

# Woman's Realm Social and Personal Fashions Literature

## Living & Leisure THE WOMAN'S REALM

Wish that there were some wonderful place in the Land of Beginning Again: Where all our mistakes and all our heartaches and all of our poor selfish grief could be dropped like a shabby old coat at the door and never put on again... We would find all the things we intended to do. But forgot and remembered too late. Little praises unspoken, little promises broken. And all of the thousand and one little duties neglected that might have perfected. The day for one less fortunate. —Louise Fletcher Tarkington.

In homes where fire extinguishers are not usually available, it is an excellent idea to keep a bucket of sand handy on the back porch or some such place, to smother a possible fire before it gets beyond control.

Almost every part of the common sunflower can be used; oil from its seeds for food; the whole plant chopped up as ensilage; flowers and seeds as a source of honey, and the seed containers, dried as blotters.

### SHE MAY BE FACE-SETTER BUT IS POOR MARITAL RISK

Underweight women are poor marital risks because too-thin women are usually jittery women. So says Dr. James F. Bender, director of the National Institute for Human Relations of the U.S. If that is true — and statistics show that women who are 15 or more pounds underweight have an excessively high divorce rate — then American women have chosen the wrong type of woman to admire and emulate.

The too-thin woman is the Queen Reg in feminine circles. It is her figure that other women strive to copy. The thin, nervous type of woman also sets the pace for the activities of other women. It's the woman who says that she has to be constantly on the go who prods her sisters into taking on more activities than they can handle.

So the woman who has for years been a little ashamed because she isn't quite the clothes horse or the "manager" or the organizer that some of her too-thin, too-nervous friends are can stop being ashamed. Why should a plump woman feel inferior to a thin woman, if the plump woman's chances of marital happiness are greater? Keep that comforting thought in mind, size 40's, next time a thin, energetic friend gives you a pep talk on reducing. Maybe

you—and your husband—are happier with you as you are. Maybe it's better for a woman to be plump enough to wear well than thin enough to wear clothes well.

### SPARKLE ADDED WITH MAKE-UP

The time when eye make-up is a help in need is when the sparkle in a woman's eyes grows less vivacious.

Yet make-up must be so cleverly used that no one can suspect that lids are shadow-tinted eyelash-colour is accentuated. Only the merest touch of eye shadow needs to be used to give lids the appearance of a livelier flesh tone. A tiny speck of shadow — for the older woman almost any tint is a good choice, except brown — should be filmed so carefully over lids that only a suspicion of colour remains. Whatever faint tint survives should almost disappear when foundation and powder are applied to the entire face.

Mascara needs to be as subtly applied as eye-shadow. No older woman wants to advertise her artifice by wearing spikes or clumps of mascara. For the subtle effects required, lashes should be lightly coated for colour accent only. A more natural-looking effect is achieved when two shades of mascara — black and brown — are used. The severe effect of black is modified when a final coating of brown mascara goes over it.

### TO APPLY LIPSTICK

When making up your mouth, be sure that your lips are dry before you apply your lipstick. If they are not dry powder them.

Make the outline of the upper lip with your lipstick, and fill in Press Lips together to transfer lipstick on the lower lip. To remove excess lipstick press cleansing tissue against them.

### ABSORBS DIRT

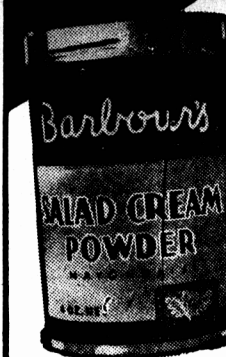
Never leave any garments in the washing machine while the water is being drained off. The clothes will just re-absorb the dirt that was previously washed off.

### SCORCH FIXER

If vegetables or other foods become scorched while cooking remove the cover of the saucepan at once and set it into a pan of cold water. In 15 to 20 minutes the food will be loosened from the bottom of the pan, the scorch taste will be gone. The burned parts may be cut away from the food and it can be reheated and seasoned.

## At Last!

A REAL OLD FASHIONED MAYONNAISE



Follow the simple mixing instructions on the tin and serve a really delightful and economical mayonnaise. The 4 ounce tin makes 12 ounces of smooth, creamy mayonnaise. . . . Always ask for Barbour's.

## Barbour PRODUCT

## Household Scrapbook

By Roberta Lee

Soap Economy

Don't dispose of a cake of soap when it has worn down to a sliver. Instead, soften one side of a new cake with hot water, press the left over piece to it, and you'll be able to use the whole thing as one cake of soap.

### Jelly and Preserves

To prevent jelly and preserves from burning, and to keep them from sticking to the bottom of the preserving kettle, rub the utensil with butter.

### Plaster Casts

To clean plaster casts, cover with a paste of French chalk and water. Allow it to dry and then rub off with a soft brush.

## DOROTHY DIX SAYS— Married Too Young

### Boy And Girl Parents Overburdened With Confining Routine Duties

DEAR MISS DIX: We are a young couple who have just recently bought a car and my husband works on it every night in the week. That I don't mind, but when Saturday comes I think I am entitled to a bit of his time, but I don't get it. Saturday afternoon he goes downtown to a show, or to play pool. Comes Saturday night and he is out again, and if I can't get a baby-sitter, which I generally can't, I have to sit up and watch the baby breathe.



My husband says that he works day and night and is entitled to some relaxation. Well, I work day and night, too. You can't get away from it with a six-month-old baby. On Sundays I like to go out, but my husband is tired, so we stay at home. But by Sunday night he is rested and ready to go off again and I am left alone. Last night when he came home I asked him for some money, so I could step out, even if I had to go by my lonesome. All he gave me was a quarter.

Please, what am I going to do? We are both young and I love him so much and I don't want to break up our home, but I can't stand being cooped up much longer.

DESPERATE. ANSWER: Read it and weep. If there is anything more pitiful than the ordeal which a boy and girl go through when they marry when they still are mere children and before they have had any play-time of life, I don't know what it is.

STILL WANT FUN For youth will be served, and the mere fact that they are married doesn't make them old and tired. They are still kids, wanting fun and excitement. Their feet ache to dance. They want to go places and see and do new things. They are not ready to settle down and get all the pleasure and amusement they crave in walking the colic, fixing baby formulas, changing diapers, and cooking and washing and scrubbing.

And it is harder on the wife than it is on the husband, because he, at least, spends his days in contact with other men, while she is shut up in a little two-by-four apartment. And a man can always put on his hat and go out and seek amusement, while the wife is tied to the baby's cradle.

Yet that is the fate of couples, like this one, who married too young, before they have had their fling. And there is nothing they can do about it, except act as AWFUL WARNINGS.

DEAR MISS DIX: I am a good friend of a girl who is soon to be married. She has her trousseau and even the bridesmaids' dresses made and all the wedding arrangements are completed. But this girl's intended husband secretly is going with a girl who is employed where he works. He goes out with her on the nights that he is not with his fiancée. I know, on good authority, that he has no intention of quitting this other girl after his marriage.

Should I tell the bride-to-be about this matter? And, if so, how shall I go about it?

A FRIEND OF THE BRIDE. ANSWER: If you have any affection whatever for the girl, you certainly should go to her at once and tell her frankly and honestly what you know, and so save her from marrying this dastardly man. No doubt it will be a great mortification to the bride-to-be to have her wedding called off at the last moment, but it will not be such a heartbreak as it would be to find out that even before marriage her husband betrayed her.

Certainly a man who would do such a thing is an unspeakable heel.

DEAR DOROTHY DIX: I am 17 years old and have a child who is four months old. My husband is 35 years old and now says that I am too young for him. He says the best thing for me to do is to take my baby and go home to my mother. Miss Dix, I love this man and I will die if he ever leaves me.

How can I hold on to him and still be happy?

BROKEN HEART. ANSWER: You had better take your husband's advice, because when a man is so tired of his wife that he bundles her up and sends her and the baby back to her mother, he proves indubitably that he not only has no affection for her and feels no responsibility for her and the baby, but is determined to rid himself of them. You won't die. Love isn't a fatal complaint. You still are a child and you will get over him and marry somebody else and be happy.



Queen Wilhelmina ABOVE is giving up the throne of the Netherlands. An announcement from The Hague said the queen would give up the throne "at the beginning of September" in favor of Princess Juliana. The queen said it was only at the "urgent request" of her daughter Princess Juliana, that she had postponed transferring the throne to her until after Aug. 31—the queen's 68th birthday—and the celebration of her 50 years on the throne.

## Ellen's Diary

By an Island Farmer's Wife

And so I wondered if the birds that trill so sweetly at their wooing demand any qualifications or ask much perfection of their mates. Certainly not the handsome lad of a robin who keeps an eye now to the nest in the old birch on the lawn. I'm confident too that last evening's bridge-groom never thought of such things. For when the ceremony was over and the photographer was busy with his camera catching very lovely scenes, and someone laughed to him: "never mind looking down at your bride—look this way!" He replied: "but I don't want to look away!" and fondly and low to her, for me to read lips: "I'll always want to look at you!" It was a delightful wedding, set in the parlor of an old farmhouse, serene in its years and proud of its fruitful acres. Then bathed in the brightness of the lingering afterglow.

She was a fair and lovely bride—and for James' peace of mind, highly efficient as well; a broad-shouldered, fine looking bridegroom; a pretty pink-gowned bridesmaid; wee flower girls to remind us of grand-daughter, so sweet were the two, and a groomsmen who supported modestly and well. And presently said the happiness, came the going-away time—the flying out of the old home nest, poignant, of course with the mother's anxious "And you'll be back . . ." and the reply severing many an old tie, "not before . . ." It was as well that there was a quick rush to the waiting machine to (Continued on Page 3)

## Better English

D. C. Williams

1. What is wrong with this sentence? "If Bill was here, he would help us."  
2. What is the correct pronunciation of "contiguous?"  
3. Which one of these words is misspelled? Fusible, fusillade, fusilage.  
4. What does the word "inordinate" mean?  
5. What is a word beginning with str that means "strict in requirements?"

Answers

1. Say, "If Bill were here." 2. Pronounce "kon-tig-u-us," as in big, first, as in unit, accent second syllable. 3. Fusilage. 4. Not limited to rules or to usual bounds; excessive. "He possessed an inordinate greed and love of wealth." 5. Stringent.

## YOU'D NEVER BELIEVE SHE IS 48 . . .

She's one of the peppiest, happiest-spirited women you ever saw. At the time when most women think life is passing them by, she's right in the midst of things—always ready to go places and do things . . . as popular with the men as girls half her age. To look at her you would never believe she was a day over 38.

How does she do it? She gives the credit to Dr. Williams' Pink Pills . . . for well she knows how important it is to have plenty of rich, red blood during those years when so many women are "pulled down" in health by bodily changes.

If you feel "always tired," if you look pale and dragged out, if you are suffering from a feeling of nervous exhaustion, are jittery and irritable, you may be paying the price of poor blood make-up. Don't wait—start Dr. Williams' Pink Pills today. They contain an easily assimilable form of iron—fortified with a generous amount of Vitamin B—and are wonderfully effective in helping to build the rich, red blood so necessary to vigor and energy. Get a package today from your druggist.

For Economical Nourishment Eat More BREAD.

"Always Good"

Eastern Bakeries

**BUTTERNUT BREAD**

## That Body Of Yours

By James W. Barton, M.D.

### DON'T THROW AWAY YOUR GLASSES

We read from time to time of some individual shortsighted for years, who, by the use of eye exercises, is able to "throw away his glasses." The fact that one famous scientist announced to the world that eye exercises corrected this poor eyesight has made many wonder why they cannot get results by these exercises so that they, too, can do without glasses.

From time to time, on the other hand, we read that eye exercises are of no value in correcting or helping the eyesight, and going away with glasses does permanent damage to the eyes. What is the truth in this matter?

Every specialist has cases in which he prescribes eye exercises, particularly in those cases where the eyes of an eye is "turned" slightly from its normal or straight position. By placing a "patch" over part of the good eye and making it necessary for the patient to use the muscles on the "weak" side, good results sometimes can be obtained without operation.

In the "American Journal of Ophthalmology," Drs. H. R. Hildreth, W. H. Meilberg and B. Milder describe research undertaken to find the value of visual training as a means of improving (Continued on Page 3)

## The Stars Say—

By Genevieve Kemble

For Saturday, July 17

The astral intervention on this day is designed to provide a tincture of charm, beauty, inspiration, and idealism into realistic endeavors already well established on firm bases. It is probable that a touch of the idealistic and subtle might enhance all prospects built upon creative ideas tinged up by the mysterious or intriguing. Secret agreements of clever tactics might be brought into the open by direct, objective actions rather than crafty undercurrents.

### For the Birthday

Those whose birthday it is, may find themselves disposed to resort to the finer and more subtle approach in assisting objective and forthright propositions. Ideals and intuitions might combine to appraise very sordid and realistic values.

Secret agreements or undercover understandings may be shrewdly applied to promote established projects. The element of charm, beauty,

## Modern Etiquette

By Roberta Lee

Q. Is it proper for a girl to give her fiancé an engagement gift?  
A. Yes, and it is often done. But she should not give him a more expensive gift than she knows he is able to afford to give to her.  
Q. Should olives be eaten with the fork?  
A. No. They should be eaten with the fingers. Bite off, but don't nibble. A very small one may be put into the mouth whole.  
Q. Should a letter of introduction be sealed?  
A. No.

## Morning Smile

Prompted

"I've quite forgotten what it I wanted," murmured the old lady in the chemist's shop. "Is the girl who always attends to me here? She might know what it is I want."  
"No, madam," said the manager. "I'm sorry to say we've had to sack her."  
The old lady beamed.  
"Ah, that's what I wanted—saccharine."

Two burglars had broken into a tailor's shop and were sorting out some suits when one of them saw one marked \$50.  
"BERT, look at the price of that one," he said. "Why, it's downright robbery!"

magnetism or highly developed emotional appeal might be brought to bear, where cruder tactics fail. Impressions, "hunches" and feelings may have real value when prudently applied.  
A child born on this day may have well-developed intuitions or inner leads of an emotional or spiritual force. It may gain its ends by subtlety, intrigue or glamor rather than crass realism.

## IF BABY IS CROSS FIND OUT WHY

HEALTHY BABIES are not cross. Your baby should not be cross if he is the something in his little system is "out of order." Probably Baby's Own Tablets can promptly "put it right." Mrs. H. . . . of Fenelon Falls, had the experience. She writes: "My little girl was irritable, fretful, and sometimes sick at her stomach—what a relief it was, after giving her Baby's Own Tablets, to see how much better she was."  
Sweet-tasting—easily crushed to a powder, desired. No "heavy" stuff—no dulling effect. Promptly effective in simple fever, constipation, teething troubles, upset stomach and other minor ills.  
Never be without a full box of Baby's Own Tablets. Sickness so often strikes in the night. 25 cents. Money back if you are not satisfied.

# My Ears Turned Red at That Whisper

"NEXT TIME HE'S YOUR CUSTOMER"

"I'D ALWAYS thought I was a welcome customer. But that whispered remark of Tony's about me having 'B.O.' really shook me. It hurt my pride plenty."

2 "LUCKILY I KNEW just what to do. I got some Lifebuoy that very day, and started to bathe with it regularly."

3 "NOW I KNOW I'm safe. That fine, thick lather of Lifebuoy gives me all-over protection against 'B.O.' It's Lifebuoy for me from now on!"

Its fresh, clean scent is your guarantee of protection

The clean scent of Lifebuoy's thick rich lather is your guarantee of protection. It banishes "B.O." (body odor) and gives you all-over freshness for hours afterward. You'll notice that Lifebuoy acts immediately. In just a few seconds, Lifebuoy's clean scent has entirely disappeared and so has every trace of "B.O."

Tests prove you can build up your protection against "B.O." by bathing with Lifebuoy every day. Try it for just seven days. Your skin will feel so fresh and gently caressed from the abundance of lather Lifebuoy always gives. And, with Lifebuoy's longer-lasting protection, you're completely free of "B.O." worries.

USE IT DAILY

FROM HEAD TO TOE—LIFEBUOY STOPS "B.O."

LIFEBUOY HEALTH SOAP

A LEVER PRODUCT

## How Can I!!!

By Anne Ashley

Q. How can I use a jelly bag properly?  
A. When making jelly, use a cheesecloth bag, put the fruit in it and put the bag and all into the kettle. Lift the bag occasionally to prevent sticking to the kettle. When oozed, lift the bag out and hang to drip.

Q. How can I improvise a corkscrew when camping or picnicking?  
A. Two safety pins run through the top of the cork at 90-degree angles will often prove an excellent substitute.

Q. How can I drive away mosquitoes that have already invaded the room?  
A. Try burning a piece of camphor gum in the room.

## Cook's Corner

FRUIT ROLL

1 1/2 cups sugar  
2 cups water  
2 cups flour  
1 teaspoon salt  
4 teaspoons baking powder  
6 tablespoons shortening  
1/2 cup milk  
2 cups diced rhubarb  
1 cup strawberries  
1/4 cup sugar.

Method: Combine the 1 1/2 cups sugar and 2 cups water in an oblong baking dish. Cook over low heat for 5 minutes. Make a rich biscuit dough in the meantime. Sift the flour, then measure and sift again with the salt and baking powder. Add the shortening and cut this in until the mixture is in fine crumbs. Add milk enough to make a soft dough. Roll out the dough on a lightly floured board to a thickness of about one-third inch, making the dough oblong in shape. Spread the dough with the rhubarb and add the strawberries that have been halved and sprinkled with the 1/4-cup sugar. Dot the fruit with about a tablespoon of butter. Roll up as for a jelly roll. Seal well by pinching the edges of the dough into the roll.

Place the roll in the hot syrup. Bake in a hot oven (450 deg. F.) for about 25 minutes. Slice to serve and spoon syrup from the pan over each serving.

## Neeclecraft FOR THE HOME

TWO-PART HARMONY

One of the smartest dresses of the season is this full-skirted princess presenting a dual personality — you can wear it sunny side up with shoulder straps, or shaded for the street with its own little bolero.

No. 2538 is cut in sizes 10, 12, 14, 16, 18, and 20. Size 16 dress requires 4 1/2 yds. 35-in.; bolero, 1 1/2 yds. 35-in.

Send 20c for each PATTERN, which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you want. Include postal unit, or zone number in your address. Pattern Department, The Charlottetown Guardian, Pattern No. 2538.

BLACKHEADS  
Get two ounces of peroxide powder from your druggist. Sprinkle on a hot, wet cloth and apply to the face gently. Every blackhead will be dissolved. The one safe, sure and simple way to remove blackheads.

