

# Woman's Realm Social and Personal Fashions Literature

## That Body Of Yours

By James W. Barton, M. D.

### SNORING NOT FAIR TO OTHERS

There are many who are allergic to noise. When on a train or in a hotel room an individual occupies a berth or room close to a snorer he may lose much sleep. Of course, by knocking on the side of the berth or on the door he may waken the snorer temporarily; but the latter soon returns to his snoring.

Most individuals are told about snoring by their family or friends, and it is only fair that they should make an effort, at least, to break the habit.

In previous articles, I have pointed out the cause or causes of snoring and how the snorer can correct or partly correct his bad habit.

A blocked nose—either from an enlarged turbinate bone or from the bending to one side of the septum (the hard tissue separating the nostrils—and a long uvula (the soft tissue hanging at back of the throat) are some of the causes of snoring.

Dr. Ian G. Robinson, in "Proceedings, Royal Society of Medicine (England)," states that snoring may be treated by:

1. Removal or prevention of obstruction of the nose which causes mouth breathing, as by the use of a solution for the nose before retiring. This solution may be one of the various preparations that shrink the lining of the nose; it is the swelling of this lining tissue that causes the blocking of the nose and consequent mouth breathing.
2. The use of the new drug, benzadril, is also recommended for this purpose. Some keep the nostrils open by the use of a simple salt solution, ½ teaspoonful to a glass of warm water.
3. Preventing the patient from sleeping on his back by sewing a cotton padding in the back of his pajamas.
4. Keeping the mouth closed during sleep by a strip of adhesive tape across the corner of the mouth.
5. Removing infected tonsils, which prevent the pillars at the back of the throat from vibrating.
6. Cutting a part of the uvula away and preventing it from vibrating lowers the degree and pitch (sound) of the snore, but does not prevent it entirely.
7. It is not too much to ask those who snore to do this much for those who cannot sleep because of this bad habit.

## The Stars Say--

By Genevieve Kumble

For Wednesday, February 23

AN adverse and pernicious planetary aspect urges the wisdom of alert attention to sinister or calculating attempts to undermine stable, ambitious and flourishing operations already well on the way to lasting benefits, growth and solidity. Possibly a confused or tangled mental attitude, a burst of curious feelings, or the irascible intervention of subtle or tricky proposals, while intriguing and thrilling, might prove disastrous.

### For the Birthday

Those whose birthday it is are warned against the possibility of duplicity, snares, schemes, or alluring propositions, which are liable to undermine sound performances or worthwhile ideas already well on the way to security. Secrecy, intrigue, or false reasoning may divert from safe channels, in which confusion and doubt are likely to play havoc with feelings, conduct and profits. Shun strange propositions with captivating suggestions.

A child born on this day may fall victim to its own beclouded feelings and judgments, being easily duped or influenced by glibbed persons.

## Ellen's Diary

By an Island Farmer's Wife

Perhaps of the most interest to us today at Alderlea—at least to the feminine following, was the arrival of a letter from Judy, though even this delight may have been only a fair second in importance to the receipt of a fat volume, the first of the Spring and Summer mail-order catalogues. "Aha!" James remarked catching sight of the familiar lines of the latter at mail-time, "there'll be no dearth of reading matter now, for a day or two!" Supposing that we look therein with no shade of longing, yet just to turn the new pages one by one to look at the colorful subjects, is to find an enjoyment akin to the one we took from watching an old-time peddler of merchandise opening his pack for display.

Indeed what an education one of these offers! Grand-daughter herself, in her tender years is able to glean much visually that gives her an appreciable amount of knowledge in a number of ways. Especially when unfavorable weather curtains or puts an end to her outings does she find much to amuse and interest her, as she leafs through it eagerly to pore over her favorite pages. "Now what shall we buy?" she smiled up at me, the book spread wide on her lap, when I came a-visit to the house across the lane this afternoon.

Snow was falling thickly then, small drifts of it sheeting from the roofs with an old-time and well-remembered vigor. The surrounding hills were blurred by the flakes, and it seemed as if we at Alderlea were alone, and enclosed in a small white world. Raindrops are on the window now, those which have been forecast, and James and I find some apprehension in the sound of them, since a wintry thaw invariably is followed by an icy spell, endangering life and limb. Doubtless the thought came to mind since we recall that during the recent weekend an old and good friend of the family was hospitalized as a result of a fall within a few steps of her home. Like a flash, such accidents occur. From good health and happiness, by way of an unfortunate step to suffering and a hospital bed, it's a fairly cold rain," James observed looking up from his paper, "it won't likely be much of a thaw."

The falling weather, which gave wintry paths presently, and scuffing footfalls about the yards, put an end to any hope of undertaking the thrashing today, though the gear sat patiently awaiting it, on a bare floor that has been tidied and swept in anticipation of that work. "But there'll come another day," I commented to James at dinner, "and besides won't it be nice this afternoon to have a spell of leisure—just to sit down in the old armchair and fold your hands." "Fold my hands, Ellen!" James repeated, then quickly left the waste subject as though it were only a waste of breath to pursue it. And all afternoon, in spite of the continuing snowfall, there was choring done at the stables and piggeries. Occasionally one caught sight of the Nell-mare along the fields with successive loads of manure, or awaiting her burden, standing well-rugged at an open door. Only when a cartful of bedding straw had been carried to sties, and twilight had come down to close out the falling flakes, the supper hour returned James to me.

Supper meant fried potato and an end of a dinner dish of meat, and to flavor the two, better—a relish of Karolyn's—a tasty hodge-podge of pickling vegetables "so easy to make" she said, high-lighted by bright pieces of peppers against the glass container. We had crisp squares of oatmeal cookies, no favorite of James, in this forgetful of any Scottish ancestry, but to balance the meal for him, more favored raisin puffs. And the strawberry jam, meant to put a

## DOROTHY DIX SAYS—

### Can Love Be Won Back?

#### Husband May Regain Wife's Affection By Treating Her As Girl Friend

DEAR MISS DIX: I have worked very hard trying to provide for my family and, while absorbed in doing this, have neglected to build a solid foundation of love and respect in my own home. Because I have been so busy I have not let my wife know how much I appreciated how faithfully she stood by me and how hard she worked, to help me make a success of my career. And the result of my neglect has been that warmth, affection and admiration that she once gave me has grown to a definite coldness.

Can you tell me how to win back the love that she once had for me and that I have lost through my carelessness?

B. E. S.

ANSWER: Many other middle-aged husbands besides you, breathe have suddenly waked up to the realization that in trying to give their families luxuries they have starved them for necessities. For wives and kids do not flourish and grow fat on cake. It is love and companionship that are the bread of life to them, and if they do not get them they starve.

There is nothing more ironic than that so many men are failures as husbands because they are trying so hard to be good husbands. They are so busy giving their families fine cars and mink coats and expensive clothes that they have no time to give their wives and children sympathy and understanding and companionship.

### HUSBAND'S RECIPE

The other day a man, who had been through this bitter experience of losing the wife he loved because he used the wrong technique in trying to keep her, sent to this column the following recipe for reviving a wife's love. He says:

"To all husbands: Greetings! To begin with, if you really want your wife's love back, do something about it. Tell her how sorry you are to have caused her so much misery and ask for her forgiveness. Be a lover boy, regardless of age. Be lavish with your compliments. No woman is ever too old to crave soft talk. Help her with whatever she is doing. Praise her cooking.

"Give her small gifts and think up ways of entertaining and amusing her. In a word, treat her as your Girl Friend instead of just a wife. There is still some love left in her heart for you, or else she wouldn't live with you. I have had this same experience with a neglected wife and succeeded in winning her back, so why can't you?"

DEAR MISS DIX: My husband and I have been married 12 years and we have been very happy, except for one thing. It is that we lived with his mother and are never alone. She is always Sally-on-the-spot, listening in on everything, monopolizing the conversation, telling us everything we should do and should not do. She is the last one to go to bed at night and the first one to get up in the morning.

When we suggest that she should go to see a friend, or to the movies, she refuses. Says she doesn't care to see a friend, or to the movies, she refuses. Says she doesn't care to see a friend, or to the movies, she refuses. Says she doesn't care to see a friend, or to the movies, she refuses. Says she doesn't care to see a friend, or to the movies, she refuses.

ANSWER: Old people are set in their ways and there is no way of changing them. They are also garrulous and there is no way to keep them from monopolizing the conversation. None of us crave to hear Grandma's oft-told tales, but let us not forget that if we live we, too, will be old and lonesome and long for companionship.

DEAR DOROTHY DIX: Is there such a thing as not knowing whether or not you are in love? Although I am engaged to be married to a very nice young man, I still doubt whether we are really meant for each other or not. What should I do?

MISS F.

ANSWER: Most of the unhappy marriages are the result of men and women not being able to tell whether they are really in love or not. They think they are because they have some sort of superficial attraction for each other; but when it comes down to the give and take of marriage, they find that they have nothing in common.

When you have the slightest doubt about your affections, the answer is that what you feel is not the grand passion, but just a passing fancy.

## How Can I!!!

By Anne Ashley

Q. How can I make a handle for a razor blade?

A. If the razor blade is to be used in ripping seams slip a large slotted cork over one edge of the blade. The cork provides a convenient handle and affords adequate protection for the fingers.

Q. How can I avoid discoloration of apples when paring them?

A. Pare apples with a silver knife, instead of the ordinary paring knife, and they will not become discolored.

Q. How can I renew tarnished braids?

A. When gold lace or braid is badly tarnished, sprinkle with fuller's earth and then rub with a stiff brush.

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## Legends

Of P. E. Island

By Uncle Joe

### "MUST BOTH BE SLAIN"

Not long after the close of the American Revolutionary War, John Brown and a companion by the name of Roy Gillis, of Georgetown, were travelling on foot to the village of St. Peter's. In an attempt to shorten the distance the men struck out through the forest; and, not being familiar with their surroundings, soon were hopelessly lost.

When the night came down, they spied a light shining in the distance and upon reaching the place discovered a neat shanty with a patch of cleared land surrounding it.

The door was opened at their first knock by a tall bearded man, who invited the pair to enter and remain for the night, as there was an extra bed and only he and his wife were at home to occupy the place.

The wanderers soon learned the name of their kind host. It was Thomas Dowson. But what they didn't know was that Dowson had fought in the late war and had retired to his woodland retreat on a small pension. Thomas Dowson and his wife showed the strangers every hospitality. They appeared to be a fine couple and yet there was an air of mystery about their humble home which defied explanation.

On the wall nearest to the place of entrance hung a brace of heavy pistols, over the door rested the longest musket the pair had ever seen, while back of the fireplace stood a great shining saber, looking for all the world as though it had been recently scrubbed and polished.

Brown and Gillis had heard strange tales of persons being murdered in out-of-the-way places. At sight of the weapons their minds traveled back to numerous stories of this kind narrated in Georgetown by the older folk. However, they had already accepted their host's offer to remain for the night and they felt they would be slighting his kindness, should they again venture forth into the unknown wilds.

Supper ended, the men-folk filled their pipes and talked late into the night, while Mrs. Dowson busied herself knitting socks. At the stroke of one the travellers were shown to their attic bed, which could only be reached by means of a ladder.

Brown, being of a sleepy nature, was soon lost in the Land of Dreams and snoring like a furnace. But Gillis could find neither rest nor peace of mind. The arsenal he had seen below filled him with uneasiness, a sense of insecurity that could not be readily dismissed.

At the first streak of dawn he heard Dowson and his wife speaking in lowered tones. What were the couple discussing? He prodded Brown in his side, but only got a grunt for his efforts. How his companion could sleep!

The conversation continued and Gillis propped himself on his elbow and strained his ears. Finally he was able to make out four words—the woman had uttered them: "Must both be slain?" to which her husband replied:

"Certainly, both of 'em."

Gillis now felt for certain that the thing he had feared was about to happen, and great beads of sweat popped out on his brow and trickled down on the pillow. Brown was still snoring blissfully and he considered it best to let the man die in his sleep.

Looking out of the little window in the attic, Gillis saw a vicious-looking dog chained to post at that side of the house. No doubt the animal had been placed there for the purpose of preventing escape.

Gillis climbed back to bed and sweated some more.

After a few moments he heard somebody moving; and, looking through a knot-hole, he saw Dowson ascending the ladder with a light in one hand and a huge knife in the other. Behind him followed Mrs. Dowson.

Silently he opened the trapdoor and softly stepped over to the bed where the men lay. Then he reached up to the ceiling, where a large ham was hanging, and cutting several slices, passed them to his wife.

Some hours later the strangers were called to breakfast, which consisted of two roosters together with a slice of ham. Not till then did Gillis understand the meaning of the words that had caused him so much worry:

"Must both be slain?"

The next story: *Cavag The Terrible*.

## Household

Scrapbook

By Roberta Lee

### Candle Holder

If it is necessary to use a candle where there is a wind that will extinguish it, use a tall glass tumbler, fastening the candle to the bottom by means of its own melted wax.

### Prunes

A much more delicious flavor will be the result if a small stick of cinnamon and several slices of lemon are added to your prunes while they are simmering.

Immediately after d'washing, rub a little lemon juice well into the hands to keep them soft and white.

## Modern Etiquette

By Roberta Lee

### Q. When a man and a woman enter a fashionable restaurant and no waiter is near the door the door to show them to a table, what should they do?

A. Merely stand near the door for a few minutes until the head-waiter approaches.

Q. Is it necessary that a business woman stand when callers come into her office?

A. No, it is not at all necessary. But in certain cases it does indicate a sincere pleasure over the call.

Q. How soon before the wedding should a gift be sent to the bride?

A. As soon as possible after receipt of the wedding invitation.

## Better English

D. C. Williams

### 1. What is wrong with this sentence? "Brown joining the company meant success."

2. What is the correct pronunciation of "hovel"?

3. Which one of these words is misspelled? Initiative, impassive, impartial, immodest.

4. What does the word "ineffectual" mean?

5. What is a word beginning with bl that means "bellying, as a call"?

### ANSWERS

1. Say, "Brown's joining the company meant success." 2. Pronounce the o as in of, not as in oven. 3. Immodest. 4. Not productive of the effect intended. "The authority of the king had become ineffectual." 5. Blatant.

## Cook's Corner

### BEEFSTEAK AND KIDNEY PUDDING

1 lb. beefsteak  
¾ lb. sheep's or ox kidney  
¾ pint water  
¾ lb. suet pastry  
1 tablespoonful flour  
Salt and pepper

Method: Line a deep bowl, well greased, with suet paste rolled 3-3 inch thick. Put the flour, with salt and pepper, on a plate, cut the meat and kidney into cubes, roll them in the seasoned flour. Place in the bowl and pour the water

over. Wet the edge of the pastry lining, and cover with a round piece of pastry, thoroughly seal the edges, cover with buttered paper, and steam three hours. Turn the pudding out into a hot dish, or it may be served in the bowl with a table napkin folded around. When serving, dilute the gravy with hot water.

### DAILY HOUSEHOLD HINT

To remove all smoke from a room in a few minutes, dip a towel in vinegar and hot water (equal parts), wring out, and fling it gently over the head about the room.

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## Morning Smile

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THE QUESTION "Did you pick me or did she pick you out, pa?"

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