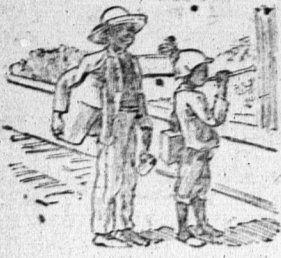


Woman's Realm -- Social and Personal -- Fashions -- Literature

UNCLE RAY'S CORNER

VISITS IN SOUTH AMERICA

Last week we paid visits to the sun, moon and stars, and I trust that you enjoyed those regions. This week we have come back to earth, and will start a little journey round about our sister continent—South America.



Negro boys in Brazil selling milk by the cupful. One of them blows a horn to attract business.

South America contains 6,851,000 square miles. If it could be placed over North America, it would cover all the land except about one-seventh.

The largest country in South America is Brazil. It is larger than the United States, but not so large as Canada.

Brazil now contains about 30,000,000 people. Most of them speak Portuguese. The early white settlers came mainly from Portugal, and Portugal once owned Brazil as a colony.

The chief city of Brazil is Rio de Janeiro, capital of the republic. It lies in the southern part of the country, beside a bay which is studded with dozens of islands. Behind the city is a mountain range.

Almost 1,500,000 persons make their homes in Rio de Janeiro. Some are of Portuguese blood, a smaller number are Spanish. There are many negroes in the city, and some Indians—though most of Brazil's Indians live in the great stretches of the interior of the country.

Brazil's coffee has done much to make the country famous. The people of the country the heavy coffee drinkers, and they send 60,000 or 70,000 tons of coffee beans to foreign lands each year. There is an estate in Brazil which contains more than 8,000,000 coffee trees. You could get lost in that "forest" without half trying!

We mustn't forget Brazil's mighty river—the Amazon. The Amazon comes down the slope from the Andes mountains and flows across Brazil to the Atlantic ocean, for a distance of more than 3,000 miles.

Alongside the Amazon are "tame" Indians who gather rubber for the white men; but there are "wild" Indians in the jungle region, and some of them shoot poisoned arrows from blow-guns.

Uncle Ray

Etiquette

By Roberta Lee

Q Does the usual ten per cent tip apply to such occasions as tea?

A No, a larger percentage is then expected.

Q Should a bachelor have the address of his club on his cards instead of his home address?

A Yes.

Q When is a church wedding proper?

A Whenever desired and when it can be afforded.

CANADIAN HISTORY STUDY PUBLISHED

LONDON, March 28.—(By The Canadian Press)—An interesting Canadian historical study was published recently in London in "Sir Charles Bagot in Canada" by G. P. de T. Glazebrook. The book covers little more than a year of Canadian history, the year during which Bagot was Governor-General, but it was one of the most critical years of the formative stage of Canadian political institutions.

Sir Charles was called upon to smooth the path for the somewhat unhappy marriage of Upper and Lower Canada brought about by the Act of Union of 1840. The act had come into force on February 10, 1841 and Bagot's predecessor, Sir Charles Poulett Thomson Sydenham, died at Kingston in September 1841, having shortened his life by unceasing work with which he brought the new regime into operation. The policy on which Sydenham worked, in the full confidence of the home government, in the last analysis he based on the was to go as far as possible towards consent of the governed.



Back in the days when the iron clad hoofs of coach horses rang on cobbled streets Yardley's Old English Lavender Soap was cherished for its perfect purity and lovable fragrance.

Then, as now, lovely ladies used Yardley's to soften and refine hands and faces—and to add the sweetly clinging breath of lavender to enriched skins.

1/2 per box of 3 large cakes at all best druggists and department stores. Prices uniform throughout Canada.

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4, New Bond St., Lond., E.C. 4, Eng. Canada: 255-267 Adelaide St. W., Toronto 5, Ont. U.S.A.: 417, Fifth Ave., New York.

A Fashion Hint



A CONSERVATIVE TYPE

A real practical dress that every woman needs for general daytime occasions. It is fashioned of printed silk crepe with revers collar, scarf tie, belt and cuffs of plain crepe in lightest tone of print, with 'hip yoke, piped in binding in deepest tone of print. It is interesting, because it is unusual, yet so entirely wearable without being at all conspicuous.

For The Cook

MACARONI AND STEAK DISH

One-half package macaroni, one tin tomato soup, two medium-sized onions, three tablepoons fat, 1/2 cup grated cheese, one pound round steak, half-cup bread crumbs; salt, pepper. Break macaroni into one-inch lengths, and add it with one tablespoon fat to plenty of boiling water, boil 20 minutes, then drain. Pour cold water over macaroni, and drain again. Put steak and onions through the food chopper. Place a layer of macaroni in the bottom of a greased baking dish, then a layer of meat and onions, seasoning, and cheese. Do this until all is used, having breadcrumbs and cheese on top. Add the remainder of fat, melted, and the tomato soup. Bake in moderate oven one hour, and serve at once.

Tells Dyspeptics What To Eat

Strict Diets Often Unnecessary

It is a well known fact that some foods have a strong tendency to produce excessive stomach acidity and consequent indigestion. By omitting from daily meals those foods that experience proves do not agree and limiting the diet to certain tasteless unappetizing foods, stomach troubles may in many instances be slowly overcome. Nine times in ten, however, indigestion, gas, etc., are due to excessive acidity and the premature souring of food in the stomach. Keep the stomach clean and sweet by freeing it of this extra acid and then sufferers can eat the foods they like best and as much as they want in reason and have no stomach trouble at all. Thousands of people do this daily by merely taking after every meal a little Bisurated Magnesia, which can be had at any good drug store in either powder or tablet form. Bisurated Magnesia instantly neutralizes stomach acids, stops fermentation and mends direct as naturally and painlessly as in the stomach of a healthy child. Stomach comfort means a lot and most folks like good things to eat. Enjoy them both by making Bisurated Magnesia your daily after-dinner refreshment.

Dorothy Dix Letter Box

Must a Man Choose Between His Girl and His Life Work?—Grass Widow With Two Children—Should a Bride Leave Her Husband to Visit Her Sister?

DEAR MISS DIX—To what extent do you think a girl should interfere with a man's chosen career when it is entirely distasteful to her? The career which I have in mind is that of naval officer. The hardships and separation of a life in the navy, the low salary with only periodical advancement and with no reward for ambition or initiative all speak against it. Should one give up the man, suffer the life or force him to give up the career he loves and the only one for which he prepared, but which he is willing to sacrifice if the girl refuses to endure it? Jane.



Answer:

You are not very patriotic, are you, Jane? You haven't a very high ideal of the calling of the men on whom the safety of your country would depend if some foreign nation should attack us and threaten our liberty. They are our outer bulwark of defense. They literally stand between us and the world.

It seems to me that the career of a naval officer is as high as any man could aspire to and that it is a very fine thing that they should give their talents to their country instead of just employing them in chasing dollars. Nor do many women share your opinion that naval officers are such poor matrimonial risks. Probably the average of matrimonial happiness is just as great in the navy as out of it.

Indeed, some cynic has said that a girl who marries a naval officer has twice the chance of happiness that any other girl has because if she loves him she will be happy when her husband has his shore duty, while if she doesn't love him and loses her taste for him she will be happy half of the time when he is away at sea.

Of course, if you want a man who will be a go-getter and a money-maker and who will give you a fine house and jewels and cars and punch the home time clock regularly at 6 p. m., then you would be foolish to cast your fortunes with the navy. You are predestined for some baker or banker or candlestick maker with a nice little shop around the corner.

Also you are right in deciding this question before you get married and while the man still has a chance to choose between you and his life work. For it is cruel and a dishonest thing for a woman to marry a man and then get about disorganizing his life.

Many women do this. I know a number of women who have married army and navy officers and then nagged them out of their professions because they didn't like to live at army posts or to be let alone so much. And I have seen these husbands, accustomed to command, accustomed to respect and deference, accustomed to filling a high place in society, miserable and unhappy in an environment to which they were not used. Some of them had degenerated into being small clerks; some were doing menial tasks; some, discouraged, had given up the task of trying to make a living at all.

Of course, some army and navy officers make successes in business, but not a great many do, because their whole training is against it.

Anyway, what right has a woman to interfere in a man's career to make him give up the work he loves? Perhaps the woman who has never worked herself has no idea what a man's profession can be to him. Perhaps she can never understand how completely it absorbs him, of what vital interest every smallest detail of it is to him, of how it has filled his thoughts by day and his dreams by night, how his hopes and ambitions centered in it.

Perhaps she cannot understand the joy he has in achievement, the pride and rapture that thrills him when he succeeds, the unending joy he takes in the just exercising of his craftman ship.

No matter how much a man loves a woman this other love of his work is there, too, and if she forces him to sacrifice it she not only blights his life but she hurts his love for her beyond repair. He always holds it against her in his thoughts, and if he falls in the new and uncongenial work she forces him into he blames her for his failure and hates her for it.

So, if I were you, Jane, I would just get rid of my sailor lover and marry a good money-maker and not interfere with his career. DOROTHY DIX.

DEAR MISS DIX—Some two years ago I divorced my husband because he indulged too freely in liquor and narcotics. I have two little girls. I am still young and naturally like to have dates with boy friends. They all seem to like me just fine until they find out that I have been married and have children. Then they usually drop me instantly. Am I to be outcast from the friendship of the opposite sex and go through the balance of my life unhappy and lonely because of my unfortunate marriage? Mrs. C. W.

Answer: It isn't the fact that you are a widow that handicaps you, it is the children. Very few men either want to marry a woman who has a ready-made family or are financially able to do so.

Nor need you blame the men too much for this. It is certainly asking a great deal of a man to expect him to undertake to support and educate two children who are nothing to him and for whom he is bound to feel a certain jealousy. The man who takes care of his own children nowadays when to rear a child is about as expensive as keeping a yacht, is forced to make many sacrifices of his own personal tastes and desires, and certainly it would take one with a very altruistic spirit to do this for some other man's children.

So you might as well face the truth that a widow with children has a poor chance of marrying unless she is lucky enough to run across some man of means who is a he-angle to boot. Certainly few women have charm enough to overcome this handicap. DOROTHY DIX.

DEAR MISS DIX—I am a young man who has been married a little over eight months. My married life is very happy with the exception that my wife wants to go and pay a visit of a few days to her sister, but I am not willing for her to do this. I hate to leave her even for the hours I am at work and I think it is unreasonable for her to be willing to leave me for a few days. What do you think? DORCHESTER.

Answer: I see no reason why your wife should not go to visit her sister. It will do her good to have a little change and make her appreciate you and her home the more. Nothing is a more fatal mistake than for husbands and wives never to be parted. They get fed up on each other. There would be fewer divorces if husbands and wives took more vacations from each other. DOROTHY DIX.

On his return home he was asked what he thought of Newcastle and its people and he quietly said: "The town is a fine place and the seats are wonderful, but, by gosh! the foaks is shaw." "Dye knaa?" he exclaimed. "Aw waaked in an' oot the Floor-er Show half a dozen times an' nivor paid a hapenny!"

A Morning Smile

A boy from the country, on his first visit to Newcastle seemed to find a great attraction in the Green Market with its splendid display of fruits, flowers and vegetables and he visited that place many times.

Milady Beautiful

By Lois Leeds



BEAUTY QUESTIONS ANSWERED

How to Look Shorter

Dear Miss Leeds—I am 5 feet 8 1/2 inches tall, 38 years old and weight 165 pounds. I am very sensitive about being so tall. How can I dress to make myself seem shorter? I wear medium flat heels. My hair is abundant and I wear it in fluffy bob. I am a decided brunette with a clear complexion. Are light or dark clothes best for me.

ANNE R.

Answer—The average weight for your age and height is between 150 and 154 pounds. I think that, if you just about ten pounds, your figure would be in better proportion. Choose neatly tailored styles in dark or soft neutral colors. Vivid or light colors make one seem larger. Glossy fabrics have a similar effect. Avoid stiff, bulky materials and, instead, choose soft, closely woven materials with a dull finish.

For general wear, you might have a dark blue crepe romaine frock with skirt composed of three or four deep tucks, a shallow V-shaped neckline with a jabot. A wrap-around skirt with a simple drape at one side would be pretty also. A dark brown chiffon velvet with cream lace trimming and a slightly flared, two-tiered skirt with close-fitting hips would be becoming. You may also wear old blue, bronze-green, medium reseda, wine and henna shades. Personally I do not think that a fluffy bob is suitable or becoming to a woman of your height and weight. A neatly waved, long-hair coiffure would be better, in my opinion.

LOIS LEEDS.

Falling Hair and Dandruff

Dear Miss Leeds—(1) I am a young man, 19 years old. I have been troubled for the last few months with a great deal of dandruff; my scalp itches and a few hairs fall out each time I comb my hair. What is the cause and the remedy? I shampoo my hair once a week. (2) Is a massage composed of fuller's earth and witch hazel good for the face? Does it take out blackheads?

A READER

Answer—(1) It is likely that the shampoo mixture you are using is too drying, or perhaps you have been using some sort of hair tonic or hair pomade that is not good for your hair. Make your own shampoo mixture out of pure white castile soap. Grate the soap on a nutmeg grater and melt it in hot water. When the mixture cools it will be a soft jelly, which may be kept for weeks. Add more hot water to it when you wash your hair so that the shampoo will be a liquid soap.

Be very careful to rinse out all the soap and dry your hair by rubbing it in warmed towels. Every other night rub a small quantity of white vaseline or castor oil into your scalp and massage for ten minutes. It is natural that a few hairs should come out each time you comb your hair.

Sour Milk for Bleaching

Dear Miss Leeds—(1) Does sour milk whiten the skin and remove freckles? (2) I am 5 feet 3 inches tall, 14 years old and weigh 102

Good lessons come out of well-filled school lunch boxes

by Mary Blake



No child can do good work in school unless he is well-nourished.

Too often the school lunch box is filled with whatever happens to be at hand, rather than with a definite plan to give a child fuel and energy and material for growth.

In every school lunch box there should be a fruit of some sort. This may be the usual apple or orange or other raw fruit, or it may be a jar of some cooked fruit, a baked apple, steamed prunes, rhubarb, perhaps. There should be a vegetable. This, too, may be raw; raw cabbage and raw carrots chopped together make an appetizing salad and one that most children like. Other combinations will suggest themselves to you.

How to get milk into the school lunch

The most important food on the whole school lunch menu is, of course, milk. At a very great many schools milk is supplied the children. But it is always advisable to augment this, if possible, by including in the lunch box a dessert in which milk is used. Rice puddings, blanc mange, custards, bread puddings and tapioca all contribute a generous quantity of milk to the diet.

You'll find Carnation Milk preferable for cookery

In preparing dishes for the school lunch, in all your cookery, in fact, you will find Carnation Milk particularly convenient, dependable and economical. It is simply pure, full-cream milk, evaporated to double richness, and "homogenized" to give every drop its share of the double helping of cream. In cooking results it surpasses even the finest bottled milk for flavor, richness, smooth, creamy texture and certainty of success.

The only way to realize fully how many advantages Carnation offers, is to try it—in soups and sauces, which it makes wonderfully smooth and creamy; in candies and ice creams, to which it gives an exceptionally velvety texture; in cakes and puddings, to which it contributes both delicacy and richness. You'll find a host of excellent recipes in the Carnation Cook Book. Won't you send for it? It is free. Address Carnation Milk Products Co., Limited, Ajmer, Ont.

Carnation Cup Custard

2 cups Carnation Milk, 2 cups water, 5 eggs, 1/2 cup sugar, 1 tsp. salt, 1 tsp. vanilla. Scald Carnation and water; beat eggs slightly, add sugar, salt, vanilla and scalded milk. Pour into individual buttered custard cups, set in pan of hot water. Sprinkle with nutmeg and bake in a slow (225°F.) oven until knife inserted in center comes out clean—about 40 minutes. Serve eight.

Smooth, Creamy, Custards



Doubly rich in Cream, Carnation Milk adds creaminess to any dish. "Homogenized" to break up the cream into finest particles, it makes the most velvety custards, soups, sauces, puddings, candies and ice creams. You'll agree it's wonderful. (See recipe above)

from Contented Cows

Household Hints

By Roberta Lee

BROWN EYES

Answer—(1) Yes, sour milk or buttermilk makes a mild skin bleach. It will not remove freckles entirely, however. (2) Your are ten pounds underweight. You forgot to describe your skin tints, so that I cannot tell which colors would be best for you. Please try again and remember to inclose a stamped, self-addressed envelope with your request. LOIS LEEDS.

Tomorrow—Permanent Waves

CHARWOOD. Miss Mary Gilles entertained the Institute at the February meeting. Seven members and one visitor were present. A sign board and window blinds are to be purchased for the school house.

Butter

To measure butter and similar ingredients, pack the cup, spoon, or other measure solidly, and level with a knife.

Brooms

Scald the brooms by dipping for a minute or two in boiling soap-suds. Do this once a week and it will keep them tough and flexible and prove a saving in both rugs and brooms.

Advertisement for 'When you are tired a cup of hot' featuring a woman in a dress and a large graphic of a hot beverage.