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Interest to Women

EVENING GOWNS WITH FORMAL CUT TO BOAST SLEEVES

Before we go any further on the subject of Winter resort fashions I am going to give you just a little tip on how to follow fashion trends to your own advantage.

You have probably heard the expression "This is high fashion," and possibly you have wondered what it meant. I will tell you, although it is a little difficult to explain in print. Perhaps I can do better if you will co-operate with me and follow the suggestions I am about to give.

Go in to your favorite store and look at the new Fall and Winter evening gowns. You will notice that although many of them have low-cut necklines either in back or in front, the very newest one have high necklines, and in many cases a sleeve.

Some of the new evening clothes are strictly tailored. So much so that if you should happen to see just the top part of a gown you might think that it was a day-time dress. This particular style has a long sleeve and a high neckline.

This is high fashion. Why? Not just because it is a new line but because it is entirely different from anything we have had in evening styles. Fashions appear first in formal clothes. The general lines of

TWO—WOMAN'S COOL

the formal gowns for fall and winter wear will appear in your day-time clothes next summer.

I have been giving you information about winter resort fashions, and if you will check it over you will find some of the fashion details I have been talking about.

Instead of the backless sports wear we have covered shoulders and back, and in many cases a short sleeve.

White is an extremely smart color for fall and winter evening gowns and, as I told you in another article, white is the smartest color for your next summer's sports costume.

I don't mean to say that next summer we will be wearing long-skirted day-time dresses. Far from it. We have had long skirted evening gowns for several seasons. That is not a new point. It is the high-necked and long-sleeved part that interests us because these details are entirely new.

If this brief explanation is not clear to you write me and I will be glad to go into the matter more thoroughly. I warned you at the beginning of this article that I could give you only a "little tip" on the subject in so short a space.

CORRECT DRESS ANALYSIS

Care of Personal Appearance Important After Marriage as Well as Before

(By Kathleen Enright)

A woman writes that her husband seems afflicted with the "wandering eye"—and they have been married only five years! She wonders if improving her appearance would effect a cure. It seems that when she married she had a beautifully proportioned figure and had been told many times that she was really a very good-looking girl. She tells me that it is a long time since anyone, even her husband, has told her that she is good-looking and although she has perfect faith in her husband's affection she feels that he looks forward a little too eagerly to seeing other and better looking women at parties they attend. Well, how unusual! She adds that she has gained 20 pounds since her marriage and is too short to carry that weight—that she wastes little time in personal care because she feels that she has more important things to do. Her letter carried an overtone of surprise at her husband's interest in other women.

So many married women face this problem and apparently the answer never seems to enter their heads. The answer is: Eye Appeal.

Too many women who go at husband hunting business in earnest seem to feel that their work ends with the wedding service. Too many

women permit themselves to get fat and many times sloppy looking. They pay little attention to their skin, their nails and their hair until some interesting outside man shows up and they would like to make a mild conquest. No wonder the husbands have a wandering eye and look forward with pleasure to seeing other, better looking women.

You cannot wear clothes to advantage if your figure bulges in all of the wrong places. You cannot appear well dressed in clothes that are thrown on in a hit or miss style. You cannot look well if you have permitted your hair to become straggly and toneless or your nails and hands in sorry condition. Your skin needs special attention particularly after you pass the 30 mark.

It does not matter what you pay for your clothes—possibly you are one of the unfortunate few who can pay unlimited sums for your wardrobe and possibly you are the married woman who can afford to use very few of the precious family dollars on the clothes budget. Whatever you spend your appearance will depend on the foundation you give your clothes.

Possibly you cannot help gaining too many pounds, but you can at least make an effort to keep yourself in proportion so that your clothes will look well.

GOITRE OPERATION IS NOT ACCOMPANIED BY ANY DANGERS

(By Dr. James W. Barton)

You may wonder why an individual with a very large goiter—perhaps as large as an orange—seems to enjoy good health, while another with a goiter that is scarcely noticeable has to receive treatment for months or actually undergo a surgical operation for its removal. The large goiter is just an overgrowth of the thyroid gland and doesn't affect the patient in any way, whereas the small one is so affecting the body processes that it must be removed in order to save life.

But you may perhaps have heard or read of the great danger attending this operation. About 60 years ago, Dr. Samuel D. Gross in his book, "Textbook of Surgery," wrote, "No sensible man will, on slight consideration, attempt to remove a goitrous thyroid gland. If a surgeon should be so adventurous or foolhardy as to undertake the enterprise, I shall not envy him his feelings while engaged in the performance of it, or after he has completed it, should he be so fortunate as to do this."

Fortunately, the removal of the thyroid gland is not beset with so much danger as it was even 30 to 35 years ago. At that time patients travelled hundreds of miles to some surgeon made famous by his operations for removal of the thyroid gland. Today there is hardly a hospital that is not admitting patients to undergo this operation.

Now where results have not been obtained by rest, medicine, the use of X-rays and other forms of treatment and to save life operation must be performed, what is the death rate following operation for this "dangerous" condition?

Just a few years ago the death rate

ENGLISH MUFFINS SERVED WITH TASTY MARMALADE ADD LUSTRE TO INFORMAL TEAS

(By Harriet Cooke)

Some women are privileged in being able to have informal afternoon teas for friends. Toasted English muffins served with jam or, more properly, with delicious marmalade, are ever so popular. I'm glad to do my part in supplying directions for making both so teas may go on! Neither is hard, neither is expensive.

So at the request of two readers, and for the pleasure of thousands of others, these two recipes are on the calendar for today. You'll like them over and over so much.

English Muffins

2 cups scalded milk
1½ teaspoons salt
4 tablespoons sugar
1 cake yeast, dissolved in ¼ cup of lukewarm water

4 tablespoons shortening
About six cups flour.

Dissolve salt and sugar in the milk. Add yeast and a little flour, beating to a smooth batter. Add melted shortening and enough more flour to make a dough that can be kneaded but a soft dough. Knead until smooth and elastic. Place in greased bowl and let rise until very light. Work down and let rise again, then roll out on slightly floured board to a quarter-inch thickness. Cut in circles.

When light, bake on ungreased hot griddle. As soon as they are brown on one side, turn them over. When both sides are browned, bake more slowly until cooked through. "Bake," in this particular case, means right on the griddle. However, if you prefer, you may simply brown them on the griddle, then complete cooking in moderate oven.

They are fine just this way, but some people like them split, toasted and served with hot butter and Marmalade

2 oranges
1 lemon
1 grapefruit
12 cups lukewarm water
10 cups sugar

Wash fruit. Cut in half, cutting with the sections. Place flat side on cutting board and slice very thin, excluding seeds. Place pulp in kettle and cover with the lukewarm water. Cover kettle and let stand over night. Bring to the boil and cook until skins are tender. Add sugar and continue to cook until mixture will thicken on cooling. Pour into jars and seal.

It is well to have the saucer for

testing this rather cold and to remove the mixture while you are waiting for the sample to cool.

The amount you have as a result of this recipe will surprise you.

Tomorrow's Dinner

Spanish Steak
Fried Noodles
Jellied Pear Salad
Chocolate Cream Puffs
Coffee

You may use beef or pork for this steak recipe to advantage and you'll like it with either.

Spanish Steak

2½ pounds bottom round cut about 1½ inch thick
Suet
1 pint canned tomatoes
1½ teaspoons salt
¼ teaspoon pepper
1 teaspoon Worcestershire sauce
1 teaspoon onion juice
½ green pepper, cut.

Melt a little suet in heavy pot and add the scraped meat, browning well on all sides. Drain juice from the tomatoes and mix seasoning with the tomatoes. Pour over meat and cover closely. Reduce heat and continue to steam for about three hours. Remove to hot platter and garnish with parsley.

For this dinner I suggest your using broad noodles. Be sure that you use plenty of salt in the water for it is difficult to season well after they have been cooked. (I wonder why the manufacturers do not add salt in the making?). But when they are cooked thoroughly drain and blanch, then add them to a pan in which you have melted butter. Reheat and serve from hot dish with finely chopped parsley over the top.

It is surprising what a little grated cheese does to noodles when people think them tasteless. It is stirred in just like any other seasoning.

Jellied Pear Salad

1 package lemon gelatin
Canned pears
Halved grapes
1 tablespoon lemon juice
Mayonnaise

Dissolve gelatin in ¼ cups boiling water and cool. Place pear halves in individual molds and over these place a few halved grapes. Add lemon juice to gelatin and when mixture is well chilled pour over fruit. Chill until firm. Unmold and serve in crisp lettuce cups with mayonnaise.

Jellied salads are so refreshing.

Stricter Traffic Law Enforcement is Urged

OTTAWA, Dec. 1.—The First National Safety Conference passed resolutions favoring stricter enforcement of laws dealing with drunken drivers, national uniformity in automobile license requirements and traffic laws and compulsory inspection of motor vehicles twice a year. The conference, ending its sessions, deplored failure to check and punish adequately persons driving cars while under the influence of liquor or narcotics. It urged a proclamation be issued by Provincial Governments, under sponsorship of the Dominion Administration, calling for observance of a Nations' Safety Week in 1937.

Another resolution said the conference "views with alarm" interference with enforcement of traffic regulations and urged all organizations co-operate in backing law-enforcement agencies.

Canada is Chief Source of Supply of Frozen Salmon

Canada is the chief source of supply for frozen salmon to the British market, supplying more than the combined total of all other countries. Last year 5,200,000 pounds were exported from Canada to Britain, having a value of some \$900,000, according to the Industrial Department of the Canadian National Railways.

was about 12½ per cent, or one in every eight cases; but today such is the improvement in care before, during and after operation that the death rate is only 3 per cent or 1 in every 33 cases.

In the less dangerous type of goiter—non-poisonous—or slightly poisonous, particularly in younger individuals with no heart complications, the death rate is rarely more than 1 per cent.

These figures are comforting because rest alone cures some cases, rest and iodine cures others, the use of the X-ray cures still others, and even when every form of treatment fails and operation must be performed the death rate is quite low.

Norway's Fox Industry Started From Two Canadian Silver Foxes

The silver fox farming industry of Norway, which now numbers 300,000 foxes, started from two silver foxes brought from Canada in January 1914. \$15,000 were paid for this original pair, and, as in the case of the beginning of the fox industry in Canada, small fortunes were paid for a pair of foxes during the first years of the industry. Fox farms are now located in every county in Norway, it being estimated there are about 10,000 in operation. Last year Norway exported 138,707 silver fox skins valued at about \$5,257,000, according to the Industrial Department of the Canadian National Railways. Britain is the big market, although Germany and France also take large quantities. In addition to silver foxes, 375 farms are devoted to the production of blue foxes, 422 to cross foxes, 416 to red foxes and a number of farms to marten, mink, pole-cat and other fur-bearing animals. Last year these farms produced 8,311 red fox pelts, 6,666 blue fox pelts, a few white fox and cross fox pelts were also exported.

Revolution in Spain Affects Price of Mercury

The revolution in Spain has brought about a rise in the price of quicksilver, or mercury, the world's richest deposits being located at Almaden, in the province of Ciudad Real, Spain. Other deposits are located in Russia, Czechoslovakia, Italy, the United States, and small quantities are found in Peru, China, Japan, Australia and Algeria. The United States at one time was the world's largest supplier of quicksilver, but has now declined to third place, principal supplies coming from Spain and Italy, according to the Industrial Department of the Canadian National Railways. Quicksilver has many uses, among these being for explosives, gold mining, barometers, thermometers, anti-corrosive and anti-fouling paints, medicine.

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