

# Woman's Realm :- Social and Personal :- Fashions :- Literature

## Dorothy Dix's Letter Box

### Don't Marry a Man if His Presence Bore You During the Courtship Days, for There Will Be Little Happiness Under the Long Contract of Marriage

Dear Miss Dix—I am 19 and on the verge of marrying a good dependent man, but I don't know whether or not I love him. He insists on seeing me every night and all day Sunday, I get sick of having him about so much. Do you think I should marry, feeling this way about him? I feel that I am too young to enter such a serious thing as marriage, but my home environment gets me so disgusted I feel like marrying any one to get away. My father drinks a lot and my mother quarrels with him. I do all the housework and work out, too, and am nervous and sick half the time. My mother thinks I should marry for my fiancé is good to me and to her. We have set the wedding date and bought part of our furniture, but I am crazy with worry, so please tell me what to do?

Answer:

Call off the wedding or you will go wholly crazy when you realize that you are bound for life to a man who is distasteful to you and gets on your nerves so badly that you cannot stand him for evening calls and a Sunday visit. Break off the match for his sake as well as for your own for no man can be happy with a wife who merely tolerates him.

Don't marry any man unless you love him so well that his mere presence fills you with happiness and a sense of well-being and you count the hours between his visits. Marriage lasts for a long, long time, and it will seem longer if you are united to a husband who bores you, or whose little ways irritate you, or who for some reason that you cannot explain even to yourself you cannot bring yourself to care for.

Marriage, even under the best conditions and to the best of men, is a hard road for every woman to travel. For her it is bound to be full of sacrifices, of adapting herself to another, of giving up her own desires and tastes and hopes and ambitions for her husband; of the pain of bearing children and the endless labor of rearing them, and nothing but a great love makes it worth while to a woman. With love, marriage becomes a heaven on earth to a woman. Without love, it is a purgatory.

Don't waste any time wondering if you are in love or not. When you are, you will know it in every fiber of your being. You won't be sick of having the boy you are in love with hanging around. You will want him about all the time. You won't dread your wedding day, you'll want to hurry it up.

Don't marry because your home conditions are unsatisfactory. A lot of girls do that, and they find they have just jumped out of the frying pan into the fire. If you're unhappy at home, you can leave and get a job somewhere else. Or a Fairy Prince may come riding by and take you off with him to his palace, where you will live happily ever after.

But, if you are married, your fate is sealed and there is no escaping it except by way of the divorce court, which is messy and expensive. And a husband who is tyrannical can give a tyrannical father tips on how to be mean and bossy or teach a nagging mother how to really nag and fault-find.

At 19 the world is all before you. There is romance for you. There is happiness for you if you will just wait for them to come to you. Don't spoil everything by rushing into marriage before you are ready for it by marrying a man you don't love and who bores you.

Dear Miss Dix—Won't you please say a word about streamlining as it applies to the human female form? Does the end justify the means? A dear friend has been visiting me for a few days and I am appalled at the price she has paid for a string-bean cure. During a two-month self-imposed starvation period she has lost some thirty pounds and with it her sense of humor and the amiable nature that were her greatest charms. Her sweet disposition has given place to carping fault-finding. She was nervous and cross, and nothing pleased her. Her one and only topic of conversation was diet. Why do women do it? Is it worth it? Do they go through this martyrdom just to please men?

Answer:

Only God, who made that curious jumble of contradictions that we are pleased to call the feminine mind, knows why women will endure suffering that entitles them to a place among the martyrs, destroy their health and risk death itself in order to reduce themselves to a pack of bones. It's inexplicable from any angle and believe me "angle" is the word for it.

But they do it. Half of the entire feminine population is on some sort of a diet and the crazier it is, the more they pursue it. Most of the conversation that you hear at women lunches is about the relative merits of fruit juices and spinach, or the thinning properties of buttermilk, or how much they lost on mutton chops and pineapple. Beauty shops grow rich on steaming and beating off poundage and stout ladies weep into their plates as they pass up lobster thermidor and mayonnaise for a cracker-and-dishwater consommé.

Why they do it nobody knows. A living skeleton is nobody's idea of beauty. Nobody enjoys gazing upon an anatomical exhibit, yet nightly we are called upon to count the nobby vertebrae and the all-too-visible ribs of practically every woman at a party, and to speculate upon how much better they would look if concealed by a few layers of flesh. Nor are stony arms and pipe-stemmed legs anything to write a song about, especially as the latter are displayed in shorts.

But why do women do it? Not for their health's sake, for virtually every doctor warns his patients against the danger of reducing. Not for men's admiration, because men generally prefer curves to angles, and like a good arm full rather than something they are afraid they will skin their arms on. And when they want to marry they prefer a girl who looks corned and hearty, rather than one who looks like an incipient case of T. B.

Certainly married women don't reduce in order to retain their husband's affections for it is well known to all and sundry that husbands foam at the mouth at the mere mention of diet, for it means skimpy meals for the family and having to put up with the temper of a woman who is as violent as a half-starved tigress. But it does no good to argue with a woman with a dieting fiend. Her aim in life is to become a perfect thirty-eight and she will do it or die. As she frequently does.

DOROTHY DIX.

## Splendid Cough Remedy Easily Mixed at Home

### It's So Easy! Makes a Big Saving. No Cooking.

To get quick relief from a distressing cough, mix your own remedy at home. Once tried, you'll say it's your favorite cough medicine, and it's so simple and easy.

First, make a syrup by stirring 2 cups granulated sugar and one cup of water a few moments, until dissolved. A child could do it. No cooking needed.

Then get 2½ ounces of Pinex from any druggist. This is a compound containing Norway Pine in concentrated

form, well known for its prompt action on throat membranes.

Put the Pinex into a 16 ounce bottle, and add your syrup. Thus you make 16 ounces of very efficient remedy, and you get four times as much cough medicine for your money. It tastes fine and never spoils.

And for quick, blessed relief, it is splendid. You can feel it penetrating the air passages in a way that means business. It loosens the phlegm, soothes the irritated membranes, and eases the soreness. Thus it makes breathing easy, and lets you get restful sleep.

Just try it, and if not pleased, your money will be refunded.

## MICMAC tea & coffee



### MICMAC Dated COFFEE Kept Fresh in the Metal Foil Package

## Today's Short Wave Radio Program

(All time in Eastern Standard)

**TUESDAY, NOVEMBER 10 SCHEDULE**

5:35 p.m.—Short Wave Mail Bag. W2XAF, 31.4 m., 9.53 meg.

**ROME**

6 p.m.—News in English. ZRO, 31.1 m., 9.63 meg.

**LONDON**

6:55 p.m.—"Within the Law" (Part 1), by Bayard Veller. GSP, 19.6 m., 15.31 meg.; GSD, 25.5 m., 11.75 meg.; GSC, 31.3 m., 9.58 meg.

**BERLIN**

7 p.m.—Women's Hour: Practical hints for kitchen and cellar. DJD, 25.4 m., 11.77 meg.

**BERLIN**

8:30 p.m.—Concert by an Army Band. DJD, 25.4 m., 11.77 meg.

**CARACAS**

8:30 p.m.—The Continentals. VV2RC, 51.7 m., 5.8 meg.

**LONDON**

10:15 p.m.—"Shire—Shanties." A recital of country songs. GSD, 25.5 m., 11.75 meg.; GSC, 31.3 m., 9.58 meg.

**PARIS**

10:20 p.m.—News in English. TPA—4, 25.6 m., 11.72 meg.

**MONTREAL**

10:30 p.m.—"Arabesque"—patterns in melody, vocalists and string ensemble. CRXC, 49.2 m., 6.09 meg.; CURO, 48.7 m., 6.15 meg.; CJRX, 25.6 m., 11.72 meg.

## MOTHERS FEEL SAFER

One mother writes: "With a family of children constantly getting scratches, cuts, or bruises I have proved Mecca an invaluable healer. I cannot praise it too highly. I keep a tin of Mecca upstairs and another downstairs."

## MECCA OINTMENT

## THE COOK'S CORNER

### SPINACH SOUP MADE FROM ROOTS.

Spinach roots, 2 cups water, 1 tablespoon butter, 1 tablespoon flour, 1-1/2 cups milk.

Wash spinach thoroughly, add the 2 cup water, boil until soft, rub it through a sieve. Thicken with butter and flour blended together and add milk. (Stock is equally good.)

### LIGHT FRUIT CAKE.

One-half pound butter, 1-2 pound granulated sugar, 5 eggs, 1 pound sultana raisins 1-2 pound mixed peel—orange and lemon, 1-2 cup strained citron preserve, 1-2 pound almonds, 1-4 pound red glace cherries, 1-4 pound green cherries, 2-1/2 cups flour, 1 teaspoon baking powder, 1-2 cup orange juice, 1-2 teaspoon grated rind. Method: Cream butter, add sugar gradually; add egg, one at a time, beating well; add orange juice and citron. Mix fruit, nuts, peel and baking powder with flour. Add to mixture, and bake well in greased pan in moderate oven for two hours.

### SHORTBREADS

1 cup butter  
2 cups flour  
1-2 cup icing sugar

Cream the butter well first with a spoon. Pack the icing sugar firmly to give a smooth 1-2 cup. Add it alternately to the flour, blending together with the hands, but being careful to keep it all cold enough to prevent the butter melting. (1-2 cups of ordinary flour with 1-2 cup of rice flour is an improvement.) Pat out 1-3 inch thick, cut with small cookie cutter, prick pattern with a fork. Cook in a 350 oven till they just begin to color.

Little cakes in paper cups are attractive but expensive at the confectioner's. The little cups can be bought almost anywhere, including

## The HOUSEWIFE and HER ACTIVITIES

### MOTHER AND SON

She would have thought—she would have said, Laid a hand on my puzzled head, Perhaps not spoken, but let me know Which was the way she would have me go. And if the harder way I took, Made it smooth with her darling look.

Long long years have between us grown, Yet how oft, as I walked alone, Those old words on my lips I've caught, "She would have said—she would have thought."

R. R. PYATT.

### NO WHISPERING

Avoid whispering in the room of a sick person, particularly after the doctor's visit. It is apt to excite the patient and cause him to believe he is more ill than being told.

### SORT AS YOU DARN

When the stockings are too much mended for street wear, instead of rolling them as you do your good ones, tie them together with a loose knot. Then you know they are house stockings and you never are embarrassed by mixing them.

### QUICK WORK

To save time in making French seams on children's clothes, use the next to the smallest hemmer of the sewing machine. Slip both pieces of cloth in the hemmer and after running the material through you will find you have a very good substitute for a French seam.

### THE RIGHT PERSON

When sending your little girl to visit for the afternoon after she has been ill, tell the person whom she is visiting to please not give her anything to eat on account of her recent illness. It is not fair to tell the child not to eat and then subject her to temptation in the line of offered candy, ice cream, etc.

### MESSAGE WILL REDUCE FAT, PUDGY ARMS

It really is too bad that more women with fat arms do not realize the importance of home massage treatments. Anyone who vigorously kneads and manipulates the flesh of one arm with the other hand for ten or fifteen minutes once a day certainly will see the fat disappear. The process will be gradual, but the result is worth while. Ankles respond to massage, too. In either case, be sure to smooth on a body tonic or a bit of cream before you start to

Woolworth's. Make the pets yourself if you admire thrift.

Break one egg yolk into a bowl, beat well, add 3-4 cup fine granulated sugar, 2 tablepoons melted butter and 1-2 squares melted chocolate. Sift 1 cup of pastry flour (if ordinary flour, a little less) with 1 teaspoon baking powder and 1-4 teaspoon salt and add alternately with 3-4 cup of milk. Last of all fold in the stiffly-beaten white of the egg.

Half fill the little paper cups with batter. Bake in a 350 oven for 15 to 20 minutes. When cool, cover the top with seven-minute frosting, or chocolate fudge frosting—sprinkle some with chopped nuts and put half a cherry dead centre on the rest.

### ANOTHER METHOD OF PRESERVING EGGS

To preserve thirty dozen eggs, all that is needed is a quarter of a pound of best Danish salt butter. Slightly oil the butter, then carefully brush each egg over with this completely, leaving no uncovered patches.

Next place the eggs slightly apart in shallow boxes (or old box lids or trays will do equally as well). One precaution you must take is to be sure there is not the slightest trace of a flavour in the box.

Now place clean sheets of kitchen paper, which should have perforation holes made in it here and there, and place the paper so that it does not actually touch the eggs. This completes a very simple but effective method of preserving eggs, which will be perfectly good after a year or more.

(Butter in this case takes the

### pinch the flesh deeply to break down fatty tissues.

### BEAUTY BOX

Many people who have been presented with a swagger beauty case find it a "white elephant" as they cannot get their creams and powders to go into the little containers without making a mess.

The powder spills and goes to waste and the creams refuse to go into the pots at all.

Tubes can, of course, be squeezed out into any container without difficulty. To transfer cream from a large jar to a small one, use the handle of a teaspoon. Fill the jar as full as possible, then, to smooth the cream out, warm it very slightly.

Liquids for tiny bottles, such as perfume or nail varnish, can be transferred with the aid of an eye or nose dropper. The filler used for varnish should not be used for anything else.

Powder is not difficult to deal with if you make a paper funnel and pour it through this. Better still, borrow the kitchen funnel, but be sure it is perfectly dry or your powder will clog.

Blue amber which is mined in Syracuse, is now being widely used. Necklaces are made of square carved plaques of blue amber.

Amber possesses the advantage of being suitable to wear with tweeds.

### EYE COSMETICS.

More eye cosmetics than ever are appearing this season with blue and green eye-shadows strong favorites. Eyebrows are assuming a more natural line.

### PARISIAN MAKE-UP

"A clear pallor and bright red lips" is declared to be the popular daytime makeup of smart French women at the present time.

### TEACH YOUR CHILD TO HAVE COURAGE

Few adults realize what a large part is played by fear in the life of the child. Some there are who can recall their early days and nights when fear was a very real and terrible sensation and these will look with kindly tolerance upon the child's unreasoning terrors. Fear of the darkness, fear of punishment, fear of failure in physical and mental contests, all influence the lives of many children, crippling and handicapping in the race of life.

Parents and teachers should avoid above all things such to avoid awaking this fear in the child. If the baby cries because he is afraid of the dark, by all means let him have a light. The trouble lies farther back in the child's life, and only a reasonable lenience can correct it. If later he has done wrong, he must be corrected, but not made to fear his punishment, but to accept it as his rightful due. If as a pupil he hesitates to enter mental contests, he should be urged to do so, not because of the reward he may win, but because of the good the effort will do him.

Nothing is so beautiful as a fearless child. He will tell the truth where the timid child will lie to escape punishment. He will escape physical dangers because of his lack of fear, and will use judgment and common sense in regard to risks, where the fearful child will fall a victim to his own lack of initiative. Fear weakens the body and fuddles the mind. Teach the child courage.



## Sal Hepatica's DOUBLE ACTION\* will help you to feel better

...\*Because it Combats Acidity as well as Constipation

MOST people who don't feel up to par are suffering not only from constipation but excess acidity as well—a condition which almost invariably accompanies constipation. That combination soon robs you of energy—drags you down.

And, to really feel better, it is not enough to correct just constipation—you must combat acidity, too. That is just what Sal Hepatica does. That is its double action.

Here's one pleasant, refreshing drink that brings you two benefits. When you take two teaspoonsful of Sal Hepatica in a glass of water, you find that quickly, yet gently, wastes are thoroughly cleared from your system. And, at the same time, Sal Hepatica's alkaline action combats your acid condition.

You soon feel better because Sal Hepatica attacks both of the conditions that were dragging at you—combats both simultaneously.

Get a bottle of Sal Hepatica from your druggist today.

## SAL HEPATICA The Mineral Salt Laxative that also Combats Acidity

place of olive oil or vaseline, both of which are often used for coating the eggs.)

### A Morning Smile

Jones (meeting an old friend on the train): "If you ever come within a mile of my house, I hope you'll stay there all night."

Stoutish Mistress (eating away): "This will make a fine hash tomorrow."

Ma'd: "Yes, ma'am; if you leave off now!"

### WOMEN'S INSTITUTE CONVENTION

On Oct. 21, 1936, the annual convention of the following Institutes was held in Pembroke school. President, Mrs. Gavin Hicken presiding. Convention opened by singing Institute Ode, followed by address of welcome read by Mrs. Thomas Jackson and replied to by Mrs. A. E. Graham.

Murray Harbour North reported by Miss Mary Condon, Peters Road West reported by Mrs. Chester McSwain. Point Pleasant, no report. Alma, no report. Gaspareaux, no report. Sturgeon reported by Mrs. Thomas Jackson. Panmure Island reported by Mrs. Hubert Campbell. Pembroke by Miss Belle Hicken. Each Institute which gave reports was well represented at convention. They all reported good work done in year and looking forward to next year's work. For program, Miss Ennis gave a reading, "Farewell." Mrs. Cartney McLure read a paper which was written by Mrs. J. H. Douglas, "The Value of Time." Song by Paul Landrigan. The Supervisor Miss Rodd gave a very interesting address. Giving an outline of Women's Institutes of adult study groups, of Girl's Clubs and Dental Clinic, and hoped each Institute would take up International Peace day program.

Miss Hassard gave a demonstration on passepartouting and framing pictures. Officers for ensuing year were then appointed. President, Mrs. Thomas Jackson, Sturgeon; Vice-pres., Miss Gertrude Landrigan, Sturgeon. Secretary, Mrs. Thomas Creed, Sturgeon. Convention was then invited to Sturgeon for meeting next year. It was moved, seconded and carried that a vote of thanks be extended to Miss Rodd and Miss Hassard. Convention closed by singing God Save the King.

### ANNANDALE SCHOOL

Report for October:—  
Grade IX—1. Alma Howlett; 2. John Howlett; 3. Wallace Howlett; 4. Arthur Howlett.  
Grade II—1. Freda Morrison.  
Grade I Sr.—1. Quennie Howlett.  
Grade I Jr.—1. Gerald Norton.  
Teacher—Roma MacKay.

## Fashions' Latest For Chic Dressers

No wonder for the popularity of this two-piece sports dress.

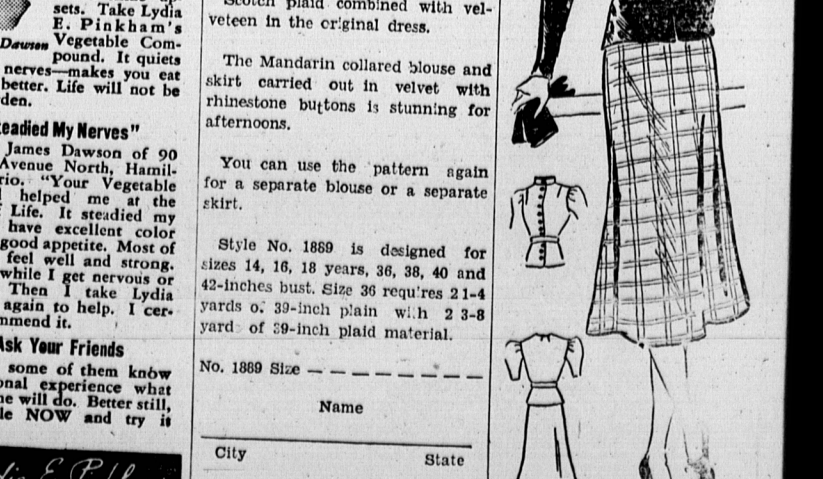
The buttoned-down-the-front bodice is so flattering. The high shoulder sleeves make the waist look slim. It will be difficult for you to decide whether you want the open neck with Ascot scarf or the mandarin collar (see small view). I'm afraid, you'll want to make two blouses.

Scotch plaid combined with velveteen in the original dress.

The Mandarin collared blouse and skirt carried out in velvet with rhinestone buttons is stunning for afternoons.

You can use the pattern again for a separate blouse or a separate skirt.

Style No. 1889 is designed for sizes 14, 16, 18 years, 36, 38, 40 and 42-inches bust. Size 36 requires 21-4 yards of 39-inch plain w.l.h. 2-3-8 yard of 39-inch plaid material.



No. 1889 Size \_\_\_\_\_ Name \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_  
Street Address \_\_\_\_\_  
1889

So Pure You can eat it

Just Ask Your Friends

Probably some of them know from personal experience what this medicine will do. Better still, get a bottle NOW and try it yourself.

Try Lydia E. Pinkham's VEGETABLE COMPOUND