

# Woman's Realm Social and Personal Fashions Literature

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**How Can I!!**

By Anne Ashley

Q. How can I launder pink cotton materials successfully, and set the color?

A. The color can be made fast by using "red" instead of the ordinary "bluing." This coloring can be made by boiling a piece of Turkey red material in water, bottling and using in the same manner as bluing. It is well to test the color before using.

Q. How can I remove paint stains from fabrics?

A. Saturate two or three times with equal parts of ammonia and turpentine, then wash thoroughly in soapuds.



**Bread ON THE TABLE**

.... THE MEAL IS READY

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**ISLAND MAID**

STEWART BAKERIES LTD.

CHARLOTTETOWN, P. E. I.

## DOROTHY DIX SAYS—

### Son's Inconsiderate Wife

**Mother-In-Law Has Self To Blame for Treatment She Gets**

DEAR DOROTHY DIX: I have a friend who is the finest, gentlest, most understanding and unselfish woman I have ever known. She has an only child, a son, who was married a couple of years ago to a girl who made him give up his religion and join her faith. This hurt the mother, but she made no objection as she said if he was happy that was all she wanted.

My friend has tried very hard to be friends with her daughter-in-law, but she repulses her, although the mother denies herself to give the girl pretty things and does everything in the world that she can to make her happy. The wife does not permit her husband to go to see his family, except for very brief visits, and she never goes herself.

They are planning to give a big party to celebrate the arrival of their first baby, but the husband's family is not invited. What do you think of that?

**ANSWER:** Well, I've got three thoughts on the subject. The first is that the young man who forsakes his God and his mother to prostitute a mean, selfish, tyrannical girl has sold his soul to the devil. He is a poor, weak, spineless creature who will never amount to anything in the world, and he will get a punishment that fits his crime because his wife will be a grinding tyrant who will crush the very life out of him.

**LACKS QUALITY**

My second thought is that any woman who will deliberately try to separate her husband from his own people is utterly lacking in conscience, generosity and every quality that makes a woman lovable, and that sooner or later she will have to pay for having needlessly wrecked an old woman's happiness. For as we saw, we reap.

My third thought is that when a child treats his parents with no respect, affection or gratitude, it is the parents' fault. Especially the mother's. She bred weakness in him instead of strength. She taught him no self-control. She made a doormat of herself and he kicked her around as we all do doormats. Of all people in the world it is the mother who reaps as she has sown.

DEAR DOROTHY DIX: I am 20 years old and have been married for two months. My husband and I love each other, only I am very jealous and I find myself constantly watching him and wanting to know where he has been, what he and his friends have talked about, and then after he tells me I say I don't believe him.

The only reason I can give for my jealousy is because when I was 13 years old my home was broken up by a woman with whom my father fell in love, and it has left me with a constant fear of Other Women and what they could do to make my life unhappy.

**ANSWER:** I don't think that any Other Woman could possibly do so much to wreck your marriage as you are doing yourself with your constant suspicions of your husband. Love is not built on fear and doubt. Its foundation has to be faith and love. You must drive your husband away from you than by making him a prisoner of love. When the time comes that a husband has to be put through the third degree by his wife every time he steps out, and made to give an account of his every action and then be accused of lying, it is all over between them except getting the decree absolute.

DEAR DOROTHY DIX: During my marriage of three years I have fallen in love with a young woman who is also married and who says that she will marry me just as soon as she can get an "excuse" for leaving her husband. So far she hasn't any as he is very good and kind to her.

After my wife and I separated for the first time, she politely informed me that she was living the way she had always wanted to. Please let me know what her real intentions are.

**ANSWER:** Who can read a woman's mind and know what is in it? Not I. But my guess is that she likes the freedom of not being tied down to a husband. Or, perhaps, she gets more money as alimony than she did when she was doing her cooking, washing and ironing for her board and keep.

## That Body of Yours

By James W. Barton M. D.

**DISEASE IN ABDOMEN CAN CAUSE BACKACHE**

I often write about backache because so many men and women suffer with it needlessly. A backache not only causes pain but is a mental hazard all day and, in some cases, all night.

In a general way, if the pain in the back is worse when the patient is on his feet, it is caused in most cases by a strain or even sprain about the joints of hip and spine. The patient can get into a "restful" position at night and be free of pain until he gets up on his feet in the morning. If, however, the pain during the night, cannot get in a restful position, back is stiff and sore in the morning but loosens up and becomes less painful while he is on his feet, the pain in most cases is caused by infection. It is possible to have a sprain or other injury and also have infection, which means that pain may be present day and night.

That pain in the back, extending from the lower part of spine and hips up as high as shoulder blades, may be due to a large abdomen is known. By applying an abdominal belt or an "uplift" corset, almost immediate relief is obtained. That pain in the back may be the only complaint caused by some condition or disease in the abdomen is reported by Drs. Henry J. Tumen and Joseph G. Yaskin, Philadelphia, in "Gastroenterology" (stomach and intestines). Some of these diseases are peptic ulcer, inflamed pancreas, inflamed large intestine, gallstones, air in stomach, gas in lower bowel (colon), and grow.

How can the physician and patient tell if the backache is caused by strain or infection in the back joints and muscles, or by some disease in the abdomen?

Backache due to disease in the abdomen is not accompanied by muscle pain, loss of movement in the back muscles and hip joints, or change in curvature of the spine. When disease in abdomen is the cause of backache, the patient gets about during the day without much difficulty but has considerable pain during the night; he cannot lie on his back but must lie on either side with back bent.

As a cause of backache we can

## Cook's Corner

**RHUBARB ROLY-POLY**

2 cups pastry flour  
3 teaspoons baking powder  
1-2 teaspoon salt  
4 tablespoons shortening  
2 tablespoons sugar  
1 egg  
Milk  
Sliced rhubarb

A little melted butter and a little extra sugar.

Sift and measure flour and sift again with baking powder, salt and sugar. Cut in shortening. Break egg into measuring cup and beat lightly with a spoon.

Fill cup to 2/3 full with milk, add to dry ingredients, and stir slightly on floured board and roll to 1/4-inch thickness. Brush with melted butter and sprinkle lightly with a little sugar. Cover with thinly sliced rhubarb, roll up like a jelly roll, cut in slices, place cut-side down in well-greased cake pan, allowing a little space between each round. Pour over the following sauce and bake at 375F. for 30 minutes.

**SAUCE**

1-4 cup white sugar  
1-4 cup brown sugar  
3-4 cup boiling water  
1 tablespoon flour  
1 tablespoon butter  
Juice and grated rind 1-2 lemon.

Combine white sugar, brown sugar and flour well together, stir in boiling water and juice and grated rind of lemon. Lastly add butter. Boil hard for 5 minutes.

now add disease in the abdomen.

**CHRONIC RHEUMATISM AND ARTHRITIS**

Sufferers with chronic rheumatism and arthritis will find many helpful suggestions as to diet, heat, massage, and other aids in Dr. Barton's booklet entitled "Chronic Rheumatism and Arthritis." To obtain it, just send 10 cents and a 3 cent stamp, to cover cost of handling and mailing, to The Bell Syndicate, in care of this newspaper, Post Office Box 99, Station G, New York, 19, N.Y., and ask for your copy.

## Living & Leisure THE WOMAN'S REALM

**ONE STEP AT A TIME**

One step and then another, And the longest walk is ended; One stitch and then another, And the longest rent is mended; One brick upon another, And the highest wall is made; One flake upon another, And the deepest snow is laid.

Then do not look disheartened, On the work you have to do, And say that such a mighty task, You never can get through; But just endeavor, day by day, Another point to gain, And soon the mountain which you feared Will prove to be a plain.

Life-Saving Scout and Guard.

**SHALLOW BREATHING**

It has been calculated that, while a healthy man's chest contains nearly 200 cubic inches of air, in ordinary breathing he only takes in and sends out again at each breath about twenty inches, the size of a large orange. Making about fifteen inspirations a minute, he ventilates a cubic foot of air every six minutes, and this, mixing with the air around, makes about twenty cubic feet of air unfit.

One or two sums in multiplication will quickly show from this

the urgent need of fresh air in the home!

**Hints on Etiquette**

If a death occurs in the family when preparations are under way for a wedding, and if circumstances make it necessary that the wedding be not postponed, the ceremony should be simple, with only relatives and very close friends present.

Two things we ought to learn from history: one, that we are not in ourselves superior to our fathers; another, that we are shamefully and monstrously inferior to them, if we do not advance beyond them.

Thos. Arnold, D.D.

## The Stars Say -

By Genevieve Kemble

For Saturday, July 12

The astral indications point to the happy and cheering combination of successful and prosperous business, initiative and practical effort, and affectional culminations, to cherished hopes and wishes. There is an undertone of the elevating and exalting, in which beauty, charm, romance and culture, have more than usual power to give happiness and success. Much progress toward the climax to such benign goals may be made by concentrated and constructive expression.

Those whose birthday it is may anticipate a year of exceptional and felicitous progress, in which enhanced creative abilities, in the quest of beauty, charm, grace and real values may be accelerated by energy, initiative and practical effort. While ideals, aspirations or spiritual values may be at the root of such activities it will take determination and constructive plans if such high objectives are to find real objective reality through its concentrated energies, and inspirations as well. Beauty and grace may prove a valuable asset.

**Ellen's Diary**

By an Island Farmer's Wife

The moonlight made a bewitching path of silver along the surface of the pond water, when I came by there a few minutes since on my way home from our 'Aid. It was held this evening at a house on the Spruce Grove road, the by-road which meets ours and the highway out at the corner store. It is a pretty road where farmsteads sit snug amid the green trees of orchard or grove. The alders cast quiet shadows along the pond and I stopped a long moment on my gang-way bridge the better to enjoy its loveliness. A moon at full combines to give even the commonplace, a beauty that may not be found by day. So cool the pond and I stopped still, except for the small musical wash of water against the bridge in its flowing. A lonely spot in its quietness. A line of one of Coleridge's poems came to mind, but in this case only to prove it contrary: "So lonely 'twas that God Himself scarce seemed there to be." My surroundings held none of that desolation but there if one loitered one might catch sight and sound, in the very beauty and silence, of that peace which is so difficult to define but all so precious and restful and easily found in many an Island place.

## Morning Smile

"Did you cancel all my engagements, as I told you, Smithers?"

"Yes, I did. I'm sorry, but I didn't take it very well. She said you were to marry her next Monday."

Capital washing-gloves may be made out of the least worn pair of old bath towels which are discarded. They should be cut to the required shape and neatly bound at the bottom. White knitted gloves would also be most useful for washing with, and separate fingers would get into difficult corners.

**Success every time?**

**Use Silverwood's EVAPORATED MILK**

Housewives recognize the dependable uniform goodness of Silverwood's Evaporated Milk... know that it adds true, fresh-milk flavor to their favorite recipes, wherever milk is used. Ask for Silverwood's Evaporated Milk in the Red, White and Blue Tin at your grocer's today.

**BLACKHEADS**

Don't squeeze blackheads—dissolve them. Get two ounces of peroxide powder from any drug store and apply gently with wet, hot cloth over the blackheads. They simply dissolve and disappear by this safe simple method.

**FOR Goodness' SAKE Buy BUTTER-NUT BREAD** always fresh

Eastern Bakeries Limited

**Modern Etiquette**

By Roberta Lee

**Household Scrapbook**

By Roberta Lee

**ICE CREAM**

Everyone has seen the clerk at a confectionery store use a wet scoop before serving ice cream. If this is done to the spoon at home, it will take less time to serve the ice cream. Wet the spoon each time before taking the cream from the container.

**CLEANING HINT**

If a garment has been cleaned improperly and a ring has been left in place of the spot, try steaming the mark over the spout of the tea kettle. This will frequently remove the ring.

**Better English**

D. C. Williams

1. What is wrong with this sentence? "He would sooner starve than work."

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

3. Which one of these words is misspelled? Hesitancy, profligency, dependency.

4. What does the word "venerate" mean?

5. What is a word beginning with "g" that means "authentic"?

**ANSWERS:**

1. Say, "He would rather starve than work." 2. Pronounce ban-kuw-et' as in an, and not ban-kwet' as in an, and not ban-kwet. 3. Dependency. 4. To regard with admiration and deference. "I venerate the man whose heat is warm." 5. Genuine.

## Needlecraft FOR THE HOME

**STRIKING SIMPLICITY**

Perfect for every casual occasion, this beautiful dress uses just a sprinkling of scallops on the cap sleeves, V-neck, and button-front waist for accent. You'll want to add big bright buttons—and, to cinch it all, your favorite wide belt.

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