

# Woman's Realm Social and Personal Fashions Literature

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## That Body Of Yours

By James W. Barton, M. D.

### MENTAL HOSPITALS NOW HAVE AIDES, NOT GUARDS

As a youngster I lived opposite an asylum for "crazy" people. I visit this same institution from time to time; but it is now known as a hospital, the inmates of which are undergoing treatment for diseases of the body. And, just as patients with diseases of the body are cured, so today the majority of patients with mental diseases are cured.

As I reached my teens and was greatly interested in athletics, I visited this same institution after school to watch the "guards" keep in good shape for their work by jumping, running, putting the shot, throwing the hammer and engaging in other physical activities. This hard training was to keep these guards or "keepers" in the best physical condition to "handle" or control the patients.

Just how our mental hospitals of today differ from those of my early days can be seen by the information regarding the duties and responsibilities of the guards and keepers of today, who are properly

called psychiatric aides. This information, published in leaflet form by the National Committee for Mental Hygiene, Inc., New York, is a real challenge to those who wish or are willing to help those who so greatly need their help.

The leaflet states that the following false ideas should be left behind when beginning the work of a psychiatric aide:

1. That mental disease is a disgrace, a mysterious affliction that cannot be cured or helped.
  2. That mental disease is a single disease like typhoid fever, that it comes suddenly, that people are helpless to prevent it, and that emotional shock causes it.
  3. That "insane asylums" are dreadful places.
  4. That mental disease is inherited.
- The true facts are: 1. Mental disease is a type of illness needing early and skillful treatment; some cases are mild, some severe.
2. Mental disease usually develops gradually and "danger" signals usually can be seen early; shocks may "hasten" the onset but not be the cause.
  3. Our "asylums" are now mental hospitals where patients go, often of their own free will, to receive treatment.

### NEUROSIS

Neurosis—believing you have a physical ailment when none exists—is becoming increasingly common. Send today for Dr. Barton's informative booklet on this subject entitled "Neurosis." To obtain it, just send 10 cents and a 3-cent stamp, to cover cost of handling

## Living & Leisure THE WOMAN'S REALM

### TWO VISITORS

Self came in at the door, Self with its tattered gown, Feevish and drab and poor. Self came in with a frown, "I must push and struggle and strive."

Love came in at the door, Love with its arms outstretched, Rich love that couldn't be poor. Sharing and satisfied, "I must give of my Father's Treasure Unstintingly without measure."

Love said, and when love looked around, No self was found.

Cherrebeth Gordon.

When auto hose connections are renewed a light-fitting job can be had by getting hose a bit too small to be forced over the nipples of the tank and block. The ends of the hose should then be soaked in gasoline for an hour, causing them to swell enough to be slipped into place.

### A KITCHEN HINT

If you have an old aluminum saucepan, don't discard it. It can be used for cleaning badly tarnished silver in a most magical way. Place in the saucepan a quart of boiling water, a teaspoon or so of soda, and a tablespoon of kitchen salt, and immerse the silver in this. Carefully rinse and dry the silver afterwards.

### TIPS ON TALKING HELP TEEN-AGERS

Ever wish you could feel as much at ease with older people as you do with school chums of your own age?

If you dread visits with older people because you can NEVER think of anything to say, here are

### Better English

D. C. Williams

1. What is wrong with this sentence: "I have never seen such an interesting play."
2. What is the correct pronunciation of "predecessor"?
3. Which one of these words is misspelled? Destructable, desultory, despondency.
4. What does the word "microcosm" mean?
5. What is a word beginning with "be" that means "to whittle away"?

### ANSWERS

1. Say, "I have never seen so interesting a play."
2. Pronounce pre-dec-ss-er, first and third e's as in egg, second e as in her unstressed, fourth e as in her unstressed, principal accent on third syllable.
3. Destructible. 4. A little world.
4. "Woman, I tell you, is a microcosm; and rightly to rule her, requires as great talents as to govern a state."
5. Foote, E. Beguile.

and mailing, to the Bell Syndicate, in care of this newspaper, Post Office Box 99, Station G, New York 19, N. Y., and ask for your copy.

a few tricks which may help you to develop more composure.

Take your time when you enter the room. Don't dart in hurriedly. Standing up straight and walking slowly gives others the impression that you are relaxed and at ease.

Have two or three amusing anecdotes about school life ready to tell because the chances are that someone will ask you how you're doing in school. Or you can ask a leading question such as "We're studying labor legislation in civics class and I find it hard to understand such-and-such. Could you explain it to me?" Or explain a social problem that has come up in school and ask for opinions from older and presumably wiser heads as to how it should be handled.

### ICY ISLANDS

Most southerly British post offices are in the Falkland Island Dependencies. There are five of them: one at each permanent base of the Falkland Islands Dependencies Survey, which is run by the Colonial Office.

The only inhabitants of these cheerless lands—they are almost entirely covered by snow and ice—are about thirty members of the survey staff, and a few Argentine and Chilean trespassers.

### Cook's Corner

#### BREAD AND MEAT HASH

(Serves 6)

Two cups (1 pound) ground, cooked meat, 1 1/2 cups soft bread crumbs, 2 tablespoons minced onion, 1/2 teaspoon celery salt, 1 teaspoon salt, 2 eggs, beaten, 1/2 cup water, 1/3 cup drippings or shortening.

Combine meat, soft bread crumbs, onion, celery salt, and salt. Blend in beaten eggs and water. Heat drippings in a heavy skillet. Add hash and saute until brown, turning occasionally. Serve with poached egg or leftover gravy.

(If ham or corned beef is used, reduce salt to 1/2 teaspoon.)

### How Can I!!!

By Anne Ashley

Q. How can I prevent cracking of patent leather?

A. Olive oil, glycerine, or sweet oil rubbed over the surface of patent leather occasionally will prevent it from cracking.

Q. How can I make a substitute for cream of tartar?

A. When mixing cake that calls for cream of tartar, a good substitute is buttermilk. If the buttermilk is not sour enough, add a little vinegar.

Q. Are short or tall candles preferable for the dinner table?

A. Tall candles are preferable as they bring the light above the level of the eyes and produce a soft glow on the faces.

## Dorothy Dix Says—

### Wives Deserve Diversion

#### Too Often Husbands Forget Women Would Require A Little Fun

DEAR MISS DIX: I am one of the innumerable young mothers with children who have to spend every day and every night in the home with the kids, while our husbands dillydally around from place to place. Don't you think it only fair that husbands should stay, at least, two nights a week at home in order to talk over the problems concerning their families?

We would like to go out once in a while, too, and have a little entertainment, but our husbands always have some engagement that they can't possibly break. We wouldn't mind staying at home so much, but we get lonesome with nobody to talk to, because, no matter how much you love your little children, they are not exciting company.

We love our husbands dearly, but we would like to see new faces now and then and know what's going on outside of the four walls of our homes. Can you suggest any way that we can compromise promise and get our husbands to give us a break?

BREDA

ANSWER: I get hundreds of letters like this from wives whose husbands feel that they have done their full duty to their wives by paying the bills. They put on their hats as soon as they have had their dinner and go forth to enjoy themselves and leave their wives to be nothing but baby-sitters. They never talk to them. They never show any interest in them. They never take them to places of amusement, or do anything to make life happy and contented for them.

### MEN ARE THOUGHTLESS

One wonders what made these men marry at all if they had no taste for domesticity. You can understand very easily why a man who has worked hard all day does want relaxation and to see fresh faces and do interesting things, but Friend Wife has the same desires. She, too, is young and would like to go out and have a good time now and then. But she doesn't get to do it. It is a pitiful thing that a good man is so often a bad husband.

My suggestion to you would be to tell your husband that you are going to have a certain night off every week, and that he will have to stay at home and take care of the children. And stick by your resolution. Probably he doesn't realize himself how selfish he is being.

DEAR MISS DIX: I am a boy 20 years old and think I am in love with a woman 13 years my senior. She has been married twice. What would be the chances of a happy life with a woman that is much older than myself? Am I really old enough to be married to anyone?

TROUBLED.

ANSWER: You are certainly looking for trouble when you marry a woman 13 years older than you are and who has already been married twice. She will feel as if she is taking a child to rear, and she will boss the life out of you.

Don't be foolish enough to marry a woman with whom you could have nothing in common and who will cut you off from all companionship of your own age for the other kids certainly wouldn't want to be always dragging Grandma around with them. At 20 I think you are too young to marry anybody, so wait until you have had some experience of life and have a way to support a wife before you take the fatal step.

DEAR DOROTHY DIX: When a girl invites her Boy Friend to her home for dinner, should he not bring her mother a little present, since she is going to all the trouble of cooking it? I have been surprised at how very few boys remember this little courtesy. Mother says that they are just kids and they don't think about it. What is your view?

### JUST WONDERING

ANSWER: An invitation to dinner is just a voluntary gesture of hospitality and it doesn't compel the guest to make his hostess a present. It is all a matter of taste and custom.

Inasmuch as the guests in this case are poor boys, it would work quite a hardship on them if they had to bring along a present that would cost more than they could afford.

## Ellen's Diary

By an Island Farmer's Wife

A second day of travel which bore us at a more leisurely rate today, but ever away from The Island is ended though the evening shadows had not yet come down to fall. The sunsets, so often given to me in a glorious expanse of rose and amber-hued sky rising from a tree-crowned hill, is at the moment quite lost to sight behind the edge of this Maine town where we have suspended our travelling to remain with friends for the night. Our chauffeur, familiar with the use of the land in this, the State of his adoption, brought us apparently without any concern over routes, through the bewildering mazes of country roads or town and city streets, to this friendly door in Old Orchard. This is a seaside resort, the inhabitants living for the influx of visitors in Summer. Numerous hotels, their size making one marvel, and cabins without count as well as "dream" homes crowd this beautiful place by the sea. We stopped near the beach to see the waves of the Atlantic break, very quietly this evening in long, and- less ripples of white.

A robin carolling happily, if I think, rather dully sent us on our way not too far past dawn this misty morning. At the time, traffic had barely commenced. Then only odd trucks moved along the highway which was—and is to bear us steadily toward a boundary. So it was almost alone we moved along the early stretches of today's road which took us past many changing scenes. We travelled through lovely reaches of woodlands from whence I hoped a deer might appear, if only for me to describe to Jamie, on my return. We came also through miles of country where a vast acreage of blueberry barren lay black and desolate from a recent burning—and fertilizer in sacks heaped at intervals told one of a new growth and the subsequent cash crop to come. And past places where patches of land between smaller and huge boulders were tilled in small farming endeavors strangely different from ours on The Island. We glimpsed beautiful country estates and other homes set apparently without plan and yet most picturesquely in their surroundings—now like castles in old legends, topping a steep rise, often clinging to the sides of one, to remind one in fancy of over-size eagles' nests or again snuggled down cozily in the depths of a

### BIRDS AND FLOWERS

watered valley. For rivers and lakes we neighbored on our travels, perhaps to give all such wayfarers the beautiful bridges to cross.

As we continued, the trees—the willows and birches and all were now in full leaf. At times one (Continued on Page 3)

### DESIGN NO. E-706

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## BUTTER-NUT BREAD

### Modern Etiquette

By Roberta Lee

Q. If a knife, fork or spoon is dropped while at the table, and one's hostess is serving the meal, who should pick up the dropped article?

A. The one who drops it should do so, and without displaying any embarrassment. It is not necessary to make any reference to it.

Q. If a bride's only near relative is her mother, may her mother give her away?

A. It is better to have a man, even if he is just a close friend of the family, perform this rite. However, the mother can do it, but in this instance the bride must walk down the aisle alone.

Q. Should a formal acceptance of an invitation be dated?

A. No. The date upon which the function is to occur must be mentioned in the acceptance.

### Household Scrapbook

By Roberta Lee

#### A Tighter Package

You can make a much tighter and neater job of wrapping your package for mailing if you moisten your string before tying. When the string dries, it will shrink and tighten up the knots.

#### Taking Medicine

If a certain medicine is particularly bad-tasting, try holding an ice cube on the tongue for a minute or two before taking the medicine. The ice will partially desensitize your "taster."

#### Whipped Cream

Try flavoring the whipped cream with strained honey instead of sugar, and see what a delightful flavor it imparts.

### The Stars Say--

By Genevieve Kemble

For Thursday, May 27

#### THE current deceit, treachery and suspicion pervading business interests are quite likely to overflow into more personal relations.

Victious entanglements, gossip, slander, misplaced confidence, with strange, irregular or eccentric conduct, could beget loss of standing, prestige and more solid substance.

Impetuous or emotional behavior or conduct could engender most puzzling and disagreeable complications. Beware of cliques, questionable organizations as well as more intimate affiliations through emotional or romantic appeal or any seductive indulgence.

Those whose birthday it is may find themselves confronted by a year of strange and curious experiences in which there seems to be an unfeeling and inexplicable set of conditions affecting all relations and contacts with sinister and subtle denouements. This affecting not only business and financial matters but shrouding the personal background with weird emotional disturbances. Impulsive or erratic conduct, neurotic urges, strange appetites or instincts, are likely to confuse the affairs with detriment and loss, reacting on reputation, standing, property and cherished ideals. Much discrimination is admonished, especially where companions and cliques may mislead.

A child born on this day may have a peculiar temperament with strange impulses or subtleties of character. Early supervision is recommended.

### Morning Smile

#### DESCRIPTIONS

The servant girl had a caller the other night—a girl caller—who worked farther down the street. And the woman of the house overheard this conversation—it was about "fellers," as usual:

"I seen Joe out with you last night," accused the caller. The other girl admitted it. "He's your steady feller now, ain't he?" pursued the first speaker.

"I guess he is—that is, on Thursday nights."

"Aw, I seen him with you on Saturday nights, too."

"Yes, but he ain't never steady on Saturday nights."

#### QUITE EASY

Caller—What, no attic? How can you get along without one to store your junk in?

Hostess—Oh, you see, we give it all away as bridge prizes.

### CHANGE OF LIFE?

Are you going through the functional "middle age" period peculiar to women (35 to 55 yrs.)? Does this make you suffer from hot flashes, feel so nervous, high-strung, tired? Then do try Lydia E. Pinkham's Vegetable Compound to relieve such symptoms. Pinkham's Compound also has what Doctors call a stomachic tonic effect!

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Sapphires, rubies and emery, all are essentially the same mineral, corundum, according to the Encyclopaedia Britannica.



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VEL keeps my "New Look" Looking New! says Miss E. Hosso, Toronto. "Fringy petticoats and slips, panties and 'bras' washed in gentle VEL and lukewarm water, stay fresh-looking, hold their shape without shrinking." Colours stay bright up to ten times as long.

SAVE! Use VEL in New Giant Size Package for washing woollens, stockings, baby diapers, for fragrant bubble baths, for walls, woodwork, linoleum, tile, for cleaning porcelain and enamel, windows, mirrors. Try VEL for the car, too.



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