

# Woman's Realm Social and Personal Fashions Literature

## Ellen's Diary

By an Island Farmer's Wife

Today, or perhaps it was yesterday with Jamie's arrival at Alderley, we very much more aware that holiday time has come to Island schools. We recall now having looked in a window at rows of empty desks on a recent excursion and comparing the confinement of that first round of school with the freedom of the world without, garbed now in its fresh Summer beauty and being happy in the thought that at last pupils and teachers had come to a well earned rest. Long days, yet experience reminds us quite fleeting, but lovely life in the vacation land wherever it may be — a time in which to recuperate in body, mind and spirit, so as to come back with new outlook and determination to the school year ahead. Nor does the hand of time, leave the school-rooms untouched, as the seasons roll. New faces will be there at re-assembling, small shy ones entering for a first day, while the elders, "the big boys and girls" of last term will have gone from the old familiar room to other interests that fit in with the plan of life, which knows no pausing, but continues to move steadily onward bearing all in its train.

Jamie came yesterday, with a gift of candy in his pocket and without intention of any extended stay. But when evening came when a decision must be reached "if it's all right with you" he remarked "I think I'll stand a day or two." It is, of course "all right", in fact a most acceptable settlement always to James and me. On succeeding visits we are a bit surprised to find him more mature, this time a boyish stage in growth which considers grand-daughter's queries rather childish, and the replies too obvious to be explained. And she continues to hang on to his every utterance and action with admiration and respect. "He's one great fellow, don't you think?" she commented this morning to me, gratefully to have found a playmate to share her interests of the day. In the main, he enjoys being with her, though he finds it beneath his dignity now to take a "trike" to pasture in the ribbon-grass by the old stone door-step, nor does he get a like invitation to her in trying it to a hitching-rail when a new enthusiasm presents itself to the two. "Around the neck," she ordered him in a concerned voice, on one occasion today, "He has no neck!" he laughed "it's a trike, and 'trikes' have no necks!" "But it has a neck," she said "for isn't it my horse — that's grown up from a foal?" And once we called to her "Hi" at the sound of a loud wailing. "What's happened?" we gasped fearful of an ill. "We've been away, getting my horse shod" she exclaimed in her tears "and he's called to the store to get ice-cream. . . and Jamie ate it all up, without giving me one bit of it! Wasn't he a greedy fellow?" It was all so real when he called to her "Hi" and she said shyly "there was no ice-cream" and he laughed up at me "and how could anyone shoe a trike?" But if she sometimes finds in the land of make-believe, she can match wits with the keenest of masculine small fry. When we went on a prowl about the lawn, a favorite method of settling any disturbance that has arisen, and stopped to watch a bee explore the depths of the tube of a blossoming fox glove, she asked: "Did we plant honey seeds this year?" "Well, then what makes the honey in there for the bees to gather?"

But it was Jamie who held the mother duck securely in his arms, for the feminine portion of the family to gather up her flock of new-hatched ducklings from the Pekin's nest in the hay-mow. And it was Jamie too, that led a parade to display "these poor dear little kittens" that must find it cold out of doors!" to us in the kitchen, where today, screen-doors were no barriers at all against the entrance of either cats or dogs. And the two were with James when he brought the cows to stable from the pasture, and they were perched on her back, when he led "our own mare" there, at the close of the evening's scuffling of potato rows. So that altogether it has been so

**POCKET REMEDY FOR ACID INDIGESTION**

Remedy is individually wrapped. Always carry in pocket or bag. Ready action—anywhere for quick, soothing relief of acid indigestion. See all druggists.

**ASK FOR RENNIES**

**How to Make ICED TEA**

Make tea double strength and while still hot pour into glasses filled with cracked ice. . . . Add sugar and lemon to taste.

**"SALADA"**

## Hobbies Of Local Citizens

By Uncle Joe

Near the village of Kingston lives eighty-four-year-old Louise Barrett. Although badly crippled for many years, this remarkable woman still continues to take a hand at household duties—and there are so many of them to be rounded up in a busy farm home that one is reminded of that old saying, "Man's work is from sun to sun, but woman's work is never done."

Widowed when only a comparatively young woman, Mrs. Barrett was left with the heavy responsibility of running the farm and taking care of her four sons: Cecil, Heber, Ray and Lee.

Those were busy and anxious days for the young mother, but Louise was not the type of person to sit with folded hands, bemoaning the sad lot the Fates had handed her, nor one whom adversity floors in the first round of battle. Knowing that she had a double duty to do, she put aside her tears over the loss of her husband and went to work. What other course was open to a woman of common sense?

When her boys were old enough to share some of the responsibilities, Mrs. Barrett took up a hobby—the hobby of knitting, which not only proved a blessing to herself after she became crippled, but also a great comfort to many men who wore her socks and mittens during World Wars One and Two. For over thirty-five years her busy hands have known few restful hours, save those in which she lay in the arms of slumber, or during one or two sick periods when even her doctor despaired of saving her life.

Just how many mittens and socks she has knitted since she first started doing such work is a matter which she herself has not the slightest idea. She knows only that hundreds of miles of yarn went into the task, and many a sheep's fleece went through her nimble fingers, and later her crippled ones.

It's a real joy to have a hobby; but when you know your hobby has helped to keep you busy—why, then you have the satisfaction of knowing that you have rendered real aid to your country in its time of tribulation.

And Louise Barrett did just that. Mrs. Barrett doesn't believe in old persons' sitting around with nothing to occupy their hands or their minds. "Keep busy" is her slogan. "When you are busy you'll have little or no time left to worry over this or that thing which usually doesn't amount to much, anyway."

Whether that's sound advice or not, most of us wouldn't know. But Mrs. Barrett speaks with a knowledge gained from years of living, toiling and planning; so she should be well qualified to speak her mind.

Quietly and industriously working with her well-worn needles, this remarkable woman can look back over the years with pleasurable pride, knowing that hers has been a life rich in achievement.

Her four sons, whom she tended in infancy and through the years of adolescence and on to manhood, still are living. Cecil and Lee are with her on the old home-stead. Heber and his family live on an adjoining farm, and Doctor Ray is a dentist in Charlottetown.

**That Body Of Yours**

By James W. Barton, M. D.

**FEELING WEAK WHEN GETTING UP IN THE MORNING**

In many large factories and stores when any one faints the employees are taught to lay the patient on his back with feet up on a chair; this brings the blood back to the head and the individual regains consciousness. It is usually considered safe then to lie down whenever a feeling of weakness or faintness occurs.

Some men and women tell you that when they first get out of bed they feel weak and have to lie down again for a few minutes. That this is caused by low pressure when the individual is standing is stated by Drs. Anton S. Yuskis and George C. Griffith University of Southern California, in "California Medicine". Due to the fact that it occurs when standing, it is called orthostatic hypotension (low pressure).

Orthostatic low blood pressure is usually suspected when a person is felt in the morning and becomes less during the day, if faintness or dim vision is produced by standing. The blood pressure is normal when the individual is lying down but may fall very suddenly when standing. The perspiration is scanty throwing extra work on the kidneys and bladder with symptoms of oliguria, (insufficient urine).

In these cases of orthostatic hypotension (low blood pressure) when you assume the erect position after lying down it has been found that the tracings of the heart action are not normal and there is loss of rhythm in the sounds of the heart. As stated above all the symptoms mentioned—fainting, weakness, exhaustion, heart sounds that disappear if the individual lies down.

What is the cause of these symptoms brought on by standing? These symptoms are caused by a lack of tone in the veins which in normal condition would drive the blood up from the legs to the heart. Back of this lack of tone is the muscular pump which should be able to push the blood down to the feet with enough power to bring the blood back again.

While the symptoms will pass away if the individual lies down, if necessary, Dr. Yuskis and Griffith recommend the use of paraldin hydrobromide before arising.

**HOW IS YOUR BLOOD PRESSURE?**

Send today for Dr. Barton's booklet dealing with both high and low blood pressure entitled "How Is Your Blood Pressure?" To obtain it, just send 10 cents and a 3 cent stamp, to cover cost of handling and mailing to The Bell System, Post Office Box 99, Station C, New York, 19, N. Y., and ask for your copy.

**Cook's Corner**

**MINT SAUCE**

1 tablespoon powdered sugar  
1/4 cup fresh or dried mint leaves  
1/2 cup vinegar  
Mix sugar and vinegar to the boiling point. Pour over chopped mint leaves. Serve with lamb.

**PINEAPPLE JULEP**

3 cups pineapple syrup  
1/4 cup lime juice  
3 cups ice water  
1/4 cup fresh mint leaves  
1/2 cup powdered sugar  
Chop mint leaves to make 1/4 cup. Add sugar and rub well together. Add pineapple syrup, lime juice and ice water. Let stand 1 hour in cool place. Serve with ice and a sprig of mint in each glass.

pleasant a day for all, that it was with some regret that we saw it slip away into the shadows of evening to bring the cattle in the dewy meadows, the robins in the old birch, the swallows beneath the eaves, and our children to their rest. But as grand-daughter said with much satisfaction, before she left with Jamie for the house across the lane: "there'll be another day, tomorrow!"

Until tomorrow—Diary—Good-night.

**Morning Smile**

The motorist was lost. Suddenly he saw an old man approaching. "Hi!" he shouted, "do you know the way to Widdicombe's head?" "No, danged if I do," he said. "The motorist drove on slowly, and when he had gone about half a mile he heard shouts behind him. He stopped and looked round. The old man had been joined by another and they were waving him back. Slowly and painfully he backed his car down the narrow road. "This is my mate George," said the old man. "E don't know neither."

## Malach-Brown Wedding



Dr. Robert Malach and his bride, formerly Miss Josephine Brown photographed with their attendants at their wedding reception held at the Charlottetown Hotel. Left to right: Mr. Herbert Malach, groomsmen; Dr. Robert Malach, Mrs. Malach, Miss Marie West, maid of honor; Miss Joan Brown; Miss Patricia Dunn; Miss Maureen Brown, bridesmaids; Miss Sally Leightner, trainbearer. Garnham Photo.

## Modern Etiquette

By Roberta Lee

**Q.** How should a girl's engagement be announced if her father is dead and her mother is remarried?

**A.** It should be announced under her stepfather's name, as "Mr. and Mrs. James Blank announce the engagement of their daughter, Martha Anne Wilson, to Mr. Henry L. Gray."

**Q.** Who should be seated at the right of the host, if there is no woman guest of honor at a dinner party?

**A.** Under these circumstances, usually the eldest woman guest is seated at the right of the host.

## DOROTHY DIX SAYS—

### Dating Married Men

#### Desirability Frequently Disappears With Eligibility

**DEAR MISS DIX:** I was a young married man who fell in love with a girl in the office where I worked. We had an affair that lasted for several years. Then about a year ago my wife died and this girl and I plan to be married, but now without any reason she has thrown me over for a man she used to know and whom she had promised me she would never see again. My friends had warned me against this girl and I broke with them over her. One friend told me that she was no good and that if she had no more principle than to go with a married man she would do anything and that she was a gold-digger.

**What I want to know is this: Are my friends right in making me better off getting rid of this girl or should I fight to take her away from this other man?**

**ANSWER:** What have you to fight for? The girl evidently prefers the other man to you, or she would not abandon you for him with the end of your devious romance in sight and the wedding day drawing near.

Certainly the best you can say for her is that she doesn't know her own mind, and a husband is not likely to have much happiness out of a wife so fickle.

There are a lot of girls who get a particular kick out of having love affairs with married men. It appeals to their spirit of adventure and to their desire to know that they are risking their good names. There is danger in it. Like big-game hunting, having an ordinary date is as tame as rabbit shooting. Likewise, they get a cruel delight out of hurting a sister woman, breaking up her home and taking her husband from her and knowing how they make her writhe in helpless jealousy.

It is a pity that this girl belongs to this tigress type of woman, and when your wife died and she could have you for the taking, she didn't want you. You were as commonplace as any other man.

As for the lack of principle of a girl who goes with a married man, it ill befits him to criticize her for that. It is like the pot reproaching the kettle for its blemishes.

But my advice to you is to let the other man have the leavings and to find some other girl with a stronger sense of right and wrong. And when you do find her, be faithful to her yourself.

DOROTHY DIX

**DEAR MISS DIX:** Don't you think brothers should treat their sisters as if they were human beings? Brothers seem to be different people when they are around their girls. They are smiling and chatty and help them into cars and over curbs, while they never have a word to say to their sisters and they can climb over a wheel the best way they can. Of course, I don't expect my brother to treat me as though I were his best girl, but I would like him to talk to me once in a while and take me out occasionally and I think he might introduce his friends to me and when he goes out get a date for me.

**ANSWER:** It has been said that no brother can ever imagine what any other man ever sees in his sister to make him fall in love with her. There is danger in it. Like big-game hunting, having an ordinary date is as tame as rabbit shooting. Likewise, they get a cruel delight out of hurting a sister woman, breaking up her home and taking her husband from her and knowing how they make her writhe in helpless jealousy.

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**DEAR MISS DIX:** Please tell me a way in which I may test my girl and boy friends to see if they are really true friends.

BETTY CATHERINE

**ANSWER:** Better not put them to the test, my dear. In a life-time you will not find more than one or two friends who are the kind that will stick to you through thick and thin. You will have many fair-weather friends who will be friends only so long as the sun of your prosperity shines and who will fall away in your day of adversity. But don't undervalue these fair-weather friends. They make life pleasant and agreeable for you and they probably think just as much of you as you do of them.

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## Living & Leisure

### THE WOMAN'S REALM

**SELECTED GEM**

How beautiful is youth! how bright its gleam—patch of plakin in texture, as well as fine imported capeskins, form the bulk of these clothes which are ideal for country wear and travel.

Philip Sills makes a suit with a straight wrap-around leather skirt and teams it with a jacket cut just like a man's single-breasted business suit—patch pockets, inner vest pocket and all.

A fine suede bolero with a half-moon collar, wide cuffs, and loose back is embellished with a skirt made with soft pleats and slashed pockets.

**LEATHER POPULAR AS SUIT MATERIAL**

**NEW YORK**—A continuing steady growth in the popularity of leather suits and coats is evident. Soft suedes, fine buttery deerskins which seem much like plakin in texture, as well as fine imported capeskins, form the bulk of these clothes which are ideal for country wear and travel.

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**WHITE SPOTS**

White spots on furniture that have been caused by heat can be removed by applying in the order named: kerosene, alcohol, and linseed oil. A different cloth should be used for each treatment. Continue rubbing in the linseed oil until the spot disappears.

**The Double Boiler**

Always add boiling water, and never cold, when the water in the bottom of the double boiler boils away. By doing this the temperature will not be lowered and the cooking will not take any longer.

**How Can I!!!**

By Anne Ashley

**Q.** How can I clean the teeth thoroughly?

**A.** Dip the end of a match breaking off the sulphur part, in powdered pumice stone and rub above and between and under the teeth until every trace of foreign accumulation has been removed. Finish by rubbing with the tannic acid of the tooth with a still handkerchief dipped in the powder.

**Q.** How can I keep milk sweet during hot weather?

**A.** Add two teaspoonfuls of lime-water to each pint of milk. This is beneficial, not harmful. A lump of sugar will help to preserve cream in hot weather.

**Q.** How can I soften shoes that are stiff after being in the rain?

**A.** By first washing them in warm water, then rubbing either glycerin or castor oil thoroughly into the leather.

**Handy for mothers—best for babies**

**Heinz JUNIOR FOODS**

27 STRAINED FOODS 17 JUNIOR FOODS 2 BABY CEREALS

**Better English**

D. C. Williams

1. What is wrong with this sentence? "She never said a word about that."

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

3. Which one of these words is misspelled? Gorrilla, gossamer, god-dets.

4. What does the word "prevalent" mean?

5. What is a word beginning with sup that means "haughty"?

ANSWERS

1. Say, "She did not say a word about that." 2. Pronounce kloth-er (not kloth-er), o as in no, in as in the 3. Gorrilla. 4. Most generally received, current, or practiced. 5. Supercilious.

**The Stars Say--**

By Genevieve Kemble

For Tuesday, July 12

THE auguries are for an intriguing and exciting state of affairs with many hidden, strange or unhandled, especially in dubious, tricky or obscure situations, probably involving the feelings, ideals or romantic emotions. Serious study and analysis of undercurrents concerning these might turn affairs to lucrative, sound and far-reaching denouement. Associates, posses-

**ISN'T SHE GORGEOUS SINCE SHE FOUND OUT ABOUT THE APERIENT!**

True beauty comes from within. Clear, bright eyes and sparkling gleam come from radiant inner health. So there's nothing quite like the aperient—mildly laxative KRUSCHEN—to help correct that sallow, peevish, drabby look caused by sluggishness and common constipation.

Kruschen's formula is a unique blend of saline minerals, similar to those found in natural waters of famous medicinal springs. Kruschen offers you these advantages:

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**WORKS FAST**—Usually within the hour. Does not spoil your day.

**GENTLE ACTION**—Its formula is balanced to act gently, without discomfort.

**TIME-TESTED**—Over 300,000,000 packages sold throughout the world.

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**Needlecraft FOR THE HOME**

**CENTER OF ATTRACTION**

The Empire waistline — one of the new details that make this dress so important! Added attractions — the buttoned shoulders and scalloped pockets, plus a long pleat in the back to ease the skirt all-houset!

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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 unit, or zone number in your address.

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