

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

## Dorothy Dix's Letter Box

### When We Lose Our Self-Respect, We Begin to Degenerate — It is Better to Eradicate the Cause for One's Mental Condition and Face the Consequences

Dear Dorothy Dix—I am a policeman. A couple of years ago I found a large sum of money in a station house. I'm a married man with several children and many obligations, and am heavily in debt. I pocketed the money and with it paid the doctor, the butcher, the baker, taxes, etc. I make no excuse for the action beyond saying that the sum of money was so large that I knew that whoever had lost it or thrown it away for fear of it being found upon him had not come by it honestly himself. Then the unexpected happened. My pal and good friend by a trumped-up chain of circumstantial evidence was accused of the theft by our captain, who disliked him. He was transferred to a very disagreeable post, charges were brought and he was fined. He was not convicted of the actual theft because of lack

of evidence, but his reputation was ruined, as few people believed in his innocence. The battle he had put up for vindication has already cost him many hundreds of dollars. To say that my heart is putting it mildly, I have harmed my friend for whom I would have risked my life, and I have lost his friendship because I cannot bear to face him. What can I do now? To confess the true story probably would not help him with his bosses, and would certainly result in my being fired. I have a wife and two children and we are expecting a third. What would become of them? I cannot eat or sleep for thinking of this. My health is being shattered by incessant brooding over it, and the only peace of mind that comes to me is when I am drunk. Please tell me what to do before I completely crack under the strain.

VERY WORRIED,

Answer:

It seems to me that your line of conduct is very plainly marked out for you. It is to make a clean breast of the affair and exonerate your innocent friend. That alone will give you back your lost self-respect without which you are finding life intolerable.

Suppose your confession does cost you your position. I grant you that is a terrible thing to happen to a man with a wife and little children to support, but it's not so terrible nor so fatal as the thing that is happening to you because your worry is driving you to drink and wrecking your health, and when that happens you will be down and out for good.

Now with your conscience cleared by having made a really heroic gesture—for it's going to take more courage to stand up and tell your friends and your superior officer what you have done than it would to face a mob of gunmen—you will be a man again, able to look the world in the face. Relieved of worry and shame, your health will return, you will be able to give up drink and to make a new start in some other line, even if you are dismissed from the police force.

Certainly those who know the desperation of a man swamped by debts that he sees no way of paying, hounded by bill collectors and with the incessant needs of little children pulling not only at his purse but also his heart strings, will realize the temptation to which you were subjected and will not judge you too harshly for taking the money that apparently belonged to no one and that at least the owner was afraid to claim.

But nothing can justify you for letting your friend suffer for your deed. You will never know a minute's happiness or peace until you stand up like a man and assume responsibility for what you did and take its consequences, whatever they are. The one thing we cannot live without is our own self-respect. When we lose that, we begin to degenerate.

DOROTHY DIX.

Dear Miss Dix—I am a girl who does not know whether or not she is in love. I do not have the symptoms that the heroines of novels seem to have. My appetite, for instance, is grand. I sleep like a log. No trouble with insomnia. Nor does my heart do a flip-flop every time I see him. But here is how I feel: I think of him a million times a day. I notice his every little mannerism. When he is around I can see no one but him. I hear no one else when he speaks. I am in a daze of happiness and light-headed. Am I in love drastically, hopelessly, deeply? Will it last? Is there any cure for it? Will it wear off in time? What shall I do? This is my first experience.

P. M.

Answer: Cheerio, my child. Don't be alarmed. You are in no danger. Girls who are suffering from their first heart attacks always think that they are fatally stricken, but they soon find out that it was only a passing indisposition that they recover from in a few days, and that before they know it they are up and about and able to take an interest in some new boy.

Don't put too much stress on your symptoms of love as you diagnose them. To a dispassionate listener they sound more like an indication of softening of the brain than the grand passion. But that's a mistake, too, because girls who go about in a daze as you say do, and who tie blue ribbons on cigarette butts that have been smoked by some sallow-faced youth, and treasure them, and who see a hero of romance in some freckled

Today, these healthy Dionne Quins had Quaker Oats

Annette's Good Solid Weight is a fine example of how children thrive, gain weight and pep on a daily meal of Quaker Oats with plenty of milk.

Dionne doctors solve cereal question for fathers everywhere

QUAKER OATS...rich in Nature's Vitamin for bracing-up Digestion, Nerves, and Appetite

## Quality tea King Cole Old English Blend

### Autumn Fashions For Chic Dressers



This charming simple day dress is the type you can wear right through an entire day and always feel so comfortably smart.

It is made of black jacquard crepe. The rich neck is lined with deep violet-blue crepe. A matching blue velvet bow is posed right under the chin. The tied front girde repeats the blue crepe.

This model is very distinctive in black woolen with large embroidered dots.

Satin-back crepe, velvet, velveteen, etc., are other mediums for this easy to sew dress.

Style No. 1848 is designed for size 12, 14, 16, 18 and 20 years. Size 16 requires 4 yards of 39-inch material of one fabric.

Name

Street Address

No 1848 Size

City

State

#### A Good Disinfectant

A splendid and simple disinfectant for the sick room is to put a teaspoon of iodine on a small saucer and stretch a piece of gauze over the top. Stand where the air will carry the fumes into the room and the room will soon have a fresher atmosphere.

had whose voice is changing, do recover from their temporary mental delusions and grow up to be sensible women. But it's bad while it lasts. And terrible on the girl's family.

Of course, in time the violent attacks of first love do wear off, but for a quick remedy that will cure almost instantaneously, find some other boy who is better-looking and has a keener conversational line than the one with whom you think you are in love.

DOROTHY DIX.

Dear Miss Dix—I am a bachelor in my late thirties. Since my college days I have been in love with a girl who married my best friend. Both she and he know this and it makes a miserable situation for us all. No woman can possess as much as she does of my heart, but I want to marry and settle down and have a fine woman for a companion. I have met a woman who I think could fill this bill. I could give her a comfortable living and a deep friendship. Do you think I would be wrong in marrying her, even if I told her beforehand that she could never have such a large part of my heart as this other woman?

ALFRED.

Answer: Have you ever thought of yourself as the victim of sentimental hooey? A lot of people are, you know. A man falls in love with a girl in his early youth and he goes along idealizing her and building her up into an ideal of perfection that she never was and nursing his own broken heart long after every vestige of the wounds in it have healed, and he is just as neurotic as the people who coddle imaginary ill health, and refuse to get well.

My advice to you is to snap out of the maudlin sentimental condition you have got into. Realize that your unrequited love burned down to ashes years ago. Sweep the debris into the fireplace and marry this nice woman you have found. But don't ever, ever tell her about the other woman and how much you loved her.

DOROTHY DIX.

#### NEW LONDON INSTITUTE

The New London Women's Institute met on Thursday evening, September 10th at the home of Mrs. Ivan Brown. Meeting opened by singing the "Ode" and repeating "Creed" in unison. Minutes of last meeting read and adopted. Eighteen members responded to roll call with the "uses of salt" of "uses of flower bags." Three visitors were also present. The various committees reported and new ones appointed.

Program—Miss Irma Constable, Miss Elva McAllister, Lunch—Mrs. G. Coles, Mrs. H. Whitehead, Mrs. H. Dunning, Miss Marjorie McEwen.

The business part of the meeting was next taken up. It was moved and seconded, that the ice cream freezer would be kept, as it was quite satisfactory, it was decided to sell ice cream at the School Fair.

It was moved and seconded that the sum of fifty cents be paid Mrs. Stanley Brown for the cake, which was made for the District Convention.

The Anti-Tuberculosis League question was brought up again and was decided by a standing vote to sign it. As there are some funds on hand, the matter of fixing the floor of the class-room of the school

was talked over but was left to the School Committee.

Program consisted of a reading entitled, "Painting the Schoolhouse" by Mrs. Geo. Coles, Betty Osborne and Fannie Carr sang two duets, accompanied by Royce Dunning on the guitar. The roll call for next meeting to be a "Riddle." Refreshments were served by the hostess and committee. Meeting closed by singing the National Anthem.

Look for the Trade Mark

Vaseline WHITE

Use it daily for baby's skin

## The HOUSEWIFE and HER ACTIVITIES

### THE RAMBLER ROSE.

Love is a rambler rose,  
Tenderly covering all;  
Over my cottage it grows,  
Love is a rambler rose,  
Never will love disclose  
Cracks in the cottage wall.  
Love is a rambler rose  
Tenderly covering all.  
Wendell P. Dodge, Jr. in the New York Sun.

### CARES

Instead of cares, burden, and troubles being so many misfortunes, they are the influences by which God means to develop every element of our being, and polish it, and make it meet for his kingdom.—H. W. Beecher.

### A TRUE MAN

A true man never frets about his place in the world, but just slides into it by the gravitation of his nature, and swings there as easily as a sail.—Chaplin.

### TODAY

Enjoy the blessings of this day, if God sends them; and the evils bear patiently and sweetly; for only this day is ours; we are dead to yesterday, and not born to-morrow.—Jeremy Taylor.

### Rusted Steel

When steel becomes rusty rub with a piece of emery paper that has been dipped in turpentine.

BABY KNOWS the Difference

BABY'S OWN SOAP

Best for you and baby too

### A Morning Smile

"She told me that you told her the secret I told you not to tell her."

"The mean thing! I told her not to tell you I told her."

"Well, don't tell her that I told you she told me."

"John dear, I've got a lot of things I want to talk to you about."

"Splendid, darling. Usually you want to talk to me about a lot of things you haven't got."

### TORONTO ROAD W. I.

The monthly meeting of the Toronto W. I. was held Sept. 2nd, at the home of Miss Laura Doiron. There were eight members and a number of visitors present. The president occupied the chair. The meeting was opened by reciting the creed. The Roll Call was answered by a joke. Mrs. Felix Gallant, of the sick committee reported having bought a treat for one member. It was moved and seconded that the bill be paid. It was moved and seconded that Miss be bought for the school toilets. It was decided to have the school porch painted and \$5 was voted for the work. An extra \$1 was voted for extra work done by Mr. Buote in the classroom. The institute donated prizes to pupils with perfect attendance at the end of the school year. It was moved and seconded that little Ann May Gallant, be brought a treat.

Mrs. Peter Doiron thanked the members for their kindness while sick. She also asked the members to her home for the next meeting. Mrs. Jos. H. Doiron, Miss Laura Doiron, and Mrs. Andrew Baquiere offered to bring lunch.

The meeting closed by singing God Save the King after which a dainty lunch was served.

CHICAGO, Oct. 5.—(AP)—President P. K. Wrigley of Chicago Cubs said tonight that while several changes would be made in the ball club for 1937 they would not involve Manager Charlie Grimm.

"Grimm positively will manage the Cubs next season," Wrigley said. "I think he did all he could with the team as it was constituted in the past season and we intend to give Grimm a better team."

Polish with a fresh piece of emery paper and your rust is gone.

### The Correct Way

It is not wise to soak clothes in hot water and leave them in it until the water is cold before washing. Cloth fiber expands in warm water and contracts in cold and will in this way hold the dirt. Make a suds of cold water if you want them to soak for a length of time.

### That Pesky Mosquito

When you know there is a mosquito in your bedroom you might just as well turn on the light and find him before you try to go to sleep. Otherwise, if you are of a nervous temperament, you will have imaginary bites and "sing" in your ears and cause a wakeful night. You can count on him finding you sooner or later anyway.

## THE COOK'S CORNER

### SIX FRUIT SAUCE.

Six peaches, 6 pears, 6 green plums, 6 tablespoons white sugar, 6 table-spoons strong cider vinegar, 1 teaspoon salt, 6 red plums, 6 apples, 6 tomatoes, 3 teaspoons mixed whole spices.

Wash apples and tomatoes, remove stem and blossom ends, cut in small pieces and cook slowly until juice is extracted, then add spices and boil ten minutes. Press through a coarse sieve. Peel pears and peaches and cut in slices, cut plums and remove stones, add sugar, vinegar, salt and pureed apple and tomato pulp. Cook twenty minutes. Bottle while hot.

### MINT JELLY, WITH GREEN GRAPES.

Pick green grapes from the stems; add half a cup of water to keep them from burning, cover and let simmer until tender, then drain in

## Shares In Big Fortune



Lady Ellerman, a former Montreal heiress to the greatest private fortune of Great Britain.

Miss Esther de Sola, daughter of Montreal, in 1933 married Sir John had died, leaving a huge fortune. As shipping magnate and financier, the elder Sir John Ellerman estimated at \$135,000,000 at the time. According to a report from aily valued as reaching a total of outside of England, and of addition into account before it is finally liquidated. The estate is the greatest ever about \$100,000,000 will go to the legacy duties.

girl can say that she is the wife of fortune bequeathed in the history

the late Clarence I. de Sola, of Ellerman a month after his father As shipping magnate and financier up to a fortune that was estimated of his death.

London, the estimate has been finally valued as reaching a total of \$183,425,000 exclusive of holdings al property that must be brought liquidated. known in England. Of the total British Government in death and

a bag. Re-heat the juice with a bunch of mint; let simmer ten minutes; remove the mint and add a cup of sugar, made hot in the oven. For each cup of juice. Let boil till thick or until it jellies on a cold dish.

Tint delicately with green color-paste, skim as needed and turn into hot glasses. If the mint be crushed before it is added to the juice, a stronger mint flavor is assured.

# BUILD BONNIE BABIES

## with IRRADIATED Carnation Milk

BABIES fed on formulas containing Irradiated Carnation Milk are bonnie babies because the most important item of their food—Carnation—is pure cows' milk—absolutely uniform—absolutely sterile—and super-digestible. And they get an extra supply of important "sunshine" vitamin D, that helps build strong bones and teeth.

Ask your doctor about a Carnation Milk formula for your baby. It is the milk the Dionne Quintuplets have been fed since 'way back in November, 1934. Write for our booklet "Contented Babies". It is free.



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WORLD'S LARGEST-SELLING BRAND OF EVAPORATED MILK