

# Woman's Realm Social and Personal Fashions Literature

## That Body Of Yours

By James W. Barton, M. D.

### MENTAL ATTITUDE OF PATIENT WITH CANCER

A few years ago, if a physician told a patient that the symptoms of which he complained were caused by heart disease, the patient believed himself doomed. Today, most of us know that even if we have heart disease, we can live for years if we follow our doctor's advice and "take it easy."

Even in cases of high blood pressure and a vessel carrying blood to the heart muscle being clogged up by broken coronary thrombosis, it is known that with care and rest, diet and exercise, further attacks may not occur and that if they do occur they may not cause death. While the words "heart disease" and "coronary thrombosis" still may strike fear in our hearts, it is the word "cancer" which causes great fear and continuous worry, which really is chronic fear.

In the "American Journal of Psychiatry," Dr. J. B. Ficarra states that the word "cancer" stirs a tempest of mental agony. Because so many cases of cancer are not discovered until too late to save life, the family and relatives are told of the cancer, but in most cases the patient is not told although he may suspect the cause of his symptoms. Strange as it seems, it is known that the young patient withstands the knowledge that he has cancer better than his family and relatives; he appears to be able to face his fate better than older patients. In elderly patients the sense of impending death is ever present. Old people fear it and are more nervous about it than young adults.

While some ailments cause nervous symptoms and the patient believes he has heart, kidney or other disease, the majority of cancer patients who really have cancer do not "imagine" they have cancer. It is often the non-cancerous patient who believes he has cancer.

As cancer stands second only to heart and blood vessel diseases as a cause of death, we should always, without fear if possible, keep in mind the early signs of cancer. The signs mean that a cancer may "soon" start in the body. Remember, the early signs of cancer—persistent hoarseness, slow-healing sores, chronic indigestion—do not mean that a cancer is curable in the early stages by surgery, X-ray and radium.

## CANCER: ITS SYMPTOMS AND TREATMENT

We never should forget that cancer is curable. I discovered early. Send today for Dr. Barton's informative booklet, entitled "Cancer: Its Symptoms and Treatment." To obtain it, just enclose 10 cents and a 6-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 18, N. Y., and ask for your copy.

## Household Scrapbook

By Roberta Lee

**Furniture**  
If you feel that it is necessary to wash furniture, use one-half pint of caustic soda in one gallon of water. When cold, add one ounce of lye and wash the wood with this cold mixture. Leather chairs can also be washed with the above mixture.

**Kills Weeds**  
If grass and weeds are growing between the bricks on your garden walk, they can be killed and prevented from regrowing by pouring gasoline along the cracks.

**Bleuing**  
Dissolve a lump of soda in the bleuing water on washday and it will prevent the bluing from streaking the clothes.

## Cook's Corner

### FILLED LEMON COOKIES

- 2 1/2 cups one-sifted pastry flour or 2 3/4 cups less 1 tablespoon one-sifted hard-wheat flour
  - 1 teaspoon baking powder
  - 1/2 teaspoon salt
  - 7 tablespoons shortening
  - 2-3 cup fine granulated sugar
  - 1 egg, well beaten
  - 1 teaspoon grated lemon rind
  - 1 teaspoon lemon juice
  - 4 teaspoon vanilla
  - 1/2 cup seedless raisins, washed and dried
  - 1/4 cup thick strawberry jam
  - 1/4 teaspoon grated nutmeg
- Measure and sift together twice, the flour, baking powder and salt. Cream the shortening and gradually blend in the sugar; cream well. Add the well-beaten egg, a little at a time, beating well after each addition; stir in lemon rind, lemon juice and vanilla. Mix in dry ingredients through a third at a time. Chill only if desired—it is not necessary. Combine the raisins, strawberry jam and nutmeg. Roll dough out, small amounts at a time, on lightly-floured canvas or baking board. Shape into rounds using a floured plain cutter—use some rounds using a floured doubtful cutter of matching size for a little larger.

## Ellen's Diary

By an Island Farmer's Wife

Summer came today to Alderlea, stepping blithely into the footprints that so lately were left by Spring. Summer will further many spring-time delights. She will reddden the cheeks of the strawberries, for barefoot children "on the hills" to glean; she will fill the hay-lands with blossom and fragrance and the mowers with larger. She will set gayer colors than now to bloom in the gardens and encourage new wings that are hesitant in initial flights.

She will grant young folks like Jamie and older, the joy of a holiday and altogether make many dreams come true, before with a nod of farewell, she too will go on her way. And what shall this Summer bring to us here? Long lovely days, mostly duty filled, but then sunny and showery and pleasant and scented with roses and clovers. And one day there shall come to us—but that is a secret about which grand-daughter smiles and is a bit mysterious and makes titillating plans in whispers.

We—she and I saw this first night of Summer slip into a valley, dropping down the friendly sheltering dark over every quiet farmstead and making dim lines of the hills. We were up at the other farm then, having come there with the farmers, who must collect bed-straw to be used in an immediate project of theirs.

And while they loaded it to the truck, with primitive care we must collect from nowhere, but which about about a vacant place— -- and watch the dusk creep in. "There's not one body lives here now," she commented as she worked busily gathering kindles "for mother," "but one time they did." And we fancied the wind was long for its folk, as faintly it stirred the leaves of the fine old trees in the yard and went on to caress them in the orchard, gnarled and aged and planted by now-stilled hands. A vacant farmstead is a desolate spot and moving about there, where for generations dwelt its own people, we felt we walked on a ghostly ground. Surely a home that has known birth and marriage and good living and death is alive everywhere, a hallowed spot!

Night moved in, at first touching the far fields dimly and encircling the trees on the hills. Presently like stars appearing in the twilight of nights, lights twinkled out from the farm-houses—from Rob's over the fields and the neighborhood ones. "Jamie and the Gage-baby will be going to bed now," grand-daughter remarked as arms laden we made our way to the machine. "The signs are now-stilled, hearing prayers and tucking her small ones in. Picking up garments left in the wake of it as would the mothers of other youngsters in the neighborhood. And come that night or living-room to sew on a missing button or mend a rent against the morning; to read now or just to chat with the farmer, in end of day— -- and to make plans for the morrow to come. Softly the night held us, and silently, "There now," James said out of the dimness, "and soon car-lights pointing out our way, we were homing."

Today our farmers were busy extending sites to have the work of caring for the swine more convenient than it has been. These are like stars appearing in the twilight under the younger farmer's care to maturity. "About fifty pounds," we ventured a guess today looking into a pen. "Fifty," he replied, "why nearly a month ago, that one there was sixty—we haven't weighed any since." It is puzzling to know how among a number, they like weanlings, turning each day into the paddock, where also the father of the turkey family, a lordly fellow struts proudly and challenges our approach when we come to the elevated quarters there, now tenanted by a hen and her poult.

There were radishes from the garden for grand-daughter's fancy today, and in the field two gardeners—James and Jennie—set out plants in the wake of last night's refreshing rain, and there too carrots and beets were sown for Winter vegetables. "Rather cool this," James remarked closing a door against the night, and hanging up cap and jacket, "for the first night of Summer—or perhaps it only seems so, after the spell of heat, we had."

Until tomorrow . . . Diary . . . Good-night. . .

## Better English

By B. C. Williams

1. What is wrong with this sentence? "Not one of her sisters were there."
2. What is the correct pronunciation of "divest"?
3. Which one of these words is misspelled? Recall, withhall, install.
4. What does the word "aversion" mean?
5. What is a word beginning with unc that means "folly, gressy"?

## Morning Smile

"I hold in my hand here a bright and shining silver dollar," announced the candidate to a group of youngsters. "That dollar goes to the lad who is level-headed enough to belong to the same party as I do."

## A Country Garden

By Mrs. Gordon Macmillan

A blessed rain has come to the garden after the days of intense heat which withered the plants in flower and brought many blooms to others a bit earlier than usual according to my garden diaries. The Austrian yellow rose, the stately single rose with beautiful foliage, and the Hybrid Rugosa F. J. Grootendoris are now in bloom and with the coppery fragrant Agnee make you think that Summer is at the garden is here.

Pink Peonies are also fragrant and lovely and of course the old-fashioned red comes very early and is always welcomed. I have many shades of crimson planted with a background of evergreen hedge, among the best are Felix Crousse, Victor Hugo, Berlioz and L. Eclatant. These do not require staking and have strong straight stems suitable for cutting.

Solange is a white, one of the most beautiful peonies in existence. It is a strong grower in my garden and prolongs the peony season by blooming late. White with the highest rating of any peony has a very large bloom. Festiva maxima is the earliest white with crimson markings. Mme. Jules Crousse, a silvery pink and as a cut flower is long lasting with Madame Clot and Reine Hortense these three Pinks make a beautiful peony garden.

From a package of orientale poppy seed sown several weeks ago I now have many large scarlet and salmon peonies in bloom. One beautiful crimson with tall strong stems is far superior to the others and has been good with me many years.

I think I must send for seed of some of the newer varieties as they come in lovely new colors and they are easy to grow from seed. The old-fashioned honey-suckle vine with the grand fragrance is blooming on the south of the house completely covering the trellis. I am especially proud of this as I slipped it from a neighbor, but I am not sure of the name.

Sweet William is showing color and will continue for weeks if the weather is at all favorable. I have quantities in the mixed colors grown from seed sown from previous years but for the most beautiful effect grow the Newport Pink a beautiful salmon color, and the white, which is large enough to be taken for perennial phlox. Then there is scarlet beauty, a beautiful bright color, these separate colors can be used in many ways in the garden with wonderful effect.

Sweet William is lovely with Delphinium and white lilies. Lupines have been grand for days. I have been growing the Russel Lupines which come in so many varieties, self colors and bicolors. Like the soft pink and cream also the buff shades. Their spiny-like blooms add to the beauty of the garden and now last much longer. They are easily grown from seed. The shrub Clematis has creamy white fragrant blooms, good for cutting and the foliage is fine and green.

It is nothing more than an interesting to take in a perennial border because the flowers last such a short time. Annuals are beginning to bloom. I enjoy the fragrant stocks and they are earlier this year.

Tricolorium with its soft feathery bloom and good foliage like the columbine is now at its best, the evergreen hedges are perfect, and are ready for pruning. Some of them have been done with the hedge trimmer, the weeding of the seedlings and the tying up of the Sweet Peas and vines it is a busy time in the garden. Hardy border carnations in many colors are now fragrant and lovely on slender stems, they are grand for bouquets and are easily grown from seed. This is the time of year in the garden when every morning there is something new and interesting to see, and whenever I leave the garden I seem to miss some of my most interesting visitors, the lady from Holland, who wished she could speak more English in talking of the garden, perhaps the daughter she is visiting will bring her again and the lady from Salt Lake City I missed last night. I learn so much from them all from many homes and gardens.

"Soon will the high midsummer pumps come on. Soon will the musk carnation break and sweeten. Soon shall we have gold-dusted snappers. Sweet William with his homely cottage smell. And stocks in fragrant blow; Roses that down the alleys shine star, And open, jasmine-muffled lattes And groups under the dreaming garden trees. And in the full moon, and the white evening star."

**FIRST IN FLAVOR!**  
VACUUM PACKED  
**KING COLE COFFEE**  
**DOROTHY DIX SAYS—**

## Wealth Or Love

Young Man's Love More Than Offsets Old Man's Money

DEAR MISS DIX: Please advise me. A wealthy man is madly in love with me. He is burdened by a wife and four small children whom he has ceased to love. He could give me all the luxuries a woman craves. I dearly love a poor but hard-working man and it will be years before he could give me anything more than a living. What shall I do?

ANSWER: If you want to be happy, marry your poor sweetheart and save your heart and your soul.

Unless you are as hard as a rock and are utterly lacking in conscience you will never find any contentment in a home, no matter if it is a palace, that you time. You can be as bored by the rich old man as you can be by a poor one. Your heart can ache for love under silk as desolately as it could under cotton.

Always the woman is thinking of that other woman of whom her husband wears and wondering if he would forsake her some day for a younger and fresher face. Always she is thinking that he abandoned the children he had brought into the world and wondering if he would turn his back on her children as casually as if they were so many alley cats.

Of course I can understand how alluring to a poor girl are fine clothes, a fine car and a fine house and idleness. The things she has always wanted and has never had. She thinks it would be perfect bliss not to have to get up in the morning and punch a time clock in a store or office. Not to have to stand behind a counter or pound a typewriter. Above all, to be able to buy imported finery instead of selling it.

## HOW LITTLE MONEY BUYS

But did you ever think, my dear, how little money really buys? After you have filled your stomach with food and put a pretty dress on your back and ridden until you are tired in a car, what will money buy you that you want? You can be as lonesome in a palace as you can in a hall bedroom if you have no congenial person with whom to spend the time. You can be as bored by a rich old man as you can be by a poor one. Your heart can ache for love under silk as desolately as it could under cotton.

Believe me, my child, a bungalow or a two-by-four flat that you share with the man you love will have far more happiness in it than a mansion on the avenue where you spend your evenings yawning in the face of a sugar papa for whom you care nothing, under whose touch you shiver instead of thrill and who represents nothing to you but the price at which you sold yourself.

Far better send the old man back to his wife and children and marry the young one who cannot give you luxuries, but can give you the most priceless thing in the world—love.

DEAR MISS DIX: I have a friend, a bachelor of 45, who was an illegitimate child and who says that he will never marry so that who is dead the stigma upon his name will be eliminated. He quotes: "The Iniquities of the fathers shall be visited upon the children unto the third and fourth generation." What is your opinion of the position of the illegitimate in the sight of God and the eyes of the world?

ANSWER: I think that God must look down with a particularly pitying tenderness on illegitimate children, because they are made to suffer so cruelly for a sin they did not commit and I consider there is nothing more inhuman and nothing of which we should be so heartily ashamed as the attitude that we miserable, weak, erring mortals, guilty of so many wrongs ourselves, take toward these unfortunate.

Certainly lack of charity and kindness can go no further than making a poor little innocent child to price his comforter's frailty and pitying upon it a stigma that follows it through life, but fortunately we are getting more tolerant and broad-minded and the bar sinister is not the shame now that it used to be. In some States laws have been enacted that give an illegitimate child the right to share in his father's estate. And the children of unmarried mothers are not the outcasts that they once were.

I think that your friend takes the status of his birth too seriously, and that the fact that he has made a fine man of himself is of much more importance than if he had had a regular father.

## How Well Do You Know Your Island?

By Uncle Joe

There has been a Grade I Meteorological Station at the Experimental Farm, Charlottetown, since 1935, but daily temperatures, rainfall and hours of sunshine have been taken only since the year 1930. According to weather observer W. A. Burns, there has been a daily filing of weather observations which goes back to 1873. The readings are taken three times daily, namely at 8:30 a.m., 2:30 p.m., and again at 8:30 p.m.—Atlantic Standard Time. At each observation air pressure, present temperature, maximum temperature and minimum temperature are recorded, as are also rainfall, relative humidity, dew point, wind force, direction, present cloud type as well as hours of sunshine.

How does a weather observer record the type, or kind of weather in his record book? Mr. Burns explains it this way: "In the record book are numbers ranging from 00 to 99. For instance, an 00 day is one in which there is less than one-tenth cloud in the sky. A 61 day would be intermittent light rain, while a 99 day would be a thunderstorm with hail."

The following recordings at the Experimental Station for a 48 year period show that, on August 19, 1935, the highest daily temperature stood at 98°; lowest daily temperature 23° (date January 15, 1923). The warmest month on record was July 1947, and the coldest month, Feb. 1923.

And here's a summary of hours of sunshine for 1948, which also includes a 38 year average as well as the highest and lowest amount recorded in any month in the period under review:

Month	Year 1948	Av. Hours	Greatest	Least		
January	46.5	90.6	128.3	1912	66.7	1941
February	143.9	111.7	165.2	1923	67.6	1942
March	152.2	138.9	189.9	1946	64.0	1931
April	137.4	150.8	201.1	1937	96.8	1917
May	160.9	210.3	312.4	1920	121.3	1917
June	193.7	222.2	275.6	1939	131.2	1945
July	243.0	245.8	306.8	1937	176.1	1922
August	249.1	236.1	292.2	1940	181.7	1928
September	178.8	177.6	246.5	1917	142.0	1933
October	123.2	132.6	182.9	1947	66.3	1923
November	76.9	78.4	121.4	1930	38.3	1922
December	55.7	60.3	99.9	1914	29.5	1935
Total	1756.3	1864.1				

Thus it may be seen that the most sunshine was in May 1920 and the least during December of 1935.

## Africa Flight

Val Gleigud  
He uncapped her arms from his neck and stood up. "I'm sorry, I've some calculations to make with the maps. It all depends if I can work out where we are with any sort of certainty; exactly how much land we've got left, and how the rest of you are prepared to face up to the general situation. You see, if we can keep our heads—"

He stopped as Hubert Manson appeared at the door, peering behind his big spectacles like some singular insect.

## SOTHERN SHOWS HIS HAND

"My wife tells me, Larimore," said Hubert Manson, "that you think the situation is serious."

"About as serious as it can be," replied Larimore gravely. "I want your help, sir, if you don't mind."

"Of course, of course," said the Professor absently. "Anything I can do—your knight that stone we struck with our—er—undercarriage?"

"Well?"  
"That was really an astonishing piece of luck you know, Larimore."

"Luck!"  
The professor apparently did not appreciate, or simply ignored the irony. "As a scientist, he went on deliberately, "I'm bound to deprecate the intervention of blind chance, but I admit that this time I'm grateful."

"Did you say—grateful, uncle?" asked Carol, wide-eyed. For the moment she feared that Hubert Manson had got a touch of the sun after all.

He nodded happily. "Yes—it goes a long way towards proving my point about the lost caravan route from the North to Djebel"

## BE IPANA BRIGHT!

Make Gums Healthier. Teeth Brighter. with Ipana and Massage

Firm, healthy gums are important to sound teeth and sparkling smiles. So switch to Ipana—specially made not just to keep teeth clean; but to stimulate gum circulation! Try it. Brush your teeth with Ipana. Gently massage a little extra Ipana on to your gums. Your mouth tingles with new freshness—gums wake up . . . your smile gains new charm.

Product of British-Guyana. Made in Canada.

Be bright about your teeth and gums  
Change to IPANA and Massage

## Modern Etiquette

By Roberta Lee

Q When passing a cream pitcher at the table, or any other such article that has a handle, should the handle be turned towards the one who is to receive it?  
A. Yes, always.

Q Is it necessary that a man make calls of condolence, inquiry and congratulation among his group of friends?  
A. Yes; it is his duty, and he is expected to do so.

Q Is it customary for a bride to buy a gift of some kind for her bridegroom on their wedding day?  
A. Yes; she should give him a gift for his personal use.

Q Is it necessary that a man make calls of condolence, inquiry and congratulation among his group of friends?  
A. Yes; it is his duty, and he is expected to do so.

Q The girl blew smoke provocatively through her nostrils. "I didn't realize that I was smoking," she said carelessly.  
"Do you want me to believe that for once you were thinking seriously about something?" inquired her aunt.  
Carol sat up angrily. "Why do you always try to bully me?" she demanded. "Even as a kid you used to scare the life out of me!"

## Needlecraft FOR THE HOME

### COOL SUMMER COSTUME

Versatility is the important theme of this new ensemble. With the bolero-jacket on, it's a trim costume that goes everywhere; minus the bolero, a cool, cap sleeve charmer.

No. 3060 is cut in sizes 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40. Size 16 dress, 3 1/2 yards 35-inch; bolero, 2 yards 35-inch.

Send 25c 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 Charlottetown Guardian, Pattern No. 3060

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ Province \_\_\_\_\_

Ideals or unusual culture. Keep in sight into such opportunity. Handled with intelligence and practical skill, might turn the course of events into thrilling demouements. But keep the feet on the ground while the head maybe in the clouds. A child born on this day, may be richly endowed with talents, skills and creative abilities, both practical, dynamic and idealistic with undercurrents both pleasant and profitable.

