

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

Dorothy Dix's Letter Box

Noted Doctor Gives Scientific Backing to Dorothy Dix's Anti-Reducing Plea—Conscience-Stricken Wife Wonders Whether to Tell Husband of Her Past

Dear Miss Dix—I was very much interested in the letter of the young man who expressed his opinion of skinny girls, and I desire to express my gratitude to you for your very timely, extremely practical and scientifically accurate comments on a most vital problem that is either ignored or dismissed from attention with a mere gesture. Would that girls would heed it. It might be instrumental in preventing many thousand cases of avoiding tuberculosis and untold family unhappiness. Also, a campaign against starving one's self into self-destruction would prevent the filling of many graveyards.

In my especial work on ductless-gland diseases I have referred to me by other physicians many cases of thyroid disorder in the form of marked underfunctioning and marked overfunctioning directly traceable to the unwarranted weight-reducing mania. The ductless glands, especially the thyroid, are either whipped up or more commonly depressed, occasionally thrown out of all balance by the lack of pabulum, which they require for normal functioning. It must not be forgotten that the functions of the vegetative, or involuntary nervous system, are dovetailed, as it were, with the ductless-gland system, so that the clinical picture becomes rather complicated in a case of this sort. Last, but not least, if the ductless gland and the vegetable nervous system are abnormal, how can we expect the mentality of the individual to be in proper balance?

And so we are occasionally faced with the sad spectacle of a complicated mental aberration varying from incapacity for the enjoyment of proper social intercourse to a definite form of insanity in one who only a short time previous had been a perfect picture of physical and mental health—all because of the inexplicable desire to become a living skeleton.

Medical science has shown that a healthy layer of adipose tissue surrounding the bony frame and muscular structure of an individual is the best general against melancholia, constipation, edgy nerves and poor health in general. I am not arguing in favor of obesity. I am simply stating the fact that five pounds too much is far preferable to underweight even in the slightest degree. When we are faced, as we are now, with the scourge, or epidemic, of ruthless self-examination through voluntary starvation, the vocabulary falls short of supplying adjectives sufficient to condemn the folly of the individuals concerned. DOCTOR.

This letter is written by one of the most eminent scientists in the United States and I give it in full, hoping that it will be a warning to some girl who is wrecking her health and shortening her days in her determination to keep a stringbean figure.

Just how far this mania for being nothing but a rack of bones has taken our silly little nincompoop daughters, I had forcibly impressed upon me the other day when I was standing near a weighing machine in a big department store. A group of six or eight girls, one after the other, ascended the scales. Not one of them weighed as much as 100 pounds, although all of them were around 5 feet 5 or 6 inches. The most obese of them all weighed 98 pounds, over which they all exclaimed in horror and began advising her upon reducing diets.

As I looked at them with their vertebrae knobs sticking out of their low-backed gowns, I wondered first why they considered a living skeleton the ideal of beauty to which they sacrificed themselves. For not one of them but what would have been a hundred times better looking if she had had curves instead of being a futuristic design of acute angles, and if her face had had the softness and dimples and contentment that are the result of being well fed instead of having the hatchet-like contour and the strained sour look of the famished.

And then I thought that in the midst of plenty these girls were starving just as much as are the Chinese or the Indians or any other of the poor creatures whose crops have failed and who are living on roots and herbs and leaves. For only a few days before a friend of mine had given a big luncheon to a group of debutantes, and she told me that her beautiful meal went off of the table virtually untested. The only things the girls ate was a bit of clear soup and the olives, so afraid were they of getting fat.

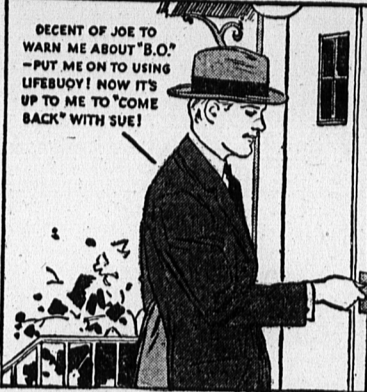
And, lastly, I thought what a tragedy that in their folly these girls are totally unfitting themselves for life. If they go into business their poor, undernourished bodies cannot stand the strain of hard daily work. For success comes only to the woman who has no nerves nor back and who does not go to pieces nor have a headache under the grind of daily toil. If they marry, they cannot give their children the most precious gift that a mother can bestow upon her offspring, a sound and vigorous constitution, abounding health and buoyant vitality. All that these starved girls can be will be that curse of childhood, a sickly mother and a wife who is a perpetual doctor's bill to her husband.

Read what this famous doctor says, girls, and tuck in the first decent meal you have had in years.

Dear Dorothy Dix—About four years ago I was engaged to a boy with whom I thought I was much in love, and during the year and a half that we went together we lived as man and wife. Finally we broke off and I

THE MAN WHO CAME BACK

by Timmins




For a "happy ending" —END "B.O." (body odour)

If you want success in love, in business, take no chances with that unforgivable fault—"B.O." (body odour). Bathe regularly with Lifebuoy. Its pleasant, quickly-vanishing, hygienic scent tells you, "Here is no ordinary toilet soap." Lifebuoy gives extra protection. Its rich, abundant, purifying lather deodorizes pores—stops "B.O." Helps safeguard health by removing germs from hands.

New skin health
Lifebuoy's bland, searching lather gently frees pores of clogged impurities—freshens dull skins to new, glowing health. Adopt Lifebuoy today.

A PRODUCT OF LEVER BROTHERS LIMITED, TORONTO



THE COOK'S CORNER

HALIBUT CHOPS

- 1 1/2 cups cooked halibut
 - Salt an dpeper
 - 4 tablespoons butter
 - 1 tablespoon chopped onion
 - 1 tablespoon chopped green pepper
 - 8 tablespoons flour
 - 1 cup milk
 - 1 well beaten egg
 - 1 tablespoon concentrated essence of vegetables
 - Sifted bread crumbs
 - Chopped parsley
- Cut boiled halibut into small pieces; sprinkle with salt and pepper; let stand. Melt butter in saucepan, add onion and green pepper cook until tender without browning add flour and stir two minutes over fire. Add milk, beaten egg, concentrated essence of vegetables and fish. Mix well, cool and shape into eight chops. Dip chops in an egg and milk mixture, then into crumbs and fry in deep, hot fat (380 degrees F.) hot enough to brown a small cube of bread in one minute. Sprinkle with parsley and serve. This serves four.

Following are two unusual vegetable dishes, made tasty with the addition of prepared seasoning, to be served with a meat course.

"The average young man is better off for ideals in college than he would be elsewhere."—William Lyon Phelps.

met and fell really in love with a fine man. I married him without telling him of my past. Now the boy is also married and I am tormented with fear that he will tell some one, and especially that he will tell his wife and she will gossip about me, and that it will get to my husband. What must I do? CONSCIENCE-STRICKEN AND WORRIED.

Answer: When we dance we always have to pay the piper. That is what you are doing now, and you are paying for it with your very life's blood. "The wages of sin is death," says the Good Book, and that is why righteousness pays. For when we do wrong the inexorable justice of fate chalks up the score against us and sooner or later we have to settle it and generally with compound interest in suffering.

Many girls think, as you did, that it is their own affair if they have a liaison with a boy. That it is a matter between the two of them, and that if they enjoy their little love nest that's all there is to it. They think they are free to break it up when they get tired of it, and that is the end.

But it is not the end for the woman. Sooner or later she really falls in love and wants to marry. Then comes the terrible problem of whether she should tell the man of her past or not. If she tells him, the chances are, if he is a decent man, that he doesn't want damaged goods. If he is so much in love with her that he marries her in spite of her soiled skirts, he rarely, if ever, forgives her or trusts her, and in every family squabble he throws up her past to her.

If she marries him without telling him, she lives with the sword of Damocles hanging over her head, always in terror of his finding out her guilty secret, always afraid that the man who was her fellow sinner will boast of his conquest, always afraid he will tell his wife and she will take her revenge by spreading the scandal.

As to what you should do, my advice is to keep silence. If you did not tell your husband before marriage, don't tell him now and wreck his faith in you and his happiness, and don't humiliate yourself by appealing to your former lover not to tell. If he is a gentleman, he will not blab, and if he is a cad, nothing can stop him. DOROTHY DIX.

A Morning Smile

He was a very respectable man, and when his doctor advised him to take up golf he hesitated, because he had heard that golfers drank and used bad language. The first day he was out, after deciding to risk it, he got on quite well until he was unlucky enough to find another ball in the way. He looked at it in dismay.

"You're stymied!"

exclaimed his opponent. "Pardon me!" he exclaimed indignantly. "Strong liquor never passes my lips." Mary found a big box of powder in the guest room. After emptying it on the floor, she proceeded to use it lavishly. Her mother, finding her, remarked: "Mary, do you know what I ought to give you?" "Yes, mother, some rouge," answered Mary.

FOR THE WOMAN READER

GOD KNEW

That some would never look inside a book To know His will, And so He threw a varied hue On dale and hill. He knew that some would read words wrong, And so He gave the birds their song. He put the gold in the sunset sky To show us that a day may die With greater glory than its born. —Author unknown.

FLOWERS WILL KEEP

I put the flowers I want to use for bouquets as long before I want them as I can up to 12 hours. I place them in cool water with most of the stem submerged, using a large jar or bucket that will not crowd the foliage or flowers. They are best kept in a refrigerator or cool cellar where no current of air strikes them. The stems fill the water and when they are taken out and placed in a vase in a warm room, they will not show the effects quickly. Many flowers will wilt within a few minutes when cut and placed in vases in warm rooms without this previous filling up with water. Few will keep for any length of time. Flowers that have become wilted, if not withered, may often be made to freshen if the stems are submerged in cold water up to the blooms. Fern fronds are freshened by spreading in a shallow pan covering with water. Shrubby flowers and cluster roses will keep best in water if some of the old wood is cut with the blooming branch. This old wood takes up water better than soft, pithy wood.

Quivering Nerves

Steadied and Soothed by Lydia E. Pinkham's "Vegetable Compound"



"My mother used to take Lydia E. Pinkham's Vegetable Compound and she gave it to me. I am now the mother of three small children. Last winter I was nervous and run down. Four bottles of the Compound gave me strength. I can do all my work now and take care of the children."—Mrs. N. GIBBES, 5864 Chabot St., Montreal, Quebec.

Daintiness With Chic Styles

ILLUSTRATED DRESSMAKING LESSON FURNISHED WITH EVERY PATTERN BY ANNABELLE WORTHINGTON

It is pictured in crisp novelty sheer cotton in yellow ground with splashy white motifs. It has a captivating neck and sleeve treatment. Don't you think it is adorably young? Its smart belt and skirt seaming does much to slenderize the figure. It's a pleasure to make a frock when the result is so charming and so inexpensive. Style No. 820 is designed for sizes 14, 16, 18, 20 years, 34, 36, 38, 40 and 42 inches bust. Dotted swiss in navy and white, brown and white or wine-red and white would be perfect for this model for town wear. Dotted dimly, striped batiste, checked tissue gingham, tub silks are delightfully lovely fabrics for its development. Size 36 requires 3 1/2 yards 36-inch and 1/4 yard 36-inch lining. Price of PATTERN 15 cents in stamps or coin (coin is preferred). Wrap coin carefully.



No. 820. Size

Street Address

Name

City

State

820

HOUSEHOLD FURNITURE SALE

Household furniture for sale at "The Hill", the residence of Mrs. A. A. Bartlett, 175 Fitzroy Street, on Thursday and Friday, July 27th and 28th.

DINING ROOM

One old mahogany sideboard, a large mantle mirror, several valuable pictures including one of King Edward VII, one entitled "A Reading from Homer," some Art Union pictures and several lots of china, silver and glass.

DRAWING ROOM

Sofa, chairs, Art Union colored picture "Springtime," a small English ecorcean walnut piano suitable for making into a writing desk, a collection of framed Holbein prints, ornaments and rug.

LIBRARY

Chairs, two valuable engravings from the Dore gallery, London, a needlepoint picture, subject "David," three rugs, mahogany music stand, music holder, pictures, including one by Robert Harris, gramophone, ornaments and books.

BEDROOM NO. 1

Bedroom set of ash and walnut, two tables, pictures, ornaments and rug.

BEDROOM NO. 2

Mahogany bureau, pictures, table, ornaments and rug.

LIVING ROOM

Mahogany book case, writing desk, newspaper rack, box sofa, pictures, ornaments, what-not and many articles of furniture, including safe, office chairs, flying cabinet, typewriter, pool bed, attic furniture and kitchen utensils. House open for inspection on Monday 24th from 2 to 4 P. M., and on Tuesday 25th from 10 to 1. Terms Cash. J. A. McDONALD, Auctioneer.

NOTICE

All assessments in arrears in Georgetown School District No. 1, if not paid on or before July 31, 1933, will be handed to the clerk of the County Court for collection. By order of Trustees. ASHLEY ALLEN, Secretary. 1922-7-20-31.

FOR SALE

Double tenement house. Apply Miss Hogan, Lennox Hotel. 1922-8-24-31

Nature is wonderful! A million years ago she didn't know we were going to wear spectacles, yet look at the way she placed our ears."—Annapolis Log.

Fox Feed Price List

- Beef Cheeks Per lb. 4c
- Beef Hearts Per lb. 5c
- Beef Tripe Per lb. 3 1/2c
- Beef Trimmings Per lb. 6c
- Beef Liver Per lb. 8 1/2c
- Boneless Beef Per lb. 8c
- Horse Meat Per lb. 5 1/2c
- Wessand Meat Per lb. 5c
- Calf Hearts Per lb. 5c
- Lamb Cheeks Per lb. 3 1/2c
- Hog Livers Per lb. 3c
- Hog Plucks Per lb. 2c
- Cash Price 1/2c per lb. less.

Island Cold Storage

1764-7-13-1f.

FURNESS Red Cross Line

Freight and Passengers. Leave Leave Montreal Ch'Town S.S. Nerissa July 29 July 31 S.S. Ft. St. George Aug. 12 Aug. 14 S.S. Nerissa Aug. 26 Aug. 28 CARVELL BROS LTD. Charlottetown, Appleton

Rowena Rides The Rumble By Ethel Hueston

By the time they reached San Antonio, Bobby was completely convinced, entirely repentant and asking Peter's advice — he being "one of those men" and knowing how they were apt to feel about things. "If I were you," said Peter, with the heavy air of one who weighed his words, "I should take the first fast train for New York. You can get a good train at Houston." "I'll do it," declared Bobby. "I'll take the first train from Houston and I won't breathe a word to Carter. Then if I do change my mind along the road I can call him up somewhere." So in Houston, Peter put her on the train and went straight to the conductor, pointed Bobby out to

for STIFFNESS

Pleasy of Minard's well rubbed in soon sets you right. Dashes the sore part with warm water before you use.

34 You'll soon Rubber up!

MINARD'S "KING OF PAIN" LINIMENT

him, and gave him the location of her berth.

"She's not very well," he explained in a fatherly manner. "Not really bad, you understand, but has queer little aberrations once in a while. Gets odd notions about traveling and wants to get off the train. Cooks up any sort of wild excuse for getting off—wants to send a telegram—wants to call up New York—no end to the silly nonsense she can trump up. Now I want you to see that she goes straight through to New York. Her doctor will meet her at the station and I'm depending on you to see that she gets safely into his hands. She'll be no trouble at all, one of the sweetest girls I've ever lived, but just will get that odd notion about travel."

Peter gave the conductor ten dollars, who said he could safely promise that she would reach her doctor without misadventure. "You'll know him all right," said Peter. "He's red-headed and kind of square-jawed."

The conductor, who was pretty square-jawed himself, promised to see to it. Peter passed on the same word, and a five-dollar bill, to the porter of her Pullman, and then sent a telegram to Carter announcing the exact moment of her arrival and advising him to get in touch with the conductor of the train. Then he hurriedly rejoined the girls. "Good-by, darling," said Rowena cheerfully. "See you in New Orleans." "Oh, no, you won't," said Bobby. "You won't see me again, will you

get back to New York."

At the hotel in Houston they found another fat letter for Rowena and a telegram which she opened nervously. But it was only Buddy's answer to her inquiry from El Paso.

"No," it stated briefly. "If I needed money, wouldn't I ask for it?" And hard up as she was, Rowena gave herself the satisfaction of wiring back the one word, "Yes."

There was also a telegraphic money transfer for Peter, to the amount of fifty dollars, and with it a short cold message. "You go to hell."

It was from Ronald Rostand. Rowena was wrong about it. Buddy needed money a great many times after that but never asked for it again. He accepted a job in a haberdashery where he worked two hours every afternoon and all day Saturday. Rowena didn't like that because it kept him away from ball games, but all Buddy said to her objections was, "I've seen a ball game."

Rowena was quite uneasy about it all. Peter wanted to write him again, tried many times to put his friendly feelings into phrases, to say cheerio and tell him he was quite the stuff. He would even have apologized for his meddling. But somehow the kindly thoughts would not be written down, for he had not Rowena's facility with words and it was only in the pressure of deep emotion that Peter turned to the pen. And so, months later, when the two met for

the first time, there had been no interchange of opinions between them after Buddy's lucid wire. But when Rowena, with a hand of each in one of hers, said brightly: "Oh, Peter, this is Buddy!" they shook hands heartily and Peter

said, "Well, hello!" "Hello, hello," said Buddy. And they both laughed a little, and each knew exactly what the other had in mind. (To be Continued.)

Lisping through an EMPTY tooth space



Don't do this 5 or 10 years from now. Start war on pyorrhea today

Don't get the idea that anyone is too young to think seriously about lost teeth. Youth does not own all the good teeth. The old are not necessarily toothless. But... sometimes it is the precautionary measures started very early in life that are the salvation of teeth. Pyorrhea may start when you are young. (Pyorrhea is the actual cause of half the adult teeth which are lost.) Pyorrhea begins at the gum line and works downward toward the tooth sockets. Five or ten years may pass before you know

you have it, but at middle age four out of every five people are victims of this insidious gum infection. Don't lose your teeth. Take these two precautions: First, be sure not to forget the address of your dentist. Visit him twice a year. He is a real friend. Second, pick out a toothpaste that does more than polish your teeth. Forhan's Toothpaste is a thoroughly good cleanser—none better. But it takes care of the gums too, and that is mighty important, because you cannot have healthy teeth in unhealthy gums. Dr. R. J. Forhan worked 26 years as a pyorrhea specialist, and his exclusive formula cannot be obtained by the public except in Forhan's Toothpaste. Get ahead of pyorrhea. Prevention is the only way. Start today with Forhan's. All drug stores