

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

That Body Of Yours

By James W. Barton, M.D.

PAINFUL AND PERSPIRING FEET

I write often about the feet because painful feet are a great liability in life, interfering with comfort, happiness and making a living. It is said that the abruptness at times of the late President Woodrow Wilson, which changed him from his gentlemanly manner almost to rudeness, was caused by painful feet. His shoes were made by a competent shoemaker who was able to make shoes that gave him more comfort than any he was able to purchase, but he still at times suffered almost unbearable pain. The wearing of large loose shoes that still grip the foot in the proper places will give relief from pain in most cases.

Another painful and embarrassing condition is perspiring feet with a disagreeable odor, which is commonly caused by having to stand on the feet for long periods. Treatment requires extreme cleanliness, feet being frequently washed and stockings changed before the perspiration with which they are soaked has had time to decompose. Washing the socks or stockings in a boric acid solution—about a dessert-spoonful to the quart—is also helpful. Using an antiseptic dusting powder twice daily on the feet and in the socks 1 to 2 per cent salicylic acid in powdered boric acid helps keep feet dry and free from odor.

In severe sweating of the feet whether or not odor is present, X-ray treatment, often one treatment only, gives relief, but severe burns have sometimes followed X-ray treatment.

For a number of years I have written about a very satisfactory treatment suggested by Dr. Althoff, Berlin, for sweaty, scabby feet with disagreeable odor. The feet should be thoroughly washed with warm water. Then the soles and the skin between the toes are painted with equal parts of 35 per cent formaldehyde ("commercial" formaldehyde purchased in drug or other stores) and distilled water. The solution

Household Scrapbook

By Roberta Lee

Making Hole in Glass

A perfect hole may be made in glass by first covering the area where the hole is to be with putty and making a hole the size desired in the putty. Pour into the hole or "well" a little melted lead, and unless the glass is exceptionally thick, a perfect hole will result.

Gold Fish

It is necessary to change the water if the gold fish come to the surface for air. Be sure to use cool water, as gold fish do not like warm water, except of course in the case of the tiny tropical fish.

Zippers

Rub a little Vaseline jelly on the zipper that is inclined to work with difficulty.

Cook's Corner

JAM AND CAKE TART

Line muffin pans with pie crust. Add one heaping spoon of jam or jelly in each. Fill remaining space with the following cake mixture:

One half cup shortening, 1 cup sugar, 2 eggs, 3/4 cup milk, 2 cups flour, 2 teaspoons baking powder, 1/2 teaspoon salt, 1/2 teaspoon vanilla, Cream shortening and sugar. Add egg yolks; beat. Sift flour, baking powder and salt. Add alternately with milk to creamed mixture. Add vanilla and stiffly beaten egg whites. Bake in moderate oven (325 F.) about 25 minutes. Makes 12 cakes.

should dry before the feet is covered. This treatment should be repeated three or more days in succession. The effect of this treatment is prompt and lasts from four to six weeks when the application (four days in succession) should be repeated. The sweating and odor are often permanently cured.

Morning Smile

KEEP AWAY

"Bill got his nose broken in three places."

"Well, if he takes my advice he'll keep out of those places in future."

THE DIFFERENCE

An actress came off the stage after a successful first night, and was surprised when the manager handed her a bunch of flowers and a packet of marigold seeds.

The flowers are from a gentleman in the stalls, and the packet of seeds from a Scotsman in the gallery," he explained.

ELLEN'S DIARY

By An Island Farmer's Wife

Was it Saturday morning last, that with granddaughter attending us, we had been mixing molasses cookies, chucking at a memory as a nice scene was disclosed to us in unfaded colors which glistened in the speed coppersy depths? Then, from there, and traversing a space blessed by the rare peace and charm which attends our Day of Rest on the farm, we stepped off this morning into our brand new workaday week. It broke at dawn, bearing fresh demands for us and unsullied hours holding we know not what, in each as it turns. And our scene, which we, but granddaughter could not see? We saw a summery picture there in our mixing-bowl, though often it is bedecked with lovely displays of other seasons as well. The moonlight lay mellow along the fields that stretched up gently and were lost dimly behind an horizon to the left; behind and ahead ran the road, not the wide thoroughfare it is now, busy with the traffic of machines from the other Provinces and neighboring and farther States but a quiet way, which knew only the more leisurely passing of horse-drawn vehicles, or pictured rider, and they from the neighborhood, as were we, out for a stroll.

Behind and before ran the road; but back of us lay the twinkling lights from the village houses—the Manse, and the homes of "the butcher and the baker" which were not of those but of the blacksmith, the store-keeper, the carpenter and of elderly ones retired from the farms to the village. And ahead—but every child in the vicinity, and older too, knew that at the top of the hill sat the school. To the right of us, even if we might not see it, we knew as we shall know it in all of our living, the gentle swell of the sea washed against the shore. We had seen it by moonlight when spanned by a bridge of silver, set with curving waves, and towards evening when a rosy trail made a bewitching path along his bosom to the gates of the setting sun. We have loved the evening's star twinkle as it appeared above a light-house away off on a headland, and waited breathless with the magic of it, as twilight drifted in to us on the lap of the Strait.

Christian Endeavour, we were homing from that evening, a youthful version of the mid-week prayer Service, which James recalls so wistfully, we suspect not entirely for the spiritual inspiration received, as for the shy glances interchanged, and the subsequent pairings that led off along the ever intriguing road to Romance. "Yes," James will remark gravely to Mr. C. from the house on the hill, when they sit down to discuss "ways and means" along this bewitching subject, which has the merit of keeping its interest fresh to all ages, "those mid-week prayer meetings were fine institutions." His tone tells one that James would be quite puzzled should he be called upon to play a hero's part in present-day courtship! The once familiar stage is all gone and buried in the years.

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Youngsters Compete At Fair



Boy in black is Ted G. Abel, five, Toronto lad, who wore this outfit when competing in the child's carriage event during the children's competitions in the Royal Winter Fair.

us, and a passing wagon with a cheery: "Goodnight!" moved away into the distance. "And how's your romance coming?" we inquired of our fellow-traveller, as we strolled there. "Not at all, Ellen," he laughed shyly. "No," we queried scenting something of interest in respect to the workings of fate, "I hope she didn't by any chance decline the honor of . . ." and we chuckled at the thought of it—the like is amusing to those not concerned. "Well, I'll just tell you the way of it, Ellen," he said "she gave me molasses cakes for lunch two nights hand-running . . . and they're all right once in a while, but not for a steady diet!" He eventually married a pretty, frivolous little girl without a recipe in her head—from another County. But she learned to cook and house-keep and they reared a nice family, they tell us and altogether like the handsome Prince and beautiful Princess out of Jamie's stories—and soon to be grandparents—they still continue to "live happily ever after!"

And the recipe for the cookies we mixed? But that must wait, because James, well James says, though we know he exaggerates the circumstances somewhat, he "never saw the like of this place a fellow can't even find his pipe!"

Until tomorrow—Diary—Goodnight . . .

The Stars Say --

By Genevieve Kemble

For Tuesday, November 29

A GENERALLY adverse state of affairs, in which it may be difficult from high tension and explosions, adding to aggravations and inharmonious. Rash, impetuous and guileless urges could invite danger and regrettable collisions. If cool, considerate and balanced effort at thoughtful and sane conclusions, perhaps heeding some "still small voice," either from within, or from the composure of a steeper head and emotions held in restraint.

For the Birthday

Those whose birthday it is are urged to avert serious trouble and disaster should they permit their reckless urges, emotions or drives to get out of bounds. All sorts of calamities and crashes could happen if wild sparks get out of hand. A calm, studied and far-seeing solution to such rebellious and tempests may avert dynamic smashes, while at the same time enlisting support and sane encouragement to assist in more rational conduct and wise and harmonious decisions.

A child born on this day may need rigid training and discipline early in life.

How Can I!!!

By Anne Ashley

Q. How can I take proper care of fur coats?

A. The principal enemies of fur coats are heat, moisture, friction and moths. Keep the furs away from radiators, avoid as much as possible wearing them in the rain, and don't make a habit of carrying the purse in the same position or leaning against automobile parts. Put the furs in cold storage for the summer.

Q. How can I improve the foliage on plants?

A. A few drops of ammonia added to each quart of the water with which plants are watered will improve the color of the foliage and increase the growth.

Q. How can I make a remedy for dry skin?

A. Mix one-half ounce each of glycerine, cocoa butter, rosewater, elderflower water and lanolin.

Modern Etiquette

By Roberta Lee

Q. Is it all right to use ruled paper for social correspondence?

A. No; if there is trouble in writing a straight line, buy the black-ruled paper which fits under the notepaper and envelopes. These are called guides and can be purchased at any stationery store.

Q. When should the guests arrive at the church for a wedding ceremony?

A. From a half-hour to not later than five minutes before the ceremony. The guests should be seated before the parents of the bride and bridegroom arrive.

Q. When appessauce is served with pork, should it be eaten with a spoon or fork?

A. It is better to use the fork.

Better English

By D. C. Williams

1. What is wrong with this sentence? "We had ought to get these privileges free gratis."

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

3. Which one of these words is misspelled? Mistrust, misstatement, mistep, misdemeanor.

4. What does the word "gratuitous" mean?

5. What is a word beginning with "or" that means "correct spelling"?

ANSWERS

1. Say, "We should get these privileges gratis (omit free)." 2. Pronounce fo-nah, e as in fee unstressed, first a as in ah, second a as in lay unstressed, accent second syllable. 3. Misstep. 4. Given without recompense or pay; free. "We mistake the gratuitous blessings of Heaven for the fruits of our own industry." — L'Estrange. 5. Orthography.

DOROTHY DIX SAYS -

Possessive Mother

Interfering Parent Can Wreck Children's Lives

DEAR MISS DIX: Won't you emphasize the danger of mothers interfering too much with these so-called boy and girl crushes. My son, who is now 23, developed at 17 an infatuation for a girl near his own age, but because I wished to monopolize him I broke it off. Ever since he was a baby I had been developing in him the idea that I must always come first with him, my wishes must be law and my judgment unquestioned. Well, I bring off the affair after a terrible scene and it just seemed to wreck my boy. He lost interest in everything, neglected his studies, was in continual scrapes, couldn't settle on anything he wanted to do. And only the other day he left me to go to a far country, saying: "Mother, when you made me give up Marion, you made me appear spineless to her. Now I am going away where I can regain some backbone, if it is possible."

I cannot forgive myself for what I did to my son, and I wish to warn other mothers.

AN ENLIGHTENED MOTHER

ANSWER: Many another woman before you has lost her son through trying to hold him too tightly. Perhaps the hardest lesson that women ever have to learn is that the less they try to bind love, the more securely do they fetter it to them.

HAS BEST INTENTIONS

Perhaps there is no other person in the world who does more harm than the possessive mother, and the pity of it is that she wrecks her children's lives with the best intentions in the world and literally says those for whom she would die herself. And it is selfishness that makes these possessive mothers never willing for their children to marry. They want to keep them for themselves. They always want to be first with their children. They can't endure the thought of their children caring more for their husbands and wives than they do for them.

These possessive mothers justify themselves in trying to dominate their children's lives by saying that mother knows best. But mother doesn't know best. No human being can know infallibly what is best for any other human being because each one of us has different talents, different tastes, different needs.

Many a man is a failure because his mother forced him into an occupation for which he was unfitted. Many a girl's life is blighted because her mother would not let her follow the career for which Nature intended her. It is a pity that mothers cannot understand that they have no right to their children's lives and that all they have a right to do is to love them and sympathize with them and try to understand them and then leave them free to go their own way.

DEAR MISS DIX: I am about to secure a position which will bring me in contact with a good many people, and I wish to know if personal appearance helps one to succeed. I am a man of 32, well educated, dress neatly, but I am very bald. Should I wear a toupee?

F. A. ANSWER: Why not? It has always been a mystery to me why men do not consider it worth while to use the artifices in improving their appearance that women do. No one for an instant supposes that every woman's hair is all her own, except by right of purchase.

The most amazing progress that has been made in our time is the advance that women have made in pulchritude. You hardly ever see a really ugly woman nowadays, and it is all because women do whatever they can to improve their looks and to camouflage their blemishes.

Why shouldn't men do the same thing? Certainly a bald head is no object of beauty, and why the unfortunate possessor of one should not hide it under a wig as a woman would and many women do, is beyond all guessing. Maybe it is vanity that makes men think they are so handsome that their shiny pate are just a high light in the picture. Maybe they are afraid that other men will poke fun at them, but for any reason they are making a mistake, and it is to be hoped that the time will come when every man will supplement nature with art and cover up his bald spot with ambrosial curls.

DEAR DOROTHY DIX: What is meant by violating one's friendship?

ANSWER: That phrase can have many interpretations. One is being disloyal, or treacherous. Being a fair-weather friend who makes loud protestations of affection to one's face and stabs one in the back with ridicule. One who feasts with you in days of prosperity, but would not give you a crust of bread if you were hungry. The kind of friend who leads the applause when all speak well of you, but who would be the first to fall away when people spoke ill of you.

Also, those violate friendship who tell the things that a friend confides.

DOROTHY DIX

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