

# Woman's Realm Social and Personal Fashions Literature

## Living & Leisure THE WOMAN'S REALM

### THE NIGHT HAS A THOUSAND EYES

The night has a thousand eyes. And the day but one. Yet the light of the bright world dies With the dying sun.

The mind has a thousand eyes. And the heart but one. Yet the light of a whole life dies When love is done.

—Francis William Bourdillon.

### THINGS TO KNOW ABOUT

The fine points of laundering are well-known by only a few housewives.

With most women, this usual process is followed: a brief soaking, a sudsing, two rinsings, hanging up of the clothes.

But here are some fine points... the essentials that most women overlook.

They take no more time than the usual laundering process takes. And yet they result in finer, fresher, cleaner clothing.

In dissolving starch, for instance, use cold or tepid water—never hot water.

When you cool the starch solution, keep your vessel covered to avoid the formation of scum on the surface.

When the solution is cool enough to handle, remove the lid and go to work immediately.

In dipping clothes, use a large pan for starching. Be sure that the garments you want to dip are damp, but not wet.

Do not use the starch solution in the starch solution till they're fully saturated. And dip the articles in the order of the stiffness desired; white pieces first, of course, to be sure no dyes run on lighter garments.

Writing out each garment over the pan which contains the starch—so that it can be used again for the remaining pieces.

In the sprinkling-clothes process watch these things: while drying, the clothes should have been hung up and free from wrinkles as possible.

When they're dry, sprinkle each piece evenly and lightly with warm water, then roll it tightly and smoothly. Lay all the rolled garments together in a covered bowl or tub, and leave them for several hours, or overnight so that each can get an even moisture distribution.

If you're ironing for any reason, is postponed or interrupted, place the bundle in the refrigerator, where clothes will be kept moist and safe from mildew danger.

In ironing, remember that flat dress always should be ironed parallel to the selvage edges. Embroidered pieces should be ironed wrong side up.

Shirt and blouses should be ironed in this general order: wrong side of cuffs, then right side of cuffs; next, sleeves; then wrong side of collar, right side collar; followed by yoke, back, and front side.

Dresses should be ironed in this order: sleeves first, then collar, waist and skirt.

Many housewives are puzzled by the problem of when to use cold starch. It's used for very sheer as separate collar and cuff sets and baby clothes.

Cold starch, when it's used properly, is very effective in permeating the fabric. And it saves time.

Boys and girls, the only one in all the world you can depend upon is yourself, says Angelo Patri.

Your greatest strength is within you and the only way you can develop it is to use it daily, hourly, every waking hour.

Fathers and mothers want to help you; so do the teachers. But they are prevented from doing anything that will be of real help to you—that is, promote your growth and ability—because Nature has decreed that the only way to growth and development is through and by one's own effort.

When a chum works out your algebra problem, a friend draws your map, a father or mother does your homework, you lose out. You lose the chance to add a bit to your understanding, to your ability, to your self-reliance.

The worker who grows, the worker who gathers power and gains prestige—never the one that is helped. Scorn help as you would the rubbish beneath your feet.

Try, every day, to do something you are shy of doing. Shyness is a kind of fear; and if it is allowed to master you, it will make you well high helpless and completely miserable.

If it is hard for you to say "good morning" to a teacher or meet in the hall, try smiling in a little bow. That's a beginning. Keep trying to utter that "good morning" until you succeed and discover that it is very easy, after all.

If you find some one thing hard to do, don't run for help. If it is necessary, ask to be shown how—once. After that, keep at it until you do it as it should be done; but don't depend upon someone else to help you out.

Be eager to try new ways. Be eager to have a hand in all that goes on about you. Learn to do anything anybody else does and do it as well. It is not possible to know too much nor to do too many different sorts of work. Skill is always rewarding. To be able to do what is necessary to be done at the time, is to be a highly successful, happy human being.

How much of a self-helper are you? How many times a day must you ask somebody for help? How often do you hold back when you long to go forward? Look at yourself in this phase of your life and see to it that you become less of a receiver and more of a giver of strength. Your strength is within you, waiting for you to release it through action. There is no other road to your growth, to your fulfillment. Help yourself.

### Colds

To relieve misery, rub throat, chest and back with comforting VICKS VapoRus

### Meet "Lucky"—The Hero



Alert hero dog is "Lucky," shown here with co-owners Myrna and Henry Stephens. Family was visiting Ottawa and Lucky was playing with another dog when the latter fell into the canal. Lucky ran to the highway, barked to attract the attention of a taxi-driver, and led the man to the canal who rescued the animal.



## DOROTHY DIX SAYS—

### Divorce Complex Man Attracted To Thrice-Married Girl Should Consult With Ex-Husbands

DEAR DOROTHY DIX: I have a son, 29 years of age, who is going with a divorcee 28 years old. She already has had three husbands and has four children, the eldest 12 years of age. I don't approve of this marriage. She tells me over the phone that my son is 29 and that I should let him alone and let him live his own life. I want him to live his own life, but not with a woman like her.



Her two younger children, one 5 years old and the other an 18-month-old baby, are being boarded out. Why should my son take on a ready-made family? What do you think? MRS. L. H.

ANSWER: I don't see how anyone could think that a woman who is only 28 years old and who already has had three husbands and three divorces is calculated to make a durable wife, to say nothing of her having the handicap of four children to be reared and educated.

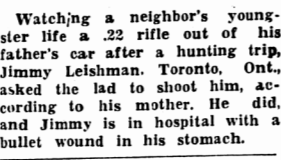
POOR CHOOSER Either the lady in question must be a poor picker of men if she made three bad bargains in so short a time, or she is of an exceptionally fickle nature herself, or else she is lacking in domestic instincts and cooking and baby-tending get on her nerves.

At any rate, I think your son will be very wise if he will contact the three ex-husbands and find out why she divorced them. Was it just that he ever occurred to these characters that while they are so busy knocking the eccentricities of women that they should examine themselves a little? Brother, have you changed? Where is that courteous swell fellow? He is now a swaggering, don't-give-a-damn guy who doesn't care a rap for anyone but himself. A date is just something that can be kept or broken according to fancy. All girls are in the same sooty class, and if you don't like it—"Say, kid, we've been around" is the answer you will get.

Maybe all of this business is part of readjustment. I don't know. For my part, I will just take that double-feature solo and read my magazines until I come across that courteous fellow I vaguely remember.

ANSWERS: Well, sisters and brothers, the war has changed you both and it is not surprising that you find it hard to adjust yourselves to each other. Both of you have been living in the pin-up world in which all the girls were beautiful and alluring and all the men gallant and romantic, and when the boys whom you had idealized came home from the war to a world that isn't in the least like they had pictured it, why, there was bound to be a lot of disillusion on both sides.

But you will get used to each other and adjust yourselves to each other, and there will still be marrying and giving in marriage. Also, divorce.



### Ellen's Diary By an Island Farmer's Wife

The returns from the sale of the first of our Summer-fed hogs came at week-end, and from the record our farmers were able to draw some worth-while conclusions. Jock scanning it said, "By rights we should have kept him another week, and James, clearing his throat before commenting 'thought as much the day we sent him.' The animal, however, had been well within the required weights and the bonus was there a mark of his receipt to the circle that is the select. 'But to get the most money, of course,' they agreed, 'two shew let the rest of the pen of them come close to the limit in weight, now that we have an idea about the proportionate weights—the live and dead.' James sighed when he presently adjusted his glasses and took his turn with the paper, guiding his reading with his pipe-stem in a funny way he sometimes has it's going to cost a pretty penny," he offered, "to put the pork in the barrel this Fall—at the price it is. Hogs are at an amazing high, right now, but justifiably, the face of the high cost of feed." "And labor!" I laughed.

It is a fact recognized by farmers that even with good receipts for the sale of such offerings, value for the farmer's time and labor expended in bringing the animal from birth to the marketable stage is never included, nor can it be easily arrived at. Mr. C. from the house on the hill and James have proved this many times in the past, when they have attempted to approximate the cost of some bit of husbandry and the relative gain at disposal—perhaps the growing of an acre of seed potatoes or turnips, or the raising of a marketable hog or heifer. After a period of reflection, they appear to arrive at a satisfactory answer to the problem in mind, until one or the other remarks, "Yes, yes, but I don't know anything for your own time or labor or that of the family, now if one had had to hire the labor for it all, what then?" being almost always the answer. "That's it!" James had cautioned me, smiling to liken me to a helper at the same chore in the long ago, simple addle-brained fellow, who must remind himself as he works: "Remember now, butts to the wind, Archie!" The farmers themselves must go to the last of the cutting at the other farm then deservingly Rob in the afternoon to commence the first of the hauling home.

Blue was today's sky and the sun rich on the harvest fields. Here and there along hedge-rows one caught the glint of the orange-red fruit of the rowan trees, hanging pendulous there, spool now for the sparrows and the crows that mingled their calls with those of the domestic geese to linger rather listlessly now on the Autumn air. I wonder if James and the others noticed the rare delights of today or were they only taken up with the work at hand, the cutting and saving of the porras? Did they see the matchless colors being set stealthily in the woodlands and in the warmth of the day did they hear the revived crickets' tuning? If not, James sees or hears something else this minute—the clock's warning. And, "Ellen, have you no thought at all for the morning coming," he asks, "and we at the harvest?" Until Tomorrow... Diary... Good-night...

### The Stars Say—

By Genevieve Keable

For Tuesday, October 5

IT IS probable that a recent stretch of excitement, elation, dynamic and highly stimulated emotions, may continue the high pressure, with emotions and knuckles all in the saddle, and the prior obscure and uncertain state of mind, it may be desirable to keep firm leash on the feelings and desires where vital issues are at stake. If major objectives or decisions come up for consideration it would be advisable to work on a basis of reason and composure, rather than obstinate determination.

### IF IT IS YOUR BIRTHDAY

Those whose birthday it is, should resolve to take their fate in hand on a practical and commonsense basis minus emotions and overweening desires, which may have power to keep up high pressure and tension, with consequent strife, rancour and bad feelings. Revenge, obstinacy, impetuosity, dissipate forces that could be applied to constructive and harmonious plans. Substitute cool thinking and happy emotion for destructive drives and impulses. A child born on this day, may have wayward and impetuous urges, which properly disciplined, might be turned to constructive ideas, enterprise and worth-while attainments.

### MISSING THE NEWS

A tourist found himself obliged to stop overnight in a small western town when a landslide cut off the highway to his destination. The rain which had caused the landslide was still falling heavily.

### Morning Smile

MISSING THE NEWS

## YOU WOMEN WHO SUFFER HOT FLASHES then FEEL CHILLY—

Here's Good News! Are you between the ages of 40 and 50 and going through that trying functional "middle-age" period peculiar to women? Does this make you suffer from hot flashes, feel clammy, so nervous, irritable, weak? Then do try Lydia E. Pinkham's Vegetable Compound. It's famous for this! Many "middle-age" women take Pinkham's Compound regularly to help build up resistance against this distress. Pinkham's Compound contains no opiates—no habit-forming drugs.

Lydia E. Pinkham's VEGETABLE COMPOUND

## That Body Of Yours

By James W. Barton, M.D.

### THE TREATMENT OF EPILEPSY

One of my early recollections is seeing the wife of a prominent citizen struggling violently, being carried down the aisle at a large gathering. I learned shortly afterward that she was an epileptic and had had a "fit."

After seeing several victims of these seizures, I felt that if I ever had the opportunity of learning the cause of epilepsy and how to cure it, I would do so.

An epileptic attack, or seizure, is just "a temporary loss of consciousness, occurring without apparent cause, accompanied by muscular movements which may range anywhere from a slight twitching of the eyelids to a violent shaking of the whole body."

Formerly the great majority of epileptics had to live careful, sheltered lives, as attacks came with but a short warning or no warning at all. This meant that there were only certain occupations open to the epileptics. Employers naturally were afraid of what might happen to the patient himself, not even more of what might happen to the employees near him—aside from damage and interruptions that would occur.

How different is the picture of epilepsy today. Instead of the great majority having to live sheltered lives, physicians know that given care and the remedies now available, 80 out of every 100 persons with seizures can lead practically normal lives.

The treatment that has brought about this great change in the lives of epileptics is two-fold: First, the acid-producing diet in which the patient eats large amounts of fat foods—cream, butter, egg yolk, bacon; second, the use of the barbital drugs.

When he went into a restaurant for dinner, "the waitress" said the tourist to the waitress, "This certainly looks like the 'flood.'" "The 'flood,'" the waitress asked, "the 'flood,' you're read about 'the flood,' and the 'not landing on Mount Ararat' surely?" "Mister," said the waitress, "I haven't seen a paper for three days."

CONFESSIO The Dean of Women was very stern as she assembled all her girls together and announced: "I regret to say three have been kissing going on in this school right under my very nose."

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DESIGN NO. E-105

The eight point star is an effective crocheted centerpiece approximately 22 inches in diameter. Pattern No. E-105 contains complete instructions. Needlework Book 30 cents.

To order: Send 20 cents in coin to Needlework Bureau, Charlottetown, Guardian.

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

## "I'll take on all comers at my age!"



WHOA, BABY!... other infants are now stronger and huskier, too! For thousands of Canadian mothers have learned babies need the protein of good lean beef in their diets... and have fed Aylmer Beef with Farina to help them gain weight and vigor... just like you!

Yes, mothers have found scraped beef is easier for infants to digest when it's double-strained to the uniform fineness of 27/1000ths of an inch, as Aylmer does it! And the Aylmer way of using just enough farina to soak up the valuable meat juices—means every bit of nourishment is saved for baby in an easy-to-feed form. For good nourishment, good flavor, good value... always choose Aylmer Baby Foods.

## AYLMER

BABY and JUNIOR FOODS YOUR BABY DESERVES AYLMER QUALITY

### Modern Etiquette

By Roberta Lee

Q. Should a man and a woman rise if they are dining in a public restaurant, and another couple stops at their table to talk for a minute?

A. The man should rise, but the woman should remain seated.

Q. What articles must a bridegroom provide for his best man and ushers at a church wedding?

A. The ties, gloves, and boutonniere, and he usually gives a gift of a small piece of jewelry to each one.

Q. Is there a certain response that is always correct when being introduced?

A. Yes; "How do you do" is always in good taste.

### Household Scrapbook

By Roberta Lee

Window Frosting You can frost the inside of a window by using the old-fashioned bartender's method. Mix some of some salt with the stale beer; until the beer can hold no more, and apply this mixture to the glass with a sponge, when it dries, the window will be effectively frosted.

Ironing Pleats Always iron pleats down from the band that holds them, folding in line with the weave of the goods. They will hang in straight lines and will not require so much pressing.

Beating Eggs When egg whites are hard to beat, try adding two or three drops of lemon juice.

### How Can I!!!

By Anne Ashley

Q. How can I make a deodorant for perspiring feet?

A. Boric acid shaken into the stockings each morning not only acts as a deodorant for perspiring feet, but gives them comfort. The shoes and stockings should also be changed at least twice a day, when possible.

Q. How can I drop liquid from a bottle without the use of a dropper?

A. Dip the finger in water and moisten the rim of the bottle in one place. If this place is from which to dip the liquid, it will drop evenly and easily.

Q. How can I remove scorched spots from clothing?

A. Rub with a white cloth moistened with peroxide. Do not use on colored garments, as it will remove the color.

### Better English

D. C. Williams

1. What is wrong with this sentence? "That is not the kind of a picture I requested."

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

3. Which one of these words is misspelled? Elimination, illegible, eligible.

4. What does the word "contrition" mean?

5. What is a word beginning with adv that means "a condition of hardship"?

ANSWERS 1. Omit a. 2. Accent on second syllable, not the first. 3. Eligible. 4. Sincere repentance. To err is human; but contrition (felt for the crime) distinguishes the virtuous from the wicked. — Alfieri. 5. Adversity.

## Needlecraft FOR THE HOME

COMPANION PIECES This doubly delightful pattern joins a jaunty new jumper with a neat round collar blouse. Note the way the blouse is briefly cut to minimize bulk under the jumper's smooth fitting basque top.

No. 2419 is cut in sizes 10, 12, 14, 16, 18, and 20. Size 16 jumper, 3 1/4 yards 54-inch; blouse, 1 1/2 yards 39-inch.

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