

Woman's Realm Social and Personal Fashions Literature

Living & Leisure THE WOMAN'S REALM

THOUGHTLESS

He didn't stop to think. He let ill temper breed some new regret. He spoke in anger and in hate. To wish he hadn't, just too late.

The shame of bitter speech he knew. Intelligent and able, too.

He also knew when temper flares. No man is either fair or wise.

Or with the morning rises proud. Of conduct arrogant and loud.

Yet none had seen him at his worst. He had thought it over first.

—Edgar A. Guest.

In making iced tea or coffee, mix the beverages in a china or pottery pitcher first and then pour into your tall glasses. This will save your summer glass breakage. Incidentally ice cubes should not be dropped carelessly into glasses—they might chip the fine crystal.

If you want to barbecue frankfurters slit them lengthwise on one side, but don't cut entirely through the frankfurters. Line them up in a baking dish, pour your barbecue sauce over them.

How Can I!!!

By Anna Ashley

Q. How can I keep the coffee pot sweet and clean?

A. Give it a dose of baking soda at least once a week. Simply put a tablespoon of soda into the pot, fill with cold water, and let it boil for a few minutes. Then rinse with warm water. This will keep the pot in sanitary condition.

Q. How can I keep from crying when peeling onions?

A. Try munching on a piece of white bread while peeling onions, and see if it does not eliminate all those tears.

Q. How can I make it easier to dry dishes?

A. It is a sensible idea to scald the dishes with boiling water after washing them. This not only removes all the grease but makes the dishes much easier to dry.

Cook's Corner

GRAPE PUNCH

1/4 cup water
1/2 cup granulated sugar
1 cup grape juice
1/2 cup grapefruit juice
1 cup ginger ale (chilled)

Measure sugar in a saucepan and add the water; bring to a boil, stirring until sugar dissolves. Boil 2 minutes.

Remove sugar mixture from heat and cool thoroughly.

Stir in grape juice and grapefruit juice and chill.

Just before serving, combine the grape juice mixture with the ginger ale.

BACKACHE May be Warning

Backache may be a signal your kidneys are failing to filter excess acids and poisonous wastes from the system. Dodd's Kidney Pills help relieve this condition, often the cause of backache, headache, rheumatic pains or disturbed rest. Dodd's contains essential oils and medicinal ingredients which act directly on the kidneys and help them regain normal action. Get Dodd's Kidney Pills to-day. 138

Dodd's Kidney Pills

Student Federation Holds Convention in Canada For First Time



All parts of the globe are represented at general meeting of World Student Christian Federation, being held at Whitby, Ont. The convention, which will be held for two weeks, is 54 years old this summer. Three members of meeting which is being held in Canada for first time in history of Federation are 30-year-old Father Alexander Kiselev of the Greek Orthodox Church, his wife Kallister and Cyrille Elphandou, Russian theology student from Paris, France.

ELLEN'S DIARY

By An Island Farmer's Wife

We came to the last of our haying this morning. "No more!" James said, popping back his hat to wipe his brow, when the helpers suggested entering another field of it, "that's the end of it for me!" As a farewell gesture, we drove the mare in the lift for a final load, and with this relinquished all the delights of the season—the dewy sun-kist mornings we had come to, the serene, lovely evenings. Gave over until another year the sound of the moving as intermingling with a household task it came to our ears; the raking and the loading and the creaking wagons along the farm-lane; the unloading too, one of the most interesting items of all, the great forklifts swinging up blithely to be dropped in a mow, there to snuggle down against old walls and beams that have held many a harvest of it—good or meagre through the years. All this we bade a lingering Goodbye with that last load against morning. "No," James commented, "long or short Winter, lean year or fat year to follow, I'll be blown if I'm going to do another bit of haying this year!"

And the younger men went in the afternoon with Mr. A. and his helper to lend their assistance to a neighbor, whom the continued cloudiness of the day was warning of the long sick, "farm-cart, and went briskly to add to our rows of stored wood. A warm still day it was, attended by low-hanging clouds, but as we agreed remembering that recently we had been too hot for our comfort at out of door tasks "just the one of our own mare in the lift against lead tucked safely away against Winter's storms and cold we were grateful for the inspiration which had selected this work for our hands.

"You know, Ellen," James remarked picking up a handful of small sticks to use as a squirrel's bait, "it's not going to be Summer always."

Grand-daughter was with us, and Jamie, enjoying it much to us, and in James' stories to them, often extended and embroidered to fit in with the picture of every lass and lad of three summers in the eyes of their own folk. James well pleased and regarding it intently was bound she takes after his side of the house, the blue eyes and golden hair, if missing in his generation could be easily traced to past forbears.

Or perhaps this is only a vain hope on our part—James and mine. "Above all else" we have hoped for this our only grand-daughter, "may she be blessed with a saving sense of humor." The likeness is adorable to us, as are the pictures of every lass and lad of three summers in the eyes of their own folk. James well pleased and regarding it intently was bound she takes after his side of the house, the blue eyes and golden hair, if missing in his generation could be easily traced to past forbears.

Any off feature in resemblance or indeed in behavior as it appears in her day by day living, can also be disposed of to his complete satisfaction, though not of course in the same direction as he settles down snugly in the depths of his old armchair. Exceedingly precious to us in the old home of her people is this little girl of ours, who came to us not so long ago, on a cherry-blossomed morning in June, bringing her love with her in her baby will. A fine (Continued on Page 3)

Engagement Announced



Mr. and Mrs. J. George MacKay, Albany, P.E.I. announce the engagement of their daughter, Lois Reta, to Charles Murdock, only son of Mr. and Mrs. Fred L. Thurgood, 19 Warne St., Sydney, N.S. Miss MacKay is an Arts graduate of Acadia University, Class '49, and Mr. Thurgood is a Science graduate of Dalhousie, and now a 3rd year student at the Nova Scotia Technical College. Marriage will take place early in September at Tryon United Church.

DOROTHY DIX SAYS—

Doting Grandparents

Parental Training Disrupted By Unwise Indulgences

DEAR MISS DIX: How can one protect one's children from doting grandparents? How can one keep grandparents from actually killing their children by giving them food that upsets their children's digestions and makes them sick? Why do people who have their own children spoil their grandchildren to death?

My wife's parents have come to live with us and they are absolutely ruining an unusually fine child and we are helpless to do anything in the matter. All of the child's habits have been broken up. He goes into tantrums to get what he wants, which he never did before, and when we attempt to control him his father is little martyr. I know a lot of other young parents who are going through this same experience and we don't know what to do because we don't want to hurt the old people.

W. E. B.

ANSWER: I heard a famous baby doctor once say that the greatest curse that any child ever had was grandparents and maiden aunts and that these killed more children every year than disease did. Perhaps that is not an exaggeration as a statement as it stands. All of us have seen a poor baby kissed into hysteria by doting aunts and we have seen grandma surreptitiously slipping candies and sweetmeats, to anemic and dyspeptic little Mamie and Johnny, that laid the child low with stomach disorders a few hours later.

It is a matter of common knowledge that many grandparents regard the modern method of child-rearing with scorn and contumely and look upon the baby book which is the young parent's Bible, as a heretical document that should be burned at the stake. Why, then, do they refuse to wake the baby when Aunt Sally and Cousin Susie have just come in to see it is perfectly ridiculous. And refusing to let it have even a teeny-weensy bit of candy or just a morsel of cake! New-fangled nonsense that is awful when your daughter does it and positively criminal when your daughter-in-law does it. Didn't they raise a big family without all this tomfoolery? Well, they lost three or four babies, but that was the Lord's will and had nothing to do with sterilized milk or tomato juice. Didn't their children turn out pretty well, though nobody has ever heard about child psychology in those days or bothered with such nonsense as fixing the pattern of a child's life in the cradle?

Teach a child regular habits. Teach it that screaming gets it nowhere. Teach it that there are things that it cannot have because they are not good for it. Teach it patience and courage. These are all invaluable lessons and it is a pity that grandparents try so hard to nullify them with their spoiling. It took those of us of the last life to give us the discipline that got over the way we were raised and for which we have no responsibility for them, so they are at liberty to spoil them and leave their parents under the thumb they have done. As we grow older, we have an immense pity and tenderness for children as we realize all the stress and storm of life that they are bound to go through. They seem so little and so helpless that we have an overwhelming desire to shelter them, to protect them, to indulge them in their heart's desire, to give them all the happiness we can before they encounter the hardships they must meet.

DEAR MISS DIX: I am a young man of 25 years old and have done much thinking concerning this thing called life. Is life really worth carrying on now or in the future considering the trend of business and living conditions? What chance has a young man with limited capital to start on?

DOROTHY DIX

ANSWER: Every generation of young men has thought that things were easier in the past than they are now, but the way has always opened up for men of ability and energy. So don't be downhearted. Put your heart and your back in your work and you will succeed.

DOROTHY DIX

DEAR MISS DIX: When I was in college last year I started going with a girl of whom I came to think a great deal. We had much in common and it would have asked her to marry me had it not been for the fact that I discovered that she was unconventional in her relationships, not only with me, but with others. I was sadly disappointed by the discovery. Is my attitude a hang-over from the Puritan age, or should I have tried to adjust myself to her standards?

ROBERT

ANSWER: I think it will be a sad day for the world when men do not demand virtue in their wives.

DOROTHY DIX

DOROTHY DIX cannot reply personally to readers, but will answer problems of general interest through her column.

INDUSTRIAL DEVELOPMENT BANK

1948, the amount owing by borrowers on the various forms of financial assistance extended by the bank was \$20,611,713. This was reported in the I.D.B. monthly statement of assets, and liabilities released today.

Cleans Greasy Pots and Pans

Snowflake

AMMONIA

Cleans REFRESHINGLY Clean

A World of Cleanliness in Every Package

That Body Of Yours

By James W. Barton, M. D.

TEACHING THE MEDICAL STUDENT TO STUDY THE PERSONALITY OF THE PATIENT

One of the benefits of World War II is the importance now attached to the emotions and their effect upon the whole body. Most of us now know that an infected tooth, a sluggish gallbladder or a lazy bowel can affect our physical and mental ability and make us cowardly at times.

What we were just finding out during World War I and thoroughly learned during and since World War II is that just as physical disabilities affected us mentally and emotionally, so can mental and emotional disturbances affect every organ in the body and interfere with its proper function.

When we speak of psychology we mean the brain and nervous system and how they work and how any change in structure causes symptoms. When we speak of psychiatry we mean the odd behavior of the individual—double personality, obsessions, illusions or excitable and depressed moods. There is no change in structure in a psychiatric case but there is a change in behavior due to some condition in home, school, factory or office which arouses the emotions and causes a change in the personality of the individual.

Because of the effect of the emotions on the behavior of the individual which actually causes a change in the action of an organ or organs, medical schools are now giving more time and attention to psychiatry.

Most physicians of middle age remember when the course in psychiatry was short, a few months at most, while the course in neurology (structure of brain and nerves) was much longer. Today the course in neurology is not shortened but the course in psychiatry is greatly lengthened.

Instead of a few lectures in psychiatry during the final year in medicine it is now taught in all medical schools during the two final years. In fact, Dr. William Maudsley, Boston, professor of neurology and psychiatry, Boston University School of Medicine, in the Journal of the American Medical Association states that the teaching of psychiatry should begin in the first year of the medical course.

Since the medical student will meet normal and abnormal patients, he will learn to the different types of personality and how certain personalities react, not only to disease, but to the everyday responsibilities of life.

NEUROSI

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 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.

Major fall color emphasis is still on rosy and brick hues—all shades of brown expected to enjoy good season.

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Swing TO APPETIZING MEALS PACKED WITH NUTRITION



Eastern Bakeries BUTTER-NUT BREAD

Modern Etiquette

By Roberta Lee

Q. Should one correct a friend who constantly makes glaring grammatical errors?

A. No; the mistakes should be ignored unless the friend, being aware of her deficiency, requests you to correct her.

Q. What kind of decoration should be used for the breakfast table?

A. A bowl of fruit is customary, but flowers may be used.

Q. Is it all right for a girl to wear mourning for a deceased fiancé?

A. Yes, she may wear the same mourning as for a sister or brother.

The Stars Say--

By Genevieve Keambie

For Saturday, August 20

A DIFFICULT and perplexing day, with strange involvements and complications, due not only to temperamental outbursts, rash and wild impulses, but other show of erratic or fantastic entanglements. It would be wise to shun all unusual "characters" or become duped by strange or weird propositions. Be guided by a realistic outlook, sound consideration rather than glamor or trickery.

If it is your birthday it is, should determine to steer a clear, open and above-board course of action, in all contacts, plans and relations, since illusive, treacherous and fantastic affiliations might prove disastrous and invite loss of credit, reputation and best, perhaps, entanglements. Realistic evaluation of curious circumstances or propositions could nip in the bud alluring or glamorous commitments. Reflection, sound judgment, logical investigation, could squash schemes and charlatanism.

A child born on this day, while having flashes of sound judgment, and realistic insight may be carried to fantastic heights by strange inner urges, irregular, psychic "phony."

Needlecraft FOR THE HOME

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3052 SIZES 2-10

BLACKHEADS

Get them quickly by a simple method that gives you... Get two cups of peroxide powder from your druggist, apply with a wet cloth gently over the blackheads and you will wonder where they have gone.