

Woman's Realm Social and Personal Fashions Literature

DOROTHY DIX SAYS—

Bossy Women

Mothers Who Dominate Children Will Do Same To Daughters-in-Law

DEAR MISS DIX: I am a girl of 20 and am engaged and expect to be married within the next few months. Of course, a girl's wedding is the big event of her life, but mine is going bloody because my prospective mother-in-law insists upon taking entire charge of the whole affair, planning every detail and running it her way.

I have found out that she is a woman who has always dominated her family and it makes me wonder, if I marry her son, whether she will interfere in our lives. Is there any possible way to avoid trouble later and to straighten this matter out between my fiancé and myself before we are married?

ANN

ANSWER: The day of miracles being past, there isn't the remotest chance in the world that a woman who has always kept her own children under her thumb won't use the same high-pressure methods on her daughters-in-law. The leopard can change his spots easier than a bossy woman can forego the pleasure of dominating everybody within her reach. Nero and Hitler and all the other classic tyrants were pikers compared to the women who are the ones who must be obeyed in their own families.

So think long and carefully before you marry a man who has always been ruled by his mother. He will be Mama's little boy as long as he lives and run to her for advice and comfort instead of to his wife.

FLOUTS TABOO

The one thing in a girl's life when by common consent she is given the privilege of having things just as she wants them, is when she gets married. Your prospective mother-in-law flouts that taboo when

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Household Scrapbook

By Roberta Lee

Oil Marks

Oil marks on wall paper can be removed by applying a paste made of cold water and pipe clay, leaving it on overnight, and brushing it off in the morning.

Whipped Cream Substitute

Grate one apple, add two or three tablespoons of sugar and one egg white; then beat until light, and you will have an excellent substitute for whipped cream.

Chamois Gloves

The chamois gloves can be kept soft and pliable by adding a few drops of olive oil to the water in which the gloves are being washed.

Cook's Corner

USING CANNED FRUITS FOR PIES

Most canned fruits make delicious pies, and are excellent for the upside down cake or deep fruit pie. However, if the ordinary pie is de-

Modern Etiquette

By Roberta Lee

Q. How soon should friends call to see the newly-married couple?
A. As soon as the bride and bridegroom have sent out "at home" cards, or as soon as they have a definite invitation.

Q. Is it good form to type a personal letter to a friend, and also sign it on the typewriter?
A. No. One may sometimes write to a very close friend on the typewriter, but in any event, the signature should always be written by hand.

Q. How should fruit pits be removed from the mouth?
A. Between the thumb and forefinger. Then lay them on the plate.

It is interesting to learn of the use of calcium lactate in the treatment of overweight. At the last session of the Yale Summer School for the study of Alcohol, it was shown that calcium lactate is at present the best single method of strengthening an alcoholic who is getting over an attack of alcoholism. As an alcoholic neglects food while drinking and is, therefore, weak, the calcium lactate furnishes calcium (lime) to the needy tissues.

By taking calcium lactate while on the reducing diet, the overweight gets the exact food substance needed to maintain his strength. Most overweight men admit that it is the feeling of weakness while on the reducing diet that causes them to turn back to their ordinary diet.

It has been well said that weight is one of the clearest methods of knowing one's health. Send today for Dr. Barton's booklet, entitled "Overweight and Underweight," enclosing 10 cents and a 3-cent stamp, to cover cost of handling and mailing, to The Bell Syndicate, in care of this newspaper, Post Office Box 59, Station G, New York 19, N. Y., and ask for your copy.

That Body Of Yours

By James W. Barton, M. D.

SIMPLE YET SCIENTIFIC REDUCTION OF WEIGHT

Because thyroid extract helps to reduce weight in cases where the thyroid gland is underactive, many overweight people with a normal thyroid gland naturally believe that it also would be good treatment for them. However thyroid extract taken by one whose thyroid gland is normal speeds up the heart raises the blood pressure and may cause a collapse.

Overweight in all cases not due to underactivity of the thyroid or other glands must be treated in the only way to get results—that is by reducing the food intake.

In "Annals of Internal Medicine," Dr. M. M. Kunde, Northwestern University, Chicago, states that the ideal diet to reduce weight is a high protein (meat, eggs, and fish) diet, and low fat and low starch diets.

"Double the usual serving of meat, fish or fowl, with all fats removed, and an egg are eaten twice daily. Uncreamed cottage cheese and gelatin are permitted. Vegetables may include cabbage, cauliflower, broccoli, Brussels sprouts, spinach, celery, cucumbers, asparagus, string beans, onions, radishes, lettuce, mushrooms, tomatoes, rhubarb and egg plant. Grapefruit, strawberries, cranberries, lemon juice, vinegar and saccharine are allowed. From 30 to 40 grains of calcium lactate, 500 to 1,000 units of vitamin D and 12 to 15 plain brewer's yeast, 7½ grain tablets, are taken daily."

It comes to mind in the tranquility of this evening, which succeeds a sunlit Winter's day, when icicles dripped, and we found in landscape a nice foretaste of March, that over the recent weekend, with relatives, we visited those whom we know, now patients in city hospitals. We were happy to find them resting comfortably and looking ahead eagerly to present convalescence at home. Home! The lips, and nostalgic to those who must temporarily—or longer, remain distant from its welcoming lights!

We remember too at this time how good it was that same evening more at this home about us once Gage-baby's second anniversary. Mr. A., near neighbor to Rob's left, his own lonely-hearth fire to be a guest of the wee lad. This younger grandson of ours is not small but on the contrary is plump and sturdy and brown-eyed, with a shy smile which is very engaging, and sometimes misleading in its modesty, and he is entirely boyish in his rough and tumble play. "But he's no cry-baby, Ellen," James will say with thorough approval, for in any child-rearing, James was ever a pacifist. Many omissions could be disregarded or at least lightly considered so long as the youthful culprit kept a smiling demeanour.

This youngster was never more engaging than when, doubtless excited at his own importance on this occasion, he hastily stood on his chair at table and with no thought of the others, but zealously in his own pursuit, at one breath, blew out his birthday candles—the two miniature ones that flickered so bravely atop his cake. Then triumphantly—and somewhat drolly to grand-daughter, herself no down-trodden piece of femininity, but most confident of her rights. Then he laughed broadly and pleased with his record sat down to await those of the other children, Jamie still sits at his grand-father's elbow, while the other two are tucked in at table between their parents. "Did you make a wish, Gage-baby?" grand-daughter inquired in her adult way, and the young fellow nodded and dimpled happily. Altogether, we had a pleasant time, honoring our two-year-old's birthday anniversary.

Health And Welfare

Vegetables For Health
Nutrition experts say that to have a well-balanced diet the average person needs at least three servings of vegetables—one of potatoes and at least two of other vegetables—each day. Leafy, green or yellow vegetables, frequently served raw, are best, the experts say, for supplying minerals such as iron, calcium and phosphorus to keep the body working smoothly.

Fatigue On The Job
Fatigue on the job is recognized by industrial health experts as a leading cause of accidents and reduced production. Sleep combats fatigue and helps ensure health... and health is earning power. Don't let your dollar value on the labor market drop because of lack of sleep. Take all you need.

A Valuable Asset
Statistics show that the skill and experience of older workers make them a valuable part of Canada's labor force. Contrary to popular opinion, workers over 40 are not more prone to accidents than younger people and at most jobs they produce as well or better than less experienced workers. Employers who discriminate against workers because they are "over 40" don't realize they are doing themselves an injury.

A Family Affair
Fitness is a family affair. The family group is the ideal centre for the recreational activities of its members. Spare-time activities engaged in by all members of the family help create the spirit of co-operation that sees the family through all domestic problems. The family that plays together is the family that stays together.

Posture Is Important
Posture is important in good health. This is particularly true regarding a person's place of work or study. Chairs and desks should be at the correct level so a person can work comfortably without hunching over the desk. Factory workers should adjust work-benches to require as little stooping and bending as possible. Good posture means less fatigue and better production.

Keeping Microbes
Improper drinking fountains may be a source of disease. Avoid the "bubbler" type fountain where the water from the mouth falls back onto the jet. Safest is the "angle-jet" type where the water falls clear of the jet and harmful bacteria from the mouth are washed down the drain. Many diseases including the common cold are spread through improper drinking fountains.

Ellen's Diary

By an Island Farmer's Wife

Last sheaves from that stack of ours which since harvest had sat so comfortably by the line-fence on the summit of a rise, was fed to the fearsome maw of the machine this afternoon, ending for the present our threshing. "Why, you're not threshing yet?" a snugly jacketed and overalled farmer laughed as he appeared suddenly in a barn-doorway. He could not know that the engine had been moody, that the clutch had given out, and that more than once, those engaged at the work had seen their "hopes deferred." "Well," James commented, when last scatterings of rapings had been fed to the mill, "that's that!" But it was in a pleased voice, which indicated not only relief at reaching the end of the threshing, but was a testimonial also to that state of contentment which comes to farmers when lofts have been replenished and bushels added to the grain-bins. Now be the Spring's gait sprightly or lagging, sufficient bedding and fodder is assured through this and a later threshing, to see the stock through the interval, which will bring them green fields.

Today, it was, that another one of the cattle-kind was added to our not at all vast herd, one that came very quietly to a stable. During the threshing, expecting its present arrival, a farmer had opened a door narrowly and there the new-comer was, the first in a procession of young things that come as Spring increases to gladden farm-folks' hearts. The surprise and delight of it—the strange miracle of birth! Red and white, this calf is the product of a fusion of Holstein and Shorthorn bloods. These later years, our farmers incline toward the latter breed, and both here and at Rob's there is now the odd animal of these of the pure-bred class. But on pasture in Summer on a green meadow at the other farm, one may find colors as attractive as the pieces that are assembled in an old patchwork quilt.

Each man in turn tried to make fire by discharging his gun, but they had no luck. So they cut a quantity of spruce boughs and, laying them in the shape of a crude bed, settled down and were soon fast asleep.

At which hour they were picked up—bough-bed and all—and transported high up among the clouds, O'Brien never could say. As for his pal, Ford—well, he had long since fallen into a stupor from which it was impossible to rouse him. He never regained consciousness in this world and soon expired in the arms of his friend. The wailing he had received back in the swamp doubtless hastened his end.

O'Brien could hear his own teeth rattling. The cold air of such a high altitude was driving right to the marrow of his bones.

His dead pal wouldn't need his clothes any more; so O'Brien took them off and put them on his own body. The look of Ford lying beside him, nude and stiff, gave him the jitters; so he placed both his feet against it off into space.

The warmth of the clothing made O'Brien feel more comfortable and he sat up to take observation. The flying bough-bed now emerged from its cloud bank into a clear frosty sky. The full moon shone like a polished dollar. Looking earthward, he saw a

Until tomorrow... Diary... Good-night...

How Can I!!!

By Anne Ashley

Q. How can I make a cleaning compound for washing painted walls?
A. Dissolve one ounce of soap flakes in 16 ounces (one pint) of water, and add about three ounces of turpentine. Stir the mixture rapidly and apply with a brush or sponge.

Q. How can I make a better gravy?
A. A tablespoon of cream added to the roast beef or lamb gravy makes it a delicious brown.

Q. How can I avoid having sticky starch?
A. To prevent starch from sticking, add one teaspoonful of lard to each quart of starch and boil it one minute before using.

Legends Of P. E. Island

By Uncle Joe

THE FLYING BOUGH-BED

The characters in this legend—Mike O'Brien and Charles Ford—left their homes near Mitchell River on the afternoon of January 15, 1835.

We are told that the day was very mild for the time of year, chosen especially by O'Brien and Ford for a visit with a friend of their families, who lived some miles from the village of Cardigan. The pair, both in their early twenties, set out on foot, armed with a couple of guns and a hunting knife. The weapons were taken along just in case they met up with a bear. At that time the government was paying a bounty of ten shillings on bear snouts, and extra money thus earned always came in handy at a time when cash was hard to come by.

In crossing a swamp Ford broke through the thin ice, receiving quite a wetting, but this did not appear to dampen the spirits of the young travellers.

After a mile, they trudged along the winding forest trails when all of a sudden a large bear crossed their path, to disappear a moment later in a thick underbrush. The youths immediately took up the chase, the bear leading them over such a zigzag course that finally they lost the bear as well as themselves.

In relating the story afterward O'Brien said: "Sure, me boys, it was no bear at all but the very devil entirely."

The snow was about a foot deep, and what with tramping around aimlessly the lads soon became hungry and fatigued. By this time they wished they had never attempted the long trek. To be lost on a cold January day was no small matter.

When night closed about them some hours later they recognized the terrible truth of their situation and remembered stories they had heard of people freezing to death, or dying from hunger.

Again and again they repeated having set out through a forest which was wholly unfamiliar to them. How they longed for the warmth and company of their humble homes!

To make their plight even worse they had forgotten to bring the means of making a fire to relieve them of their greatest danger, frost.

Each man in turn tried to make fire by discharging his gun, but they had no luck. So they cut a quantity of spruce boughs and, laying them in the shape of a crude bed, settled down and were soon fast asleep.

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Morning Smile

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'In Order to Live...'



Mildred (Axis Sally) Gillara steps from a police van as she arrives in court in Washington to take the stand in her own defense at her treason trial. She testified she signed a written oath of allegiance to Germany "in order to live."

Better English

D. C. Williams

1. What is wrong with this sentence? "The man is light-completed."
2. What is the correct pronunciation of "ultimatum"?
3. Which one of these words is misspelled? Pongee, portiere, possess.
4. What does the word "trite" mean?
5. What is a word beginning with ge that means "a history of the descent of a family"?

ANSWERS
1. Say, "The man is light-complexioned." 2. Pronounce ul-ti-ma-tum, u as in up, i as in it, a as in may, accent third syllable. 3. Possess, 4. Worn or hackneyed; commonplace "It was a trite remark" 5. Genealogy.

country so different in every feature from his native Island that he became greatly perplexed. Instead of the forests, streams and cultivated plains, there were high mountains and deep valleys that appeared to be bottomless.

Entranced by the strange picture, he completely forgot about his home, his parents and the dead Ford, who by this time must have landed somewhere among the mountain ranges they had recently passed.

Now, however, O'Brien came to realize his terrible predicament and shouted as loud as his lungs would permit. His voice rang through the stillness of the night and then died away in the distance.

By this time the flying bed had entered a second cloud bank and visibility was completely shut out. The youth now felt that Providence intended he should never again return to his native Island, and the thought of being borne away into endless space was not without its melancholy aspects.

After speeding along for what seemed like hours, the bed once more entered a clear patch of sky and O'Brien was cheered by seeing the Cardigan River lying calm and majestic beneath. The moonlight playing on its bosom focused its eyes upon a couple of small fishing vessels, which O'Brien was quick to pick out.

Thus encouraged, his hopes began to rise and he recalled these words: "Never despair while there is a ray of hope."

Seconds later the flying bough-bed made a safe landing on the beach and our hero cheered lustily as his feet touched its familiar ground.

When about one hundred yards from the scene, he turned about to take a last look at the flying bed, and lo! on the top of it he saw the grinning figure of an elf.

The next story: Adventure In The Woods.

Needlecraft FOR THE HOME

YOUNG SET
Here's just the jumper for "little sister"—it's becomingly flared-skirted with a belt to nip in the waist-line. Pattern also makes a Peter Pan collared blouse to wear with it.

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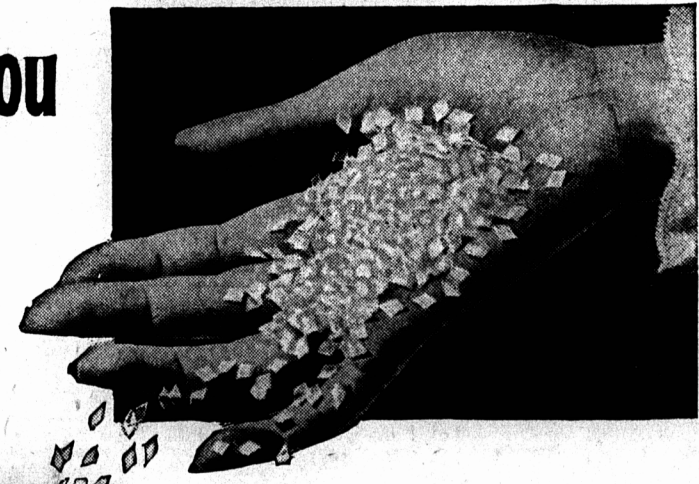
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SEES 4-14



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Be a Lux Daily Dipper — Lux the things you love