

Woman's Realm Social and Personal Fashions Literature

Living & Leisure THE WOMAN'S REALM

If you have spoken something beautiful. Or touched the dead canvas to life. Or made the cold stone to speak. Or who know the secret heart of beauty; If you have done one thing That has made gentler the churlish world, Though mankind pass you by, And feed and clothe you grudgingly— Though the world starves you, And God answer not your nightly prayers, And you grow old hungering still at heart, And walk friendless in your way, And lie down at last forgotten— All this befall you who have created beauty. You shall still leave a bequest to the world. Greater than institutions and rules and commerce: And by the immutable law of human heart The God of the universe is your debtor, If you have made gentler the churlish world. —Max Ehrmann

GET MORE REST AFTER FORTY

A vow to take more time out for rest is one resolution which every woman over 40 should make. As we grow older, our systems are more in need of the relaxing, energy-renewing effects that rest and sleep can give. Eight-hours of sleep at night is as important a health requirement for most adults as it is for children. If you can't swing your full quota of night-time sleep, make up the deficiency with afternoon naps. If you can't sleep in the afternoon you can at least rest.

Unless you set aside a specific time each afternoon when you are "out" to telephone calls and callers, the chances are that little chores will interfere with your resolve to rest. If you suffer any pangs of conscience at putting aside your chores, while you relax, satisfy these twinges with a final self-admonition that no task is as important as your own health. Provide yourself with a bedside "dressing" table which is large enough to accommodate your creams, facial tissues, brushes and a small hand mirror. With these essentials at your fingertips, you will find it possible to go through many of your beauty routines while you're "making it easy" in bed and getting many of the benefits of rest.

TWO VACATIONS FOR ONE FAMILY

Parents of young children have quite a problem when it comes to working out a vacation plan that is a real vacation to every member of the family. If they plan a long trip and take the children along it isn't much of a rest for the parents and the long days of driving are often no fun for the children. But if they leave the children behind when they take their yearly vacation, they can't help but feel a bit guilty over the fact that they are leaving their children out, and depriving them of a chance to have a part in the vacation plans. Instead of taking one vacation they are going to divide their vacation time and take two. One young couple says they think they have a solution to the problem this year.

Plan "Children's Special"

There is going to be a short vacation with the children, planned primarily for the children's good time. They are going to the nearest spot that will give the children an out-of-doors vacation — with all that goes with it.

Then the parents are going to take a short trip by themselves, as their real vacation from the responsibilities of home life. They figure they need that as much as the children need a vacation with them. It sounds like a smart idea. And it might prove to be a workable solution for many parents. For it is a vacation plan that takes every member of the family into consideration.

LITTLE MAKE-UP BRIGHTENS EYES

The time when eye make-up is a help in need is when the sparkle in a woman's eyes grows less vivacious. Yet make-up must be so cleverly used that no one can suspect that lids are shadow-tinted, eyelashes color is accentuated. Only the merest touch of eye shadow needs to be used to give lids the appearance of a livelier flesh tone. A tiny speck of shadow — for the older woman almost any tint is a good choice except brown — should be filmed so carefully over lids that only a suspicion of color remains. Whatever faint tint survives should almost disappear when foundation and powder are applied to the entire face. Mascara needs to be as subtly applied as eye-shadow. No older woman wants to advertise her artifice by wearing spikes or clumps of mascara. For the subtle effects required, lashes should be lightly coated for color accent only. A more natural-looking effect is achieved when two shades of mascara — black and brown — are used. The severe effect of black is modified when a final coating of brown mascara goes over it.

GRACIOUSNESS IN MIDDLE AGE

She is middle-aged so far as years go, but she isn't the type others automatically describe as "a middle-aged woman," writes Ruth Millet. She doesn't have a middle-aged look. She hasn't let herself fall into the habit of buying a dress just because it will do for certain occasions, or because it seems practical. She buys clothes because they are becoming, just as she did when she was young. She doesn't fall back on middle-aged talk — the house, the children, the high cost of this and that. She is willing to forget her housework when she isn't doing it, and talk and talk of other things. She hasn't made the mistake of limiting her social life to a set little group of friends. She enjoys meeting new people and bringing them into her life. She knows more and better ways of spending her leisure than by "playing bridge with the girls." On a nice afternoon she is more likely to be playing golf or working in her yard than sitting in on a bridge session. She takes small troubles with a light-heartedness that makes her a cheerful companion. Small annoyances don't ruffle her good nature. Because of all these things, she will never be typed in others' minds as "a middle-aged woman."

GRIM PENALTIES FOR ABUSED FEET

High heels may be making fashion headlines, but as far as health experts are concerned, they just mean so many more pairs of sore feet. In a booklet "The Care of the Feet," the health and welfare department recommends a heel one and a-quarter inches high. Anything more than this height is "excessive," and frustrates the activity of the calf muscles and those in front of the leg in moving the ankle joint. "Soon these muscles become impaired, those of the calf tend to shorten, and it is not uncommon to meet people who cannot bring the foot to a position at right angles to the leg," says the booklet, which was written by Alexander Gibson of London, England. Buying shoes that are too small is one method of cramping the feet, but wearing stockings and socks that are too short is another. Woolen socks should never be rubbed or wrung out, but always should be dried on forms to preserve length and width. With hot weather approaching the booklet has a few tips on foot comfort. It urges: daily cleansing and thorough drying; the use of footwear that permits free action of the muscles; exercise — contrast baths, leg muscles, toe muscles.

Ellen's Diary

By an Island Farmer's Wife

Of this day, come now to its even-tide, one recalls first of all the electrical storm of early morning, not too severe to be alarming at Alderlea, and yet we agreed "close enough" as we heard it from the wide old bed in the room above the kitchen. James had nudged a weary body to wakefulness to ask: "Are the windows all closed Ellen?" when outside all was darkness and rain was falling in torrents to make us say: "Just listen to that!" Flashes of lightning were repeated but not at close intervals and though one fancied the thunder rumbled near, it spent itself presently in the distance. And when the rain ceased, and the storm, we returned gratefully then to our sleep. The countryside was fresh and rain-washed when we came later to our duties scented with numberless scents and a dampness not yet dispersed by the sun lingered to sparkle on lawn and meadow. Through this quiet and scarcely awakened morning, our girl-of-the-week-end set out happily in time to catch the early bus which carried them homeward. The arrival in the year's swift turning, of the Glorious Twelfth recalled them to home cares, and yet perhaps it was not the immediate assistance of these which hastened them as that returning there, they might be able to attend a picnic honoring the day.

By way of celebrating the birthday of an older member of the family, there came an outing to a shore yesterday — to a rather lovely farmstead, situated near the mouth of a river, in a beautiful setting of grove and meadows. Here it is that niece to James, her husband and two sons dwell and one is a tall youth who knows and is much interested in the affairs of farming, while the other lad has no thought of the like in his fair curly head he being only a babe yet at the stage where like Karoly's younger fellow, they can move quickly beyond one's sight. And here it was that we came, all of our family and Mr. from the house on the hill, who neighbors us at Alderlea, Jamie was a little concerned about the number of candles Jamie should place on the birthday cake. He said: "But you haven't got enough!" and James when consulted guessed with a twinkle: "It would need a cake made in a pretty big pan to hold enough candles for your grandmother's birthday!" in any event, there was no blowing-out of those Jamie put there. The sunny tangy wind that wandered in from the river, snuffed them out cleanly right before Jamie's and the other small one's eyes.

It was altogether a family gathering we had with others of James' people, a sister, nephews, and nieces, and some were of the line and others not — but to our minds, James and mine, there is no difference but all a part of the family. We balled our tea-kettle in the open, and if I forgot to listen to it's tune, it was a matter of much interest and entertainment to many of us, including, of course, Jamie and me. If later odd strange insects came to light on the golden brew, it remained refreshing, since we drank it in an enchanting setting spread against the heavenly blue of the Summer sky; clove green meadows, fragrant and bedevilled were beside us and before us in a gentle wash the waves stole in to lap on the shore with pleasant croon. Again I heard the sound of it, the Summer-voice of the waves, interwoven in memory with a sea-bird's call, an old sea-

ward veer, the breath of the salt breeze, the lazy ripple breaking on the sands, a dark buoy out on the breast of them, a white light-house beyond on a point, and ever away from us the green of the Strait meeting the blue of a mystic horizon. Smaller folk yesterday were content to play in the sand or to wade in the shallows, rather fearfully at first, but then much pleased with the newness of it, loath to come away when the time came for us to return home.

And James inland-born finding no fascination at all in the sea or the ways of it, slipped away with other farmers to enjoy a leisurely stroll through the fields, that rippled away fetchingly in the sunlight and content of the day. "And Uncle James, why didn't you come in last water with us 'Maw'?" asked him curiously this morning, and chuckled merrily at his reply. "You wouldn't say that a farmer could find much of an education, paddling along the edge of a river, now would you? So that's the reason I guess, that I took to the fields!" "But you don't always have to be bound to the fields?" she countered. And James looked across the daisied meadow by the lane rippling now to the moving to reply a bit seriously "Yes—I reckon I'll always be bound to the fields."

Until tomorrow — Diary — Good-night.



DANISH QUEEN, TWO DAUGHTERS, HURT IN CAR
Queen Ingrid of Denmark and two of her daughters were injured, none of them seriously, when a car the queen was driving skidded on a slippery road and crashed into a tree. A chauffeur, who had surrendered the wheel to the queen, also suffered minor injuries, but was able to telephone for help. Ingrid suffered a crushed right knee, an injury to one eye, and a possible concussion. The princesses, Margrethe, and Benedikte, four, were bruised as they were thrown against the back of the front seat. A third princess, Ann Marie, two, was not in the car. A plane was standing by in Copenhagen to fly specialists to Goemborg if necessary. Above the king and queen of Denmark are pictured with their family.

Modern Etiquette

By Roberta Lee

Q. What is the correct way to eat a hotchpotch?
A. Hold the leaf in the fingers; dip into the sauce the end which is to be eaten and with the fingers convey the leaf to the mouth. A fork is used to cut the heart and eat it.
Q. Is it obligatory that a hostess introduce all guests at a small dinner or luncheon, or allow them to become acquainted themselves?
A. Yes; by all means, introduces them.
Q. If a man is writing a friendly letter to some woman acquaintance or friend, what would be an appropriate closing?
A. "Faithfully yours," or, "Sincerely yours."

Morning Smile

KEEP THEM HEALTHY

Mrs. Brown and Mrs. Smith were discussing the difficulties of married life. "I'm always very careful," said Mrs. Smith, "to send the children out of the room, in fact out of the house when I have a quarrel with my husband."
"Bless the little dears," said Mrs. Brown. "They look so healthy spending so much time in the open air."
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Q. How can I keep the powder puff soft and fluffy?
A. Wash it in warm, soapy water, and then rinse in soapy water.

Princess Elizabeth becomes a "freeman"

Princess Elizabeth, heir to the throne of England, is shown as she made an address after receiving the freedom of the City of Cardiff, Wales. The first woman to receive such an honor, the Princess won her audience by giving a simple talk on her "happy home life." The Lord Mayor of Cardiff is seated at the right.

That Body Of Yours

By James W. Barton, M. D.

OVERWEIGHT IN CHILDREN AND ADOLESCENTS

I have spoken before about being one of three judges at a baby show — and learning from that experience that every mother thought her baby deserved the first prize. I learned also that the fatter the baby the healthier the mother considered it. While it is normal for some babies to be plump for several months after birth, and for some babies to be thin, as the months pass by the normal child gradually will become normal in weight for age and height. If the child continues to be greatly overweight as he or she approaches the teen age and during the teen age, it is not a normal condition. The parents should consult their family physician, as overweight at any age after infancy requires treatment. Overweight in children is somewhat different than in adults, as in the former case the overweight is due to gland conditions within the child. Overweight in adults, however, is due in the majority of cases to conditions outside the body — that is, overeating and under-exercising. In the Medical Journal of Australia, Dr. H. B. Graham reports the different types of overweight in children, their causes and the treatment he used in 52 cases of corpulence in children and adolescents. Dr. Graham stresses the fact that the cause is strictly endogenous (from the inside) rather than exogenous (from outside). The treatment of these cases of corpulence in children and adolescents presents quite a problem, as so many factors enter into trying to reduce weight in youngsters who like to eat but in most cases do not like to play much. The treatment given in these 52 cases included large doses of thyroid extract taken by mouth, cutting down on the food intake, arranging games and exercises the child or youth enjoyed, and periodic observation and supervision. Thus, by indexes of weight, height and size, the value of the treatment can be seen and judged. The thyroid extract appears to be warranted in these cases.

Household Scrapbook

By Roberta Lee

Too Much Oil
Should you allow too much oil polish to collect on the furniture, mix one-fourth cup of vinegar with one-half cup water. Dip a soft cloth into this, wring out, and rub over the furniture. Dry immediately with another soft cloth.
Cloudy Mirrors
Cloudiness in mirrors is usually the result of too much direct sunlight. Therefore, hang your mirrors where they won't be hit by the sun's rays for any considerable part of the day.
Sowing Seeds
It is useless to try to sow seeds on a windy day. It cannot be done satisfactorily, and it is much better to postpone the job.

The Stars Say--

By Genevieve Kemble

For Tuesday, July 20
The astral indications must be read as continued situations of duplicity, fraud and all manner of underhand and treacherous circumstances, affecting business, financial, and family life. Besides putting the feelings and emotions under pressure and strain, the mentally may also be confused, variable and impressionable. Likewise the judgment may be so vacillating as to begot worry, error, anxiety, under stress of angry words and acts.

How Can I!!!

By Anne Ashley

Q. How can I transplant a maple tree properly?
A. The best time to transplant a maple tree is the early spring, before any buds have appeared. Choose a rainy spell when the ground is soft, and preserve as much of the root as possible. This refers to trees not more than six or eight feet high. Then trim down the crown of the tree.
Q. What is a good antiseptic mouth wash?
A. The use of a dash of lemon juice in plain water is said to be very good.
Q. How can I keep the powder puff soft and fluffy?
A. Wash it in warm, soapy water, and then rinse in soapy water.

DOES HEARTBURN?

Not at night!

Quick way to get helpful relief is to suck one or two Rennie's. Each tablet is individually wrapped, ready to take anytime and anywhere. 25c and 75c all drugstores.
ALKALIZE WITH RENNIES

Don't lose sleep from SUNBURN!

Get quick relief with cool, soothing NOXZEMA

When you can't sleep — when your skin is on fire with raw, red sunburn — get Noxzema for quick relief. Almost instantly you can feel it soothe, cool your fiery sunburn. Remember, Noxzema is greaseless, non-sticky — won't stain clothing or bed linen. Get a jar at any drug or cosmetic counter...19¢, 43¢, 63¢, \$1.29.

FOR A RICH HEALTHY TAN — WITHOUT BURNING

Use NOXZEMA Suntan Oil Suntan Greaseless

DOROTHY DIX SAYS—

Fickle Husbands

Changing Romantic Moods Due To Male Instinct For Trading In Old Models?

DEAR MISS DIX: You have overlooked explaining the following psychological mystery, which is: How and why, after a man most solemnly and sincerely promises to love and cherish the bride of his choice throughout their lives, does he, within a year, fall out of love with her and forsake her?
CURIOUS.

ANSWER: Nobody on earth, not the most learned psychologist, knows the answer to that \$64 question. You can find a thousand explanations of the phenomenon, but none of them can be guaranteed to work.

There are men who are faithful through a lifetime to wives who mistreat them in every possible way, and there are other men wedded to wives who are perfect angels who lose their taste for them before the honeymoon is over.

DIVORCE COSTLY

Any way you take it, marriage is a serious business. Even when a wife doesn't come up to all of her husband's expectations, getting rid of her is a difficult job. It costs money to get a divorce. Even a decree absolute has to have some sort of backing other than a husband just saying he is tired of Mary Jane and would like to swap her off for another wife. And even a short-lived marriage calls for much unpleasant gossip. So it would seem that almost any man would stop, look and listen before he leaps into marriage and would be certain that he did want his prospective bride for keeps. But seemingly husbands' taste in wives changes from day to day and the girl Romeo was enamored of one day, he won't even have on a bet the next. And, so far as I know, there is no adequate explanation of why this is thus. Maybe it is just a phase of the masculine love of trading that makes little boys swap marbles, and grownup men to be always wanting to trade in last year's car for a new model.

DEAR DOROTHY DIX:

I am a young man of 20 and cannot seem to make a decision on anything. While in the army I was very homesick and wanted to return home to Mother's apron strings. Two and a half weeks ago I left home to go to Kansas City to take up a course in Aeronautical Science, but again I was bitten with homesickness and after exhausting my supply of money I wrote home asking whether to return or not. I came back home, but I am very unhappy, although I am offered a position by a large airline in Boston. What shall I do?
J. D. M.

ANSWER: You do not seem to have enough stamina even to have sufficient nerve to snip at Mother's apron string, still less cut it, so it is folly to offer you any advice. You will always run back home to Mother, though you know it is wrecking your life to do it. There is nobody for whom I have greater pity than those weaklings who have the intelligence to see the right way, but lack the courage to follow it.

I think your parents must be responsible for your being such a baby, and my advice to you is to get away from them until you can make a man of yourself.

DEAR MISS DIX: I have been going with a man for three years. He is 24 and I am 21. He has two more years of college and we couldn't get married for three or four years. Here is my problem:
(Continued on Page 3)



Snow-white... Greaseless... Doesn't Stain

FOR A RICH HEALTHY TAN — WITHOUT BURNING

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See McCrafts FOR THE HOME

SMART YOUNG SEPARATES like these will be cool and dainty for a little girl's sun days. The beuffed blouse, has the newy drawing neckline... the flounced skirt is just what "big sister" is wearing in smart cotton stripes. (Both in one pattern.) No. 2233 is cut in sizes 6, 8, 10, 12, and 14. Size 8 requires 1 1/2 yds. 35-in. for the blouse; 1 1/2 yds 35-in. for the skirt. Send 20c 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 some number in your address. Address Pattern Department, The Charlotetown Guardian, Pattern No. 2233.

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City _____ Province _____

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A quarter-inch frog, the smallest in the world, is found in Cuba, which boasts also the world's smallest bird.



Enjoy that real tomato flavor!

Aylmer sure knows its tomatoes

AYLMER CATSUP

YOUR FAMILY DESERVES HIGHER QUALITY

"SALADA" TEA & COFFEE

Outstanding Quality • Delicious Flavour

Princess Elizabeth Becomes a "Freeman"

Princess Elizabeth, heir to the throne of England, is shown as she made an address after receiving the freedom of the City of Cardiff, Wales. The first woman to receive such an honor, the Princess won her audience by giving a simple talk on her "happy home life." The Lord Mayor of Cardiff is seated at the right.