

Woman's Realm Social and Personal Fashions Literature

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HEINZ Seven Main Course Meals

OVEN BAKED BEANS 4 kinds
SPAGHETTI with and without meat
MACARONI with cheese

ENJOY YOURSELF, DEAR—I'LL HAVE THE APERIENT WAITING FOR YOU

Happy that man, who, after a big evening "with the boys" finds that friend wife has ready for him a nightcap of that excellent aperient—mildly laxative **KRUSCHEN**. **Kruschen** helps nature relieve discomfort that may be caused by "too much party" or common constipation. **Kruschen** is a blend of saline minerals similar to those in famous medicinal springs. **Kruschen** offers you these four advantages:
1. **SURE TO TAKE**—Dissolves quickly in water, or your morning coffee, tea or fruit juice. Most folks find the small morning dose is best. **WORKS FAST**—Usually within the hour. Does not spoil your day.
2. **GENTLE ACTION**—Its formula is balanced to act gently, without discomfort.
3. **TRUSTED**—Over 300,000,000 packages sold throughout the world. **Kruschen** is a standby when "copy mornings" or "don't care" days make you feel low. Start the day with **Kruschen** and see how good it is to have that grand "Kruschen Feeling".
25c and 75c at all drug stores.

Lenten Meditations

THE LOVE OF GOD
(The London-Times)

Charity is one of the Christian words which have become devalued in common use. Caritas was the Latin translation of agape; and perhaps verbally it is revealed in action. But what it describes is simply "the real thing."

St. Paul's lyric, "The Praises of Charity," is a description of the Christian temper at its best and most characteristic. Anyone can see the strong contrast between this and the Renaissance portrait of the gentleman or the Stoic ideal of the sage. They are self-centered, this is self-forgetful.

This is what is reflecting in the spirit of St. Francis, changing clothes with the leper, spontaneously and for love of Christ. More, it reflects the spirit of one who consorted with publicans and sinners, and in order to widen his interests or develop his personality, but because he cared for all the Father's children and could harbour no other motive. "He emptied himself."—in a sense far richer than that of formal or technical theology.

This indeed is essentially what he was. It is the heart of the Christian revelation of God as disclosed to man in man. To say, with St. John, that God is Love (or Charity) is not merely to mention one of his attributes but to say what the God whom Christians worship is. It is thus that he is known—man through Christ and the influence of Christ in human life.

God is known and worshipped as one who identifies himself with man's need—"who for us men and for our salvation came down from heaven... And was made man."

The love of Christians for one another transcends all ties of natural affection—good and precious though these are in themselves—and is not to be equated with tender feelings. It is their response to the charity of God. "We love because he first loved us." Here is the abiding inspiration of all redemptive Christian social service, which has reclaimed the outcast, freed the slave, and lifted the broken and despaired to manhood.

The heart of it is respect for men and women whom God has enfranchised by his love, and for whom Christ was prepared to die. It lives and moves in personal relationships. Changed conditions demand new expressions of it. The statutory social services cannot avail if the one thing is lacking. If it has not charity it is nothing.

Household Scrapbook

By Roberta Lee

Shrinking Material

To shrink dress material place it folded in a tub of cold water, to which a few handfuls of salt have been added. After a few hours, hang on the line without unfolding. The weight of the water prevents wrinkles drying in, and the salt sets the color.

Olive Oil Substitute

When your supply of olive oil is running low, when making salad dressing, melt butter and add it to the oil. It makes a good substitute.

Adding Weight

Cream, takers after meals, is excellent in many cases for increasing the weight.

How Can I!!!

By Anne Ashley

Q. How can I reshape a straw hat?
A. The shape of a straw hat can be changed by pouring hot water over it, and while it is still hot and pliable, bending it to any shape desired. Select some kind of bowl or vessel that will fit the crown of the hat, and place on this while working leaving it on the form to dry in a hot sun.

The Stars Say

By Genevieve Remble

For Tuesday, March 14
THERE are excellent planetary auspices for his day, encouraging

ELLEN'S DIARY

By An Island Farmer's Wife

We enjoyed a delectable supper dish this evening, when the day had come to a quiet colorful afterglow and the family had gathered indoors—Jamie from the interests that round off his school day. We recall now, that when he set out for his classes, it was a stormy March morning. At the time a damp snowfall was blurring from sight the outlines of the carrying sleigh and the young mare, she that is known to her intimates as "Pretty Mary." With the younger lad, who always comments as with interest we follow the out-going "Me's going to school some day!" we turned away from the window, somewhat concerned at the rising note in the wind, and went to the cares of the day. And then even before we had finished tucking the loaves of bread in the pans and carried these to the warmth of the top of the warming-oven which blesses such risings, the sunlight was beaming in a window, spreading its clearing light along the white-spread fields of the surrounding countryside. Blue sky had appeared—March's especial shade, to remind one that even though snow falls, winds whine, and drifts are restless on the hillsides, and wintry frosts creep up the panes, Spring is already on the way.

It was at Jamie's request, which had amounted to a pleading "Now don't cook those for dinner—save them for supper!" that we had kept the fresh, meaty spareribs for this meal. Off the carcass packed in the barrel at home, and about whose dispatch and subsequent portioning and salting we had sighed to Rob. It was, we are led to believe, an exaggerated statement, full of wishful thinking on our part, ever to have said "I don't see how they'll ever get done without me!" as we have chance to remark dolefully some times in James' presence. The contrary has been proved in a positive manner, as we have continued our absence from Alderlea. The pork has been salted and put away and all the incidentals attended to with care without either our assistance or supervision. It may have been, this comes to mind in a whimsy, that as we may have complained at odd times in our years of such duties "Well, this is the last time!" that Providence lent an ear to hear us complain and found a roundabout, but chastening way to take us at our word! And yet we are missed. Tonight, strange happening that it was, in reply to a familiar scratching at the door we could scarcely believe, we opened it to find **Rob** there. "He doesn't know you—or know that you're here!" **Rob** laughed as in his joy the white dog greeted us eagerly.

Our fare was tasteful and extremely acceptable to all, a state not too easily attained by the cook, where likes and dislikes have distinct border lines. We still find attitudes that by a shrug of the shoulders or a listless shake of the head tells us of some dishes we serve: "Well, it may be everything you say of it—but I'm not trying so much as a mouthful!" or "That's one way I can't eat it—I just can't, and that's all that's to it!" Indeed the food was so pleasing, and the manner of eating so engrossing we commented over their heads to **Rob**: "Why can't we have spareribs more often?" We had potatoes, coats glazed and baked to that crispness Jamie enjoys, a salad that was neither fruit nor vegetable but a combination of the two—cabbage, carrots and apple, and dill pickles of Karolyn's making, sweet and tangy and very good... but "Now who is knocking at my door?" cries the plump old woman.

Until tomorrow—Diary—Good-night....

For the Birthday

Those whose birthday it is, have splendid auguries for growth, expansion, tangible rewards and recognition for worthwhile abilities, ambitions and enterprise, pushed with lofty and worthy aspirations. This is true of personal prestige and business or financial responsibility for tackling large propositions, of long-range and major significance.

A child born on this day, has excellent prospects for attaining place, position and prestige.

The Stars Say

By Genevieve Remble

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A self service Laundry where you can wash your clothes for a nominal fee, or if you prefer, can have it done for you for a few cents extra.

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DOROTHY DIX SAYS -

Poor Husband Material

Girl Wise To Refuse Inconsiderate Man

DEAR MISS DIX: I am interested in a young man who treats me with boorish indifference. He maintains that it is against his principles to take a girl out for an evening's pleasure. He spends most of his evenings in further pursuit of his profession. He neither writes, telephones nor does any of the things that are expected of a normal man who is supposed to be in love with a woman, but is satisfied with seeing me on the very rare occasions when I go to his house for dinner. He never even bothers to see me home, no matter how inclement the weather or how late the hour.

This man has asked me to marry him, but I refused because I felt that if I was not worthy of a little care and thought before marriage I would be worth even less afterward. Did I do right?

MARY JANE

ANSWER: You certainly were wise and saved yourself a lot of grief by saying "no," because it just simply isn't in that type will save yourself a lonely, loveless, dreary stretch of married life. For if he is cold and inconsiderate and uncompanionable now, he will be a thousand times more so after you are married.

Husbands never change.

WIFE A CONVENIENCE

To such a man a wife is just a convenience. Someone who will make a home for him where he will be more comfortable than he would be in a club or hotel. Someone to provide him with the things he likes to eat, to look after his laundry and see that his clothes are sent to the presser. Somebody to talk to if he happens to feel in a mood for conversation. Somebody who will take care of his social obligations and make for him social contacts that are valuable. Somebody who will give all and ask nothing in return except just a living.

In these days virtually any woman can make a living for herself, so she doesn't have to marry for a meal ticket, and unless she is sure that a man is going to give her love and tenderness and the delicate little attentions that spring from his always thinking of her and wanting to give her pleasure, she is wise to refuse to marry him. Just bread and meat are not enough for her.

This man has tipped you off to the kind of husband he will make. Take the tip and give yourself a lonely, loveless, dreary stretch of married life. For if he is cold and inconsiderate and uncompanionable now, he will be a thousand times more so after you are married.

Husbands never change.

DEAR MISS DIX: What do you think of the chances of happiness of a woman who has been financially independent for a long time and accustomed to spending money freely, though not extravagantly, in marrying a man who is very stingy, very much of a tight-barely takes the woman out at all? The young man is a fine, good-looking chap with good manners and morals, but how will the girl like it when she has to look to a parsimonious husband for every dollar she needs? Is there any way to change such a man if one is clever enough?

ANSWER: Miserliness is one of the most incurable of all the faults and it is one that grows upon a person, so it is folly to delude yourself into thinking that you can change a stingy sweetheart into a liberal husband. It can't be done.

A stingy husband is bad enough and hard for a woman to endure.

(Continued on Page 3)

Modern Etiquette

By Roberta Lee

Q. What is wrong with these two introductions: (a) "Miss Jones, meet Mr. Lee"; and (b) "Mr. Lee, Miss Jones?"
A. (a) In this instance the word "meet" is the jarring note. It is much better to say, "Miss Jones, may I present Mr. Lee?" (b) Always mention the name of the woman first, so as to present the man to the woman.

Q. Is it proper to rest the forefinger upon the blade of the knife when cutting meat?
A. No; the fingers should all rest upon the handle, never upon the blade.

Q. Should a man bow from the waist as he lifts his hat, when acknowledging a woman acquaintance he meets on the street?
A. No; he should lift his hat and incline his head slightly.

Cook's Corner

DUCHESSE SOUP

1 1/2 tablespoons fat
1 1/2 tablespoons flour
4 cups milk
1-3 cup finely chopped onion
3 egg yolks
1 cup milk
3 tablespoons grated cheese
1 teaspoon salt
1/2 teaspoon paprika
1/2 teaspoon celery salt
Few grains cayenne pepper

Melt fat and add flour, blending well. Slowly stir in 1/2 cup milk. Add onion and cook until slightly thickened. Just before serving beat egg yolks with 1 cup milk and add grated cheese. Add slowly to the hot soup. Stir and heat for about 2 minutes but do not allow to boil. Add seasonings and serve immediately. Yield: six servings.

That Body Of Yours

By James W. Barton, M.D.

DESCRIPTION OF ULCERATIVE COLITIS PATIENTS

I write often about mucous colitis which could be called persistent diarrhoea or looseness of stools with much mucus present. In some cases there is a spastic condition of the colon or lower bowel with alternate diarrhoea and constipation. While a few cases of colitis may be caused by rough or irritating food, physicians have found that nervousness and emotional disturbances cause an irritation of the colon and these symptoms disappear once the patient learns to keep relaxed—helped by an understanding physician, religion, or a philosophy of life. These patients are bright, clear and particular about their clothes and habits.

However, there is a more serious type of colitis in which, in addition to diarrhoea, there is pus formation in the colon due to an infection of some kind. While this is believed to have its start from the same conditions as mucous colitis, that is, emotional disturbances, the inflammation is so severe that to save life, large sections of the bowel (colon) have to be removed. Fortunately, the new wonderdrugs, the sulfas, are able to help most cases of ulcerative colitis so that surgical removal of part of the colon is not necessary.

An interesting description of the personality of several patients afflicted with ulcerative colitis is given by Dr. J. Green, Amsterdam, with the idea that if their history or background is known there will be more patience and sympathy on the part of both physician and family.

Among the characteristics of ulcerative colitis patients are:
1. A well-developed intellect.
2. Carefulness and neatness. There is a morbid tendency towards extreme "decency" in words and manner. They dislike vulgar, obscene and coarse jokes. They are particular in their dress. Women are most particular about their housework, and work beyond their strength.
3. They are oversensitive and

brood over rudeness for days.
4. While appearing to be very modest, they really have a high opinion of themselves and full of criticism of others.
5. Their attitude toward life is passive; they make no attempt to better their position.
6. They are fearful, and in a difficult situation will choose the path of least resistance.
7. They have a great need for love, sympathy and affection.
8. Although they deny having any mental conflicts, later on it is found that they have had repressions and worries and are ashamed that they have not been able to control them.

The best drug to use in these cases, in D. Green's experience, is sulphaphthalidine.

-Needlecraft-

FOR THE HOME

TWO-WAY ENSEMBLE

This is the much talked about jacket-dress—a Spring "must"! Wear the cool cap sleeve chamer alone... or with the collared bolero as a go-everywhere costume.

No. 2535 is out in sizes 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44 and 46. Size 18 dress, 3 1/2 yards 35-inch; bolero, 2 yards 35-inch.

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Remark a man to his friend, "Do you know that half a dozen doctors have given up Poorlight?" "I'm sorry to hear that. What is the matter with him?" returned the friend. "Oh! He just won't pay their bills."



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