

# Woman's Realm Social and Personal Fashions Literature

Orange Pekoe Tea Bags

## RED ROSE TEA

is good tea

### That Body Of Yours

By James W. Barton, M. D.

#### MEDICINE AND DIET CONTROL MOST CASES OF EPILEPSY

After seeing several individuals in an epileptic attack, I often wondered whether these victims would be able to live useful and happy lives.

The young patients could not go to school or elsewhere. This great change has been brought about by research workers in epilepsy, who are now able to distinguish between epilepsy and other mental and emotional ailments.

The use of the electroencephalograph, which records the movements of the brain as does the electrocardiograph of the heart, is a great step forward in understanding and treating epilepsy. The other important step in making life worth living for the epileptic is the discovery of new drugs—the barbiturates and others.

During the last century before this century, practically no treatment was available to prevent attacks—was known and the general feeling—bromides—were the only treatment.

The general feeling until a few years ago was that "nothing could be done about it, that epileptics were insane, that they couldn't live normal lives." It is thus not hard to understand why young epileptics were a tragic problem to themselves and to their parents.

With the new treatment of epilepsy—medicine and diet (increasing fats, decreasing starches)—about seven in every ten cases of epilepsy can be completely controlled and others helped to a considerable extent.

#### DIET SUGGESTIONS IN EPILEPSY

Attacks of epilepsy may be very greatly lessened or even prevented by more attention to diet. Send 5 cents, coin preferred, and a 3-cent stamp, to cover cost of handling and mailing to The Bell Syndicate, Post Office Box 99, Station G, New York 19, N. Y., and ask for the Barton leaflet called "Diet Suggestions in Epilepsy."

### Modern Etiquette

By Roberta Lee

Q. How does a married woman's manner of signing her name to a formal letter differ from her signing of a hotel register?

A. A married woman signing a formal letter should sign her name "Helen R. Thompson," and then either below this signature or in the lower left-hand corner of the page added in parenthesis "Mrs. John J. Thompson." When she is registering alone at a hotel, she should sign only as "Mrs. John J. Thompson."

Q. When a man is being introduced to a girl, is it proper for him to offer her his hand?

A. No; he should wait for the girl to offer her hand, if she cares to do so. This is her privilege.

Q. Who should enter the hotel dining room first, the man or the woman?

A. The woman.

### LUMBAGO? Give It Instant Relief!

For the piercing pain of lumbago and the tormenting aches of rheumatic distress, which afflict so many, it is so efficient, so quick to bring comfort and relief as Nerviline? It penetrates through the tissues quickly; it drives at the core of the pain, draws the blood from the congested area and thereby relieves the pain. Those who suffer from stiff joints, swellings and rheumatic conditions should use Nerviline. Where ordinary methods fail, Nerviline can show its power, safe, quick to act, powerful and penetrating. Nerviline is efficient for lumbago, lame back, sore muscles, rheumatic pains, lumbago, sciatica, at all dealers.

### Household Scrapbook

By Roberta Lee

A cement can be made that will mend almost anything around the home by mixing 1 quart of wood shaves, 1/2 cup of table salt, and enough water to give proper consistency. The dark appearance at first will afterwards turn almost white.

#### Eye Wash

If the eyes are inflamed after a severe eye strain, wash them with warm salt water to cleanse and soothe them, using a half-teaspoon of salt to one pint of water.

#### Warmed Foods

Some warmed-over foods will have as good a flavor as originally if done properly. Do not bring the food in direct contact with the heat. Instead place it in the double boiler and steam it.

### Ellen's Diary

By an Island Farmer's Wife

Cool showers this morning which early gathered the ewes and their lambs to the shelter of a shed, and as well put an end to all thought of field-work for the day, provided an excellent opportunity for our farmers to lend Bob help at a spot of potato-grading there. At their going, following close on the heels of the choring, a strange stillness and an air of desertion stole over the place, and I found myself interrupting our interests to linger near a window and wondering about the unusual quiet remember that the two were away. At parting James came in briskly to remind us to be careful of the fire. Ellen, when we're not around," a caution we always consider unnecessary and more so today because an example of being good and but a bad master was brought with moments of anxiety to our attention as recently as yesterday.

Then it was, and as "nobody's fault," a big fire which will take "an armful of boards or more and a bundle or so of shingles to repair the damage" happened in a pump-house at the place on the hill. Fortunately the outbreak was soon noticed—trust James to be among the first to spy the burst of smoke!—and quickly conquered, but not without a period of misgiving and labor on the part of the household and the helpers that soon forgotten. If the family had chanced to be absent or others had failed to see it, it might have developed into a sorrowful sight, which would have left the entire homestead in dark ruins in very few hours. "That, Ellen," James commented when he returned "should be a lesson to all of us to be a bit more careful of fire—everything being tinder-dry at the moment!"

Yesterday's visitors to Alderlea included one that sometimes criticized but most respected and necessary profession—a school ma'am. She is a farmer's wife recently pressed into service to "fill in" in the school of her home community after being absent from teaching for many a year. "But it comes back to one, Ellen," she said, "having once taught, it is quite natural to be teaching again. My young daughter is among her pupils, and has doubtless been a means of keeping her mother, currently up-to-date and in touch with the methods of teaching. Older and modish ladies, young and older and pretty in new Spring outfits and hair-dos, which some way are in keeping with the freshly clothed fields and trees of the countryside were visitors to well, from a distance, and their husbands taken up with interests and cares like our own were taken by James to look upon the livestock in stable and sty. It is a rooming, which James at home or abroad enjoys, he finding much pleasure always in flocks and herds and fields.

At Rob's today Jamie was off in the rain to school and his brother improved in health, though not yet entirely rid of his cold, was back to his busy round of play in the kitchen. Here, to a bid for a dowd she could not have in the prevailing dampness, grand-daughter stole away from the house across the lane to visit us breathlessly, and with rain-drops clinging to her curls. Her entrance is a signal for a bouquet of cats and a pup to follow close at her heels. . . . But now on a night that the moon, shining down to me, a friendly glow in the prevailing silence and darkness. And our small maid is abed and asleep, a faded and faded blanket, which seems to hold some peculiar comfort for her when bed-time comes round, rolled tightly as a doll is held in her arms.

She is our care at the moment here in this house across the lane during her parents' absence tonight. James' bed-lamp which awaits a partner's box-consumption, shines down to me, a friendly glow in the prevailing silence and darkness. And our small maid is abed and asleep, a faded and faded blanket, which seems to hold some peculiar comfort for her when bed-time comes round, rolled tightly as a doll is held in her arms.

### DOROTHY DIX SAYS—

#### Divorce With Bonus

##### Wife Demands Devoted Mate Sell Home To Finance Her Re-Marriage

DEAR DOROTHY DIX: My wife and I have been married for 14 years. We have a lovely home. She has never wanted for anything. I have been very faithful to her all these years and we have been very happy together. But six weeks ago an old flame of hers came to see her and told her that he still loved her. He is married and has two children, and he has not been able to divorce his wife as she has given him no cause.

But now my wife wants me to give her a divorce so she can marry this man. She also wants me to sell our home and divide all of our property 50-50. I love my home and my wife and I don't want to give either one up. She has absolutely no grounds for divorce as I have been very good to her all through the years.

Do you think I should give her a divorce and sell my home just so she can go to another man? HEARTSICK

ANSWER: Your wife must think you are of an exceedingly accommodating disposition if she thinks that she will sell your home in order to finance her love affair with another man. Apparently the lady had no fault to find with you as a husband until the old sweetheart bobbed up, and as she wants to be paid for divorcing you, while you want to keep her, it doesn't look as if she would have a very good case in court.

One of the things in marriage that would be humorous if it were not so tragic, is the way so many men and women revert to their first loves long after they have married, reared a family, and lived a comfortable, contented, Darby and Joan life together. It is the eternal craving for romance, for youth, of those who realize that they are hearing the last call to the dining car and who feel that they must have one more bite of the cake.

#### NOSTALGIA FOR YOUTH

It is this nostalgia for lost youth that is at the bottom of so many divorces of elderly people. It is what ails your wife and this other woman's husband. They delude themselves into thinking that their great love was for their boy or girl sweetheart. They do not realize that glamor is a garment we wear but one.

So my advice to you is not to give your wife a divorce, but to let her have her little romance about her first love. Our first sweethearts would bore most of us to death if we had much of their society.

DEAR DOROTHY DIX: I am a girl of 19. For the past two years I have lived away from home with my aunt and uncle and cousins, and my parents treat me as if I were a small child. Every time I say I am going somewhere, no matter how innocent it is, they put me through the third degree about where I am going, why I am going, whom I expect to see, and so on and so on. They even disapprove of my spending the night with my best girl friend and think there is some deep, dark plot attached to it.

My brother, who is only 15 months older than I am, is free to go and come as he pleases, but I am practically a prisoner. I know my parents love me and want to be kind, but I just can't stand living at home any more and being treated like a baby. What can I do? JOYCE

ANSWER: Nothing, except leave home, and that you don't want to do. But your parents are like so many other fathers and mothers—they are sold on the idea that a 19-year-old girl hasn't enough sense to keep out of the fire and that if they don't watch her at every turn she will lead an abandoned life.

Why parents think that girls who have intelligence enough to hold down good jobs and who have made themselves self-supporting are so feeble-minded that they can't be trusted to take care of the money they earn, and that Mother takes from them, and why they think that a girl who works every day side by side with men, who treat her just as they would their own sisters, is in mortal danger of being ruined if she goes out with one of these same men to the movies, no one knows.

But it explains why girls leave home; why they don't confide in Mother, and why so many girls marry to get a little freedom.

DEAR MISS DIX: I am going with a man who is about 23 years old and I am only 18. I am very fond of him, but he only comes to see me once a week. I telephone him every other night because he asks me to do so. Do you think it is wrong for me to call him? V. H.

ANSWER: There is nothing wrong about it, but it is the worst possible policy. When you throw yourself at a man's head, he always is coming, or try to pin him down to a date. Make yourself as interesting as you can. Show him that you enjoy his society. But make him feel that you can take him or leave him.

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

now cutting a bright swath in it, that illuminates the surroundings with much charm, a machine welcomed by Paul's sharp bark enters the driveway. They are home again.

Until tomorrow . . . Diary . . . Good-night. . .

"Why don't you take him into partnership?" "Well, he was engaged to my wife before I married her. I'm not taking on a business partner who's smarter than I am."

MADE DYES Before the First World War, Germany made nearly 85 per cent of the world's dyes.

### How Can I!!!

By Anne Ashley

Q. How can I remove a glass stopper without breaking it?

A. Take a turn or two around the neck of the bottle with a strong string, and while someone holds the bottle, work the string by sawing it back and forth. This expands the neck of the bottle by heat caused through friction, and the stopper can then be easily removed.

Q. How can I make a mouth wash?

A. By mixing twenty drops of tincture of myrrh in forty teaspoonfuls of water. This solution is both healing and cleansing.

Q. How can I make poached eggs hold together?

A. Add half a teaspoonful of vinegar to poaching eggs, and it will cause them to hold together. This will have the same effect on fish.

### The Stars Say—

By Genevieve Kambic

For Tuesday, May 31

THE auspices are for a more than lively day, with the energetic and ambitious pitched into highly constructive fields. Matters of major importance should be pushed aggressively, and with determination for accomplishment of cherished objectives. There may be a drive into new fields rather than expending the resources on established projects. New and untried opportunity could attract the attention and rewards of public recognition.

For the Birthday

Those whose birthday it is are assured definite and concrete activity in putting over desired objectives, with daring constructive ability and persistent efforts, aggressively and with quickened vim and high concentration. Such well-developed initiative and enterprise are in line for approbation of public and private interests, in which returns may be exceptional. Work to such goal.

A child born on this day, is well

### Hobbies Of Local Citizens

By Uncle Joe

Besides looking after an invalid husband and a couple of teen-age daughters, Mrs. Dannie Gass of Cornwall takes care of a flock of hens and a milk cow, in addition to her household duties.

That in itself is quite an order; but this industrious woman has a flair for doing cross-stitch-embroidery mottoes, crochet work, punch work, cushion tops and what-have-you—all hobbies that go back to twenty years ago, when she learned to do punch work while living in Boston.

One of her cross-stitch-embroidery mottoes, bearing the words, "Home Sweet Home," hung on the wall of the room where this interview took place. A more pleasing bit of needlework would be hard to find. The letters, wrought in gold thread, stand out beautifully on a dark background.

Mrs. Gass next showed the writer a few samples of crocheted patterns in the form of centerpieces and edgings, all designed and wrought by the hands of this skillful needleworker. Her latest venture in punch work is an 18 x 18 mat of Prince Edward Island, a most beautiful piece of handwork, showing the green fields, sky, and blue waters of the Gulf Stream.

Under the caption "Cushion tops" she has many applique-woven designs that are lovely, to say the least. Indeed, all Mrs. Gass's embroidery is par excellence.

Next, she brought out for my inspection a picture mat done with the finest of materials. This is a 36 x 48 piece with a white horse inclining his head over a railing surmounting an old stone wall. The background is made up of trees, sky and cloud, giving the entire setting a natural and pleasing effect.

Work of this type requires plenty of patience plus a lot of skill, but such is her hobby and she loves to do it.

### Happy-Go-Lucky

By Mrs. Harry Pugh Smith

She had said she could manage by herself. But nothing in the world had ever been sweeter than to have Tony there, petting her, smiling at her, holding her hand.

The doctor wiped off a place on her arm with alcohol. "I'm going to give you an injection of adrenaline," he explained. "In about half an hour you should get a great deal of relief."

The needle hurt a little and Barbara winced, but Tony squeezed her hand and the pain did not matter. Nothing mattered when Tony was there. Live without him! Surrender him to another woman! Never, never thought Barbara.

"Should you go to sleep now," the doctor said Tony before he left. Barbara began to feel better almost at once. Tony turned out the lights. He sat down upon the edge of the bed again. He took her hand. Barbara began to feel quite drowsy. The burning fluid was subsiding. "You needn't stay any longer, Tony," she whispered after a while. "I'm practically asleep."

Tony laughed. "Go on and sleep your head off. Sugar, I'll stay." "But you're missing all the fun," faltered Barbara. "Tony patted her hand. "Skip it," he said. "I'm not missing anything."

Barbara thought of Rosemary, then somehow Barbara could think of nothing except that it was heaven to have Tony there and she was very tired and going to sleep. "You're so — so — sweet, Tony," she said in a groggy voice.

Tony reached over and kissed her eyelids shut. "You were never hard to take, Mrs. Blake," he whispered.

And then Barbara did go to sleep. It was late in the night when she awoke. The big house was very still and Tony was in bed beside her, his arm across her protectively even in his sleep.

She was not sure how it had happened, but she knew that everything was all right again between her and Tony before he left. Barbara put her arms about his neck, which had been there a moment, Tony was aware of Barbara once more and in love with her just as he used to be. Rosemary did not possess even his imagination any longer.

She felt very well the next morning, everything considered. When she put on her new white sports dress with the red leather belt and the smart red sandals to match, she looked very pretty.

"Kind of strutting your stuff, aren't you, Mrs. Blake?" Tony inquired, leaning over and kissing the little hollow in her throat.

Barbara put her arms about his neck. "Like me, Mr. Blake?" "You're darned right!" exclaimed Tony a little huskily, kissing her again.

Yes, thought Barbara as they were going down the stairs together, everything was all right between them again, but she did not delude herself. It was because she had been ill and wretched and needed him and she was his wife and he had never let her down; he never would.

Even Rosemary was different that morning, subdued and a trifle piqued toward Tony, who teased her unmercifully after he beat her a

(Continued on Page 12)

THE MOST WONDERFUL BABY IN THE WORLD IS Yours!

The best that Canada grows is prepared especially for Canadian Babies by Aylmer

AYLMER is the only canned baby food sold in Canada that was developed exclusively for Canadian babies—under the guidance of leading Canadian Baby Specialists. The Aylmer guarantee of quality is backed by the largest canners of fruits and vegetables in Canada.

Your Baby will thrive on Aylmer

AYLMER BABY FOODS  
YOUR BABY DESERVES AYLMEER QUALITY

### Cook's Corner

#### PEANUT RICE REFRIGERATOR COOKIES

1/2 cup shortening  
1/2 cup peanut butter  
1/2 cup sugar  
1 1/2 cups oven-popped rice cereal  
1 1/2 cups sifted flour  
2 teaspoons baking powder  
3/4 teaspoon salt  
1-3 cup milk

Blend shortening, peanut butter and sugar thoroughly. Crush cereal into fine crumbs; mix with sifted dry ingredients. Add to first mixture alternately with milk; mix well. Shape dough into rolls about 1 1/2 inches in diameter. Wrap in waxed paper and chill until firm. Slice and place on ungreased baking sheet. Bake in moderately hot oven (325 F.) about 10 minutes. Yield: 4 1/2 dozen cookies (2 inches in diameter).

### Better English

D. C. Williams

1. What is wrong with this sentence? "I make this offer to your brother and yourself!"

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

3. Which one of these words is misspelled? Accommentment, accumulation, accomodation.

4. What does the word "evocation" mean?

5. What is a word beginning with tra that means "calmness; peace"?

#### ANSWERS

1. Say, "I make this offer to you and your brother." 2. Pronounce the u as in cube (not as in up), accent first syllable. 3. Accommodation. 4. The act of calling out or forth. "The evocation of that bet-spirit."—M. Arnold. 5. Tranquilly.

### No More Dosing For Constipation

#### ALL-BRAN

Famous cereal from women from laxatives

Searching desperately for constipation relief? Then read this unsolicited letter:

"For 10 years even strong medicines couldn't help me. At last my doctor in England advised KELLOGG'S ALL-BRAN. I began to eat this breakfast cereal and soon realized I was better. I eat ALL-BRAN regularly now and can definitely say I am free from constipation!" (Name given on request.)

You, too, may never have to take another harsh laxative for constipation due to lack of bulk in the diet. Just eat one ounce of KELLOGG'S ALL-BRAN daily—and drink plenty of water. ALL-BRAN is not a purgative, but a wholesome regulating cereal. Eat as a cereal, or in muffins for constipation relief. If after using one package you are not entirely satisfied, get double your money back as guaranteed on the package. Buy delicious ALL-BRAN from your grocer. Made by Kellogg of London, Ontario.

### Needlecraft FOR THE HOME

#### 'ROUND THE CLOCK

You can follow the sun around in this versatile princess frock! Topped with its matching bolero! It's a go-everywhere ensemble; minus the bolero, a shoulder-strapped star to catch every whisper of a breeze.

No. 2538 is out in sizes 10, 12, 14, 16, 18, and 20. Size 16 dress, 4 1/2 yards 35 inch; bolero, 1 1/4 yards 35 inch.

Send 25c 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 note, or zone number in your Address. Pattern Department, The Charlotte-Town Guardian, Pattern No. 2538

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ Province \_\_\_\_\_

BURNING FEET QUICKLY RELIEVED WITH ICE-MINT

### Morning Smile

The train came to a sudden stop, jerking the passengers around. "What has happened, conductor?" cried one nervous old lady. "Nothing much," said the conductor. "We hit a cow."

"No!" said the relieved old lady. "Was it on the tracks?" "No," replied the disgusted conductor. "We chased her into the barn."

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2538 SIZES 10-20

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BURNING FEET QUICKLY RELIEVED WITH ICE-MINT

Annex says: "It's really Home, Sweet Home when you use Extra-Soapy SUNLIGHT!"

WHITER YES, ALL-PURE SUNLIGHT GETS WHITER

BRIGHTER YES, ALL-PURE SUNLIGHT GETS BRIGHTER

LIGHTER YES, ALL-PURE SUNLIGHT MAKES WORK LIGHTER

Gets out more dirt—FASTER!

Keep your home cleaner, fresher with extra-soapy Sunlight! Its hardworking suds drive out deep-down dirt, make all hard-cleaning jobs easier. Washes come whiter, sweeter smelling. Dishes, pots and pans, floors shine. Sunlight's gentle on hands, too. Try it today.

A LEVER PRODUCT