

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

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**THIS WEEK**

WHITE WOOL ALPINE SKIRTS—  
Sizes 14 to 20. PRICE ..... **4.98**

FINE ALL-WOOL CREPE SKIRTS—Knife Pleated  
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WHITE PLASTIC HANDBAGS—  
In all the Newest Styles—POPULAR PRICES.

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In Gingham, Spuns, and Cottons  
SMART STYLES AT LOW PRICES

A RACK OF DRESSES—Sizes 32 to 48—  
The materials are Shan-Rays, and Spuns; some Seersuckers.  
Marvellous Values ..... **3.98 and 4.98**

SEE THEM TODAY AT—  
**"The Gloria"**  
"WHERE SMARTER WOMEN SHOP"

109 Queen St. Phone 614

**DOROTHY DIX SAYS—**  
**Incorrigible Parents**

**Adolescent Pours Out Heart On  
Deplorable Home Conditions**

**DEAR DOROTHY DIX:** Ever since I can remember, my entire life has been made up of fights, curses and filth. Fights in which my father and mother nearly killed one another; curses that I vainly tried to stop, only to get beaten while I pleaded with them. Curses that now mean nothing to me because they were words that became everyday expressions in my horrible home. Filth in a home reeking in dirt and vermin.

You wonder I didn't do something about it. Well, I did try from the age of 8 until now. The more I did, the more was expected of me until the weight of the burden was more than I could bear, and I developed a weak heart.

You see, I wanted an education, but it is pretty hard to go to school without anything to eat, and when you are without lunch money and have to do without food altogether. After returning home from school, tired and hungry, to come into a filthy house, my mother sleeping off her drunk and my baby brother running around about with no one to look after him. But that's my life. Tired and worn out, I have to clean up the house, prepare supper, feed my two brothers and my father, wash the dishes, then do homework until 12 o'clock at night.

Do I have dates? Oh yes I am not vain, but I know I am quite good-looking. But what good does that do me? I don't want anyone to come to my house and see the way I have to live.

**CHANGING OUTLOOK**

I suppose you are thinking I am asking for sympathy, but you are wrong. I'm not, because I have my life all mapped out before me. Starting from this moment I am not going to do one solitary thing in my home. Let it crumble. I am not going to try to prevent my father and mother from fighting. For all I care they can kill each other. I am going to finish school and try to save some money by working. I know my parents will beat me, but I have been beaten before. I know that the pain is only momentary, no matter how it hurts at the time.

After I graduate I am going to leave home. The only regret that I have is that I will have to leave my brothers in the hands of inadequate parents. But what has to be done must be done, for I will not sacrifice my life to live with my father and mother. I am looking ahead for a brighter tomorrow, happier with the thought that I will be free in just one and one-half years. Thanks for listening to me.

A TEEN-AGER

**Living & Leisure**  
**THE WOMAN'S REALM**

**Lord of all growing things.**  
By such sweet secret influences as those  
That draw the scilla through the melting snows,  
And bid the fledgling bird trust untried wings:  
When quick my spirit grows,  
Help me to trust my wings.

Dried fruits make excellent summer salad material. Pit cooked prunes and fill them with lush ripe strawberries. Arrange the strawberry-filled prunes around a mound of cottage cheese and pass French dressing separately.

Any vegetable or fruit salad becomes more dressed up and more delicious to eat when it is garnished with whole ripe olives. Use them just as they come from the can or jar or roll them in oil to keep their shine.

**HOW TO GET ON**

The World Christian Digest tells a story of the late Lord Fisher. A young midshipman, greatly daring, wrote him a letter on behalf of the junior officers in his gunroom to this effect: "My Lord, you were once a midshipman like ourselves; and now you are at the head of our profession. Can you tell us how you did it." In reply Lord Fisher is said to have written: "Get a vision of the great thing you want to accomplish. Get a plan of the way in which you hope to achieve it. Be prepared to battle for it. Pray earnestly to God to give you the victory."

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

**Better English**  
D. C. Williams

1. What is wrong with this sentence? "Why are you so mean today?"  
2. What is the correct pronunciation of "carton?"  
3. Which one of these words is misspelled? Sapphire, sanguine, sanctuary.  
4. What does the word "indefatigable" mean?  
5. What is a word beginning with pe that means "lasting; abiding?"

**ANSWERS**

1. Say, "Why are you so disagreeable, ill-tempered, unaccommodating, disobliging?"  
2. Pronounce kar-ton, a as in ah, o as in on unstressed, accent first syllable.  
3. Sapphire. 4. Incapable of being described. "She has an indefatigable charm." 5. Permanent.

**Finest YOU CAN BUY**

**BUTTER-NUT BREAD** "always fresh"

Eastern Bakeries Limited

**That Body of Yours**  
By James W. Barton M. D.

**TREATING LUPUS VULGARIS—TUBERCULOSIS OF SKIN**

During World War I, one of our patients in a hospital was affected with lupus vulgaris—tuberculosis of the skin. The various departments of the hospital—medicine, skin, X-ray and light, diet and nutrition—were unable to give more than temporary improvement for short periods. Investigation of this embarrassing disease, which so often affects the face, showed that poor or indifferent results were obtained elsewhere. Meeting this patient recently I found that he still had the disease, but by careful living, diet, rest, outdoor life—it was kept under control.

That a cure for lupus vulgaris may be found by the use of vitamin D2 is reported by Drs. E. Gaudmond and J. Grandbois of Quebec, Canada, in the "Canadian Medical Association Journal." These physicians present pictures showing a woman of 33 with a severe case of lupus vulgaris on the face. Illustration No. 1 shows the condition before any treatment was given. No. 2 illustrates the condition after two months of the usual or routine treatment and the condition is much worse. Illustrations 3 and 4 show the appearance of the face greatly improved after treatment by D2 (calciferol). "This treatment, known as Charty's method, consists in the intake by mouth of 15 milligrams of vitamin D2 in an alcoholic solution. This dose is given three times the first week, twice the following three weeks, and once a week for a period of months. A quart of milk is given daily and 0.5 gm. of calcium 20 days each month. In addition, table salt is reduced and all fat foods are avoided."

The results obtained in this case are really amazing—particularly, since the developed lupus vulgaris at the age of four and thus suffered with this disfigurement for 29 years. Her mother died at the age of 28 of tuberculosis of the lungs.

Now this is only one case but the use of vitamin D2 in other skin conditions and in psoriasis has been reported recently. The outstanding fact in the above case is that while other forms of treatment aggravated the condition, the use of vitamin D2 by mouth brought about the remarkable improvement. These physicians may give future cases vitamin D2 into the muscles, veins, or spinal canal.

**Cook's Corner**

**STRAWBERRY SHORTCAKE**  
(Serves 6)

Two cups sifted flour, 3 teaspoons baking powder, 1 teaspoon salt, 2 tablespoons sugar, 2 to 4 tablespoons shortening, 2/3 to 3/4 cup milk, 1 quart strawberries, sugar.

Sift together flour, baking powder, salt and sugar. Cut or rub in shortening. Add milk to make a moderately soft dough. Turn out on lightly floured board and knead gently 1/2 minute. Roll out 1/2-inch thick. Cut with large cookie or biscuit cutter. Brush tops with milk. Bake on ungreased baking sheet in hot oven (450 degrees F.) 10 to 12 minutes. Serve with sweetened crushed strawberries and cream.

Here's a good quick luncheon dish when guests surprise you!

**TOMATO-CHEESE RAREBIT**  
(Serves 3)

One-quarter cup soft butter, 1 cup grated sharp cheese, 1/3 cup flour, 1 cup hot milk, 1/4 teaspoon soda, 1 cup cooked tomatoes, 1/4 teaspoon mustard, 1/2 teaspoon paprika, 1/4 teaspoon salt, dash cayenne pepper.

Melt the butter in a heavy skillet. Add cheese. Sprinkle the flour over the cheese. Cover the pan.

**Morning Smile**

**HE DID IT**

A man was being tried for misappropriating a pig and a conscientious witness, to whom the accused was said to have confided, was being examined.

"Can you repeat the exact words in which the prisoner confessed to taking the pig?" asked counsel.

"He said, sir, he took the pig."

The judge tried to simplify the question. "Did the prisoner say, 'He took the pig,' or 'I took the pig?'"

"Oh, your Honor, he said he took it. Your Honor's name wasn't even mentioned."

Cook very slowly until the cheese melts and bubbles up through the flour. Stir in the milk slowly. Blend thoroughly. Add soda to tomatoes. Stir into cheese mixture to blend. Do not over-cook. Serve on crackers, toast points, or cooked rice.

**DEAR MISS DIX:** I am engaged to a man whom I love very much. He has a wonderful salary and has found a beautiful home in which we could live after we were married, and he loves me very much. But he has buck teeth, a pug nose, and he wears horn-rimmed glasses. Also, he wants to sit at home and read history, instead of going dancing.

My problem is: Should I marry this man?

**DESPERATE GIRL OF 19**

**ANSWER:** You shouldn't marry him while you are 19. When you are older and have seen more of life than you have now, and when you have acquired enough sense to realize that a man's desirability as a husband doesn't depend on whether he is a good dancer or not, you would probably be very happy if you married this man. But you have to get past the jazz age before you will be content to sit down and read a history book with a man, instead of his taking you stepping.

**THE STARS SAY—**  
For Saturday, June 21  
By GENEVIEVE KEMBLE

WHILE the lure and benignant sway of the higher and finer adventures of life may clamor for expression, with joy, gaiety, festivity and conviviality beckoning to exalted emotional responses, it might be wise to keep all such ardent and intriguing crises well in hand, lest they inadvertently lead to over-stepping the bounds of prudence and good taste. Over-doing might down criticism, censure or the restraints of more experienced or cautious persons.

**For the Birthday**

Those whose birthday it is have the assurance of a period of exceptional benefits, blessings, adventures and the fulfillment of their most cherished ideals and ideas, yet may find it of sound judgment to curb over-doing in the pursuit of such glamorous and alluring indulgences. Any measure of excess or imprudence might bring on criticism, rebuke or other disapproval.

A child born on his day may possess unusual charm, talents, ideals and much popularity and grace.

did he discover why. The interpreter had translated the sentence to mean, "I scratched myself until I died!"

Wedges of ripe olives mixed with seasoned cream cheese and spread on very thin slices of rye bread make good sandwiches to serve with summer salads.

**Ellen's Diary**  
By an Island Farmer's Wife

Yesterday one glimpsed proud sights in the city: parents moving along the streets accompanied by a son or daughter who had been a graduate at The Closing. Slim, youthful, alert fellows and sweet young co-eds, white gowns peeping from beneath their cloaks. The College Closing milestones reached at last. Free now from burning the midnight oil, at least for awhile yet with the relief, a feeling of regret at much that would be left behind, in the march of time. Friendships formed—to be broken, as lads and lassies go to other seats of learning or new interests; class rooms that had first been perhaps a bit hated and then surprisingly had come to be familiar and friendly places, now to "know us no more forever." After all, it had been a half-and-farewell sort of place, but the latter tugged at ones heart-strings. Many of the graduates were our interests.

**Household Scrapbook**  
By Roberta Leo

When making jelly, put a little on a cold plate and draw a path through it with the point of a spoon. If the path stays and the jelly does not run together, the jelling point has been reached.

**Door Mat**

When making a door mat by coiling a rope and tucking each coil with strong cord on the underside. The mats can be made square, round, or rectangular.

**Fresh Fish**

Fish will keep fresh for a longer time if they are sprinkled with salt and kept in a cool place.

**Watch These 4 Teething-Time Troubles Of Baby**

Digestive upsets  
Fever  
Frustrations  
Constipation

Don't let your baby fret needlessly during teething time. Get a box of Baby's Own Tablets used so successfully for over 60 years by mothers. They help soothe your little stomachs, and clear out harmful wastes that make baby fretful and restless. Then see how quickly baby's fever usually subsides and your tiny one becomes restful and contented. No "sleepy" stuff—no dulling effect. They can be used with full confidence. Easily crushed side—ask your druggist today for Baby's Own Tablets, 25 cents.

## That whisper almost broke Jane's heart!

**"I'll never be able to face them again"—she sobbed**

"I was busy typing, when out of the corner of my eye I saw Jim and Dick looking my way. Then I heard Dick whisper, 'What a pity Jane has 'B.O.'—she could be so popular!'"

**"I'VE NEVER BEEN SO HUMILIATED IN MY LIFE!"**

**HOW COULD SUCH AN AWFUL THING HAPPEN TO ME!**

**"Tears flooded my eyes. I ran to the locker room and sobbed out the whole story to Helen, who worked with me. She tried to comfort me—said 'B.O.' could happen to anyone. And then she mentioned Lifebuoy."**

**LIFEBUOY IS WONDERFUL! SO MILD—SUCH RICH, CREAMY LATHER—AND IT GIVES ME ALL-OVER PROTECTION!**

**"On my way home I got several cakes of Lifebuoy. Now I enjoy my daily Lifebuoy bath so much, because I know it keeps me safe from 'B.O.'"**

**"It wasn't long before things began to happen to me—nice things like dates and parties. It's fun to be popular!"**

**HOW TO STEP UP PROTECTION AGAINST "B.O." (body odor)**

Tests prove not only that Lifebuoy stops "B.O." but that you can build increasingly better protection against "B.O." by always bathing with Lifebuoy. Try it. Bathe with Lifebuoy for just seven days. See how fresh and clean your skin feels. When you know that a Lifebuoy bath stops "B.O." faster, gives you longer-lasting protection, you won't ever miss your "BATH A DAY THE LIFEBUOY WAY!"

A LEVER PRODUCT

**NEEDLECRAFT FOR THE HOME**

**RIPPLES OF RUFFLING**

Greet your sunny side of life in a sweet and soft frock that turns on feminine charm by wearing frothy ruffling on the wide open neck and brief little cap sleeves. Or, if you prefer, you can have it with the sleeves and neckline trimly rolled in revers. The pattern provides for making both styles!

No. 2165 is cut in sizes 10, 12, 14, 16, 18, and 20. Size 16 requires 2 1/2 yards 35-inch, 1 1/2 yards ruffling.

Send 20 cents for PATTERN which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state the size you wish. Include postal unit or zone number in your address.

Address Pattern Department, The Charlottetown Guardian.

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2165  
SIZES 10-20

(Continued on Page 3)