

MAINLY for WOMEN

Edited By "ELEANORE"

TRAINING FOR MATRIMONY

After the manner of Scandinavian countries, where girls of all classes prepare themselves for matrimony by taking courses in domestic science and the care of infants, the business girls of Sydney have recently organized a series of lectures which should do much to fit them for the duties of married life, should they elect to leave the office or counter for the home.

Realizing that the furnishing of the home itself is an important preliminary to married happiness the curriculum includes lectures on furnishing and colour schemes so that ugly and useless ornaments will neither offend artistic susceptibilities nor call for unnecessary labour. The choosing of menus, the use of "left overs" that might otherwise be wasted, and the balancing of the domestic budget are three very important subjects dealt with; and other lectures aim at ensuring intelligent conversation at the breakfast table rather than the irritating small talk so often attributed to wives.

Preparations for motherhood include practical demonstrations in the art of washing a baby—no easy task as any mother or nurse can tell. Also the preparation of an infant's food and the general care and handling of it. So that these classes bid fair to make for an increase of marital happiness in Sydney and the welfare of coming generations.

For Falling Hair

Always at this time of the year does our hair call for a little extra care and attention in consequence of its tendency to fall out.

A simple herbal tonic for this condition of the hair which has the hearty approval of those who have tested it, is made from the bark of the elm tree. Put the bark into an enamel pan and boil for six or seven hours in water—rain water for preference. As the boiling proceeds a fatty matter rises to the top, and this must be carefully skimmed off and stored in a jar.

If this vegetable fat is applied nightly to the scalp for a while an improvement will soon be noticed in the condition of the hair, which will first cease to fall out and then regain its usual health and beauty. That is providing that the usual daily brushing is not neglected and the hair brushes are kept scrupulously clean.

To-day's Recipe Steak and Tomato Pie

Take two pounds of steak, cut into neat collops, season with pepper and salt, roll up the collops, and arrange them in a pie-dish in layers. Dredge each layer with flour, and take care not to pack the rolls too closely together. Cover the rolls with small whole tomatoes and slices of parboiled potatoes, then pour in a little good stock along with a dessertspoonful of your favourite sauce. Cover with a nice light paste, ornament with pastry leaves, brush over with the beaten yolk of an egg, or a little milk will serve in view of the present call for economy. Now place in a moderate oven to cook. Time about two hours. After the paste is baked the pie-dish may be placed in the hot place to finish cooking its contents.

"STRONG I' TH' ARM"

The phrase of the Derbyshire rhyme is sometimes rendered as "weak in the head," but the true rhyme is this (writes a "Daily Telegraph" correspondent):—

Derbyshire born, Derbyshire bred,
Strong i' th' arm, wick i' th' head.

"Wick" is as well known in Yorkshire as it is in Derbyshire. "A wick 'un" is "a quick, or lively, one," and any person described as "wick i' th' head" is shrewd, quick-witted, cute—certainly not "weak." One of the oldest forms of the word "wick" is to be found in the Saxon title of Hereward "the Wake." It is used there in its true sense.

There are too many women on Pitcairn Island, in the Pacific Ocean, according to a report brought back by a freighter which called there. The inhabitants are considering importing men to make the balance of the sexes more even. The population of the island at present totals 125, of whom the great majority are women.

During the recent glut of herring in the Channel, nets became choked with the fish and, as the boats were unable to hold all the catch, several thousand fish were thrown back into the sea. One small boat with 30,000 fish on board, was so heavily weighted that the catch had to be transferred to another craft before it could be pulled up on the beach.

The Islands of Orkney, Scotland, have voluntarily subscribed £315 to the Exchequer, 929 people contributing sums ranging from 6d. to £25, in addition to all their normal taxes.

The total attendance at the Motor Show this year was 186,773—a decrease of 37,318 on last year, though it was estimated that there were actually more buyers present this autumn than in 1930.

Because so many Californian fish are known by several names and because the same names are applied to different fish, state officials have published a booklet which housewives may carry to market for use in identifying the kind of fish they want.

ECONOMY IN HOSE

With the present need for economy it is interesting to note that according to one in the trade very few women get the utmost value out of their silk stockings. Either they are at fault in the laundering or the handling of them when putting on or taking off.

It is, for example, very detrimental to their wear to leave them to soak. Not only is this injurious to the fibre but it causes that objectionable streakiness generally attributed to inefficient washing. Then, too, it is infinitely better to make a lather and massage the stockings gently in this, than to rub the soap actually upon the stockings, which should never be subjected to hard rubbing.

Again it is fatal to the longevity of silken hose to wring them out. Far better is it to just squeeze them between the hands, then lay them out flat on a towel and roll with the towel, and then shake out and hang up to dry.

Equally harmful is it to hang silk stockings on a thin line since their weight when hung on such weakens the threads, and a "run" is the inevitable result. To avoid this fold a soft towel or duster over the line and your forethought will be repaid.

With regard to the general handling of silk stockings, not nearly sufficient care is exercised in the taking off and putting on. The toe and the heel should never be pulled at during these processes, but should be gently drawn on or off inch by inch, beginning at the top when taking off and the toe when putting on.

If in addition to these precautions, we remember that it is the too-small stocking which wears out the quickest, we shall note a welcome reduction in our stocking bill.

Rubber Aprons

For miscellaneous home duties which fall to most housewives after the day's work is done—such, for instance, as bathing the baby, or preparing supper—women have discovered the utility of the neat rubber aprons which protect the front of the dress and can so easily be sponged clean. As a result much attention has been bestowed upon their manufacture and they may now be regarded as a really attractive as well as useful garment. Furthermore cooking sleeves and caps are now to be bought in sets, in both patterned and plain materials.

A yellow apron will be adorned with a black pocket and edged with a black fringe. Another very pleasing combination is blue and silver; again a pink apron streaked with white and trimmed with pink rubber flowers is typical of a charming assortment, for in rubber the shades are always very soft and pleasing. Proofed aprons have a rubber back and chintz front, and can be sponged in the same way as the plain rubber variety.

For the little folk nothing could be more dainty than the new "bib aprons" which, though they tie round the neck are sufficiently large to cover a frock or woolly suit. Also there are very attractive small frocks in proofed rubber with a chintz effect. These are excellent for children in the crawling stage so long as they are worn only during baby's actual explorations on the floor. Worn for too long a period at once, they would not be healthy.



The first frock, which is made in a mixed navy and white woolen material, has a detachable cape, and is relieved at the neck by a narrow fold of white piqué. The hat is in navy velour. Nigger brown broadcloth is chosen for the second dress, the draped collar and the cuffs being of banana yellow crepe de chine spotted with brown. A dark brown velvet hat with an ostrich feather mount is worn.

Patterns can be supplied on application to "The Editress." Price 1/- each, post free.

THE SYMPATHISER

One of the sweetest women I know is by way of being a joke among her many friends, in a way she would never understand. "Did she make you tell her the story of your life?" a mutual acquaintance asked, smiling after I had been staying with this woman. "Oh, I told her a few past histories," I answered. "She does love it so."

Do you know women of this kind, who almost beg you to confide in them? Usually it is your troubles they want to hear—for they feel in themselves a tremendous fund of sympathy for all unhappy people.

"I have suffered so much myself," my friend will say—and that, indeed, is true—that I can perhaps understand better than other people.

It is nice, sometimes, to be fussed over and petted by these born sympathizers, who feel so much vicarious sorrow. But it is as well to remember that all the world will not regard your trouble with the eyes of your friend. She makes a practice of seeing her friends' side, and pouring out consolation and encouragement. The world expects you to solve your difficulties and carry on as usual. It may even be harsh enough to point out that you brought your troubles on yourself.

Value the sympathetic friend as a safety valve, by all means, but do not come to lean on her too hard. She may persuade you to pity yourself more than is good for you.

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