrapbook**  
By Roberta Lee

After the Bath

After bathing apply the following lotion: 2 tablespoons of oatmeal in 2 quarts of water, boiled for 3 hours, then strained and cooled. Add juice of 1 lemon and 1 tablespoon of alcohol. The oatmeal softens the skin, lemon juice whitens it, and alcohol removes that greasy appearance.

Flower Pots

The flower pots can be made waterproof by dipping the bottoms in melted paraffin. This closes the pores and prevents moisture from staining the surface of the table or other furniture.

Removing Varnish

Varnish can be removed from furniture by using ammonia and water in equal quantities.

Answers

1. Say, "He spent the remainder (or rest) of the day in his office." 2. Pronounce ad-verb-tization, accent on second syllable, and not the third. 3. Tambourine. 4. Passing from one thing to another. "I have been doing nothing for so long, except idle things and discursive things." — H. G. Wells. 5. Discernment.

**Why ARE MANY WOMEN NERVOUS**  
... without reason?

When women are disturbed by noises at night... become so fidgety they perspire when talking to strangers... or cry tearfully—these symptoms often herald a time when they need special building-up.

But actually there's little to dread or fear! For plenty of sleep, fresh air, wholesome food and Dr. Chase's Nerve Food will help to build up vitality and tone up the system—so you can keep serene through the most trying periods of life. Yes, Dr. Chase's Nerve Food has helped thousands of women to face the future with confidence.

So if you're feeling nervous, fidgety or run-down—if you don't rest well at night, and often feel moody or irritable—take Dr. Chase's Nerve Food for a while. Keep yourself in good condition—try this time-proven tonic which has helped so many. The name "Dr. Chase" is your assurance.

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FOR THE HOME

DESIGN NO. E-553

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by actual tasting!

Can you find out HOW GOOD

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IN TOMATO SAUCE WITH CHEESE

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really is!

Expansion of the Red Cross Sick Room Supply Loan Cupboards, which served more than 10,000 home patients in Canada in 1947, depends on contributions to the national campaign for \$3,000,000 opening March 1. Crutches, wheel chairs, hospital beds and other expensive and hard to obtain supplies are loaned free of charge.