

Woman's Realm Social and Personal Fashions Literature



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That Body Of Yours

By James W. Barton, M.D.

INFECTION AND NEUROSISS BOTH CAUSE TIREDNESS

Early one morning a neighbor came to my summer cottage and asked me to go fishing. I asked him why he had come for me instead of his regular fishing companion. He complained that his former fishing companion wanted to sleep all day and didn't want to get up in the morning. A few weeks later his fishing companion died of heart disease caused by several infected teeth. Tiredness and sleepiness is perhaps the commonest sign of infection somewhere in the body—teeth, tonsils, gums, sinuses, gall bladder, large intestine.

If a normal individual who has never complained of tiredness and sleepiness begins to feel tired and sleepy during the day, an immediate search for infection should be made by physician and dentist before damage to the heart and other organs occurs.

What about the individual who is tired all the time, in fact has always been tired? In "Clinical Medicine" the question is asked as to the reason for tiredness in one who has always been tired, yet in whom careful examination reveals no cause for tiredness.

The answer which follows states that the most important diagnostic method in the case of the tired patient is the asking of three ques-

Household Scrapbook

By Roberta Lee

Woolens

Mending tissue proves a great aid when one of the heavier garments is torn. This can be purchased at any department store and the directions are not difficult to follow. It will mend in places where a darn would be disastrous.

Ash Trays

The ash trays are in need of frequent cleanings. Soak them in hot soapy water, and wipe dry. Then, if there are any stubborn stains, remove them by scrubbing lightly with steel wool or a stiff brush dipped in hot sudsy water.

Black Stockings

If a little vinegar is added to the rinsing water, it will help to keep black stockings a good color.

Questions: "Have you been more or less tired all your life? Does rest or a night's sleep help your tiredness? Are there any new complaints in the last few months?" This latter question is to rule out any new condition that may have developed, in addition to the chronic tiredness.

Patients believe that their weakness and tiredness is due either to a physical condition or to overwork. "In the great majority of cases it is neither the one nor the other. Tiredness is next to pain, the most common symptom of neurasthenia. Work, instead of making

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DOROTHY DIX SAYS -

Rules For Wives

Reader Asks How Women Can Insure Happy Marriages

DEAR MISS DIX: I am a girl of 24, desperately in love with a young man who loves me even more, and we are soon to be married. I want our marriage to be a success. Please tell me the most logical way of making it one. I hear of divorces because the wife is too good, too kind, making too great an effort to please her husband so that it gets monotonous. I hear of divorces because the wife is unreasonable, so ill-tempered that it gets unbearable. Isn't there some middle way that a woman can take?

ANNABELLE

ANSWER: If you and your husband want to make your marriage a success you can do it if you are willing to work together and put your hearts and backs in it, and if you are willing to put one-tenth of the thought in it you would make a success in any other line. But you have to work together. Neither one can do it alone. No business can prosper if one partner is a slacker and a quitter.

But if one partner has to be more on the job than the other, it is the wife. Possibly this isn't fair, but it is the way things are.

If I were giving any general rule to a woman for making marriage a success I would say: First, study your man. Find out how to handle him and then, instead of bumping into all the angles of his disposition, gunshoe around them. Every man desires above everything else on earth to have his wife admire him, for her to think he is the wisest, handsomest, strongest, bravest man in the world, and as long as she does this his interest in her and his affection for her never wanes.

If your husband has a head-of-the-house complex, let him have the empty honor. Don't dispute it with him. As long as you ask his advice about everything he will never notice whether you take it or not. If your husband is of a gay and pleasure-loving disposition, grab your hat and go whenever he wants to step out. A man who loves to play has to have a playfellow, and if his wife won't play with him there are plenty of other girls who will.

Don't quarrel. Don't argue. Don't nag. Don't interfere with all of your husband's personal habits. He was a grown man with established tastes and ways before he married you, and you interfere with these at your peril. Make your husband a comfortable home. Feed him well. Respect his individuality and make him respect yours. Play the game fairly and squarely and you need not fear that your marriage will be a failure.

DEAR DOROTHY DIX: For the love of goodness please say something to mothers about the way they discourage their children. I have one of the best mothers in the world, but she takes all of the ambition out of me by her perpetual criticisms of everything I try to do. I am "slow" and "awkward" and "dumb" and a "bungler" and so on. I am naturally shy and timid and she is always holding my shortcomings up before me. I know my mother thinks she is helping me by telling me of my faults, but she is intensifying them. Why can't mothers see what they are doing to their children by always baiting them?

G. B.

ANSWER: I don't know, unless it is that mothers are so anxious for their children to be perfect that they get an exaggerated view of their shortcomings and feel that they must spend their time hammering at them.

And she does not see that when she tells Johnny how awkward he is and Mary how dumb she is, she simply makes them more awkward and dumber because she makes them self-conscious. Worse still, she kills in them not only ambition but the power to achieve things. For we can only do what we believe we can do.

Great is the power of suggestion, but it works both ways. It can kill as well as cure. It can take every bit of the heart out of children or it can inspire them to do great things. And wise is the mother who makes her children believe that she expects the best of them instead of dimly prophesying the worst for them.

In older times it used to be thought necessary continually to tell children how ugly and dull and generally worthless they were in order to keep them from being vain, but now we know that we need a lot of self-conceit to get us through the world, and the children need to be encouraged instead of discouraged.

DEAR MISS DIX: We have had an argument and a disagreement about which has the more privileges, men or women. As we cannot agree, we have left the matter to you to decide.

X. Y. AND Z.

ANSWER: I don't see how there could be any argument on that subject because from the very beginning of it this has been a man's world. Men have the privilege of going where they like, doing what they please, the privilege of picking out the women they want for wives, the privilege of even breaking the moral laws without paying the penalty as a woman does when she transgresses. Oh, the men get all the cake and ale and the women only a few crumbs!

DOROTHY DIX cannot reply personally to readers, but will answer problems of general interest through her column.

Modern Etiquette

By Roberta Lee

Q. Is it all right to place small bones which have been "picked clean" at the dinner table, on the bread and butter plate?

A. No; it is best to put them on your meat plate, since they will then be carried away after the course, instead of sitting there throughout the ensuing course.

Q. Is it obligatory to make calls on the bride and bridegroom?

A. Yes; all those who received invitations to the wedding should call on the bride in her new home, even if they haven't attended the wedding.

Q. What should a man do if he is uncertain whether or not to remove his hat?

A. A good rule for him to follow is, when in doubt, remove the hat.

How Can I!!!

By Anne Ashley

Q. How can I clean oak or walnut furniture thoroughly?

A. Wipe the furniture with a cheesecloth wrung out of tepid suds of white naphtha soap. Clean but a small portion at a time, and rub dry with a flannel cloth before proceeding. Finish by applying a little good furniture polish on a clean piece of flannel, and rubbing until the surface no longer feels greasy.

Q. How can I prevent olive oil from becoming rancid?

A. Place two medium-sized lumps of sugar in each quart of olive oil as soon as it is opened.

Q. How can I restore the nap in velvet?

A. Hold the wrong side of the velvet over a boiling kettle, or rub it across the bottom of a hot flat iron which has been turned upside down.

MOUNTAINOUS LAND

There are 48 mountain peaks in South America higher than any mountain in North America.

Better English

By D. C. Williams

1. What is wrong with this sentence: "I am afraid you will have to wait."

2. What is the correct pronunciation of "ogle"?

3. Which one of these words is misspelled? *Marionette, marriage, Martellaise, martinet.*

4. What does the word "indefeasible" mean?

5. What is a word beginning with cin that means "that which surrounds"?

ANSWERS

1. Say, "I am sorry you will have to wait." 2. Pronounce o-g'l, o as in no, not as in a. 3. *Martinet*. 4. Incapable of being annulled or made void. "The doctrine of hereditary right does by no means imply an indefeasible right to the throne."—Blackstone. 5. *Cincture*.

Morning Smile

TOO FAR

Smith was proud of his golf and that morning he had brought his mother-in-law along to watch him play.

"I'm particularly anxious to make a long drive just now," he said to his friend. "There's my mother-in-law over there and I . . ."

"Don't be a fool," snapped the other. "You'll never hit her at that distance."

ONE-SIDED

"I understand you have a very economical wife."

"Oh, yes. We have to go without practically everything I need."

Cleans GLASS COOKING WARE



COW BRAND BAKING SODA

ELLEN'S DIARY

By An Island Farmer's Wife

In what appeared to the women at Alderlea as similar to work of magic, so quickly it followed upon the heels of our farmers' trip this afternoon along snowy fields to the woodlands, a first load of fuel-wood was drawn to the yard. It was not made up of the far-famed maple or others among the group of hardwoods, but as James said "just some fallen stuff we picked up," of commonplace "vars" and spruces, to mix humbly amongst the rest of the fire-wood. Many years have passed since we last enjoyed the strange aroma of a tallow candle which was never more fragrant than when lighting small ones to gather a dish of russets from the barrel in the dim Winter-cellar, at Alderlea, the folks still subscribe to the old practice of making their kindlings and laying their wood-fires.

"That was in the time of our pioneers. They used candles made from tallow for lights and lit their fires with kindlings to which wood was added, in order to have heat for warmth and cooking." While many years have passed since we last enjoyed the strange aroma of a tallow candle which was never more fragrant than when lighting small ones to gather a dish of russets from the barrel in the dim Winter-cellar, at Alderlea, the folks still subscribe to the old practice of making their kindlings and laying their wood-fires.

And sometimes these chores fall to "the female of the species", while occasionally with magnanimous gesture, the farmers stoop to this chore. There are as well those instances when we must seek other and quicker materials, when the fire burns low on the hearth. "Shure an' 'tis now that your swate-heart must be in a bad humour — when your fire won't burn for ye!" Pat, friend of ours used to chuckle to James when we tried to coax fading embers to a glow. These are likely to occur when James comes in unexpectedly with an iron to heat in the coals an incidental to a piece of carpentry, or work of repair. Or it is not unusual to have them appear when a morning is fast wearing away towards noon, one which up to now has been very serene. And suddenly James is at the door to bring our thoughts back to earth with a look at the clock and a stern "Not a sign of dinner yet! And we expecting to get away to a long afternoon at our work."

Then at our first opportunity we ape the efforts of those pioneer women, that march valiantly through legend and story, though it is doubtful that any one of them dashed off more hurriedly to gather their chips, as we to our chopping-block in the shed. "What have you there?" Hilda came to our verandah to ask on a recent morning, curious about the contents of a basket we carried. "These," we grinned, "are life-savers!" She peered in ex-



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KING COLE COFFEE
VACUUM-PACKED

The Stars Say -

By Genevieve Kemble

For Friday, January 20

THERE are excellent and propitious factors for forging ahead on ambitious projects, with high goals of accomplishment in sight, not only on a basis of practical commonsense but by a judicious use of influence, personality and social prestige. In all such plans and efforts there should be a reasonable modicum of finesse, diplomacy or other intriguing elements of approach. The elusive, subtle and "inspired" may have power to move weighty corporations.

For the Birthday

Those whose birthday it is, have splendid encouragement for promoting objectives of major significance, in which new deals or potent contacts could be made with those in influential places, in financial, political, professional or social contacts. Finesse may carry more weight than force. The social or romantic may contribute.

A child born on this day is exceptionally endowed with factors, graces and talents for outstanding success in a prolific and conspicuous career.

Expectantly, "Lifesavers" she repeated bewildered, "no. Life-savers are candy — those are wood. Just chips!" she said. But then we laughed together in a manner which indicated that if the matter was not fully understood, there was at least something amusing about it. We hope that our small one will be blessed with a

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WHY IS YOUR APRON SO MUCH WHITER THAN MINE?

MINE IS RINSO WHITE!

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That's Rinso-white! Only Rinso gives these amazing washday results because only Rinso contains Solium. Yes, Rinso gets even grayed and yellowed things actually whiter than brand new!

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Needlecraft - FOR THE HOME

NEW-SEASON ENSEMBLE

For the new season, a bolero suit with high-neck jacket and flaring skirt, midriff-mocking cummerbund. For a finishing touch, blouse No. 2938 with a tiny tie at the neckline. (Two separate patterns.) No. 2938 is cut in sizes 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44, 46. Size 18, 2 yards 38-inch. No. 2459 is cut in sizes 10, 12, 14, 16, 18, 20. Size 16, 2 1/2 yards 54-inch; cummerbund, 1/4 yard 38-inch.

Send 25 cents 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 note, or zone number in your address. Address Pattern Department The Charlottetown Guardian, Pattern No. 2938 and No. 2459

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