

Woman's Realm Social and Personal Fashions Literature



To a King's taste!

KING COLE COFFEE

VACUUM-PACKED

If you LIKE asparagus... you'll LOVE Aylmer Asparagus Soup



You'll love the tender cuts of "spring-picked" asparagus

...floating in this rich, creamy soup with the wonderful flavor



...no nourishing, so delicious... an Aylmer treat for asparagus lovers that you'll want to enjoy often.

AYLMER Asparagus SOUP

YOUR FAMILY DESERVES AYLMER QUALITY

That Body Of Yours

By James W. Barton, M.D.

PAIN: ORGANIC OR FUNCTIONAL

The modern physician would not like to be without the aid of a laboratory, either connected with his office or at a nearby hospital. It is a great help in making a complete diagnosis, and thereby getting early treatment to the patient, to know that a certain suspected disease is or is not present.

However, physicians today, while still using the aid given by the laboratory, spend more time studying the personality of the patient as far as this is possible in home or office visits. Thus they learn many things about the patient that the laboratory cannot tell them.

In "Journal of the Canadian Medical Association," Dr. Dean Macdonald, St. Catherine's, states that people, sick or well, are never alike. They are different in their conscious and their unconscious responses, physical, mental and emotional. Therefore they should be just as individual and different to the physician as they are to themselves. This means that the physician must "understand" the patient and the symptoms, as stated by the patient or found by the physician, must be considered from the standpoint of the emotional stability of the patient and his surroundings at the time of his work. The most important point here then is that the physician must be a good "listener." Any lack of interest on the part of the physician as the patient tells his "story" gives the patient the feeling that the physician is not deeply interested in his case and there is little use in going into details about his symptoms.

A large number of patients either cannot or will not accept, reject, or change their mental or physical surroundings. This is why they develop frustration, fear, anxiety, hostility—that is, from depressed conflicts. Because they have no normal outlets for these emotional conflicts, they must have an abnormal outlet. The outlet may be an abdominal pain or other pain. It is at this point that the family physician who "knows" the patient, can explain how repressed emotions (conflicts) can actually cause pain in abdomen or elsewhere in the body.

As Dr. Macdonald's article was on abdominal pain his little epigram, "You do not get peptic ulcers from what you eat. You get peptic ulcers from what is eating you" is particularly appropriate.

Better English

By D. C. Williams

1. What is wrong with this sentence? "It looks as though it was going to snow."
2. What is the correct pronunciation of "facetious"?
3. Which one of these words is misspelled? Preentious, preposterous, presumptuous, pertinent.
4. What does the word "capituous" mean?
5. What is a word beginning with ump that means "making no display, or outward show"?

ANSWERS

1. Say, "It looks as if it were going to snow." 2. Pronounce face-tious, as in ask unstressed, e as in see, accent second syllable. 3. Presumptuous. 4. Aipi to catch at faults. "A vulgar man is capitious and jealous." — Chesterfield. 5. Unpretentious.

Modern Etiquette

By Roberta Lee

Q. How does one give a cocktail party?

A. Invitations to these affairs are very informal, usually in person or by telephone. The usual hours are from five to seven p. m., or sometimes later to suit a special occasion. Cocktails and appetizers are served. A thoughtful hostess will also provide fruit juice for those who prefer it. Refreshments and conversation provide the entertainment.

Q. Should one ever select a wedding gift that is something only the bride can use, if one is not acquainted with the bridegroom?

A. No; always select something that can be used and enjoyed by both the bride and bridegroom.

Q. Should the man or the woman make the move to stop for conversation when they meet each other on the street?

A. It is up to the man to do this.

The Stars Say --

By Genevieve Kemble

For Friday, November 11

A PARTICULARLY lively and possibly dramatic state of affairs is forecast, in which it is probable that the accent may be placed upon the purely personal, romantic and surprising. In such connection it may be well to anticipate the unforeseen and unpredictable—suddenly arising from nowhere, with stirring denouement, probably dramatic change. In all contacts and alliances use exceptional discretion. Make no move under strain or excitement.

If It Is Your Birthday

Those whose birthday it is, may be prepared for a sudden and radical change of tempo, new adventures and experiences, particularly in relation with the private, domestic or affectional life. As well, creative talents, ingenuity, flashes of genius, may be dramatic and incite high ventures possibly in untried fields or contacts. While the change may be dynamic, unpredictable, it would be wise to meet the rapturous onrush with composure, careful appraisal and discretion, lest blunder or excitement mar the happy occasion.

A child born on this day should be exceptionally talented, creative, romantic and adventurous, likely to fly into strange ventures without much analysis, or precaution.

Cook's Corner

SAUCES FOR COOKED CAULIFLOWER HEAD

1. 1 1/2 cups medium cream sauce seasoned with 1/4 teaspoon nutmeg.
2. 1 1/2 cups medium cream sauce with 3/4 cup grated cheese added.
3. 1 can condensed mushroom, celery or onion soup, with or without 1/2 cup grated cheese added. Cheese may be cheddar or process (plain or pimento).

SCALLOPED CAULIFLOWER

1. medium head cauliflower (3-3 1/2 lb.)
- 1 1/2 cups of any of the above sauces.
- Buttered bread crumbs, grated

DOROTHY DIX SAYS -

No Letters

Mother Asks Why Children Don't Write Home To Anxious Parents

DEAR MISS DIX: How about the children who do not write home to their parents? Our son left us more than two months ago and has never written us a line. The days drag by and we long for just the sight of his familiar handwriting. We don't care if he is not making good. We just want to know how he is. Why do children never write home? We ask ourselves: "Do they miss me at home?"



MRS. H. G. C.

ANSWER: To say that it is lack of thought instead of lack of love that keeps children from writing to their parents does not excuse their cruelty. Neglect can be as much a crime as any other act, and nothing can palliate the offense of forgetfulness of a father and mother whose whole lives are wrapped up in their sons and daughters and who have no interest in life outside of them.

The young seldom mean to be unkind or ungrateful to their parents, but they are selfish and self-absorbed in their own affairs. They forget that every little detail of their lives is of more importance to their parents than a world cataclysm would be.

SONS CHIEF OFFENDERS

The sin of not writing home letters is one that is oftener committed by boys than girls. Very few daughters forget how eagerly their parents await news of the birds that have left the home nest. But it is a common thing for men entirely to evade the duty of writing to their mother and father. Sometimes a man's only letter to his mother is a short formal note dictated to his secretary. Most married men wish the job off on their wives, which is a poor makeshift, because no matter how much a mother likes her daughter-in-law, it is her son who is the core of her heart and from whom she wants to hear directly, not through a third party.

Life isn't very gay in the old house after the children leave it. The days are long and empty and the only thing that brightens them are the letters from the sons and daughters that tell of their love and remembrance of the old people, and that bring to them new life by making them sharers in their children's lives.

Think of the pleasure that a letter can give, you selfish children who never write home, and sit right down as soon as you read this and write mother a love letter.

DEAR MISS DIX: Is there any excuse for young people in love being unconventional and disregarding the marriage vows? I am very much in love with a man of 28, who is practically unemployed. It would be absolutely impossible for us to get married. He argues that love is the only thing that matters and that marriage vows don't make people true to each other. I have suggested that we be married secretly, but he feels that such a marriage would be sacrilegious and not a true marriage at all because we would be dodging the responsibilities of marriage. What about it?

ANSWER: The commandment: "Thou shalt not commit adultery" is not affected by economic considerations. Because a man is out of work and can't marry a girl doesn't justify him in leading her from the straight and narrow path.

I never heard so illogical a set of arguments as your friend advances. How does he figure out that a secret marriage is sacrilegious while a liaison is righteous? I do not approve of secret marriages because I think that a man and woman who mean to live together should have the courage to come out and do it openly. But a secret marriage, where a woman can produce her wedding lines as a proof of her honesty, is certainly much better than a hole-and-corner intrigue.

Of course marriage vows don't make people true to each other, but they help. There are many marriages that endure for a lifetime, but there are very few liaisons that last more than a year or two. Any girl to whom a man proposes a free love union instead of an unbreakable do-us-part one may be very sure that the free part comes in his feeling free to leave her whenever he gets tired of the arrangement.

DEAR DOROTHY DIX: What can you do with a housekeeping crank? I have a sister who was born with a scrub brush in her hand and she makes us all miserable with her incessant cleaning. Now is the time for cleaning and she is on a perfect orgy, and there is not a place from cellar to attic where we can sit down in peace.

ANSWER: Why, I'd leave her to her scrubbing and be thankful that she was doing it instead of I. Anyway, there is no arguing with a vacuum cleaner.

DOROTHY DIX cannot reply personally to readers, but will answer problems of general interest through her column.

Household Scrapbook

By Roberta Lee

Candle Grease

When candle grease has dropped onto one of your good rugs, scrape it off with a spoon rather than a knife which would injure the fibre. Press the spot through a blotter with a warm iron. Repeat until the grease is removed, shifting the blotter from time to time to keep a clean surface over the spot.

Baked Potatoes

Rub bacon fat or olive oil over the potatoes before baking and it will keep the skins from shriveling, and also add to the flavor.

Mending Marble

Broken marble may be mended by sticking the pieces together with a mixture of Portland cement and water in a very stiff paste.

Worry of FALSE TEETH

Slipping or Irritating?

Don't be embarrassed by loose teeth slipping, dropping or wobbling when you eat, talk or laugh. Just sprinkle a little PASTEEETH on your plates. This pleasant powder gives a remarkable sense of added comfort and security by holding plates more firmly. No gummy, gooey, pasty taste or feeling. It's alkaline (non-acid). Get PASTEEETH at any drug store.

How Can I!!!

By Anne Ashley

Q. How can I make good varnish for linoleum?

A. Melt a small amount of glue in a pint of water. See that the linoleum is clean and dry before applying. Apply with a paint brush at night and the surface will be dry and hard by morning.

Q. How can I remove grease spots from a carpet or rug?

A. Rub with a mixture of fuller's earth, oxgall, and water. Then rinse thoroughly with clear water, and rub as dry as possible with a dry cloth.

Q. How can I make glossy starch?

A. Try adding a few drops of glycerine to the starch and see if it doesn't give a beautiful gloss to the linens.

MARY, HOW DO YOU WASH MY SHIRTS SO MUCH WHITER THAN THIS NEW ONE?

NEW 1950 Rinso with Solium

GETS OUT MORE DIRT FASTER!

Gives more suds Richer suds!



Yes, New 1950 Rinso actually gets out more dirt—faster—makes washday easier than ever before! Gives more suds—richer, faster-working suds—with extra cleaning action! Get New 1950 Rinso—now at your dealer's in the big green box—for the whitest, brightest wash you've ever had!

Rinso with Solium!

Washes Clothes Whiter and Brighter Than Brand New!

SO SAFE FOR CLOTHES—SO KIND TO HANDS

ELLEN'S DIARY

By An Island Farmer's Wife

"Does it look like rain, Ellen?" James inquired of us moments ago, rousing from a refreshing nap on the couch in the kitchen, taking up we think the threads of thought severed at the approach of sleep. Farmers ask that these days, that continue to shorten, bring them only fair weather, so that the field work hastened now by the fraying season may be brought to an early close. Alone—and yet not actually solitary but with Pard a white scout in the dark to keep us company we have just come from an outing which at length had set us down at last's end. The night was still and possessed of that strange calm which precedes a change. 'Tis a bit cloudy, and foggy in places—but they clear away" we said. But James, who doubtless has had more than one spell of "regarding" during our absence shook his head "I'm thinking, Ellen," he commented "there'll be no saving of turnips tomorrow!"

We (James might chuckle at this) were "at the turnips" today, continuing a chore commenced the first of the week. It is an extended operation at best! At Alderlea because James is a farmer who likes to have an abundance of these succulent roots to feed to the stock. "What if their content is mainly water" he will remark "to my mind they make pretty good eating for them—or drinking, if you will!" Of course no vast acreage is devoted to their cultivation but on the other hand sufficient to keep the farmers engaged at their harvesting for a number of days. Today's takings dug by the potato digger, a method not entirely satisfying to James, a neat workman, were consigned to the barn-cellar, a sizable storage space reached by way of the barn floor. A broad chute conveys the turnips down the incline, though not always without some assistance. Here it is that "pale hands" or indeed any that are willing to lift a vegetable are in much demand to speed the chore.

In the afternoon James had appeared in the kitchen "to see how the time is going." In reply to our inquiry they were "getting along—pretty well, but if we just had someone to help a little in the barn" where we were led to believe the work was only nominal if necessary. It was a nice place to come to. The sun cast a shadow like Summer by the open door, and burnished the drab meadow beyond, where the cows and their youngsters grazed. Clouds considered along the blue above a hill-top, and at the sky line a wild apple tree was spread with ruddy fruit, that shone in the sunlight.

Barns continue much surety for farm folk these days—mows that burst at the seams with hay; lofts with straw; granary coffers replete filled to the dimness of rafters with a golden reserve and now a cellar filling with roots. At her fancy, granddaughter caught rides on the farm-car or remained with us to chatter and laugh at a variety of callers: a sprightly bouquet of piglets, noses clayed, and inquisitive; a dainty pullet searching morsels to complete "the makings" of a breakfast egg; Tabby keeping quiet and ward in a snug corner; the black pup anxious about our small girl's whereabouts; a bevy of sparrows with common instinct and swift wings alight near the doorway, and all about us the delight of a fair but fleeting Fall day. A pleasant spell we spent there this afternoon, when we helped the farmers as they harvested and stored the rows of turnips.

Our excursion this evening took us to attend a showing of "The Snake Pit" in the city. We remember that the name had aroused our curiosity when the book chanced into our hands, and it was a similar sentiment, a curiosity as to how it would be filmed which carried us off from the home fire tonight. It was interestingly done, in fact extremely well we considered—this story of the woman sick in mind and bewildered, and in time, healed and restored to her home, and husband. Educational and most interesting as the probable causes of the illness were determined, the source going back to childhood years. And in the unfolding of the story, it came to us, how woven together and inter-dependant are mind and body—and soul, and what a vast responsibility this business of child rearing brings to parents, in order that their small ones may develop sound minds in sound bodies. It must be undertaken with patience, with wisdom, with firmness yet, withal with mercy, with loving love... and prayers. Until tomorrow... Diary—Good-night...

Quick'n Easy Meal—only pennies a serving!




CANNED SALMON croquettes

- 1 lb. Canned Salmon
- 1/4 cup bread crumbs
- 1 tbsp. minced onions
- 1 cup thick white sauce salt and pepper cayenne
- 2 tsp. lemon juice crumbs and 2 eggs

Combine salmon, white sauce, and seasoning and lemon juice. Chill and shape. Roll in bread crumbs, then in egg and again in bread crumbs. Fry in deep fat (380 degrees F.) for 3-5 minutes. Drain. Serves 4.

Serve Canned Salmon often... it's so economical

CANNED SALMON

Associated Salmon Cannery of British Columbia

Always Travel with **ENO'S "FRUIT SALT"**

Mild Antacid • Gentle Laxative



Don't Make This Mistake When Child Is Constipated

Don't upset a child already upset by constipation with nasty-tasting laxatives or harsh, gripping cathartics. Give children's Own Tablets. This new corrective made especially for growing youngsters' needs is so pleasant to take—acts so gently and normally without disagreeable reactions that even the fussiest child won't object to their use. Make laxative-taking time easy on the child and yourself. Mother! Get Children's Own Tablets today at your druggist. 20c.