

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

Who Has the Easy Job? **Dorothy Dix** Explains Cause of Dissatisfaction

"The Reason Husbands and Wives Have so Little Sympathy With Each Other is Because Neither One Knows From Experience How Heavy and How Irrksome are the Burdens the Other has to Bear"

A woman said to me the other day: "When I was a young wife I used to borrow trouble about my husband having ceased to love me because he didn't pay me as many gallant attentions as he used to do before we were married. I shed barrels of tears over my sad fate as a neglected wife, because he didn't want to dress up and take me out of an evening about three or four times a week, and I thought him grouchy and grumpy because he didn't compliment the dinner and because he would sit up silent behind his paper of an evening instead of entertaining me with sprightly conversation, and often would merely grunt by way of answer when I spoke to him.



"Well, my poor, overworked husband died and I had to take his place as best I could. I am now the head of the house, earning the living for my mother and my children, and I am going through just what he did.

"I love them just as he loved us, but when I come home worn out and need to think, they smother me with questions, with things they want to tell me, with demands on me and I think, oh, if they would only let me rest in mind and body for just one hour I could then be pleasant and amiable and amuse them! Instead of that they want to know what I've been doing all day and who I saw and what they said and can't they have this and won't I take them to the movies, and when I take refuge in silence to keep from saying something peevish just because my nerves have been worn to fiddle strings the children look hurt and my mother calls me sulky.

"And all I want is just to be let alone. Not to be talked to, not to be told to come over to a better light, or to go and lie down, or to read this book. Just to be let alone for only one hour while I get myself together.

"So if I were giving any advice to a young bride I would say: If you want to keep your husband eating out of your hand and thanking his lucky stars that he got you for a wife, meet him with a glad, sweet smile when he comes home and then BEAT IT. Give him one hour of peace and rest and silence and he will be a perfect lamb the remainder of the time."

These words of wisdom confirm my often-expressed theory that the reason husbands and wives have so little sympathy with each other is because neither one knows from experience how heavy and how irksome are the burdens the other has to bear. Each just naturally thinks that the other got the soft end of the bargain and doesn't see why he or she should make such a fuss over doing the few light tasks appertaining to that part of the partnership. Now, if we had to work, and sacrifice as the other does, etc., etc., he or she would know that marriage is no picnic.

Very few of us have enough imagination to put ourselves in another's place and realize how life looks from the other point of view. This is why the woman who has never had to support herself is so often extravagant. To her money is just something that is given to you to supply your needs and she throws it away because she doesn't know that every dollar is earned with toil and sweat, and that a man has given part of his very heart's blood for it. And it is why the domestic woman, to whom going downtown is a lark, thinks of her husband's business as a perpetual round of pleasure and doesn't see why he is tired and worn at the end of the day, and doesn't want to go out to dance at night.

She never visions an office as a battlefield in which a man fights desperately every day for his life and for the safety of those dearer to him than life. Nor does she see him, when night calls a halt on the conflict, coming home as a spent warrior, sorely wounded and exhausted and in need of succor. She only sees him as a cross and irritable man who snaps her head off if she speaks to him.

And it is because a man only sees his home as a place of peace and rest, where good meals automatically appear on the table, and clothes pick themselves up off the floor and hang themselves up on hooks in a closet and children are amusing toys to play with, that he thinks that running a house and raising a family of children is a job that a woman can perform with one hand tied behind her, and in the intervals of going to bridges and attending teas.

He has never cooked a meal in his life, or swept a floor, or washed a baby, or fixed a baby's bottle, and he has no idea whatever of the ceaseless labor and planning that it takes to make a comfortable home.

Of course, now that women are beginning to earn their own bread and butter and do men's work, they are getting a close-up on how the other half lives, and for this reason the business woman is going to make the best and most understanding wife the world has ever seen. She is not going to throw away her husband's money, because she knows how hard it is earned. She is not going to meet her husband at the front door with all the bad news she can think of, because she will remember that when she came home tired and worn at night it seemed to her that if she had to hear of even one more unpleasant thing it would be the straw that broke the camel's back.

Children's shoes—just like those of grown-ups—can be kept soft and pliable, and brightly polished, by the daily use of

"NUGGET" Shoe Polish

THE "NUGGET" TIN OPEN TWIST!

And she will know how to make allowance for her husband, and will not think it any sign that he has ceased to love her because he does not want to take her out of an evening, or to talk, or to do anything but just snooze behind his newspaper, because she has been that frazzled out herself, and felt that the greatest boon on earth would be for the family just to quit asking her questions and proffering her suggestions.

Unfortunately men never understand women and so get no opportunity to learn first hand the disadvantages of the feminine lot. Occasionally when a man undertakes to keep house in his wife's absence and finds out that every dish in the house is piled up in the kitchen sink and the groceries are exhausted and the laundry hasn't been sent out and the beds are unmade and there are three weeks' newspapers on the floor, he has a faint suspicion that perhaps doing the housework for a family isn't such a cinch as he thought it was.

Likewise, after a Sunday afternoon taking care of the children has made a wreck of him, many a man looks at his wife with awe and wonders how she does it all day and every day, but for the most part men have no conception of how monotonous and never ending is the work of the wife and mother. If they did, they would do more to lighten and brighten it. DOROTHY DIX.

BEAUTY ARTS

By LOIS LEEDS



The stockings and shoes should be dusted inside with boric acid

PROBLEMS OF EXCESSIVE PERSPIRATION

Excessive perspiration, to those who have to cope with it, is one of the most annoying beauty problems. In summertime we all perspire more freely than in winter, which, of course, is natural, and the perspiration often spoils clothes and hosiery. The excess sweating may be in the armpits, on the palms of the hands or the soles of the feet, on the shoulders, back, scalp, brow or upper lip. The chief function of perspiration is to regulate the heat of the body, and of course a certain amount is normal. The tiny sweat glands in the skin are constantly secreting, but in such minute quantities that much of the moisture evaporates without our becoming conscious of it. Vigorous exercise, heat and nervousness increase the amount.

Excessive Perspiration. Aside from this normal sort of perspiration, easily regulated by a change in dress, cleansing baths, refreshing toilet waters and powder, there is a type resulting from nervousness or general poor health. In these cases profuse sweating occurs on the surface of the skin, like the palms of the hand, underarms, soles of the feet, scalp, forehead and lip. Cases of this sort may be helped by the application of astringent washes and powders, which give temporary relief, but for a real cure it is necessary to build up the general health and mental poise. Sometimes a change from rich, spicy foods to a simpler diet will help. Usually, if not always this trouble is accompanied by marked nervousness, which may be a symptom of some internal condition that needs adjusting. A thorough physical examination should be had to ascertain the underlying cause, and when this is found and remedied both nervousness and excessive sweating will gradually disappear.

Trouble Often Mental

When, however, a physical cause cannot be discovered, one must look for the cause of the trouble in the mind and emotions. In cases of nervousness or lack of self-control the patient herself must be her own doctor and use her own common sense to change mental habits that are destroying her beauty, comfort and happiness.

The unpleasant odor that often accompanies excessive sweating may be due to a functional disorder of the sweat glands or to a chemical change in the sweat after it has been secreted. Whatever its cause, it is essentially, since even normal sweat has an offensive odor when it becomes stale.

Care of the Armpits

The armpits should be washed with special care each night with warm water and soap. Rinse thoroughly in cold water. Dry thoroughly. They may be kept sweet by bathing in salt water and using an astringent toilet water. A simple lotion for this purpose is made of 3 ounces alcohol, 1 dram tannic acid, 2 ounces cologne water and 3 ounces witch-hazel Shake well. Apply with a clean piece of absorbent cotton and allow it to dry on the skin. After the lotion has dried dust with a little powder consisting of boric acid and starch. Here is a good recipe: One ounce powdered orris root, 1-2 ounce powdered alum, 5 ounces boric acid, 4 ounces powdered starch. Mix thoroughly.

Deodorants, of course, are not to take the place of soap and water, nor do they claim to check sweating. All they do is neutralize the odor. They are harmless when used according to directions.

The armpits should be kept smooth and clean, reliable depilatories are used for this purpose. A deodorant cream, liquid or powder should be applied regularly. Those who do not wish to use commercial preparations may bathe the armpits in salt water every day and use the above lotions. This will keep them sweet.

Perspiring Feet

For feet that perspire excessively roomy shoes with ventilated uppers and cork insoles will be helpful. At the close of the day the soles and feet should be sponged with an antiseptic lotion and a powder used regularly on the feet and inside of the shoes. A change of shoes and stockings daily is very necessary. Do not wear the same shoes every day, have a change to wear on alternate days.



Roomy shoes with ventilated uppers

Wash the feet every night and morning. At bedtime steep the feet for a minute or two in a solution of borax, made by adding a teaspoon-

Household Hints

By Roberta Lee

Wall Paper

Wall paper can be cleaned by rubbing with cotton, tied to a broom handle. Stale bread can also be used for cleaning spots from wall paper.

Valuable Space

When a table is not needed at all times and where space is valuable, nail a hinged table flap against the wall in the kitchen or pantry.

String Beans

String beans will cook in one half the time if they are cut lengthwise instead of being broken into two parts.

For The Cook

PEANUT BUTTER FUDGE

Two cups granulated sugar, 1 small tin evaporated milk, a few grains of salt. Cook until it threads, or forms a soft ball in cold water. Remove from fire and beat into it 1/2 pound peanut butter and 1 teaspoon vanilla.

A Morning Smile

Dorothy, Jun.: Mamma, does daddy eat cats?

Mother: Why, of course not, child. What makes you ask such a question?

Dorothy, Jun.: Well, daddy said they raised a big kitty at the poker party last night and then they all had a good feed!

Sleep is a great nourisher of infants, and without peaceful sleep the child will not thrive. This cannot be got if the infant be troubled with worms. Miller's Worm Powders will destroy worms and drive them from the system, and afterwards the child's rest will be undisturbed. The powders cannot injure the most delicate baby, and there is nothing so effective for restoring the health of a worm-worm infant.

ful of borax to each pint of water. Dry them well between the toe, then sponge with the following lotion and allow it to dry on the skin: One ounce tannic acid, 3 ounces alcohol, 3 ounces cologne water. Then dust with the following powder: Five ounces boric acid, 1-2 ounce salicylic acid. The stockings and shoes should be dusted inside with boric acid, or equal parts of boric acid and starch. Together with the above treatment, a good plan to check the perspiration and prevent odor is to soak the stockings after washing them in a strong solution of boric acid (1 ounce of boric acid to 1 pint of water), then hang the stockings out to dry without wringing them.

FOR SORE ACHING MUSCLES



Absorbine Jr

It will quickly relieve the soreness and pain which usually follow strenuous exercise; it will start the blood circulating with renewed vigor; and it will dissolve the congestion which is the seat of the trouble. Absorbine, Jr., is a concentrated, powerful liniment and a dependable antiseptic and germicide. It does not stain or burn the skin and is absolutely safe. It takes the sting out of sunburn and keeps the skin in a healthy condition. Equally effective for sprains, bruises, cuts and burns. \$1.25 — at your druggists.

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Eases sprains, strains and bruises

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Creations that enable the chic Canadian woman to keep always in step with style.

Hosiery
The subtle, eye-compelling charm of beautiful hosiery — snugly-clinging — gently emphasizing lovely natural lines — engendering pride of appearance in the heart of every wearer. That, briefly describes Penman's New Full Fashioned man's Hose. The sheer, silken strands, exquisite craftsmanship and style — full colors have established new standards of hosiery value. Add to this "amazing wearability and washability," and you have a complete picture of Canada's finest hose — Penmans.

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Lovely to the eye, lovely to the touch — Watson's undergarments are made of a truly remarkable rayon fabric. You can tub and iron them with no more care than you give to silks much less fine and sheer. Styled in the mode's preferred colorings. Panties with special snug-fitting cuffs — charming negligees — smartly designed pajamas. Everything you seek in lingerie loveliness — at moderate price.

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A Fashion Hint



IT'S CUTE

The Style No. 2754 is a copy of a little Paris import that you can make in an hour or two. It is pale blue handkerchief linen. An applique border of yellow chicks with running stitch in pale green is so effective. It is just as comfortable as it is smart. The front and back of dress are joined to round yoke with fagoting, which also appears on brief sleeves. The full cut of skirt allows plenty of freedom for active little girls who like to play, yet insist upon wearing dainty frocks. It's so pretty in orchid chambray with white pique yoke, sprigged dimity with yoke of organdie in harmonizing tone, yellow shantung, blue and white checked gingham with white pique yoke, and cotton broadcloth in Middy blue with white polka-dots and white yoke.

The Pattern contains a Picture Lesson in Dressmaking, as a guide to save time in the making. The dress is shown in Pictures, exactly how it is made, from the time it is cut out until it is finished. It is designed in sizes 2,

4 and 6 years. It is offered at cost price 1 cent's as a service to readers who sew. Trans. No. 711 (blue) 15 cents extra.
New Summer Fashion Book is just filled with Paris and New York styles attractively presented and cleverly adapted for the use of home sewers. A book far superior to all previous issues. Price 15 cents, but may be obtained for 10 cents if ordered with a pattern.
Q. What does "demi-tasse" mean?
A. Literally, it means a half-cup but in social usage it is a small cup in which black coffee is served.
Q. Mothers can easily know when their children are troubled with worms, and they lose no time in applying a reliable remedy—Mothe Graves' Worm Exterminator.
Minard's Liniment for Coughs & Cold

Etiquette
By Roberta Lee
Q. Should a man refer to his wife, when among acquaintances, as "My wife," or as "Mrs. Brown"?
A. "Mrs. Brown."
Q. When calling upon a woman in an apartment house, may one go up to the apartment unannounced?
A. No, unless the woman is a very intimate friend. Request the hall boy to telephone the hostess before going up.
Q. What does "demi-tasse" mean?
A. Literally, it means a half-cup but in social usage it is a small cup in which black coffee is served.

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