

Woman's Realm / Social and Personal / Fashions / Literature

DOROTHY DIX SAYS—

Breakfast Problem

Husband Should Not Allow Wife To Sleep Until 10 A. M.

DEAR MISS DIX: Our trouble is the breakfast problem. When we were first married my wife used to get breakfast, but after the baby came and she was up at night with it I let her sleep mornings. Now she has gotten into the habit of it and won't quit. I tell her that it is a man's duty to provide for the family and pay the bills, and that it is a woman's duty to prepare the meals and keep the house. But she says that I am old-fashioned and behind the times with that idea. She says that at least 50 per cent of the other housewives, who are modern, don't prepare breakfast for their husbands.



JOHN

CAN SPOIL WIFE

ANSWER: Well, I think you are a sap if you let her get away with that. You can spoil a wife just as easily as you can a baby, and with about the same results. You will have a brat on your hands the balance of your life if you don't read the riot act to her and make it plain to her that you are not putting up with any foolishness, and that unless she does her part towards making a happy home, there won't be any home for her.

If a wife is sick, it is up to the husband to arise, get his own breakfast and prepare a tray for her, or do anything else he can to help her. But when it comes to waiting on an able-bodied woman who just wants to loaf and take it easy, and who makes the husband not only bring home the bacon but fry it, it is time for him to rebel and mean it.

DEAR MISS DIX: Just how much affection should an engaged couple show toward each other when they are with friends? I feel that there is nothing wrong with holding hands, putting my arms around my sweetheart, or even kissing her occasionally in public. We are both very much in love and it doesn't seem right to me for us to act indifferently toward each other. I feel that people expect us to act just a little daffy.

R. C. H.

ANSWER: It is all a matter of taste. There is nothing wrong in an engaged couple holding hands and kissing in public, but it certainly does make them look as if they are very rustic and unsophisticated. And again there is nothing wrong about being rustic and unsophisticated, if you don't mind appearing a little ridiculous.

DEAR MISS DIX: Will you solve a problem for our English class? We would like to acquire a larger vocabulary. Can you tell us how to do it?

MARY LOU

ANSWER: Well, Mary Lou, Mary Anderson, the famous actress, told me that she once asked the poet, Longfellow, that very question and he advised her to memorize a couple of verses of poetry every day, because the beauty and music of a poem depended upon the artistic use of words. I have made a life-long habit of that and it has helped me very much.

Another good way of acquiring a large vocabulary is to study the dictionary. Make it a rule to memorize a page of it a day. The "Reader's Digest" also publishes every month a column of words with their meaning and use.

Household Scrapbook

By Roberta Lee

Modern Etiquette

By Roberta Lee

DISHES

Dishes that are to be washed should be placed on the right side of the sink. When washing them, hold the dish in the right hand, the dish to be washed in the left hand. The dishes should then be placed to drain on the drain board at the left of the sink. Try this system to save time.

CREAM FOR THE COFFEE

When cream is not strictly fresh it sometimes will curdle slightly when pouring into the coffee. This can be avoided by adding a pinch of baking soda to the cream before serving.

PROVE STAINS

When your hands become stained with fruit while preserving, you can readily remove the stains by rubbing with tomato juice.

How Can I!!!

By Anne Ashley

Q. Is it all right to remove the inside of a baked potato with a knife? A. No; break the potato into halves with the fingers, season, and remove the inside with a fork, never with a knife. The skin is placed at one side of the plate. Q. When one does not understand the name upon being introduced to a person, may one ask him point-blank what his name is? A. No; just avoid mentioning the name. Q. What would be a good excuse when sending regrets to an invitation one does not care to accept? A. Probably the safest excuse would be an earlier engagement for that evening.

That Body of Yours

By James W. Barton M. D.

EMOTIONAL CONTROL OUR GREATEST NEED

Before World War II, people throughout the world were becoming nervous and upset. Throughout World War II this nervousness and emotional upset became more pronounced. Notwithstanding that the war is over, the nervousness and emotionalism are still with us and are affecting our general health and outlook on the world in various ways.

In "Psychosomatic Medicine" (mind and body) Drs. George A. Wolf, Jr. and Harold G. Wolf, Cornell University Medical College, state that difficult living conditions and attendant emotional reactions may affect performance of the heart and lungs, causing symptoms even when no organic disease (change in the structure of the heart, lungs and other organs) is present and, where real disease is present, can aggravate or increase the symptoms. Where these symptoms are associated with rage, fear, anger, resentment, and anxiety (chronic fear), there is an increase in heart rate, blood pressure, and in the various body processes. Where hopelessness, defeat and depression occur, there is a decrease in rate at which all the body processes work.

To measure the effects of the ordinary stresses and strains of life on heart and lungs, these two physicians collected information daily for nearly a year under the auspices of the Office of Scientific Research and Development, and Cornell University. The aim was to observe the responses of individuals to their everyday surroundings—activities, speed, space and amount of body movement, gestures, posture, behavior, expression, sleep dreams, heart and lung reactions and what the individual stated about his life situation.

Difficulty in breathing may be produced by such emotions as anxiety, guilt, anger, rage, frustration, tenseness. If the blood vessels are healthy but narrow, there may be pain (angina pectoris) because heart muscle does not get its supply of pure blood. The emotions cause spasm of the blood vessels. The feeling of fatigue appears to depend on the emotions; present not enough food or uplifting circumstances about, and the pressure of stress factors in daily life. The reason for us to try to acquire calmness of spirit by putting our religion and philosophy of life to work. The prevention of tenseness of nerves and muscles will give heart, lungs and other organs a chance to do their best work.

NEUROSIS

Neurosis—believing you have a physical ailment when you exist only in 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 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.

Tea or coffee stains on china cups may be removed by rubbing with a damp cloth dipped in soda.



Princess Elizabeth and Lieut. Philip Mountbatten led the dancing at a ball at the Assemblée Rooms in Edinburgh, in aid of the Scottish Association of Girls Clubs.

Morning Smile

MIXING UP THE BABIES

A parson tired of thinking out appropriate new phrases for his parishioners' babies finally adopted a standard formula. "Well, that is a baby!"

It gave general satisfaction till one day, when a baby was brought to be christened, he mixed things up slightly and exclaimed: "Well, that is a baby!"

That one took a bit of explaining.

Better English

D. C. Williams

ANSWERS

- 1. Say, "How was his conduct?" One's conduct may be good or otherwise, but decorum means good conduct, and requires no modifier. 2. Pronounce ke-vev, both e's as in me, accent first syllable. 3. Immigrant. 4. Impeccability. 5. What is a word beginning with fu that means "sly"; secret; stealthy?

The Stars Say -

By GENEVIEVE KEMBLE FOR THURSDAY, JULY 31

An uncertain, perplexing and complicated set of circumstances threatens the easy going of ambitious projects already launched on promising premises. False moves, unprincipled tactics, even stupid or ill-considered ways and means, might upset the encouraging build-up for popularity, good position or relations with higher-ups or influential persons. Business, finance, social and affectional aspirations may be jeopardized by wrong or fumbling gestures. Keep alert and straightforward.

FOR THE BIRTHDAY

Those whose birthday it is may find the final culmination of their affairs depends upon the shrewd, sagacious, and high-principled manipulation of matters already well under way, holding prospects of

progress and fulfilled ambitions of consequence. It is possible that a want of clarity, keen grasp on uncertain developments, with confused or indecisive conduct, may endanger flourishing conditions. Especially should resort to expediency rather than principle be avoided. Funds, assets, personal popularity and prestige are at stake, dependent on clean cut and honest effort. A child born on this day has splendid prospects for success, with enhanced popularity and progress but a slant toward the irregular or shiftness might prove its undoing. Principle not expediency, should be inculcated.

Ellen's Diary

By an Island Farmer's Wife.

James has just gone upstairs to retire. "Well, Ellen" he said "turning a moment to catch the time on the clock, which is now near to the witching hour 'we are nothing but a pair of old fools—at our age going to a 'shivaree' instead of going to our beds." I suppose if we had done the latter we should have been more rested and better prepared for our work tomorrow. But never had a Summer evening been more subtly alluring, nor decked with a wind that came whispering so softly from the South, to beg one to wander. And besides, not too often does this road of ours grant us the privilege of serenading a pair of newly-weds as it did this evening.

So not without protest, but with a brand new moon over a shoulder we set out as twilight was gathering. At the very outset, by way of acquainting me with the terms of our outing, as we entered the roadway James guessed he "wouldn't go all the way since he hadn't taken time to change from his working clothes." He was also, so he said, not going of his own volition, but purely from a high sense of duty—to accompany me. I may say he went all the way and when we came to collect our party at home-going, James was the only one who showed any desire to loiter in the lateness of the hour. I recall now that at first our footsteps shuffled, which was not to be wondered at considering his work at—and mine incidental to—the hay-making. But then in the refreshing coolness which in Summer invariably attends the coming of dusk, and the loveliness of the evening together with our fitting (since the world loves lovers) the cares of our day fell from us and we were presently briskly in step as we continued "in the road."

Our destination was to attend the charivari at a home beyond Rob's—the same one from whence each morning the mailman comes to his long route. It is a comfortable place, the acres of the farm sloping very gently back to the woodslands. It is a farmstead whereon a large and happy family of boys and girls was reared, though most of them have since flown from the home nest to make their way in the world. These lived and apparently continue to live in perfect harmony with their parents and each other, which of course makes them the ideal family that they are.

"It's a nice evening this, for getting married" James observed as we went along. But the marriage was already past. It had taken place in a city church on Monday morning. Then there had been a brief fitting of the newly-weds to honours on the mainland, and this was the night of their return to a reception and charivari. And now lights began to blink from farmhouses across the face of the countryside and brighter ones proclaimed the moving of cars. But none of the latter on this road of ours. James and I were alone. Surprisingly, a lone frog sang for us the ending. I expect to the loved-ly son; from the yard we had just left. Pard's bark came to our ears and from the near field across the creek, the Nell mare's colt whinnied a friendly greeting to James. "I reckon—James said—"he'll be no one there but this kind of thing is going out of style nowadays." However from Rob's and others of the neighbor-

Cook's Corner

DANDELION GREENS WITH CREAMED ONIONS

2 lbs. dandelions, 2 teasp. salt, 1 quart small white onions, peeled, 6 tablespoons butter, dash pepper, 2 tablespoons flour, 1 1/2 cups onion liquid and water, 1 1/2 tablespoons lemon juice. Thoroughly wash dandelions. Meanwhile, place 1-2" boiling water in saucepan; add 1-2 teasp. salt and onion. Cook, covered for 20 min. or until tender. Drain off onion liquid, and add water to make 1 1/2 cups liquid. Melt 3 tablesp. butter in saucepan; add 1 teasp. salt, pepper, and flour; stir until smooth. Gradually add onion liquid, and simmer, while stirring constantly, until smooth and thickened. Meanwhile, place dandelions in kettle with water that clings to leaves. Add 1-2 teasp. salt, and cook covered for 10 to 20 min., or until tender. Drain; cut up slightly with kitchen shears. Add 3 tablesp. butter and lemon juice. Toss. Heap dandelions in center of serving dish, with onion sauce around them. Pour sauce over onions. Makes 5 servings.

SPINACH DELICIOUS

2 lbs. spinach or other greens. 1 lb. garlic, peeled 1 teasp. salt 1-4 cup butter. Clean spinach; then wash thoroughly. Place in deep, covered kettle with salt and garlic, cut in half lengthwise. Cook in water that clings to leaves for 6 min., or until tender-crisp. Remove garlic. Drain. Add butter; toss lightly. Makes 4 servings. Note: If desired, green may be cut up coarsely with kitchen shears.

Advertisement for Butter-Nut Bread, featuring an image of the bread and text: "PREFERRED... in more homes across the Maritimes than any other bread... ENJOY Eastern Bakeries BUTTER-NUT BREAD"

Living & Leisure THE WOMAN'S REALM

AFTER THE SHOWER The shower bath past, ere it hath well begun; The enormous clouds are rolling up like steam Into the illimitable blue. They gleam In summits of banked snow against the sun. The old dry beds begin to laugh and run. As if 'twere Spring. The trees in the wind's whirl. Shower down great drops and every gossamer Glisters a net of diamonds fresh-spun.

IF HAIR DYED, TELL BEAUTY OPERATOR The one person to whom you must confess your secret, if you dye, bleach or use rinses of henna compounds on your hair, is the operator who gives you a permanent wave. Unless she is told and uses methods of coping with the chemical agents which can affect a permanent wave may not come through as bouncy as you would like. The presence of chemicals in their after-effects on hair will affect an operator's decision as to the degree of heat and the kind of lotion she applies; sometimes as to the method of permanent waving used.

Prepared ORANGE PEEL and LEMON PEEL. Delicious for Cakes, Pies, Puddings, Custards, Cookies, Icings, etc. Distributed by CLARKE'S Fruit Company.

CARE OF TEETH Tooth decay, say the experts, can't be prevented entirely, but cavities can be found and filled when they are small, so that the teeth may be saved. A small cavity, naturally, can be filled much more easily, comfortably and cheaply than a large one. Evermore, which causes the loss of more teeth in adults than does

Needlecraft FOR THE HOME. It's a bathing suit or playuit, whichever suits your fancy! The scalloped bra and little skirt are a wonderful team for tanning times. And by adding cotton jersey pants to the set, it will take smartly to the surf.

Remove Suckers Excessive sucker growths, especially those from below the grafts on lilacs, cherries, roses and flowering almonds should be removed as soon as discovered.

Advertisement for Needlecraft featuring a woman in a bathing suit and text: "Needlecraft FOR THE HOME. It's a bathing suit or playuit, whichever suits your fancy! The scalloped bra and little skirt are a wonderful team for tanning times. And by adding cotton jersey pants to the set, it will take smartly to the surf. No. 2016 is out in sizes 10, 12, 14, 16, 18, and 20. Size 16 requires 1 1/2 yds. 35-in. for the bra and skirt; separate panties, 1 1/2 yds. 35-in. Send 20c for PATTERN, which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you wish. Include postal unit or some number in your address. Address: Pattern Department, The Charlottetown Guardian. Pattern No. 2147. Name, Address, City, Province. REMOVE SUCKERS Excessive sucker growths, especially those from below the grafts on lilacs, cherries, roses and flowering almonds should be removed as soon as discovered."

Advertisement for Baker's Choice Artificial Vanilla Flavouring, featuring an image of the product and text: "Ask for BAKER'S CHOICE ARTIFICIAL VANILLA Flavouring. BAKERS' CHOICE ARTIFICIAL VANILLA Flavouring. BAKER'S CHOICE ARTIFICIAL VANILLA Flavouring."

Advertisement for Summer Head Colds Mentholatum, featuring an image of the product and text: "Check Sniffing. Mentholatum quickly relieves summer head colds; soothes irritated membranes. Jar of 100¢. Mentholatum. SUMMER HEAD COLDS MENTHOLATUM."

Advertisement for Chanel perfume, featuring an image of a Chanel bottle and text: "COOL as a Perfumed Shadow. CHANEL. the most treasured name in Perfume. CHANEL No. 5... subtle and charming. CHANEL GARDENIA... sophisticated, unforgettable. CHANEL CUIR DE RUSSIE... to wear with sports clothes. CHANEL No. 22... spicy, exciting. COLOGNES FROM \$3.00 • PERFUMES FROM \$5.00."