

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

'Fruit season' breakfast hits!
Heartly Wholesome



NABISCO SHREDDED WHEAT
 combined with
sun-ripened peaches or berries!



THE CANADIAN SHREDDED WHEAT COMPANY, LTD., NIAGARA FALLS, CANADA

DOROTHY DIX SAYS—
Domestic Misfits
Some Women Not Cut Out For Career In Domesticity And Home Making

DEAR MISS DIX: I was married at 28 to the ONE and ONLY man after an interesting career which took me to many places. I dearly love my husband and my baby, but I am very unhappy because I am so bored with the drudgery of housework, which I find no match for the stimulation of business associates and the brain work of the old days.

Also, we live in a small town where the women's chief interest is the price of food, the baby's formula, and neighborhood gossip. My husband has offered to change his business and location. But I hate to break him up, because he is doing well and doing what he wants to do, just because I am filling a position for which I was not cut out and doing work that does not interest me.

Should we change? Or will I get over this dread of wasting my life in almost unrelieved boredom?

NOT QUITE HAPPY.

ANSWER: The common belief that all women are born domestic is a fallacy. Not every woman is an Alice-sit-by-the-fire with a passion for cooking, baby-tending and making fancy sandwiches. There are plenty of women who are lacking even in the maternal instinct and whose children bore them to tears, and who simply loathe everything connected with making a home.

EASIER FOR MEN

Of course, these women should never marry, but marriage isn't the simple thing for women that it is for men. When a man marries, he goes on following his chosen occupation and being happy, contented and interested in it; but when a woman marries, she has to go into the kitchen, whether she has any hankering for pots or pans or is allergic to them.

And that gives us so many of the marriages that go on the rocks. The sloppy, slovenly homes in which there is never a clean place to sit down, nor a meal that is fit to eat; the sickly babies who die for lack of attention; the ill-mannered children who run wild on the streets; the nagging, fretful wives who are dissatisfied and disgruntled because they are doing tasks that they hate.

Yet these women who make such failures of their marriages, because they are misfits in them, would have made grand successes if they had gotten into the niche that Nature intended for them.

Whether a woman who craves civility can ever get a kick out of eating plain bread and butter is doubtful. But the woman who marries a good man, who makes her a good living and does his best to make her happy, should not ruin his life by trying to make him over to her pattern.

DEAR DOROTHY DIX: My husband and I live in an apartment in which there is an old lady who has fastened herself upon us. She has her own apartment, but she practically lives in ours because she says she is so lonesome. We are sorry for her, but we do not feel that we should sacrifice our lives entirely to her. As it is, we have no liberty or freedom because she feels herself aggrieved if we even go out without her.

I want to move because I have a chance to live with my family in their flat, but my husband doesn't like the idea, and we are having words about it. What should we do?

MRS. L.

ANSWER: Old people get to be very selfish and self-centered and can become great pests when they hang themselves around your neck. But unless you want to have your life entirely ruined, you will have to break their hold upon you.

The only way you can do this is by moving away from them and that, of course, is a hazardous thing to undertake in these days when apartments are as scarce as hens' teeth. But between living with the old woman and going to live with your cousins, the lesser evil is the old lady. I never knew of any family who went to live with their relatives that it didn't end up in a family row. No house, not even the Pentagon Building, is big enough to keep two women who try to live together from getting in each other's hair.

DEAR MISS DIX: My sweetheart and I are very much in love with each other and very contented, and we are going to be married soon. The only fly in the ointment is that some years ago she had a love affair with another chap that was broken off, and she feels that in some way this affects me and that she should have been devoted to me during her past life.

Do you think this old romance could affect our love?

E. A. S. and P. J. K.

ANSWER: Not unless the girl is so morbid she is practically a mental case, and I am sure it isn't that. Almost every married couple in the world has thought themselves in love with some boy or girl whose names they have now forgotten.

by an even louder hall, which brought the two of us scurrying. He carried handfuls of grass and a pan of water to the confined rabbit's quarters; there were periods at the set-cutting, when odd mutilated eyes had to be discarded, but only a few before Jamie learned the way of it; fowls must be fed for Jamie, and eggs searched out of the dimness of hay mows. He helped bring the cows to the milking and later held pads carefully to the pair of older calves now let to pasture in our remnant of orchard. We loitered there in the glow of the sunset which turned the stream "up the creek" to a fairy path of silver and coral. Petals from the fragrant apple blossoms floated silently down carpeting the grass in white. "They'll soon be all gone" Jamie said regretfully, burying his face in a low-hung cluster of bloom. Never before had the old trees there, the transparent, the russet and crab-apple been so laden with blossoms. And then it was time for him to go but not before he had first visited a nest hidden from sight by low-growing shrubbery, and containing five tiny speckled eggs tended by a small grey moth-cr-bird. I had almost stepped on it, one day I was reclaiming a run-away pansy there by the lawn-side. Jamie has since marked the spot and notwithstanding several reminders as to the consequences in respect to loss of bird life, he was bound he "looked twenty-two times today and everything's all right so far." "The dear little fellow" James says leading the way row to retiring "are you certain Ellen, that he wanted to go home — perhaps he wanted to stay tonight." But Jamie has "irons in the fire at home" not the least of which are as he said "a pair of old hens that are hatching today."

Until tomorrow — Diary — Good-night.

OFF-THE-SHOULDER

SAN FRANCISCO—One off-the-shoulder, black silk with lace bodice shown here was particularly fetching with the accompanying black lace mitts. A completely unadorned, ultra-sophisticated model

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

INVESTIGATING RHEUMATISM

The oldest disease known to man is rheumatism and, while not fatal in itself, is perhaps the most crippling.

When it was found that infected teeth and tonsils often caused rheumatism, it was felt that the one and only cause had been found. That infection "somewhere" in the body is the most frequent single cause of rheumatism is the opinion of most physicians today. However, as there are many contributing causes to rheumatism—diet, injury, cold and dampness—and as rheumatism is so widespread and causes so much disability, organizations to investigate and combat rheumatism are doing patient work in all countries.

As rheumatism is common in Great Britain, an attempt on a large scale is being made to discover the cause of rheumatoid arthritis. This is the common form of rheumatism, in which there are changes in the coverings of a joint and loss of gain of tissue at ends of bones forming the joint. Two whole time registrars have been appointed, who will investigate 100 cases of rheumatism every six months. If this search proves promising it is intended to investigate 1,000 cases.

A carefully prepared set of questions, which is so searching that it requires four hours to complete, gives some idea of the thoroughness of this investigation of the cause of rheumatism. The first 100 or 1,000 cases will be investigated in and around London; later, other parts of the country will be investigated so that it can be seen whether the number or percentage of cases is higher in one place than in another and whether local conditions—climate, soil, food—affect it. As this investigation will take months and years, it is well for us to remember the present knowledge available. First, most cases are caused by infection—teeth, tonsils, nose, sinuses, gall bladder, appendix, large intestine, prostate gland in men; sex organs in women. Second, too much starch food—sugar, potatoes, bread. Third, injury to joints including strain.

Treatment is to try to remove the cause, applying heat in some form and light exercise of joint when swelling has disappeared.

NOVELTY BUTTONS

NEW YORK — Among the extreme novelties in buttons are miniature tea kettles, coffee pots, cassettes, bean pots, frying pans, and sauce pans made in silver, gold, or copper plating.

A number of the metals are in delicate filigree in intricate and webby patterns of flowers, fragile balls, open parols, or as a setting for a pearl or other simulated stone. Polished gold, silver, and copper in sleek smooth effects are other new metal versions.

PREFERRED... in more homes across the Maritimes than any other bread...



ENJOY
 Eastern Bakeries'
BUTTER-NUT BREAD

Cook's Corner

MEAT PIE

1½ pounds shoulder lamb
 1 onion, diced
 3 tablespoons shortening
 6 carrots
 4 large stalks celery
 1 cup water
 Dash of pepper

METHOD: Wipe the lamb and cut into 1-inch cubes. Brown this with the onion in the shortening. Clean and scrape the carrots and cut in quarters, lengthwise, then cut the celery stalks into 1-inch pieces. Add the prepared vegetables to the meat along with the water and the seasonings. Turn into a baking dish, cover and place in a slow oven (275 deg. F.) for about 2½ hours. Now remove from the oven and cover with the following topping, meanwhile heating the oven to 375 deg. F.

BISCUIT TOPPING

2 cups flour
 4 teaspoons baking powder
 ½ teaspoon salt
 4 tablespoons shortening
 ¾ cup milk (about)

METHOD: Sift the flour, baking powder and the salt. Add the shortening and cut this in with two knives or with a pastry blender until the mixture is in fine crumbs. Stir in the milk until mixed to a soft dough.

Roll the dough out onto a lightly floured board to about ¼ inch in thickness and cut into rounds with a floured cutter. Place on the heated meat filling. Bake in a moderate oven (375 deg. F.) for about 20 minutes.

Household Scrapbook
 By Roberta Lee

The Windshield

Four a cup of clear vinegar over the outside of the windshield, allowing it to trickle slowly down the glass from top to bottom, and it will prove very effective in a heavy rain.

Salty Food

When soup, gravy, or vegetable are too salty, stir a little coarse brown sugar into it and the salty taste will disappear. Or, add one tablespoonful of sugar and one of vinegar.

Sunburn

For severe sunburn, make a plaster of raw potatoes on soft sterilized linen and apply as a poultice. Renew as it dries.

Living & Leisure THE WOMAN'S REALM

LITTLE CHURCH
 By Viola Perry Wanger

There's something about a little church.

A little church with its door swung wide.

That seems to say to the passer-by: "Come in, come in, and rest inside; Find friends and comfort and love and peace. Find Christ and His gentle presence here; Forget your worries, from grief and fear. The world roars by, but there's peace inside. Of the little church with its door swung wide."

HINTS ON ETIQUETTE

The woman usually thanks the man for a pleasant evening when

THE STARS SAY—
 By GENEVIEVE KEMBLE
 For Thursday, June 26

A BENIGNANT rule of stellar importance should bring about unusual progress, fine service and fulfilled objectives in which the element of personality is to be reckoned with in the establishment of prosperous, pleasant and harmonious relations in all activities and associations. Finances, business, professional and social ambitions, all may be bound up in glamor, charm, beauty, culture, all justifiably exploited and profitably engaged. Love also has vital significance, lifting spirits and morale to joyous crises.

If It Is Your Birthday

Those whose birthday it is may anticipate a year of pleasant, profitable and harmonious relations, in which the use of personality, charm, culture, social and family prestige, have more than customary significance. Happy adjustment to these ties may prove fortuitous, even in such sordid patterns as money, business, contracts, in all work or professions involving beauty, art, love and romance, entertainment and skills surrounding them. Such may be graciously capitalized, although the account may be on sentimental values.

A child born on this day may possess many personal and cultural charms, graces and talents, which should be intelligently developed to create a successful and happy career.

How Can I!!
 By Anne Ashley

Q. How can I clean brass or copper kettles?
 A. Scour with soap and ashes. Then pour in one-half cup of vinegar, with the same amount of salt, and boil for a few minutes. Wash thoroughly and rinse in hot water.

Q. How can I clean rubber rain-coats?
 A. They can be cleaned with lukewarm water and white soap. Wipe off with clear water and hang out to dry. Never use benzine or gasoline on rubber.

Q. How can I kill flies?
 A. Place around the room several dishes containing a mixture of cream, ground black pepper and sugar.

Ellen's Diary
 By an Island Farmer's Wife

Jamie who spent this pleasant day at Alderlea, appearing unexpectedly at the door before dinner has just gone home. I accompanied him as far as lane's end where he was joined by Jock and together they continued in the road. Though their conversation came to me faintly now and then the dark was already closing their progress along the shadowy tree-lined trail from sight. James was still at his work in an adjacent field, cultivating it to prepare it for a stretch of turnips and a few potatoes. "Have some water pumped for the horses, Ellen" he called to me in passing and added "I'd like to finish this piece before it rains." Covering the fertilizer, he was at the time, which spreading had been included in the evening's schedule. By lantern light then the last of the choring was done: grain to the heifers, hay and bedding-straw to the horses. I recall now, the stillness of the night and the soft grey of the enveloping dark. Swallows nesting under an eave of a stable murmured sleepily; a cow of those pasturing over on a slope lowed softly; Pard was a wandering spirit about the yard and Tabby, like a brisk aproned lady whose choring was not yet at an end, stooped through the path of light in the direction of the short-cut. She was likely following a favorite feline treasure trail to the mill in search of a mouse or other tidbit for her growing family.

Not that the two were staring for at this evening's milking there were two newcomers to the cat pan. Carried there in an armful with their mother and noses dipped in a ceremony that allowed them "to get the taste of the milk" Jamie said. This method proved effectual and there was a delighted lapping and a final cleaning of whiskers, much to the small fellows' amusement. The pair had already been taken to the kitchen as their elders had been on Jamie's Winter stay "to get them used to it." But this time he was obliged to keep an eye to the surroundings, and at the sound of our granddaughters' arrival, they were immediately gathered up and returned to the safety of the barn. "She doesn't know how to use them, at all" he explained, and the sad look in the babe's blue eyes found answer in my own. "When you know how to handle them right" he stopped long enough to tell her "then I'll let you play with them—but not before."

He had a busy day. There were the early tomato plants to be set in a row in the garden—a chore interrupted by James' sudden arrival for supper, when we had not expected him quite so early. "We'll just have to leave them 'till later" I whispered to Jamie, hearing a loud summons, followed presently

BREATH SWEETENER AID TO APPEAL

A girl anxious to hold her feminine appeal doesn't shrug off odors that linger in the mouth as something which nobody is going to notice, says a girl who knows. This fastidious model claims that the use of a breath-freshener is one of the important little things upon which good grooming depends.

She always carries a breath-sweetener in her purse.

SEED THEMSELVES

If grape hyacinths are allowed to go to seed, they will self-grow, as a rule, over a large area.

DOUBLE CLEANSING FOR SULTRY DAYS

Does your skin balk at your efforts to look fresh-faced during sultry weather?

Use make-up that's better keyed to hot weather needs. Try something extra in the way of a cleanser.

A soap-lather mask, for instance, makes a better face freshener than suds whisked on and off. Try using a mask in two layers. Let one layer dry before applying the second. Wash the mask off with first hot, then cold water.

A milk facial is what Hollywood star Joan ("Love and Learn") Winfield swears by. She washes her face in milk after the usual soap and water cleansing.

If you use a cleansing cream, don't stop flinging your face until the last sheet of tissue is spotted. Using a liquid skin freshener or wild astringent as a follow-up is important for removing all traces of oil.

If hot water brings out a shine on your face you can keep it under better control by using a non-oily make-up base. If perspiration causes your powder to darken, switch to a pink shade. Pink is less apt to be affected by perspiration than certain yellow shades.

Morning Smile

"How are my chances, doctor?" asked an anxious patient.

"Oh, pretty good," replied the doctor cheerfully, "but all the same I wouldn't start reading any continued stories."

The kind old lady was taking presents around the ward at the naval hospital, and making tender inquiries about the men's health.

"And how did you lose your leg, my poor boy?" she asked one of the patients.

"When we were torpedoed" was the reply, "I jumped overboard and a shark got me by the leg."

"How dreadful!" said the old lady.

"What did you do?"

"I let him have my leg," said the sailor cheerfully. "I never argue with a shark."

was a gown of gold lame. An unusual color combination was a pink and gunmetal striped model, with the long torso look and a big bow at the back of a full skirt. A lovely frock in pastel pink mottre-ane featured a huge rose in the caught-up skirt, puffed sleeves, and fitted bodice.

TOO WEAK TO DO ANYTHING
 On "CERTAIN DAYS" of Month
 This fine medicine is very effective to relieve painful distress and tired, nervous, irritable feelings, of such days—when due to female functional monthly disturbances. Thousands report benefit!

LIDIA E. PINKHAM'S COMPOUND

LUNCHEON DOLLY

Design No. 1013

Medallions resembling an acorn are crocheted and joined to create this attractive dolly. Pattern No. 1013 contains complete instructions. Needlework Book 20 cents.

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

Design No. 1013

Name _____
 Address _____
 City _____ Province _____

Better English
 D. C. Williams

1. What is wrong with this sentence? "That is what I call nerve."
 2. What is the correct pronunciation of "facsimile"?
 3. Which one of these words is misspelled: Creator, interrupter, prognosticator.
 4. What does the word "dissension" mean?
 5. What is a word beginning with g that means "a motion of the body or limbs"?

ANSWERS

1. Say, "That is what I call impudence, insolence, self-assurance, presumption." 2. Pronounce fak-sim-lee, as in at, both is as in it, (second i unstressed), e as in me, accent second syllable. 3. Creator. 4. Disagreement in opinion. "Many voices arose in dissension." 5. Gesture.

Modern Etiquette
 By Roberta Lee

Q. Is it all right for social correspondence, to use envelopes with colored linings?
 A. Yes; if transparent envelopes are used, they may be lined with color to make them opaque, but the color or tones of lining should be used.

When introducing herself, should an unmarried woman say, "I am Miss Blank," or, "I am Mary Blank?"
 A. "I am Mary Blank" is the preferred form.

Q. Who is entitled to the seat facing forward when traveling on a Pullman?
 A. The person who has the lower berth reserved has this privilege.

Quick Thrifty Delicious

Beef Upside Down Pie

1½ cups flour
 1 tsp. salt
 1 tsp. celery salt
 ½ tsp. white pepper
 5 lbs. shortening

¾ cup milk, or half milk and half water
 ¼ cup sliced onion
 1 can condensed tomato soup
 ½ lb. ground raw beef

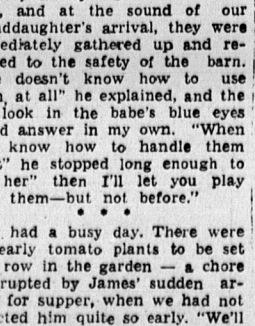
3 tsp. Magic Baking Powder

Sift together flour, baking powder, salt, celery salt and pepper; add 3 tablespoons shortening; mix thoroughly with fork. Add milk and onion blended. Melt remaining two tablespoons shortening in 9" frying pan, and cook onions until soft. Add tomato soup, remaining ½ teaspoon salt and ground meat; bring to boil. Spread baking powder mixture on top of meat mixture and bake at 475° F. for about 20 minutes. Turn out upside down on large plate. Serves 8.



Dr. Chase's NERVE FOOD

for New Pep and Energy



Needlecraft FOR THE HOME

LONGER LINES

For your dress parade you'll want a frock like this that launches the new, longer body lines... gracefully gathers its skirt in front... and sedately squares its neck and shoulder yoke. This is just the type of dress to make up in a new Summer print!

No. 2221 is cut in sizes 10, 12, 14, 16, 18, 20, 22, 24 and 26. Size 16 requires 3½ yards 39-inch.

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, Pattern No. 2221.

Name _____
 Address _____
 City _____ Province _____

USE SKEETER SKATTER
 New and Improved FOR BLACK FLIES, MOSQUITOES



Needlecraft FOR THE HOME

PREVENT BABY RASH

Help prevent irritations, keep baby's skin healthier. Buy this highly advised, medicated oil today! Economical. Big value!

CUTICURA ANTISEPTIC BABY OIL