

Woman's Realm Social and Personal Fashions Literature

Aylmer Vegetable Soup is finest quality

Yes-and thrifty too!

YOUR FAMILY DESERVES AYLMER QUALITY

Living & Leisure THE WOMAN'S REALM

The common problem—yours, mine, everyone's—Is not to fancy what were fair in life. Provided it could be; but finding first. What may be, then find how to make it fair. Up to our means—a very different thing! My business is not to remake myself. But make the absolute best of what God made.

—Robert Browning.

SUN BATHING TIPS

Protect the arms, neck, back and legs with liberal applications of sun tan cream or lotion, for it is only prudent to filter out the burning rays of the sun and avoid lobster red. Just a little care and forethought and you will have an attractive, warm tan.

Ordinary white horses are not born white, but are generally dappled greys which have grown lighter until they became white.

Moths love animal fibres. The larvae of the moth of carpet beetle feed upon fur, feathers, hair, wool, bristles and fabrics made from them.

HEALTH AT THE TABLE

To enjoy life to the full, everyone wants to have the feeling of buoyant physical vigor that comes with good health. To aid good health doctors say it is important to use care in the selection of the food we eat. Certain foods are essential to maintain health. Milk, fruits, vegetables, cereals, meat and eggs are foods that provide calories in addition to elements that the body needs every day—vitamins, protein and minerals. They should be included in the daily diet.

Color can now be found in a non-greasy cream hairdressing which is squeezed out of a bottle and sprayed on the hair to impart highlights. Manufacturers say it is not a tint or dye.

FEMINE LOOK IN NEW ACCESSORIES

NEW YORK—The feminine look in fashion is nowhere more marked than in that group of entertaining accessories falling under the rather prosaic heading of gloves, bags and belts. Gloves are soft and washable. Belts fancy slender waists. Bags vary their slim, supple lines with those of solid little box-like affairs that bang about

TO SETTLE DOWN IS TO GO STALE

The white-haired grandmother was trying to explain why she found the company of one of her contemporaries so unbearably dull. "It's just," she finally summed up, "that she's so settled."

The white-haired grandmother, though in her late sixties, isn't "settled." She keeps up with what is going on in the world instead of living in the past or trying to live the lives of her grown children and grandchildren.

She can pick up and take off on a moment's notice and frequently does. She isn't hog-tied to her home. If her husband asks how about going along with him on a business trip, she locks the doors of her house and leaves with him. She has friends of all ages instead of clinging to a little circle of friends, all her own age and all "settled."

All of which goes to show that a woman doesn't have to settle down to a dull existence at any age or stage in her life. Lots of women let themselves become "settled" as soon as they get a house to manage. Others keep up fairly well until their children leave home and then they settle back to grow old, as though their lives were over.

Be Nice To Be Near

MUM

- Safe for cherm. Mum gives sure protection against underarm odor all day or evening.
- Safe for skin. No irritating crystals. Snow-white Mum is gentle, harmless to skin.
- Safe for clothes. No harsh ingredients in Mum to rot or discolor fine fabrics.

Product of Bristol-Myers—Made in Canada

That Body Of Yours

By James W. Barren, M. D.

PAIN IN THE NECK, SHOULDER AND ARM

When an attack of sciatica—pain in lower back, hip, back of thigh and lower leg—occurs the first thought now is that it is caused by a rupture or crushing of one of the fibrous discs or cushions between two of the bones of the lower part of the spinal column. As a matter of fact, most physicians believe that infection—tonsils, teeth, gall bladder—is the commonest cause.

One test as to the cause of sciatica is that if the pain is worse at night, when the patient is at rest, infection is the cause whereas if the pain is worse when the patient is on his feet, injury or pressure due to poor posture is the cause.

However, injury can be followed by infection and infection can be present and upset the above rule.

It is interesting to learn that while most cases of ruptured discs occur at the lower end of the spinal column—causing low back pain and sciatica, the same condition, a ruptured disc, can occur at the upper end of the spinal column—that is, in the neck. And just as pain occurs in the lower end, so also does it occur in the upper end. Instead of the pain being in the back and leg, the pain occurs in the neck, shoulder and arm.

In the "British Lancet," Drs. Emen and Kramer describe eight cases in which there was pain and loss of movement of the neck due to pressure on the nerves leaving the spinal cord to supply neck, shoulder and arm. Thus there was tenderness, weakness and loss of tissue in the muscles of the neck, upper back, shoulder and upper arm.

Fortunately, most of these cases at the upper end of the spinal column can be helped without the need of a surgical operation. Rest in bed with carefully adjusted pillows is necessary in some cases; a few require pulling of the head away from the spine by a harness carrying a weight of 10 to 12 pounds. A well fitting leather or plaster of Paris collar is useful in some cases, as it allows the patient to be up and about. An occasional case may need operation.

While "pain in the neck" is most often due to a draft or even infection, which is relieved by heat and movement, some, as noted above, are caused by pressure on a nerve.

CHRONIC RHEUMATISM AND ARTHRITIS

Sufferers with chronic rheumatism and arthritis will find many helpful suggestions as to diet, heat, massage, and other aids in Dr. Barton's booklet entitled "Chronic Rheumatism and Arthritis." To obtain it, just send 10 cents and a 2-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.

How Can I!!!

By Anne Ashley

Q. How can I rejuvenate a maline scarf?
A. Put one teaspoonful of powdered gum arabic in one pint of hot water. Let it cool and dip the scarf in it. If not stiff enough, dip again, then press with a warm iron while still damp.

Q. How can I relieve the bite or sting of an insect?
A. Try dipping a small piece of absorbent cotton in peroxide, and binding it to the affected part.

Q. How can I keep the mattress clean and fresh?
A. By using the vacuum cleaner on it regularly, just as often as on the rugs and upholstered furniture.

Morning Smile

During an engagement in New York, comedian Sid Harry Lauder, who was known as a poor tippler, played golf almost daily. One morning he noticed a new caddy carrying his bag. "What happened to the lad I had yesterday?" he asked.

"Oh, we tossed up to see who would get you today," was the answer.

"I'm glad to see you won," said Lauder, flattered.

"I didn't," replied the boy. "I lost."

— ONLY WAY

A young naval officer home on leave was discussing arrangements for his wedding.

Mother, who was anxious to make a good show, exclaimed: "Tom, don't forget when the cake is cut you must help the bride to cut it with your sword."

"But," said Tom. "I haven't a sword—only a revolver."

"Well," said Father. "I can see naught else for it lad. That'll ha' to shoot it!"

DOROTHY DIX SAYS—

Quarreling Lovers

Stormy Romance, Enjoys Fight Girl Urges Mother To Keep Hands Off.

DEAR MISS DIX: I am the mother of a 21-year-old girl who has been going steady with a young man for two and a half years. During all of this time they have been quarreling constantly. Every date is a fight. Don't you think that these two people should separate for good and try to meet someone with whom they can get along?

I try to talk my daughter into taking a different attitude towards this boy, but all the reply I get is: "Mom, leave me alone. I can't see any other boy in the world like this one." I am very much worried, because she is my only daughter and I just can't stand seeing her always downhearted and not eating enough, and lying awake at night, always down in the dumps because of another quarrel with her boy friend.

If you can give me any advice about how to help her, I will appreciate it.

L. M. O.

ANSWER: Perhaps you have a weakness that I also have, and that is in trying to help people and telling their troubles to all who will listen. Think of the number of wives you know who are always moaning over how badly their husbands treat them, but who never even try to get a divorce.

KISS AND MAKE UP

From your letter I judge that your daughter belongs to this lodge and so does the boy friend, and that there is nothing they enjoy so much as a good fight. It peeps them up and after they have gone after each other hammer and tongs and said all the mean and insulting things they can think of, they kiss and make up, and that's all until the next time.

If your daughter really wanted peace, she would have it. So I think you are foolish to worry over her not taking a more conciliatory attitude towards her fiancé. Probably he is just as scrappy as she is and they have a beautiful time calling each other names. You know, lots of people love fights. Just think of all the money that thousands upon thousands of people pay to go to see a prize fight.

DEAR MISS DIX: I am a divorced woman, 26 years old, and have a little girl 2 years old. My husband deserted me before my child was born. I know a man, who is very good in every way and who could give my little girl and me a wonderful home, but I do not love him. My family, as well as his, are all out for us to marry and I believe he loves me. I know my child needs a father as well as a good home, but what about me? Will I be making a mess of another marriage if I let myself get talked into marrying a man I don't love?

F. W. B.

ANSWER: At 26 years of age you are still young enough to look forward to a long period of life. Don't spoil it by marrying a man whom you do not love. So many women make that terrible mistake. They are lonesome. They want a home of their own, security for themselves and their children, and they marry men who bore them to death. If you marry this man, you will wear your nerves to a frazzle trying to put on an act at which you will never be good because it will not be sincere.

DEAR DOROTHY DIX: What is your opinion of a husband who goes into a closet and shuts the door, or else into the bathroom where he locks himself in, before he opens his bilfold?

MRS. W. O.

ANSWER: Surely something must be the matter with your husband mentally, for no man in his right senses would ever do such a ridiculous thing as locking himself in a closet to keep his wife from finding out how much money he has in his bilfold. It is such a preposterous performance because if so futile, for no wife can make her husband give her even a split dime unless he is willing to do so. She would have to be a feminine Joe Louis and able to slug him into unconsciousness before she went through his pockets, and few wives are physically able to do that, though I do not doubt that many a wife of a tightwad has wished that she had the ability to do it.

The Stars Say—

By Genevieve Kemble

For Thursday, July 28

ACCORDING to an adverse solar lunar aspect it must be advisable to marshal all the faculties, ingenuity and skills in an effort to bolster up lagging or menaced conditions. A sudden slip either in plans, production or other twist of chance or tactics, might alienate interest or cooperation from high places. Those at the top may be easily discouraged or unimpressed, unless exceptional merit or ingenuity hold their sustained support.

CHANGE of LIFE?

Are you going through the functional "middle age" period peculiar to women (38 to 52 yrs.)? Does this make you suffer from hot flashes, feel so nervous, high-strung, tired? Then try Lydia E. Pinkham's vegetable Compound to relieve such symptoms. Pinkham's Compound also has what Doctors call a stomachic tonic effect.

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

Modern Etiquette

By Roberta Lee

For the Birthday

Those whose birthday it is, may have opportunity for demonstration of their skills, endurance and cleverness under exceptional stress or unforeseen maneuvers coming from those whose sustained support and fidelity are vital to constructive or experimental ventures. If such reversals threaten, it may be profitable to maintain composure, hold to practical foundations, carry on with confidence assurance. Other supporters may materialize and from unlooked-for quarters.

A child born on this day should be encouraged to hold its course, with confidence and faith in its own ingenuity and skills, if cooperation from higher-ups is to be held.

Now in Exciting Cellophane Pack!

Swift's Premium Tender Franks

Tonight, serve a Frankfort Cottage Pie with Franks, green peas, fluffy mashed potatoes and gravy.

Ellen's Diary

By an Island Farmer's Wife

The haying at Alderley commenced in earnest today with the familiar show of activity peculiar to the season. There had been a spell of weeding in the turnip patch in the early part of the morning and then we caught sight of our farmers in a hay field at work there turning the windrows to catch every straying wind as well as the drying sun. From Lila Jeanie and I knew we were expected to serve dinner in good time so that following it they might go at once to the hauling home. Now let's have it, Ellen! James ordered making straight for the table when he returned "we're into the haying now, you know—and we can't make it after dark!" And Jamie laughed and hurried with his eating to catch rides to aid from the field on the hay-wagon. And presently the first creaking load of it was drawn to the yard and to its place at the end of the barn. We were all there to hail its arrival. Jeanie who had been expected to drive "our own mare", in the lift and I to catch idly the delight of it all to watch the fascination of the great forklift swing off the load and ascend lightly before disappearing with a dvely swing into the barn. Rob's staid it is to attend to the hay-fork and from within the building on occasion we could hear the notes of the other farmers ring out hollowly as they directed the landing of the bundles of hay.

It is always pleasant to see the unloading, and more so with grand-daughter and Jamie in attendance. "My horse!" she commented nodding towards the one her mother was guiding along the barnyard. "Your horse?" Jamie repeated. "A superior manner I suppose, but you think everything in this whole world is yours! That's my horse" he teased. She was serious for a moment then in a tone which left no doubt "No, Jamie, No!" she said and noticing his smile she broke into a triumphant grin: "Ah, his it is my horse!"

It was our chore—and privilege, now that I consider it, to carry cooling drinks to the workers, for which in the prevailing heat of the afternoon, there was much demand. And if tonight James expressed some doubt as to the boy's keeping qualities though as he says "it may" several tidy loads have been tucked away in the old mow in the hay-barn—the same barn which holds happy nesting swallows beneath its eaves and has held in the dark and clean-smelling mow, sitting hens with their stolen nests—alert white ladies and more matronly grey ones with "passees" of black chicks. Tabby's kit-cats too, in generations of them. James talks now to our younger farmer still about the yard at his choring. "I reckon from the looks of things, we'd better set that end door of the barn in place! Lightening flashed vividly in the thinning sky and thunder rumbled, plucking up the cap he had just tossed aside "that we're going to get rain out of this!"

Better English

D. C. Williams

1. What is wrong with this sentence? "This is a preventative against such action."
2. What is the correct pronunciation of "ridiculous"?
3. Which one of these words is misspelled? Contemporary, contentuous, contemptuous.
4. What does the word "posterity" mean?
5. What is a word beginning with "q" that means "evenness of mind"?

ANSWERS

1. Say preventive. There is no such word as preventative. 2. Pronounce ri-dik-u-lus, both its as in it, and four syllables (not ri-dik-lus). 3. Contentious. 4. Descendants; all succeeding generations; future time. "Posterity gives to every man his true honor." — Tacitus. 5. Equanimity.

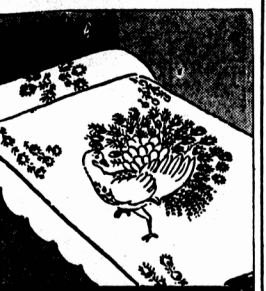
QUICK DETECTION

VANCOUVER — (OP) — Polles turned in one of the quickest crime solutions on record here recently. A man said he had lost \$300 but because he was slightly "under the weather," he was searched and \$177 was found in his shoe.

with Rob in the family car this evening after milking when he went on an errand to a cozy, quiet farmhouse up the neighboring Spruce Grove road. She always enjoys a ride but prefers to be at home when the dusk comes down and eyelids grow heavy with sleep. So it was to engage her attention while we awaited Rob's pleasure that another grandmother, less than an old lullaby to her in a low sweet voice. Hearing it carried me back through the years. One knew the depth of sympathy it held, the patience and unending, standing virtues I suspect well learned for "didn't I have ten of them of my own?" now all but one gone from her to interests of their own. Grand-daughter's day then has been lengthy as was Jamie's busy catching rides and confining grasshoppers in a glass container to study them better. But weary, he too has retired, a little worried about the lighting that played through the dark room. Even as I watted with him, sleep came. And now "I'm thinking, Ellen" James observes filling his pipe and settling down comfortably to await the outcome of his forecast "there's a bit of a storm brewing!"

Until tomorrow — Diary — Good-night.

PEACOCK BEDSPREAD



DESIGN NO. 727

This stately peacock furnishes a striking motif for the central theme of this bedspread. Hot iron transfer pattern contains motif 11 by 15 inches, sprays of feathers and complete instructions. Needlework Book 20 cents.

To order: Send 20 cents in coin to Needlework Bureau, Charlotte town Guardian.

Design No. 727

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BUTTER-NUT BREAD

Better English

D. C. Williams

Household Scrapbook

By Roberta Lee

When Gardening

Before beginning your gardening, scratch your fingernails over a moist cake of soap so the soap will get under the nails. This will prevent soil from getting there instead, and makes for easy hand-washing when your work is completed.

Shoe Polish on Rug

Shoe polish on a rug can be removed sometimes with cleaning fluid. Follow this with a regular washing with soap and water and a little ammonia.

Table Decoration

Always keep a small fern growing in a low, attractive bowl, and it will serve as a table decoration when there are no cut flowers.

Cook's Corner

BUTTERSCOTCH SAUCE

1 cup brown sugar
1/4 cup cold water
1 tablespoon butter
1/2 teaspoon salt
1 teaspoon vanilla

METHOD: Combine the sugar and water in a saucepan. Place over heat and stir to dissolve the sugar and then boil for about 6 or 7 minutes, or until the mixture reaches the thread stage (232 deg. F. on a candy thermometer).

Remove from the fire and add the butter, salt and vanilla and beat about a minute or so, or until it becomes lighter in color and begins to thicken.

This may be served hot or chilled and is best served with vanilla ice cream. It could very well be made in advance and stored in the refrigerator in an air-tight container, until needed.

BABY CHAFING

For prompt relief use world-known Cuticura Soap and Ointment. Scientifically medicated, 65 years success. All drug stores.

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SOAP, TALCUM, OINTMENT

Needlecraft FOR THE HOME

SUMMER STARS

A neat neck blouse and a matching skirt—two or the smartest styles in Summer separates! The blouse, No. 2472, adds ruffles around the low neckline. The skirt, No. 2555, can be cut with or without the peek-a-boo ruffles, or with a deep flounce at the hemline. (Two separate patterns.)

No. 2472 is cut in sizes 10, 12, 14, 16, 18, 20, 22, 24 and 26. Size 16 requires 1 1/2 yards 39-inch, 2 1/2 yards edging.

No. 2555 is cut in waist sizes 22, 24, 26, 28, 30 and 32. Size 28, 2 1/2 yards 39-inch or 3 1/2 yards 35-inch 3 1/2 yards edging.

Send 20c for complete 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 Nos. 2472 and No. 2555

Blouse 2472
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