

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

## Living & Leisure THE WOMAN'S REALM

### ORCHIDS FOR THE HOUSEWIFE

...ve scrubbed and polished furniture with a mild soap and water solution. I've brought a sweet serenity to each chaotic room. My house is trim enough and neat to go on exhibition—But O my back, and O my feet, and O my disposition."

### GUARD THE TOTS

...this is the season for enteritis which health and welfare department officials warn is the fourth ranking cause of death of children under two years of age. In order to guard her baby against the disease which reaches its peak between August and October each year, the mother is urged to maintain sanitary conditions about the home. Bottles and nipples and all formula and feeding utensils should be sterilized. Infants should be given a clean place in which to play. Avoid excessive heat on hot days by limiting clothing and giving repeated sponge baths. Decrease food during warm weather and increase fluids.

### HASTY CHAIR GLANCE NOT GOOD ENOUGH

...If you know your stuff when you shop for an upholstered chair you'll look beneath the surface fabric to see the quality of chair construction. The construction should be as fine as the fabric that glamorizes it. A strong framework will be made of hardwood, reinforced with corner blocks and joined with dowel and glue construction. Webbing under the springs should be made of tightly woven strips, tacked to framework with

...lacks close together. Springs should be sewed to the webbing with sturdy twine and covered with heavy burlap. Hair filling must be covered with a thick layer of cotton and muslin to prevent hairs from working out of the cushion. Strong feather ticking should surround the feathers in a down cushion. Springs for this type of upholstered furniture are in separate cushion and should be sewed in individual pockets and covered with cotton for comfort and long service.

### WATCH THOSE EYES

...Eye conditions may be caused by a general physical condition such as diabetes, high blood pressure or kidney trouble. For this reason it is necessary to secure expert medical care for such troubles, as their control is important in maintaining healthy eyes and in the conservation of sight. A regular eye examination once a year is recommended by health authorities, especially so if the individual is doing a considerable amount of close work.

### NO SWITCH IN NEW BEDSIDE LAMPS

...NEW YORK — Of interest because of its practicality is a bedside lamp which has neither chain, button, nor ordinary switch. It turns it on or off, you simply tilt the translucent plastic shade which a groping hand can easily find even in the dark. The two seven-watt bulbs provide soft night light for bathroom, hall, or stairway or child's room. A similar model, called Mother Goose and decorated with Mother Goose figures, is made especially for nursery or playroom.

## Modern Etiquette

By Roberta Lee

Q. Is it necessary to repeat a person's name with each introduction, when introducing him to a group of persons?

A. No. In this instance, one may say, "Mr. Smith, this is Mr. Jones, Mr. Wilson, Mr. Gray, and Mr. Doe," with a slight gesture of the hand to indicate each person.

Q. If one has received a wedding announcement, is it good manners to write a letter to the bride?

A. Yes; it would be nice to send best wishes, but it is not obligatory unless an invitation to the ceremony is received.

Q. Does a woman have the privilege of refusing to shake hands, even if the person she meets extends his hand?

A. No; never refuse an offered hand.

## Morning Smile

ESCAPE

...Arriving at a strange hotel, a fussy woman went exploring for the fire escape. During her tour, she opened a door and found herself in a washroom occupied by an elderly gentleman.

"Oh, I'm sorry," she twittered, "I was looking for the fire escape."

"Back out into the hallway, she presently heard the pad of bare feet behind her and a shout made her turn. It was the elderly man, clad in a bath towel.

"Wait a minute!" he gasped. "Where's the fire?"

Mother—"Now, Junior, run upstairs and get baby's nightgown."

Junior—"I don't want to."

Mother—"Oh, well, if you're going to be unkind to your new little sister she may put on wings and fly back to heaven."

Junior—"Then let her put on her wings and get the nightgown."

## DOROTHY DIX SAYS—

### Jealous Mothers

#### Create Discord in Daughters Homes Instead Of Promoting Happiness

Practically all mothers want their daughters to marry and they do their utmost to help them corral husbands, but it is the rarest thing for a mother to make any effort to teach her daughters how to handle the men that they have married. They seem to think that that invaluable knowledge comes along with the wedding presents and the white satin and champagne.

Every mother knows from her own experience that pulling off a successful marriage isn't a matter of luck or inspiration. It takes about 20 years of time and barrels of tears for a bride to acquire the self-control, patience, tact and knowledge that enables her to keep her husband eating out of her hand, and liking it.

So it would seem that mothers would spend as much time bridling their daughters about how to get along with their husbands as they did in hurrying him into the matrimonial fold, but such is not the case. After the wedding Mother turns into a critic on the hearth instead of a promoter of conjugal bliss.

Probably few women are cruel enough to want to alienate their daughters from the husbands they love and advance thousands of them do it through a jealousy of which they are unconscious. They wanted their daughters to marry, but they cannot bear the thought that Susie and Marnie love their husbands better than they do them. They are upset because they no longer are the oracle to them that they were when their daughters were little girls with pigtails.

### BEGINS ALIENATION

When Mother descends upon the newlyweds before they even have had time to unpack their wedding gifts—because she can't endure being parted from her darling daughter—she has taken the first step in the instigation of an alienation suit that may follow, sooner or later.

For Mother will always be underfoot. The young husband and wife will have no privacy. They can never have a spot, kiss and make up because Mother will always be refreshing it, and urging Susie to stand firm and not give in to her husband.

Worse still, Mother, without realizing it, begins a smear campaign on Susie's husband that takes all of the glory out of her romance and makes her think that she has thrown herself away on a poor dud who wasn't worth the effort. When Mother suggests to Susie that it is just too bad that Bob is such a poor business man, or that his table manners need correcting, or that his taste in neckties is awful, or that he doesn't take her stepping often enough, the fat is in the fire. Another marriage has gone bloomy.

And, of course, Mother doesn't mean any harm. Why, she wouldn't be wide enough to break up Susie's marriage for anything. But she turns the trick by pitying Susie. She is always harping on how hard Susie has to work, and Susie not having any pretty clothes, and Susie not being able to do this or do that, until Susie takes her troubles and her children and goes back to Mother, who gives her a frosty welcome for she is just too busy with her own jealousy to take her that far.

All of which boils down to the fact that Mother jealousy breaks up more homes than sirens do. Many and many a divorce would be saved if all mothers acted upon the advice that one old woman I knew gave her daughters when they married. She said: "Stick to your job. I didn't rear you to be quitters."

## That Body Of Yours

By James W. Barton, M. D.

### HOME TREATMENT OF ARTHRITIS

The usual treatment for rheumatism and arthritis is by acetylsalicylic acid (aspirin), to which is sometimes added other drugs which help this drug to be more effective. Acetylsalicylic acid not only relieves the pain caused by the nerves but also relaxes the muscles, which often are in a tight condition.

However, patients suffering with arthritis and rheumatism for months or years should receive other treatment besides the salicylates, to add comfort to their daily lives. Heat in various forms is the best single method of treatment aside from the salicylates, yet heat is only one part of what is known as physical therapy or treatment.

In the "Journal of the American Medical Association," Dr. Walter M. Solomon, Cleveland, states that if one is deprived of all the various methods of treating arthritis—radiation, injections, medicines, treatment of the emotions—physicians could depend on physical treatment—heat, massage, exercise—to improve their patients mentally and physically.

"Heat in any form increases the circulation to the part, relaxes the tissues and relieves pain. Most forms of heat are applied once a day and two or three times a day are even better." Infrared lamps or ordinary plain bulbs are useful in applying heat to a knee or shoulder.

After the heat has been applied for 20 or 30 minutes, massage should follow. One or two lessons from an expert masseur should be a member of the household to give massage as often as heat is applied. Massage is practically painless after heat has been applied, and helps carry wastes from the affected part and bring pure blood to replace it.

Exercise, the third part, is used after the heat and massage. It consists of slow movements of the affected parts, which prevents permanent stiffness of joints and muscles. As soon as possible the patient is encouraged to use the entire body in light work or exercise. This helps the body and mind.

### How Can I!!!

By Anne Ashley

Q. How can I remove shine from my hair? A. Wet a thin piece of muslin in which hazel and spread it over the shiny portion of the garment. Hold a hot iron over it until it

## Ellen's Diary

By an Island Farmer's Wife

Our younger grandson, a plump nice fellow, has fully recovered from his recent indisposition and was back to favorite haunts out of doors today. James having received the final innoculation in a series yesterday, is out of school for the time being, though when he appeared with the farmers as dinner-hour, he was evidently suffering a little distress from the ordeal beyond a slight favoring of the arm. There was a spell of romping with the pup, joined merrily by grand-daughter before he was away again with the men to the field-work at Rob's. They were building a hay stack there a task which brought them home weary at the end of their day. James summed up the lengthy operation of having succinctly this evening. We were sitting on a verandah then, enjoying the delightful coolness which had come in the wake of the afternoon's heat.

The night had already hidden the wooded hills and was advancing steadily and silently, wrapping the familiar outlines of trees and pond and mill in soft shadow. Very lovely are these summer evenings calm and still and I fancy a bit mystic. Fragrant too with the released scent of the night-flowering plants; the odorous nicotiana, the petunias too and the phlox which shed their perfume at dusk so delightfully.

"We're either getting slower, Ellen, in our working or else we have too much hay altogether for we should be done of the haying by this," James said adding "of course we should have started it earlier. Yes, in that first good weather we had. You see, I've been away has kept us just one lap behind ever since. Do you know what some were doing this afternoon?"

I did, for I too had heard the distant sound of a binder at work fading in with the crickets' tunes; but I am not one to enjoy increasing the discomfort even at Aunt Kitty Mahoney used to say "of my worst enemy" let alone in James, beset with his cares of farming. Cutting grain? James answered his own question. "But there's none of our ripe yet!" I said "If you were ready to go at the harvest," James sighed. "No, but it won't be too long with us; sunny days like this—it will be ready before we want it, I'm thinking. There was a companionable silence then while we continued to enjoy this nice aspect of end of day."

The horses, Jock had just led to the night-pasture in a near field were cantering down dimly to graze at the six-am-past. The milk cows grazing now in the coolness of the adjacent meadow, the flock of sheep and lambs, fetched recently from the stump-field to this shorter and more succulent pasture were light moving spurs against a rise. Pard white dog of ours was at the gateway, just waiting there in a way he has, or perhaps with me he was watching for first stars to appear—like "beacons in a lighthouse" I fancy these are. Tabby poor old thinning cat that she is, was on the driveway, heading towards the shoe-cup that leads to the mill, padding along softly and with the strange patience of age in the semi-twilight, thoughts perhaps of a mouse or a bird or an unwary chipmunk there. Pard challenged her sharply then allowed her to continue and I lost her on her path.

"There'll be no more grinding of wheat down there, Ellen," James commented nodding in the direction of the mill. "No more?" I repeated his words. "Did you know?" he continued "that part of the machinery has been taken out—scrapped, I mean? Yes, one day last week I remember as though it were only yesterday when that plant was installed. It was something wonderful, I can tell you, to have the rolls put in a vast improvement over grinding with the old stones. And now they too have been discarded. It's the end of one era of farming." "I like" to hear the sound of the grinding on the still days of Autumn. Somehow it seemed in tune with the ploughing and the distant honk of the wild geese—that pulsing, that notwithstanding the approach of winter, promised plenty of food for farm-folks!" I said "And mornings then do you remember, Ellen, the teams at the



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## Cook's Corner

LEMON ICE IN FREEZER

If you're short of cream but you do want to make a cream dessert, try this lemon ice. You can make it in your ice cream freezer and this recipe makes a quart.

1 cup sugar  
3 cups water  
1/2 teaspoon grated lemon rind  
1/4 cup lemon juice  
Add water to sugar in saucepan, heat to boiling and boil 5 minutes. Remove from stove and cool. In the meantime, wash lemons, grate rind, taking care to use only the yellow part; or, you can cut the lemon rind in very thin, silver slivers and add to the ice instead of the grated rind. If you do use two lemons, they look pretty in the ice, but you must be careful not to get the bitter-tasting white with the yellow. Add to syrup as soon as prepared. Squeeze out lemon juice, strain and add to syrup. Chill, then turn into freezer and freeze, using 6 or 8 parts of ice to one of salt.

## Household Scrapbook

By Roberta Lee

### Quick Repair

One way to patch a leaky hot water bottle is to melt part of an old jar rubber, rub the molten rubber over the hole with a flat-bladed knife, and press it down with your fingers.

### The Percolator

When the percolator becomes coffee-stained, put a cupful of salt in it, add water, and let it percolate the same as when preparing coffee. The percolator will be as bright as when new.

### Cleaning Paint Brushes

Clean the varnish and the enamel brushes in turpentine, the shellac brushes in denatured alcohol.

## Better English

D. C. Williams

1. What is wrong with this sentence? "His actions made me mad."  
2. What is the correct pronunciation of "ethereal"?  
3. Which one of these words is misspelled? Paragonous, paralogram, paraphernalia.  
4. What does the word "maestrom" mean?  
5. What is a word beginning with est that means "to keep away or at a distance"?

### ANSWERS

1. Say, "made me angry." 2. Pronounce e-th-e-r-e-al. First and third e's as in one unstressed, second e as in here, accent second syllable. 3. Paraphernalia. 4. A whirlpool off the west coast of Norway; hence, any turmoil of wide-reaching influence. "His career led him into the maelstrom of politics." 5. Estrange.

## Needlecraft FOR THE HOME

### JAUNTY JUMPER

Beautifully fitted, basque bodice jumper has a circular skirt showing more than its share of flare. Low oval neckline reveals a Peter Pan collar blouse. Both included in same pattern.

No. 2559 is cut in size 9, 11, 13, 15, 17, 19. Size 15 requires 3 1/4 yds. 35-inch for jumper; 2 1/4 yds. 35-inch for blouse.

Send 30c 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. 2559

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### PASTEL SATIN

NEW YORK — Pastel satin for the fall bridal ensemble comes in pale blue, gray and peach satin. The gown is worn with matching satin headpiece and veil trimmed. Designed to hold flowers is matching satin bag.

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**The Stars Say—**  
By Genevieve Kenale

For Wednesday, September 1

The sidereal influences accent the importance of tact, finesse and personal charm or inner forces and power rather than realistic and creative powers are under excellent stimulus for unusual or unique performance, although ideals and aspirations give dynamic force to all efforts and objectives. Intuition, imagination, impressions could be used to advantage. Thoroughly practical and commonplace affairs gain by good taste.

For the Birthday

Those whose birthday it is may enjoy surprising adventures or unique experiences, born of inner drives, imagination, strange feelings or some sort of curious or mysterious leads or insight. Intuition, "hunches" or other inexplicable and unaccountable drives could find practical development since the creative urge, although on irregular lines, is accentuated. Personality, charm, may be legitimately employed to attain desired ends or advanced goals.

A child born on this day is well fortified with unique talents, exceptional creative skills, while inner forces drive them into unusual expression. Personal magnetism and charm are accentuated and effective.

steams. Then press on the wrong side.

How can I prevent milk from curdling in tomatoes?  
A. This can be avoided by putting a pinch of bicarbonate of soda in with the tomatoes before adding the milk.

How can I clean acne pretty candies that have become soiled?  
A. Wipe them with a piece of absorbent cotton dipped in alcohol.

**CLOVER LEAF Salmon**

PERFECTION IN SEAFOODS

**REFRIGERATOR SETS IN COLORFUL PLASTICS**

NEW YORK — Color brightens even the interior of refrigerators when foods are stored in elastic refrigerator sets, including five units: Four bowls and a butter dish in red, yellow, green and blue. The bowls are designed to stack with covers on, when in use or to nest when empty.

mill-door with grists of the new wheat? And after dark, we could hear wagons leaving, and the mill would be going into the night to catch up with the grinding—yes," James commented "those were, in fact, the days when we were, in fact, laughing "We went to outer-meeting at mid-week" James interrupted and added to a wistful note but that was mostly before your day, Ellen!"

Until tomorrow — Diary—Good-night.

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