

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

FOR THE WOMAN READER

THE WOMAN WHO WASHES DISHES

You have heard I know, Of "the man with the hoe," And "the man behind the gun," We have heard so long Their little song. They have their laurel's won. But I lay a claim of well-earned fame.

We have wept at the "hurt" In the "Song of the Shirt," And groaned at the doleful tale. Do you ever think Of the one at the sink, And what we'd do if she'd fall? Three times a day, With never a nay, She gathers the greasy pile; The pails and pans, with tired hands, She washes up with a smile.

Then sing it if you will With voices shrill, Of the man with the hoe and gun; But this I say, (Can you say me nay?) She, too, has her laurel's won. So, I lay a claim Of well-earned fame— And give her my best wishes, For sterling grit. She is surely "it"— The woman who washes dishes —Mrs. John McEain.

INDIGESTION MAY BE DUE TO GALL BLADDER

Yesterday a middle-aged, rather plump lady, came to see me, writes a doctor, complaining of long-standing indigestion. On questioning her it appeared that she practically always had indigestion. It came on at almost any time of the day—not like the indigestion due to an ulcer or the stomach, which come in definite attacks and is regularly related to meals.

The pain was mainly on the right side and hurt through her back to between her shoulders and with it there was a great deal of flatulence. There was little doubt that her trouble was due to an inflammation of the gall-bladder. This disease in its milder forms, can be greatly improved by diet and simple medicines.

She was told to take each morning on waking a teaspoon of magnesium sulphate in water—a drug which makes the gall bladder contract and empty itself, thus clearing it out each morning. The diet was to be light—four meals a day, so that the stomach never be over-filled. In addition eggs were forbidden, and all forms of fat (butter, cream and meat fat) were to be taken in the smallest quantity.

Desirable Property For Sale

A six-room cottage with all modern conveniences, also three building lots adjoining, on which are two out-buildings suitable for garage or barn. This property is all under one block, beautifully situated on the corner of Euston Street and Victory Avenue and commands a fine view from St. Peter's Road. It is an ideal spot for a business stand of any kind. Inspection at any time. Apply 393 Euston Street, 1848

FOR SALE

1 Tycox Sphygmomanometer (new) also Harvard Chair. Bargain for quick sale. MRS. (DR.) E. G. GILLIS, Box 51, Kensington, P. E. Island. 1925.

Administration Notice

The undersigned Administratrix of the personal estate of Edward Gabriel Gills, Medical Doctor, late of Kensington, Prince County, Prince Edward Island, herewith notifies all parties indebted to the estate of the said deceased, to make immediate payment to her, and all persons having any claims against said estate, are hereby required to present the same, duly attested within twelve months from this date. Dated this twelfth day of October A. D., 1933.

MRS. ANNABELLE GILLIS, Administratrix, Box 51, Kensington, P. E. Island, 1824.

INFLAMED TENDONS AS RESULT OF INJURY

Sometimes as a result of injury or strain, sometimes for no reason that one can discover, the sheaths inside which the tendons run become inflamed.

When you place your hand over the affected spot and move the limb you get a feeling rather like two pieces of sandpaper being rubbed together. There is usually some swelling and always pain.

This condition is known as synovitis of the tendon. It is most frequently found in the tendon of the calf muscles or forearms—just above the heel and wrist respectively.

The limb must have complete rest while the inflammation lasts. Heat in some form is necessary to reduce this inflammation. Paint the part with iodine every day or, better still, apply compound mercury ointment.

This latter is spread on a piece of lint and changed once in twenty-four hours. Discontinue either of these remedies if the skin shows signs of breaking down.

HANDS WILL SOON RESPOND TO GROOMING

The invaluable benefits accruing to womankind through the individual application of beauty culture unquestionably arise from the fact that such attention makes the very most of one's appearance. If Nature has been gracious enough to give one a good start, so much the better, but even the good may be raised to the comparative or even to the superlative degree of attractiveness with a little effort. If one is automatically placed in the nondescript category, however, the improvement which may be wrought by a careful study of one's defects and good points is simply incalculable.

Perhaps no integral part of one's person affords more striking evidence of this than the hands. Long fingers, delicately tapering from hands to match, are an undoubted asset of which any woman may justifiably be proud, but because she may be among those whose hands could never by the wildest flight of the imagination be pictured in a manual beauty contest is no reason why she should neglect her hands as being beyond redemption. Indeed, it is for such as she that manicuring and other attentions are particularly prescribed.

Be Dainty

Charming as any woman is in the role of hostess she is doubly so if she extends a well-cared for hand in welcome. On the contrary, whose sensibilities have not been outraged on countless occasions by the spectacle of undainty hands over the bridge table! The feat of making a grand slam is surely immeasurably enhanced when the cards have been played from exquisitely manoeuvred fingers.

And, by the way, the fact that a woman may be her own laundress and dish-washer no longer stands as an excuse for carelessness in this respect. The creams, lotions and other preparations available for hand grooming induce beauty whether one is of the leisured class or a member of the work-a-day world and whether one's fingers taper or are square-tipped. On returning from the country a good bleaching process and a hot oil manicure are recommended to eradicate the drying effects of wind and sun, the latter treatment also being prescribed for a dry cuticle.

Useful Tips

Applications of cuticle oil are suggested for ridgy nails, though this condition may be caused by acidity in the system. Massaging a soft cream into the skin brings gratifying results. If one's hands are extremely dry though, great benefit will result from an application of olive oil at night and sleeping with the hands in gloves. Creams or lotions applied every time the hands are washed are of incalculable value in keeping the texture of the skin smooth. Dark nail polish is still in vogue, one hears, though this should never be used by the woman with small nails. On the other hand, nails should not be too long, either. Amber and metallic polishes are mentioned as being ultra-smart for the present season.

The depression is terrible. A lot of children are trying to get along without what their parents never had.

Worst Mistakes Parents Make Dorothy Dix Adds Five More Errors

Most Parents Make the Mistake of Trying to Run the Children of an Automobile Age on a Horse-and-Buggy Schedule; They Pass the Buck of Child Training to Others, Then Try to Decide Children's Lives for Them When They Are Grown

TEN GREAT MISTAKES OF PARENTS (Continued)

The sixth mistake that parents make is in wishing on the job. In not being willing to pay the price of parenthood. Practically all parents love their children and desire them to grow up into fine men and women, but they love their own pleasure and comfort better than they do their children, and they are not willing to take the trouble to even try to form their children's characters and direct them in the way in which they should go.

Father is too much absorbed in his business to have any time to give to his family, and on holidays and Sundays he prefers to play golf to going on a hike with the boys and getting acquainted with them. And when he is at home the children's noise annoys him and they soon learn to keep out of his way.

Mother is busy and the children under feet get on her nerves and she sends them out on the street to play. Or mother is a club addict or bridge fiend or has the matinee complex or has the shopping mania and she doesn't let a few children interfere with her enjoying herself, so she turns her offspring over to the tender care of servants or leaves them to shift for themselves while she amuses herself.

Half of the parents you know have passed the buck of rearing their children and teaching them the right principles and ideals to the schools and the Boy Scouts and the Girl Guides and such like organizations, and while these do a great work among the young they are poor substitutes for the personal influence of a real father and mother. It is because so many children are brought up on the street and educated by the street and taught the morals of the street that we have so many hoodlum boys and girls in our best families. It is because so many fathers and mothers balk at paying the price of parenthood that so many fathers and mothers weep over wayward sons and daughters.

The seventh mistake that parents make is in failing to strike a good general average in dealing with their children. Somehow parenthood is one of the things that people never seem able to do in moderation. They either mother and father their children to death or else they neglect them. They either rule their children with a rod of iron or else they let their children run over them. They give their children too much money or they are naggardly with them. They give them too much liberty or none at all. And one extreme is just as disastrous as the other.

All about us we see children who are starved for affection and starved for innocent pleasures; children whose homes are jails and whose fathers and mothers are jailers. We see young people whose lives are made hard by their parents' refusal to give them the help that they could well afford to give them; and we see spoiled, selfish, self-indulgent children whose foolish parents have denied them nothing. We see boys and girls hurtling to destruction in high-powered cars that their parents have bought for them. Boys and girls who are wastrels and spenders. Boys and girls who defy their parents and mock at their old-fashioned ideals of decency.

And we wonder why it is that so few parents can be tender yet firm with their children; who can be generous yet not extravagant; who can draw a line between liberty and license; who can be indulgent to their children and yet enforce discipline and hold them rigidly to a code of conduct.

The eighth mistake that parents make is in trying to run an automobile age on a horse-and-buggy schedule. Most of the flurry over the younger generation is occasioned by people refusing to see that times have changed, and that a new order of things has come into existence. They won't see that many things are right or wrong merely because custom makes them so; and that many things that were shocking in their day, such as knees and short hair and mentioning sex, etc., are perfectly proper now because they have become commonplace and there is no longer any taboo on them.

They won't make up to the fact that you can't deal with the modern emancipated youth as their fathers did with dependent youth, and that the heavy-parent stuff is merely a joke at which the youngsters laugh now and wonder how the old man got that way. It was one thing for father to threaten to turn the daughter who defied him out of the house when she was a poor little timid creature who had to live at home or starve. It is another thing to threaten to shut the door in the face of a girl who not only earns her own living, but helps to support the family, and who would probably like nothing better, anyway, than to go off with another girl and set up a little apartment. So if parents want to rule their children in these days, they have to do it diplomatically instead of with a high hand.

The ninth mistake that parents make is in refusing to recognize that their children grow up and become men and women. The real reason that

CHAPTER 63 AN ENGAGEMENT RING Will Ogilvie stood in the chintz-bedecked sitting room that was Jan-

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PRINCESS SOAP FLAKES—Act quickly! Start today to learn what a marvelous soap Princess is. PRINCESS really adds months of wear to silk stockings and lingerie—gives cleaner, fresher, whiter clothes with less effort—keeps hands so soft and white. And note how little Princess Flakes it takes for a big foaming tubful of suds—suds that are sure for the finest garments.

PALMOLIVE SOAP—Why envy other women their lovely complexions when yours can be just as soft, smooth, youthful? Palmolive's velvety, olive oil lather gives true foundation cleansing. Flushes the pores of dust and dirt. Brings out the true, natural healthy coloring of your skin. Start today to win beauty with Palmolive.

PHONE YOUR DEALER Attention Dealers If your stock for this special offer is exhausted, phone your jobber immediately.

boys and girls leave home at the first opportunity is because not one father or mother in a thousand is ever willing to grant them a particle of personal liberty, not because they mean to be tyrannical, but just because they cannot realize that their children ever get beyond being 3 years old, and have enough sense to cross the street alone.

The tenth mistake that parents make is in believing that they always know best and are fully capable of deciding every problem in their children's lives, from what they eat to what careers they shall follow and whom they shall marry. This is not true, because many children are diametrically opposite in talents and temperament from their father and mother, and their parents are utterly incapable of understanding them or directing them.

Which of these mistakes do you make, Mr. and Mrs. Parents? DOROTHY DIX.

"The Only Medicine My Children Have Ever Had"

"From the day I purchased the first box for my first baby until the present day, BABY'S OWN TABLETS have been the only medicine my four children have ever had," writes Mrs. Harry Plimer, Cumberland Bay, N.B. "This proves beyond doubt that BABY'S OWN TABLETS, by correcting slight disorders very efficiently at the beginning, prevent more serious ailments developing."

DR. WILLIAMS' BABY'S OWN TABLETS Make and Keep Children Well — As Mothers Know

But he had thrown away the gold for the dross, and definitely allowed that vain, shallow, deceitful Dale girl to ensnare him! "What fools men are!" Janet's mood changed abruptly, and she stalked away for the mirror as though hating her own past weakness, and on into the sitting room where Will was waiting.

"Hello there!" She favoured him with an ungracious nod. "Can't ask you to sit down, as I'm due at the Towers."

A dull flush rose to the young man's sallow cheeks. He had come here, full of romance, and of tender thoughts. Why must Janet be so brusque? Why must their mutual moods so often jar?

"Don't let me detain you. Sorry if I've intruded!" he lifted his hat from the settee, preparatory to departure.

"Oh, I can give you a minute, I daresay," Janet saw the hurt pride in his eyes, but for the life of her she couldn't say the soothing, tactful words.

PURITY FLOUR BEST FOR PIES AND CAKES

Daintiness With Chic Styles

ILLUSTRATED DRESSMAKING LESSON FURNISHED WITH EVERY PATTERN BY ANNABELLE WORTHINGTON

Have a white bengaline silk sailor collar about your shoulders and disguise your last year's frock. Or perhaps you'd prefer a boyish type collar of white satin crepe with a flattering jabot.

Or make your sleeves over to give shoulder height or have epaulets to perk out over the shoulders as in View F.

Style No. 548 offers new ideas that will definitely stamp your last year's dress 1933. It comes in sizes 14, 16, 18, 20 years, 36, 38 and 40 inches. Price of PATTERN 15 cents up stamps or coin (coin is preferred.) Wrap coin carefully.

Name Street Address City State

A Morning Smile

An eleven captained by the lord of the manor, was playing a match with the village club, and at the last minute the butler was roped in as umpire.

"How's that?" appealed the wicket-keeper for stumping whilst his lordship was batting.

"His lordship," remarked the butler gravely, "is not in."

A dear old lady who liked to take an interest in everybody and everything, had got into conversation with a tram inspector as he stood near a stopping place.

"I suppose," said the old lady brightly, "as you have to do with electric cars, you sometimes get electric shocks?"

"Oh, no madam!" replied the inspector, "You see, I'm not a 'conductor!'"

Augustus Saint-Gaudens used to illustrate the development of art in America by a story of the past.

He said that in the 'forties a rich Bostonian built a fine house in the Back Bay. He decided to adorn the lawn with statuary, and, having heard of the Venus de Milo, he wrote to Rome for a copy. The copy duly arrived. It was marble.

But the Boston man no sooner got it than he sued the railroad company for 2,500 dollars for mutilation. He won the suit, too.

BABY SCALDED! MECCA OINTMENT

Quick! Get the MECCA OINTMENT Stop the pain and agony by applying Mecca Ointment at once. Prevents inflammation, saves tissue destruction and quickly starts safe healing. Keep a supply of Mecca Ointment in the house to meet all emergencies. Mecca ointment like magic when applied to burns and scalds.

Mecca Ointment is sold by all Druggists—25c, 50c (tube), 50c and \$1.00.

world to see. "And I'll call for you at the big house, when you're finished with the little girl."

"That'll be fine." They parted. Later, at the Towers, Mrs. Vansittart came into the nursery, it talk to Janet.

"Do you think Lucia any better?" The little girl was sleeping, and the mother bent over the cot.

"Yes, quite a bit. The doctor thinks—with careful treatment—she'll outgrow her weakness." The mother looked relieved.

"Never! I ought to know! Because that's the very ring I lost six weeks ago, and hunted high and low for! I'd know it anywhere! It's mine!" (To be Continued.)