

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

A Morning Smile

"Well, Mary, us 'as come courtin' to this 'ere meadow nigh three Summers now, but us won't be doin' so next Summer."

A POULTRY EXPERT

A small boy was asked to write an essay on hens, and this is how he did it: "Hens is curious animals. They don't have no nose, no teeth, and no ears."

LOOK AFTER YOUR FEET IF YOU STAND MUCH AT BUSINESS

Business girls who have to stand all day should wear semi-low-heeled shoes that fasten well up the instep. Rest with your feet above your waist level whenever possible.

CONSTIPATION* MAY CUT DOWN YOUR ENJOYMENT OF LIFE

Long Neglected, It May Even Develop Serious Consequences

Common constipation* keeps you from being at your best. It causes discomfort, and may lead to headaches and loss of appetite. You feel below par, lack your usual vigor.

Common constipation is due usually to insufficient "bulk" in meals. Fortunately, a delicious cereal supplies gentle "bulk."

Serve ALL-BRAN as a cereal, with milk or cream, or cook into muffins, breads, etc. Two tablespoonfuls daily are usually sufficient.

ALL-BRAN is guaranteed by the Kellogg Company as an effective laxative food for constipation.

*Constipation due to insufficient "bulk"

Spring Fashions For Home Dress-Making



Satisfying King Cole TEA Old English Blend

The HOUSEWIFE and HER ACTIVITIES

GARDENS

A garden is a sunny room. Where peonies and pansies bloom: A music hall where all day long birds fill the sheltered nooks with song.

A garden is a magic place. Where miracles are taking place. And nature out of leafy mould produces phlox ad marigold.

A garden is a gallery gay. With lovely pictures on display. A church where stately lilies nod, And men draw very close to God.

STYLE WHIMSIES

A lace jacket used over a washable crepe dress is one of the style points noted recently. White ground prints used under dark net dresses are another.

A shirred elastic rubber bandeau is suggested by a rubber company to hold the coiffure in place during strenuous games, or to ornament a plain swim cap.

For beach and cruise wear a new group of scarves admits that fishing is a favorite feminine sport, and uses the fish motif freely.

Summer hats from Paris save brightly colored suede trimmings. To clean red furniture take it out of doors when the sun is warm.

EASY ON THE KNEES An old magazine is a splendid rest for the tired knees when scrubbing floors.

GLISTENING CRYSTAL Yes, it is time to get at the cut glass and crystal housecleaning is again upon us.

BEFORE THE ICEMAN ARRIVES It is wise to place a newspaper

Common Sense Is Best For Newlyweds Dorothy Dix Gives You More Rules For Happy Marriage

Concentrate Your Thoughts on the Good Points of Each Other Instead of Dwelling on Faults and You Will Always be Satisfied With Your Marriage Bargain

Continuing our recipe for how to be happy though married, the eighth rule is:



Eighth. Use some common sense in dealing with your husband or wife. Be reasonable. Don't expect the impossible. You knew before you married Mary or John that she or he was just an ordinary, millrun sort of human being.

In front of the refrigerator the first thing in the morning. Then the visit of the iceman does not mean that the kitchen linoleum must be wiped up.

A REMINDER

How often have you been visiting and found your hostess has neglected to switch on the light in the upper halls, thus causing you hopeless embarrassment by stumbling over side table, etc.

YOUR CANARY NEEDS AN OCCASIONAL TREAT

No canary should be deprived of his treat, because the special foods contained in this form are essential to his health and happiness. Take the outdoor birds. They do not eat seeds alone.

Eleventh. Start out on your wedding day with the determination to be chums and deliberately keep in step with each other.

Twelfth. Don't let your children separate you. In many a divorce case, if the real correspondent as cited, it wouldn't be a platinum-blond secretary, it would be Jung for granted.

Thirteenth. Show each other appreciation. That is what makes all the labor and all the sacrifices of marriage worth while.

Marriage isn't a lottery. It is a business of which any one can make a success who will put his heart and his back into it.

Everything is stimulated to new effort. Our system is casting out old impurities to prepare for new strong blood and tissues.

Where creams are left on all night, try for a week or so, leaving them on the skin for only an hour.

Crease-resistant voile in woven patterns and prints, is good for summer frocks.

Those Spring "SPOTS" MAY SUCCUMB TO DIET We pay a penalty to spring—in the sudden appearance of spots, rash, and roughness.

NO CREASES Crease-resistant voile in woven patterns and prints, is good for summer frocks.

THOSE SPRING "SPOTS" MAY SUCCUMB TO DIET We pay a penalty to spring—in the sudden appearance of spots, rash, and roughness.

Relieve reddened EYES MURINE EYES

DANDELION CONTROL Battling with dandelions should not be delayed. They are most easily removed when the ground is still carrying the moisture left from the winter.

YOUR BLOOD NEEDS IRON And you MUST supply it or your health suffers Many people are as unwell, are really hungering for iron.

WINS "LE JOUR" CUP PARIS—Captained by Jack Lovelock, New Zealand Olympic miler, the British Universities' team retained the newspaper "Le Jour" challenge cup by winning the 25-kilometre relay for the third time.

JUST KIDS ARE YOU SONNA SPANK ME 'CAUSE I LET THE CATTLE RUSTLER GO UNCLE DAN? CERTAINLY YAM! BEFORE YUH SPANK ME, I WANTA GIVE YUH THIS! WHAT'S IT? BEFORE YUH SPANK ME, I WANTA GIVE YUH THIS! MONEY TO YOUR GOVERNMENT!

INDIANS UNFORTUNATE LONDON—The touring Indian cricket team, in its game with M. G. C. at Lord's, lost V. Merchant and S. M. Hussain through injuries. The former broke a finger putting him out of the game for

THE FAVOURITE Beauty Soap OF CANADA'S LOVELIEST DEBUTANTES

"Palmolive keeps my skin delightfully smooth and fresh" says JANE WHYTE, attractive Winnipeg debutante

Lovely, aren't they, these young debs. Smart too... for they know the value of a skin that's fresh and youthful. And they know how to keep it so.



Soothes and Beautifies

The careful blending of olive and palm oils in Palmolive is the reason more than 20,000 beauty specialists recommend it.

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.



Miss Jane Whyte Debutante daughter of Mr. and Mrs. William Whyte, Kingsway Avenue, Winnipeg, Man.

It always, from today on, for all your skin. You'll have a complexion that's really youthful... lovely all over.

THE COOK'S CORNER

RHUBARB SNOW

Three or 4 sticks of rhubarb, 3 oz. cornflour, 1 tablespoonful lemon juice, 1 pint water, 4 oz. sugar, 1 teaspoonful grated lemon rind, cream, desiccated coconut.

RHUBARB AND BANANA FOOL

Half-pint stewed rhubarb pulp, 3 or 6 bananas, 1 gill custard, cochineal, sugar. Peel the bananas and rub them through a sieve.

RHUBARB MOULD

Cook some rhubarb carefully without breaking the pieces, with some sugar and very little water. Add to a raspberry jelly made with rather less water than usual.

water. Then add seven gallons soft water and six pounds caustic soda and boil again till it is thoroughly mixed.

But the same proportion for each ingredient should be allowed. While the mixture is cooling make ready a long pointed stick, that will allow the gardener to apply the mixture without bending down.

BOX GARDENS

When you install an outdoor window box it immediately becomes part of the house, and should conform to its architectural design and color scheme.

For this reason it is well to construct your own window box, and it is not difficult to do. Window box gardening is a recreation and delight which everyone can enjoy.

Paris says: "COLORED GLOVES!"



This summer the fashion is washable gloves in a riot of color! How easy to take last year's white gloves and give them just the Paris colors you want—with Tintex! Use Tintex, too, for your colorful dress-accessories — and for all faded apparel and home decorations!

KEEP FASHIONABLE WITH Tintex TINTS AND DYES

—By Ad Cart