

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

## Living & Leisure

### THE WOMAN'S REALM

I do not think that skies and meadows are Moral, or that the fixture of a star  
 Comes of a quiet spirit, or that trees  
 Have wisdom in their windless alliances.  
 Yet there are things invested in my mood  
 With constancy, and peace and fortitude;  
 That in my troubled season I can cry  
 Upon the wide composure of the sky  
 And envy fields, and wish that I might be  
 As little daunted as a star of tree.  
 —John Drinkwater.

#### HEIGHT OF MODESTY

The height of modesty was reached recently in a department store in Winnipeg. A young man walked up to the lingerie counter and handed the salesgirl a written list of articles he desired to buy. Thinking the man was deaf and dumb the girl pencilled a note that they were sold out of the things she wanted. Blushing deeply the man verbally thanked the astounded girl and left.

#### WILL SWIM SUIT FIT THE CURVES, EXPERT ASKS

If that mild discontent which you feel about your figure remains too mild to spur you to action, get into your bathing suit. Slide up to your mirror for a side-view appraisal.  
 If what you see is not what you want your public to see when you make your beach debut a few weeks hence, better start exercising.

An hour's brisk walk taken daily — brisk enough to clip off one mile in 15 minutes — will whittle down bulges. More fun, though, is bicycling. Borrow Junior's wheel and

### Beta Sigma Phi Founder's Day Dinner

Tuesday, April 30th, being Founder's Day the members of Alpha Beta Sigma Phi held their annual dinner at the Charlottetown Hotel at 6.30 p. m.

In the breakfast room the tables were most attractive with silver candelabra, yellow candles and exquisite yellow roses, the sorority emblem, all lending a charm to the happy occasion, and to the delicious dinner so expertly served. The President, Mrs. Thomas DeBlois, presided, and during the evening was given a dainty gift in appreciation of her services during the past year.

The toast to the King was proposed by the Vice President, Mrs. William Johnston who later in the evening read a poem suitable to the Founder's Day program which was much enjoyed.  
 Mrs. A. J. Murchison in her own inimitable manner gave a short resume of the work of Beta Sigma Phi since its foundation in April 1931 by Mr. Walter W. Ross, and emphasized the wide and growing activities achieved by the sorority in the past sixteen years. When the dinner program ended three senior members received their Ritual Jewels degree. Miss Adele Calbeck, Miss Eileen Bourke, Mrs. Marie Taylor, this ceremony being conducted by Mrs. K. S. Rogers. A social hour ended a very happy celebration of Founder's Day.

peddle a few miles a day. But take in a road that makes you climb with your wheel.

If fleshy pads on hips are the trouble spots, localized exercise is best for slicing these off. Best is the side scissor-kick.  
 For this, lie on right side on floor, right arm stretched flat. Now brace yourself with left arm touching floor in front of you, and to the count of one, kick left leg forward and right leg back. To the count of two, kick right leg forward and left leg back.

Continue kicking as vigorously as you can 20 times on each side. A wood frame on a mirror may be cleaned by wiping off with a soft cloth wrung out of mild soap-suds, then wiping with a cloth dampened in clear water and finally drying with a clean soft cloth.

Bright climax to lunch or dinner is healthful Indian apple pudding. Use coarsely ground corn meal, milk, molasses, apples, sugar for flavor, and salt for seasoning. Serve this baked dessert hot or cold with cream or vanilla ice cream.

Frozen single strength orange juice is a relatively new product. This is marketed in retail packages like other frozen foods.

### BLACKHEADS

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

### Cook's Corner

#### SOUR MILK GINGERBREAD

- 2/3 cup mild-flavored fat
  - 2/3 cup sugar
  - 2 eggs
  - 1 cup molasses
  - 2 cups sifted all-purpose flour or 2 1/2 cups sifted pastry flour
  - 2 teaspoons baking soda
  - 1/2 teaspoon nutmeg
  - 2 teaspoons cinnamon
  - 1 teaspoon allspice
  - 1 teaspoon ginger
  - 1/2 teaspoon salt
  - 1 cup sour milk
- Cream fat until fluffy; gradually cream in sugar. Add beaten eggs and molasses and beat well. Mix and sift dry ingredients and add alternately with sour milk, combining lightly. Bake in a moderate oven, 325 degrees F. 50 to 55 minutes. Makes gingerbread 8 x 8 1/2 inches.

### Relieve Your Fretful, Feverish, TEETHING BABY

This Simple, Trustworthy Way Thousands of Mothers Praise So Highly  
 Why let your teething baby fret and lose needed sleep when Baby's Own Tablets may keep your restless, feverish little one comfortable and peaceful. Used by young mothers for over 40 years, "Baby's Own Tablets" are a safe, sure, quick-acting relief to a teething baby. Easy to take—quickly crushed to a powder, if desired. At the first sign of teething fever, be sure to try Baby's Own Tablets. How quickly they help relieve feverishness, soothe irritation and promote healthy sleep. Try Baby's Own Tablets, too, for upset stomach, constipation and other minor ailments. 25¢.



### BREAKFAST A PROBLEM?

Enjoy the flavour 4 out of 5 choose!

You need a good breakfast for good health. Dietitians tell us it should include at least 1/4 of the nourishment we need daily! And your energy food should come in tasty, appetizing form. Thousands choose Kellogg's Corn Flakes with milk and sugar. This famous 30-second cereal saves time, work, fuel. In surveys year after year Kellogg's are voted first for flavour... and they're always fresh as a daisy! Give the family Kellogg's often!

### Ellen's Diary

By an Island Farmer's Wife

Great-grandfather to Jamie came unexpectedly to spend the night with us at Alderlea—came at a nice time of day, when the veil of dusk was settling over the brightness of the afternoon, and our work for the day had been laid out of doors was almost at an end. His arrival is always something of an occasion for us, and as this evening, it was no time until the younger folks from the house across the lane gathered with us and we "kayveed" happily together. He, I may explain, though an elderly man, continues to be blessed with splendid health, and apparently is as alert mentally as ever. Though retired some years from active farming, he nevertheless still goes briskly and with much interest about the cares of his day, which at times include the feeding and bedding of live stock as well as assistance at the other seasonal work. At harvest, he drives the binder, and at the threshing, which is a continued chore there, he is often called on to feed the mill for more than one rally, all of which is done obviously with a bit more labor but still quite as efficiently as in his younger days.

It was Elsie's husband, who "chuffed" for me today and he it was who remarked with a chuckle "many a time I hung my hat here" as he found the way to a familiar peg behind the door. Elsie, who has been living in "the old home town" of late, was our youthful but good housekeeper that Summer now well past, that I was forced to spend in the room, with the broad old fashioned window, which we now refer to as Judy's room and overlooking a mill pond. Her children it was—an interesting pigeon pair of them—who added many handfuls of berries to my basket that day out of last Autumn when I picked cranberries to lend piquancy since to many, of our Winter meals. Tonight, Mrs. W., a sister to Elsie's husband and from "in the road" now, was also among our guests. She is a young woman, who with her husband has not resided many years in the community, and hails from the vicinity which James terms "up Ellen's way." She is a happy lady, perpetually looking on the bright side of things and is always the best of interests of the day and naturally we must hear all about the happenings in "the home town." Bits of family news; how the youngsters are at school and college; the farm doings and the progress of the house-cleaning there. When great-grandfather to Jamie noting the same, professed to be being too much taken up with my kitchen wall decorations, preferring less pattern and a more conservative design. I saw an incredulous smile flash along Jamie's features and a flush of pink suffuse Mrs. W.'s I suspect that for the moment they forgot that one's parent is privileged to speak the truth no matter how razor-edged it may be. And so we talked the night away—talked over long, now that I consider our early rising is prospect for our busy day to come.

If the evening has been an entertaining one to Jamie and me, our afternoon was quiet, indeed it bordered on the lonely side. Rob and Jamie came this morning and moved the seating that goes with the potato grading to their home "in the road." Our men went along the fields this afternoon to join them at the Spring grading there. Free now to attend to our indoor duties and missing the bustle which had attended our recent days, we found it strangely still. But the outdoor cares were not neglected in their absence. As James faced into the brisk North wind, he called back: "Cast an eye out at a-bout—once in a while, will you, Ellen? And if you should have 'en to hear any noise of beating—there's that other sheep, Ellen—night."

### DOROTHY DIX SAYS—

#### Selfish Mother's Whim

#### Husband Complains He Can't Break Mate Of Childish Habit

DEAR MISS DIX: I am married to a very nice girl with whom I was very much in love. I think I am still in love with her, but she has a habit that I cannot endure. She sucks her thumb, not occasionally, but all the time. I begged, humored, scolded, and offered to take her to a psychiatrist to cure her, but she says she isn't committing any sin; that she has always sucked her thumb and that she hasn't any intention of quitting.



When I take her dancing, she dances with her head on my shoulder but with her thumb in her mouth. When I take her to the movies, I hold one hand and she sucks the other thumb. When I try to converse with her, she takes her thumb out of her mouth, but holds it in a position ready to stick back in her mouth as soon as I have finished speaking. I have had to take a separate room to sleep in as I cannot stand having to hear her suck her thumb.

It may seem a small reason for breaking up my marriage, but it has got me down. It has been harder on my nerves than all I went through in the war in the Pacific. What can I do with a wife like this?  
 CANADIAN TOMMY.

ANSWER: Well, brother, you are certainly up against it and have a hard problem to tackle. Breaking even a baby of the thumb-sucking habit is one of the most difficult things in the world to do, and turns mothers grey before their time. I have seen mothers put bitter drugs on their babies' fingers, tie their hands up in rags, even put tin cuffs on their arms so that apparently they couldn't indulge in their favorite pastime, and still somehow Junior would manage to get his thumb in his mouth.

#### NO HOPE

So, I can hold out no hope to you that you can break your wife of a habit that in the 20 and more years of her life she has practiced and that has hardened into being a part of her character. There are several good reasons for this. One is, she is still infantile. She has never grown up mentally. She is still in the cradle stage of development and wants to be babied, and when her husband won't do it, she babies herself.

Another reason for her thumb sucking is that she has no sense of humor whatever. She doesn't see what a figure of fun a grown woman makes of herself when she goes around with her thumb stuck in her mouth.

So, inasmuch as you cannot induce your wife to drop her nauseous habit, you will have to try to learn to like it. Perhaps even to think it cute. But, for pity's sake, why didn't you find it out before marriage? They say love is blind, but surely it is not so absolutely bereft of all sight as not to have perceived how ridiculous was the spectacle of an adult woman going around sucking on her thumb.

DEAR DOROTHY DIX: I am a young mother whose husband was killed in the war a month before our baby was born. Since V. J. Day, I have been seeing a man whom I love very much, but my mother-in-law says it will be very bad for my daughter if I marry a man I have known such a short time. I do not wish to do anything that would hurt my child. What do you think?  
 MRS. T. R. B.

ANSWER: It is expecting too much to demand that a mere girl should never marry again, if she has the misfortune to lose her husband; but undoubtedly a woman who has a child should exercise more care in selecting a second husband than she did in picking out her first. Most men want children of their own, but very few men want to take on a ready-made family, and nearly all stepfathers are jealous of their wives' children.  
 So don't marry any man you haven't known for a long time so that you will be certain of how he will treat your little girl.

DEAR MISS DIX: I am a girl of 17, in love with a boy who said when I first met him that he wouldn't go out with a girl who was under 18. He keeps asking me my age and I say I am 18. We expect to be married next month. Do you think that if I confess to him that I confess to him that I am only 17 that he will marry me?  
 EILEEN.

ANSWER: The difference between 17 and 18 is so little that I don't think the boy will let it break off the marriage. But the one thing that he will resent is your having deliberately lied to him.

### Better English

D. C. Williams

1. What is wrong with this sentence? "He is a Chinaman of eminence."
2. What is the correct pronunciation of "annihilate"?
3. Which one of these words is misspelled? Frolicking, frolicsome, frolicspeer.
4. What does the word "recur" mean?
5. What is a word beginning with "wi" that means "self-determined; intentional"?

ANSWERS  
 1. "He is a Chinese of eminence" is preferred. 2. Pronounce an-nih-lat, first a as in at, un-stressed, first i as in night, second i as in it, un-stressed, second a as in late, accent second syllable. 3. Frolicking. 4. To come up again for consideration. This question often recurs. 5. WILLFUL.

you might call us at Rob's." Fortunately, they were able to continue their task, uninterrupted by the arrival of any small and harmless stranger in the "fold" today. Pard himself found little to disturb his rest, as he lay curled on a rug in a sunny corner of the front verandah. In the coolness, co angel crossed a meadow, or lingered along the dam. Few cars were on the road, and today, only odd teams to the mill. "Freezing again!" I overheard James say, as he lit our guest to his room, which might mean a warmer day tomorrow. And now he calls: "Ellen, what time is it?" "What time? Ah, me! Until tomorrow—Diary—Good-night."

### Modern Etiquette

By Roberta Lee

- Q. Is it permissible to supply a word for a person who is talking, if he seems to be at a loss for the proper word?
- A. Only if he asks for it. Otherwise it would be extremely ill-mannered to do so.
- Q. Should a business girl accept any social courtesy from her employer?
- A. Not unless the invitation is extended by the man's wife, or his mother.
- Q. Is it all right for a man to wear a business suit to a very informal afternoon wedding?
- A. Yes, certainly.

### How Can I!!

By Anne Ashley

- Q. How can I cause shoes to hold their shape nicely?
- A. Stuff with old newspapers when the shoes are not being used. Wet shoes will dry quickly if stuffed with newspapers and placed near the fire, but not close enough to burn them.
- Q. How can I clean oil cloth and give it a high polish?
- A. By adding a cup of milk to the washing water.
- Q. How can I prevent food from absorbing too much fat?
- A. Add a teaspoonful of vinegar to the lard that is used for frying.

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 Available at all Fine Cosmetic Counters and Better Beauty Salons

### That Body of Yours

By James W. Barton M. D.

#### WHAT WE SHOULD ALL KNOW ABOUT MENTAL HEALTH

I was born opposite an "asylum" whose stone wall extended for at least half a mile. Behind that, everyone inside that institution was "crazy" and doomed to remain there until he died. What I couldn't understand, even in those days, was why some of the patients were allowed to work, allowing horse-drawn vehicles to enter and depart. Thus, even in those early days, it was recognized that occupation (work) was good for mental patients. Today it is called occupational therapy.

How much more we all know about mental illness today, as compared with even 20 years ago. Today we know that the majority of patients who enter mental institutions will come out again, most of them able to take their places in the home and community.  
 Today every magazine we read teaches us something about mental illness, and that disease or disorders of the mind can be successfully treated—just as former "incurable" ailments such as diabetes, pernicious anemia and tuberculosis can be treated and held in check.

However, there are still many families with loved ones who are just a little "different" from normal in behavior. These families feel that "home" treatment and home influences are best for these loved ones. In an effort to educate the public to a sound and sympathetic approach toward mental illness and to aid in an early recognition and treatment of mental illness, a Public Affairs Pamphlet (No. 120) has been recently published, called "Toward Mental Health." This new pamphlet discusses a Fred's fears, John's nervous indigestion, Mary's moodiness, and other emotional sicknesses in everyday language. This pamphlet has been compiled by leading mental specialists and endorsed by health authorities.  
 This excellent and factual 10-cent pamphlet is published by the Public Affairs Committee, Inc., nonprofit educational organization, located at 22 East 38th St., New York, 16, N.Y.

### THE STARS SAY—

By GENEVIEVE KEMBLE  
 For Saturday, May 3

A NOVEL, revolutionary, possibly unique and radical, course of action should produce startling and thrilling change in the affairs, with much of the unforeseen and unpredictable. A complete about-face or reversal of old ways and means should give dramatic if not spectacular spurt to matters in a critical state. While audacious and deeply bold or brave attack may be recommended, it would be hazardous if carried to extremes, under emotional or temperamental outburst. Force and tumult should be shunned.

#### If It Is Your Birthday

Those whose birthday it is are promised a year of dramatic and far-reaching achievement, with high promise of fulfilling cherished hopes and wishes having radical effect on the future, its wide range progress, prosperity and personal happiness. Work toward this end demands the complete revolution of deals, life complete patterns, in which novelty, boldness and ingenuity have definite place. Mad rushes in this direction, with tempest, fury, turbulence and recklessness, would exact long-term penalties, aggravating and disruptive.

### Household Scrapbook

By Roberta Lee

Keeping Honey  
 It is unnecessary and undesirable to keep honey in the refrigerator. Cold honey is so thick it's almost impossible to spread it. Full-strength honey will keep for months as long as its room temperature as long as it is kept tightly covered.

Damp Shoes  
 When attempting to polish damp shoes or boots, the job will be made much easier and more effective if a little paraffin is added to the polish.

Silk Ribbon  
 Silk ribbon may be stiffened or freshened by rinsing in a solution of white sugar and water.

Remain calm and proceed with sanity and deliberation.  
 A child born on this day may possess much originality, genius, exceptional talents and skills, making for dramatic progress and attainment. This could be undermined by rash, turbulent or wayward impulses.

### New Soapless VEL Cleans Without Suds

by Frances Thompson noted homemaking authority

Most women have always looked to the suds in soap for its cleaning power. Now, however, a new and revolutionary soapless cleaner has been discovered which cleans without depending upon suds. At the cost of over one million dollars soapless VEL has been perfected.

**NO SUDS REQUIRED**  
 Soapless VEL makes plenty of suds, but the suds are unnecessary to the cleaning action. In fact VEL cleaning power continues long after the suds dissolve. Another noticeable difference from soap is in the action of VEL on water. Soap combines with water to make a cloudy milky-white solution. When VEL suds dissolve, the water is left as clear as soft water in a rain barrel. VEL makes the water act soft, too. As a result you plainly see how much grease and grime VEL removes.

**SURPRISINGLY LITTLE VEL NEEDED**  
 Using too much VEL may give you disappointing results. It's surprising how little you need. A teaspoonful or two of VEL is usually plenty for a dishpanful of water. You'll be delighted to see how sparkling clean VEL leaves glassware and dishes... and how VEL leaves no soap scum on your dishpan.

VEL is a registered trademark of the COLGATE-PALMOLIVE-PEET CO. LTD.



4 OUT OF 5 WOMEN WHO WIN PRIZES FOR HOME BAKING use **WHEAT FLOUR** *Unbleached*