

Woman's Realm / Social and Personal / Fashions / Literature



DOROTHY DIX SAYS—

Belittling Wife

Husband Suffers Irreparable Damage From Critical Spouse

Of all the mean wives, perhaps the very worst is the belittling wife whose favorite indoor and outdoor sport is humiliating her husband and attempting to lower his prestige in the eyes of all who know him.

The poor man who is married to such a woman is never permitted to make a statement without its being challenged. She always interrupts his conversation with strangers to correct his grammar. She is always bemoaning her fate for having married just a plodder who has no talent for money-making. She seems to get a morbid pleasure out of disparaging her husband and representing him as a fool to others.

Now it is hard to understand why some women do this. Perhaps they have a distorted vanity that makes them want to glorify themselves at their husband's expense, and they think that they show how superior they are to the men they have married when they correct them. Perhaps they get sadistic enjoyment out of torturing their husbands with their fault-finding, and derive a kick from watching them writhe with mortification as they are held up for ridicule.



WIFE'S OPINION VITAL

But the belittling wife forgets that every wife writes her husband's price tag and that the world takes him pretty much at her valuation. If she thinks he is a failure and begins every sentence with "John says," as if that settled the matter; if she is always boasting of how ambitious and determined to succeed he is, we begin quoting his opinion, too, and look upon him as an up-and-coming man.

However, if a wife always is correcting her husband and making him seem like a moron to us; if she is always wallowing about what little enterprise he has and what poor judgment, why, we set him down as a failure and pass him by when we have plums to hand out.

The belittling wife does her husband the greatest injury that one human being can do another. She kills his faith in himself. She paralyzes his energies. She slays his ambition. She puts out the fire on his altar.

It is a ghastly thing what a wife can do to a man when she shows him that she has no belief in him, no admiration for him. It makes life cindeers, ashes and dust that isn't worth striving for. And the wonder of it is that so many men go on suffering martyrdom at their wives' hands.

We cannot help feeling a certain contempt for a man who puts up with such treatment from his wife. But, in reality, the husband may be guided by the noblest motives, by pity for a woman who is a poor neurotic, and by his determination to keep the home together for his children—no matter what the cost to himself.

But the general reaction of the public is that a man should demand that his wife treat him with outward respect, and that he is more or less of a weakling if he fails to receive it.

It takes more than kisses to keep a man happy! It takes brains. The sure way to turn a man into a fault-finding grouch is to feed him wrong. You must not only give him enough food but enough of the right kind of food.

One "protective" food a man needs every day is Kellogg's All-Bran. It does two important jobs to give him that lusty, driving energy he must have to succeed in life.

First, All-Bran is made only from the outer layers of the wheat grain.

That is the vital part so unusually rich in iron and other essential food elements he simply must have.

Second, All-Bran is guaranteed on a double-your-money-back basis to keep him regular naturally. And, if you want to enjoy living with him, one thing you must help your husband avoid is that "jumpy," irritable feeling constipation causes.

Let All-Bran help you. Serve it every day as a cereal with fruit, or in delicious bran muffins. Get some now. Clip this as a reminder.

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Cook's Corner

PEANUT AND CRANBERRY RELISH

One cup cranberries, one-third cup sugar, one small orange, one small tart apple, one-quarter cup chopped peanuts, one-quarter teaspoon salt.

Put cranberries through food grinder, using the coarse plate, and mix with the sugar. Cut the orange and apple into quarters, remove seeds and grind. Combine all ingredients. Serve with meat or poultry as a colourful and nutritious garnish. The recipe yields about one and one-half cups.

CRANBERRY RAISIN JAM

Two pounds cranberries, one cup

raisins, two oranges, three cups sugar, one pint water, one-quarter teaspoon salt.

After the berries and raisins have been washed, and the peels and seeds removed from the oranges, combine the fruits and chop them to the desired fineness. Add sugar, salt and water and cook until thick (about one-half hour). Stir frequently while cooking. Pour the jam into hot sterilized jelly glasses, cover with paraffin when cool and store in a cool place.

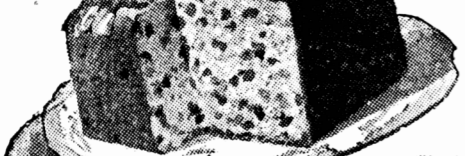
MANY CANCER DEATHS PREVENTABLE

Almost 15,000 Canadians died of cancer last year, according to the Bureau of Statistics. Up to half of these deaths could have been prevented by early diagnosis and treatment.

EATING to rave about

ECONOMY to boast about

It's the PURITY "WHITE CHRISTMAS" CAKE



You'll love this smooth, tender, wonderful cake. And this special PURITY FLOUR recipe is in tune with your budget. Purity's economy hospitality. This new "White Christmas" Cake calls for PURITY FLOUR, the dependable flour that milled from the finest hard wheat.

"WHITE CHRISTMAS" CAKE
(weight 1 lb.)

- 1 pound soft butter
- 1/2 pound chopped mixed nuts
- 1/2 pound granulated sugar
- 1 cup sifted Purity Flour
- 1 egg
- 1 cup whipping cream
- 1 cup evaporated milk
- 1/2 cup apricot jam
- 1/2 cup apricot preserves
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Prepare fruit and peel and mix well. Sprinkle with one cup of sifted Purity Flour. Dip into this mixture until batter is prepared. Cream butter and sugar until light, add apricot jam and apricot preserves. Gradually add sifted Purity Flour and mix until smooth and beat until mixture is light and fluffy. Beat until smooth and add gradually to the mixture. Beat thoroughly. Add nuts and mix well. Add apricot jam and apricot preserves. Bake in a 15x20 inch pan at 350° for 1 1/2 hours. Allow to cool in pan for 15 minutes before removing from pan. For this recipe use a deep square cake pan. Store the cake a few days to ripen before eating.

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That Body Of Yours

By James W. Barton, M. D.

BLOOD PRESSURE

At a recent gathering of physicians, one speaker stated that probably it would have been better for humanity had the instrument that measures blood pressure never been invented.

But the general reading of the blood pressure instrument was helpful to the physician. It was harmful to the patient because he always wanted to know the height of his blood pressure. If the physician told him it was higher than at his previous visit, he worried about it. If the physician did not tell him the reading, his blood pressure, then there must be something wrong.

The trouble with patients and blood pressure readings is that a normal individual may show a rise of many points at times. If a nervous person, however, is told of a rise, he is likely to be upset until his next consultation with his physician, which may not be for weeks or months.

By being upset his blood pressure will remain high, thus stretching the elastic muscle tissue in his blood vessels. As with ordinary elastic, if kept on the stretch some of its elastic power is lost. This loss of elasticity in blood vessels, due to even a slight but constant stretch, makes it necessary for the blood pressure to increase in order to pump blood through this less elastic tissue. Emotional disturbances definitely raise the blood pressure permanently in time.

The normal blood pressure in adults should be about 140 systolic and 90 diastolic, but a blood pressure of 150 and 100 respectively, may, under various circumstances, be considered normal.

If the blood pressure is continuously above 140 and 90 the physician uses various drugs to bring it down to normal. This is not because hardened blood vessels can be made softer and more elastic, but because much of this rise in blood pressure may be due to emotional disturbances and nervousness. For this reason, quieting drugs quite properly are used.

In cases of organic high blood pressure, where a heart or brain stroke is threatened, surgery—cutting a nerve root—gives good results in many cases.

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 Syndicate, in care of this newspaper, Post Office Box 99, Station G, New York 19, N. Y., and ask for your copy.

START AT BOTTOM. DESIGNERS ADVISED

Helen Ross, one of Hollywood's outstanding designers, offers this bit of advice to girls seeking a career in the designing field:

"Don't try to start at the top! It is far better to start at the very bottom to get the feel of handling and working with materials and clothes. Then, every step made toward the top is one of which you can be certain because it is not based on beautiful sketches alone

Morning Smile

"Dad," inquired the high school junior, "What can I do when a pretty girl keeps talking to me day after day in class?"

"Well," replied papa, "you can have your seat changed, of course, but if she's like your mother, she'll get you in the long run, regardless."

"Good morning, madam," said the gas company service man. "I understand there's something in the house that won't work."

"Yes, he's upstairs in bed."

How Can I!!!

By Anne Ashley

Q. How can I give a high polish to tinware?

A. Rub a freshly sliced onion over the tinware, then rub vigorously with a dry clean cloth, and it will give a high polish.

Q. How can I keep the bread board white and clean?

A. Rub lemon juice into the bread board. It will whiten the wood beautifully and will absorb all grease and dirt from the board.

Q. How can I restore the crispness to nutmeats?

A. This can be done by placing the nutmeats in the oven for a few minutes.

but on knowledge and experience as well.

Miss Rose, who began at the bottom herself, has created teenage wardrobes for Elizabeth Taylor and Jane Powell.



Trumps at all parties

KING COLE TEA COFFEE

Household Scrapbook

By Roberta Lee

Cutting Cake

It is difficult to cut a loaf cake or shortcake while it is hot, without making it heavy or soggy. But this can be done if, as soon as it is taken from the oven, slight cuts are made with a sharp knife where the cake is to be divided, then a string of thread is inserted, holding one end in each hand and drawing it gently back and forth, using the thread instead of a knife.

To Shrink Woolens

A woolen garment may be shrunk before its first washing by soaking it in cold water for about two hours. Then squeeze it out to dry without any stretching.

Varnish

Varnish will spread easily if the can is kept in a pan of hot water while using it.

The Stars Say--

By Genevieve Kemble

For Friday, November 5

A MOST powerful planetary set-up may prove dramatic, spectacular, and breath-taking, with several adverse and conflicting aspects offset by quite as vivid and vital "benefits" arising from potent astral forces. An upheaval, an entirely unforeseen circumstance may be the thrilling situation, may be wisely, astutely handled. Perhaps an uneasy stroke, with subtlety and craft, may divert the danger into constructive and happily pleasant and progressive channels. This menace and final successful climax may operate in business, romance — a surprising adventure in heart, home or spiritual aspirations.

For the Birthday

These whose birthday it is, may prove for a year of dramatic and stirring events, of sudden and unpredictable nature, affecting the life in a radical and far-reaching manner. Business, financial, domestic and romantic ties are involved, with danger of loss and estrangements unless these be most judiciously and shrewdly manipulated, free from emotional or erratic drives or incentives. Luckily the mentality is set in wise and stable grooves, the emotions are articulate of a profound and subtle shattering toward the strategic or

Modern Etiquette

By Roberta Lee

Is it ever permissible to place an elbow on the table while eating?

A. Not while eating. During the conversation before and after the meal is served, however, it is all right, although one should never give the impression of "lounging" on the table.

Q. Should the same person give two showers for the same bride-to-be?

A. This matter is best determined by personal wishes. However, some people would consider it presumptuous for one to do so.

Q. Should a man offer his right arm or his left, when taking a woman in to dinner?

A. He should offer his right arm.

Don't Make This Mistake When Child is Constipated

Don't upset a child already upset by constipation with nasty-tasting laxatives or harsh, griping cathartics. Give Children's Own Tablets. This new corrective made especially for growing youngsters' needs is so pleasant to take—acts so gently and normally without disagreeable reactions that even the fussiest child won't object to them. Also make laxative-taking time easy on the child and yourself, mother! Get Children's Own Tablets today at your drugstore. 25¢.

Better English

D. C. Williams

1. What is wrong with this sentence? "I waited for an hour, but the men did not show up."

2. What is the correct pronunciation of "Wagner" (the German composer)?

3. Which one of these words is misspelled? Historic, historical, historical.

4. What does the word "formative" mean?

5. What is a word beginning with pl that means "calm; peaceful"?

ANSWERS

1. Say, "the men did not appear."

2. Pronounce wag-ner, as in ah. 3. Hysteria. 4. Giving or having the power of giving form; plastic. "These experiences date back to the formative period of my life." 5. Placid.

Needlecraft FOR THE HOME

SMART SCHOOLMATES

Little lassie's will love this ensemble — in a partnership of plaid and plain fabrics! No. 2373 pairs a pleated skirt with a jaunty jacket that can be cut with or without the fitted waistband. No. 2952 makes a Scotch hat to complete the costume.

No. 2573 is cut in sizes 4, 6, 8, 10 and 12. Size 8 skirt, 1 1/2 yards 54-inch; jacket, 1 1/4 yards 54-inch. No. 2952 is cut in head sizes 19, 20, 21 and 22. Size 20, 1/2 yard 18-inch. Send 20¢ 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.

Address: Pattern Department, The Charlottetown Guardian, Pattern No. 2373 and No. 2952



HAT 2952 SIZES 19, 20, 21, 22 IN.

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SETS FLOWER RECORD

DIGBY, N. S. — (CP) — A resident of nearby Gilbert's Cove thinks she has set a record in horticulture circles. She says she picked a dozen berries from her garden in mid-October.

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"Tiny blemishes—incipient blackheads, respond in most cases to the Palmolive Plan." My complexion improved a lot," says Helen McCoy. The doctors found clearer skins in more than half the cases. See what Palmolive can do for you!
- Fresher, brighter color—with Palmolive**
"Skin brightens! Less coarse-looking too," says Louise Shaugnessy, after testing the Palmolive Plan. The 3 doctors reported improvements like these for 2 skins out of 3. Start your Palmolive Plan today!
- Less oily, clearer—with Palmolive**
"My skin became less oily," Ella May Cagnet reports. Excessive oiliness often leaves skin blotchy. The 14-Day Palmolive Plan brought actual definite gains to 89% of the women who had oily skin. See if it won't help your skin become less oily—clearer.
- How Is Your Blood Pressure?**
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PS: For Tub, For Shower, get the New, Big, Thrifty Bath Size Palmolive!