

# Woman's Realm Social and Personal Fashions Literature

**FIRST. Always**



**KING COLE COFFEE**

VACUUM PACKED

**How Can I!!!**  
By Anne Ashley

Q. How can I clean an enameled stove?  
A. One of the best cleaners for white or colored enameled stoves is a light coat of paste wax. Allow the wax to set for a few minutes, then polish. A fine glass will be the result when cleaning a solution of strong tea.

## Modern Etiquette

By Roberta Lee

Q. To whom does a prospective bridegroom usually give a dinner and how long before the wedding?  
A. He usually gives a stag dinner to his ushers and very close friends an evening or two before the wedding day.  
Q. Should a girl begin to put on her wraps when she has dined with a man, and is preparing to leave the table?  
A. No; she should wait either for her escort or the waiter to assist her.  
Q. May one use the typewriter for invitations, acceptances, or regrets?  
A. No; this is considered in bad taste.

## Ellen's Diary

By an Island Farmer's Wife

Jamie, elder grand-son of ours, had been inquiring recently about the school-days he had spent at home, and he was telling me that he had been to the land of make-believe behind. "That mailbox—do you ever see anything of her these times?" She was at there this morning. Pard and I, North wind. It blew cold from the Gulf today, nor had lost much of its keen edge in passing above the expanse of an intervening woodland and meadow. Rather desolate it is sheltered, and scented by the tang of the evergreens in the woodlands nearby.

## DOROTHY DIX SAYS—

### Tactless Spouses

Some Men And Wives, Too, Deal With Each Other Inconsiderately

DEAR DOROTHY DIX: Why do husbands and wives use so little tact in dealing with each other? There are the smallest number of married people who treat each other with even common politeness, to say nothing of showing each other the courtesy and consideration that they use toward the very best stranger with whom they come in contact. Yet these same men and women who use the tactics of a brute and a boor in the family circle are noted for their suavity abroad. Why is this?

ANSWER: All of us know husbands and wives whose marriages are just as sure to end in a crash as an automobile would if it were driven at full speed into each other's prejudices and convictions, instead of taking the trouble to gumshoe around them.

Perhaps in the backs of our heads we all know this, but we have that we go along treating our wives as we would no other human being, saying to them things that we would never dream of saying to anyone else, showing a callous disregard for their feelings that we wouldn't exhibit to our enemies, and then we wonder why marriage is a failure.

If husbands and wives were really so stupid that they never learned how to handle each other, excuse could be made for their blunders; but this is not the case. Before a man and woman have been married, and they have each other's number to the last figure, but do these husbands and wives, who are so wise to each other's peculiarities, use their expert knowledge to avoid conflict and get along in harmony? Not so that you can notice it.

In marriage it is never what one says but how one says it. It is never what one does but how one does it that counts, and it is not too much to say that there is a family scrap that couldn't be prevented, happily solved by the use of a little diplomacy.

DEAR DOROTHY DIX: Is a woman supposed to be married to her husband or his people?  
MRS. H. MC. C.

ANSWER: When a woman marries a man she does, to a certain extent, marry his people. For one thing, he is pretty much what they are in which he has been reared.

She also marries him in the sense that their name becomes her name, and she should in some way make an attempt to become one of them. She should show them affection and consideration and make an effort to get along amiably with them. And she should not try to separate her husband from his family.

DEAR DOROTHY DIX: I am a married woman with three children and in love with a married man. I am sure he loves me, but he will become desperate if I should marry him in the way of a man if he really loves some other woman than his wife?

ANSWER: Perhaps the man has a sense of honor and duty, which are apparently trifles that do not bother you. He feels that he is bound clear to an undercover affair with a married woman, and I am sure why do you not recognize your obligation to be a good mother and keep your name clean for the sake of your children?

## That Body Of Yours

By James W. Barton, M. D.

BLOOD PRESSURE AND STARVATION PERIODS

Some years ago, when we did not know as much about epilepsy as at present, I had the idea that food had much to do with the attacks. I had a patient whom I kept free of attacks for two years by washing his stomach twice a week. It has been found that as long as a patient is starved—no food nor water—attacks do not occur; but of course, such treatment is out of the question.

That eating more food than is needed and becoming overweight cause a rise in blood pressure, now is generally known to insurance company physicians as well as other doctors.

In the "Scandinavian Medical Journal" Drs. E. Lups and C. Franke record the changes in blood pressure in 520 persons during a period of starvation (September, 1944, to May 1945) and after liberation (May, 1945, to September, 1945) in Utrecht, Holland. The systolic (high) pressure fell during the starvation period in 73 per cent of the cases, and diastolic (low) in 70 per cent. In about 80 per cent of persons examined, the weight loss amounted to 20 per cent.

Blood pressure examinations were made on 340 persons in April, 1945, during the starvation period, and again in September, 1945 (after liberation), when over 80 per cent had gained considerable weight. During this period, systolic pressure rose in 43 per cent of the cases and diastolic in 32 per cent. Considerable weight loss most frequently was accompanied by a decrease in blood pressure. In those on the other hand, most persons with low blood pressure showed less of an increase in blood pressure with their increase in weight.

The lesson we learn from the above is that eating less food to the point of starvation for certain periods will lower the blood pressure and that overweight is not only a forerunner but an actual cause of high blood pressure.

Persons whose blood pressure is low, which condition often means underweight and thin build, may in weight would raise the blood pressure, strengthen heart and lungs, and help to ward off or

## Legends Of P. E. Island

### THE LEGEND OF AELLOW'S HOLLOW

(By Uncle Joe)

Kellow's Hollow, as the spot is now known, was at one time the dwelling place of a group of little folk that called themselves Tweedlers.

Just how long ago they lived here we shall never know; but the Micmacs who finally ousted them and took over the island for their own use are responsible for the strange story.

The story of the Tweedlers had been handed down from father to son, generation after generation. When the first white settlers came to Abegweit they, too, became acquainted with the weird tales of the intercourse with the red men, but looked upon it as a mere myth born in the brain of some imaginative Micmac.

The story, which has been translated word for word, runs something like this:

When first our brave warriors came to the Land of Beauty in their birch-bark canoes they were surprised to find the land inhabited by a people so small that a dozen of them could be carried about the palm of a warrior's hand.

These tiny folk were the color of the elm tree and could hide themselves, whenever they chose, behind the mounds or beneath the fallen leaves of the birch forest. Of their voices it was said they sounded like the sighing of the wind among the trees.

And strange as it may seem to the reader, they had the power to change themselves into creatures of the wind, land and sea.

At first, the Tweedlers appeared to be a quiet, harmless people and our race paid them little attention. But as we grew and multiplied they began to envy us our superior knowledge and feared the day might come when we would be their masters.

Thus it came about that one summer, while some of our people were camping near Pretty Stream (Kellow's Hollow), the Tweedlers raided our camp and carried away the chief's only child, a boy about six years of age.

This act caused our tribe great sorrow, and Chief Eagle Wing swore that he would never cease war until he had recovered his child. But as he was a man of peace, he feared the death of the arrows of his warriors.

So for years afterward, when melted snow and ice of winter had melted, and the rivers became safe for canoe travelling, our warriors tracked down and killed our enemies wherever they could be found.

Pretty Stream was where the Tweedlers made their last heroic stand. For many days and nights the battle raged with all the fierceness of the autumn gale, and our arrows fell among the Tweedlers. But they fought back like the ill-devils they could be when thoroughly angered.

They did not possess bows and arrows, but struck us down with their conical iron tubes which they placed in their mouths. When they literally fell upon any of our men they literally died up and became skeletons.

How many were killed on both sides would be hard to estimate, but the blood spilled at the great battle of Pretty Stream turned the gray soil of Abegweit to a deep red.

That was the last of the Tweedlers, and the few who may have escaped the revenge of Chief Eagle Wing were never seen or heard of again.

The next story: The Tolling Bell.

## Living & Leisure

THE WOMAN'S REALM

### INDIAN SUMMER

Hush! The ghost of Summer walks abroad With walls of purple haze about her shoulders;  
O, trust the lady not; she is a fraud  
Returned to watch the hills where sunsets smolder,  
To warm her spirit at the dying fire  
Of her own body's glowing funeral pyre.  
—Donnafred

A muskrat can travel 50 yards under water without coming up for air.

You kind it easier in the white kitchen to wipe off soil and grease as they appear, rather than when they accumulate until extreme means are required to remove them. It is easier on the paint and it means a nice kitchen all the time, not just following housecleaning.

To many people, breakfast just isn't breakfast without a bowl of steaming hot cereal every morning. Dried fruits added to the cereal while it cooks give it a most pleasant flavor. Raisins and chopped prunes are great favorites in cereal with both young and old.

To make cinnamon toast prepare mixture of two tablespoons of butter, 4 tablespoons of brown sugar and 4 teaspoons of cinnamon. Spread this on thin slices of toast and bread and place in a hot oven under the broiler until the sugar melts.

Floor mops are, as a rule, somewhat forgotten when it comes to washing. They will gather dirt and grime more thoroughly and quickly if given a good bath in boiling water once a month. Soda added to the water will loosen the dirt wonderfully.

Does a tell-tale odour of moth balls linger over clothes back from a summer spent in storage? If so, you can cancel out the unpleasant scent with a pleasant one released by a special kind of perfume called "air mist." This is packaged for per-candy-pink spray gun which explodes a cloud of scented mist.

## Better English

D. C. Williams

1. What is wrong with this sentence? "What is the use of you going?"
2. What is the correct pronunciation of "esplanade"?
3. Which one of these words is misspelled? Antecedent, antecedate, antedote.
4. What does the word "inbution" mean?
5. What is a word beginning with me that means "deserving of reward or honor"?

ANSWERS  
1. Say, "What is the use of your going?" 2. Pronounce es-plain-ade as in less, first a as in ask, second a as in as, accent last syllable. 3. Antidote. 4. Quick perception of truth without conscious reasoning; insight. "Her intuition led her to the conclusion that she must go at once." 5. Meritorious.

## Household Scrapbook

By Roberta Lee

Woolen Garments  
The majority of spots on woolen garments can be removed as follows: Dissolve as much borax in water as possible to dissolve, dip a cloth in this borax water and wipe the spots.  
Parsley  
Parsley can be kept throughout the entire winter if it is placed in a sunny window. It affords a garnish whenever wanted, and also makes an attractive plant.  
Mustard Planter  
Neither hot water nor cold water should be used when making mustard plaster. The water should be tepid.

## The Stars Say--

By Genevieve Kemble

For Wednesday, November 24

IT is probable that a greatly accelerated urge in the direction of pleasure celebrations, adventures, visiting, or perhaps more practical ambitions or desires, are likely to be blocked, postponed or in some way frustrated by the keen edges dulled from elders, from health conditions, or to wise decisions after sober reflection.

Those whose birthday it is face a year of ambitious plans and desire for fulfilled hopes and objectives encouraged by stimulated ambitions, pleasant and favorable circumstances. Still there are adversities to be coped with. If health, the lack of support, or other unfavorable circumstances, the spirits are personal compensations for disappointments or obstructions for a child born on this day, while developing his plans and adventures, yet may encounter obstacles, impediments and difficulties in his more serious objectives.

Use golden raisins in dishes for a change. They are delicious with apple and celery in a salad, excellent in apple sauce cake, delectable in a sauce for tongue or ham.

Very important in every wardrobe are versatile separates like these. No. 2380 is a trim tailored blouse. No. 2499 is the fashion-wise flared skirt. No. 2857 is a jaunty waist-coat that can be cut with the new U-neck or with a higher V-neck-line. No. 2380 is cut in sizes 10, 12, 14, 16, 18 and 20. Size 16, 2 1/4 yards 39-inch. No. 2499 is cut in sizes 24, 26, 28, 30, 32 and 34. Size 28, 2 1/4 yards 39-inch. No. 2857 is cut in sizes 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32 and 34. Size 16, 1 1/4 yards 84-inch.

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## That Body Of Yours

By James W. Barton, M. D.

Grind luncheon meat and sweet pickles together for a sandwich spread; moisten with mayonnaise or creamy salad dressing. In making the sandwiches use one slice of whole wheat bread with one slice of white.

MAKE SEVERAL GIFTS



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