

# Woman's Realm Social and Personal Fashions Literature

## Dorothy Dix Says—

### Husband's Night Off

#### Wife Shouldn't Let Her Family Object To Mate's Innocent Weekly Frolic

DEAR DOROTHY DIX: I have been married for ten years to a good, kind man. He is a wonderful husband and father and I love him dearly. Now this is my problem: He likes to play cards and one night a week he indulges in this pleasure with some of his men friends, playing for very small stakes, but here is the rub:

My family is about to drive me crazy by constantly warning me that in time my husband will want to play for big money and that he will become a confirmed gambler, and that I should put a stop to it right now. He has never dictated to me about what I should do and I hate to make any objections to anything he wants to do. What is your opinion?

WORKED.

ANSWER: There isn't a particle of harm in your husband having a little game of cards with his friends once a week, and there isn't the slightest danger of it leading to anything except an evening's innocent diversion. You should speed him on his way instead of raising objections about it, as your family want you to do. There is no quicker or surer way of alienating a husband's affections than by being a spoilsport and standing in the way of everything he wants to do. For no man marries to get a father, nor does he marry to get somebody to supervise his morals and tell him what he may do and may not do. And particularly, he doesn't get married to have his wife's people censor him.

#### MAN NEEDS TIME OFF

What a man wants to do he is going to do, that is, if you married a man and not a mouse. He will do it openly and above board if you let him, but he will lie to you and do it behind your back if you force him to, for the sake of peace. So the sensible thing is to do as you have done and acquiesce cordially in your husband's desire to have an evening off every week with his men friends.

Tell your family that you and your husband feel perfectly competent to run your own affairs and that they must keep their fingers out of your pie.

DEAR DOROTHY DIX: I am a girl of 18. My mother and father will not allow me to go out with boys or girls. They say that when I am older the right man will come looking for me. But I don't believe it. I feel that I have to do some of the looking myself. Don't you think I am right?

DISGUSTED.

ANSWER: I certainly do. These are the days of the go-getter, in matrimony as well as business, and those who sit at home and suck their thumbs while they wait for fairy princes to come snooping around and find them have a mighty poor chance of ever being discovered.

#### LET MEN CHASE

Of course, a girl shouldn't run after men. That is bad policy, because men like to think they are the hunters instead of the hunted. But, all the same, the girl who wants to have a good time and plenty of dates has to keep herself in evidence. Men don't go out of their way nowadays to seek the shrinking violet.

Therefore, I think your parents are making a mistake in trying to segregate you from the crowd. They should let you go with other girls and boys and have all the innocent pleasure to which you are entitled to at 18.

DEAR MISS DIX: Why is it considered ridiculous for men and women past middle age to want to marry? Having spent the greater part of their lives in their own homes in married contentment, why should they not again seek companionship and the shelter of a home? It is awful to be lonely.

A WIDOWER.

ANSWER: No sensible person thinks it ridiculous for an elderly widow or widower to remarry. On the contrary, every intelligent individual must consider it the wisest thing they can do, provided they pick out suitable mates. It is only when an old man marries a gold-digging young girl, or an old woman marries a boy young enough to be her grandson that they make themselves objects of derision.

## How Can I!!!

By Anne Ashley

Q. How can I get relief from hemorrhoids?  
A. They can usually be stopped very quickly by taking a teaspoonful of granulated sugar and vinegar. If this does not give relief, re-

peat the dose.  
Q. How can I make a fertilizer for plants?  
A. A little ammonia added to the water affords a rich fertilizer for the plants, and also aids in preventing bugs.  
Q. How can I make a good prune salad?  
A. Stuffed prunes make a delicious salad when stewed, then chilled and seeded. Stuff with cream cheese and nuts.

## That Body Of Yours

By James W. Barton, M. D.

### GETTING READY FOR HAY FEVER

Despite the "quick" cures advertised for hay fever, for the great majority of sufferers the injection of the pollen of ragweed is the best method of preventing attacks or reducing the severity of symptoms.

The injection of ragweed pollen is given over a number of weeks before the onset of the hay fever season, about 8 to 10 weeks. About 15 to 20 injections are given, about two each week, the last couple of doses being the largest. Once the hay fever season arrives, small doses may be given every two weeks.

In "General Practice Clinics," Dr. Giles A. Koelsche, Mayo Clinic, states that the above method of treatment gives 75 to 80 per cent relief to 80 per cent of sufferers (about one-quarter completely relieved).

This desensitizing method by injection of small doses of the pollen causing hay fever should be given, once it is known that hay fever is the cause of the symptoms. This method should not be used in children under six years of age.

In those cases where injections of pollen do not give relief, physicians now try the new drugs benadryl and peribenzamine.

"Seventy-five per cent of the patients with seasonal hay fever who have been treated with benadryl at the Mayo clinic during the past two years have reported that they have received 50 to 100 per cent relief from their symptoms. The dosage used is 50 milligrams two or three times a day. As some undesirable reactions, extreme drowsiness, nervousness, inward feeling of trembling—occur in some cases, half the regular dose can often be used without the unpleasant reactions."

The other new drug to relieve hay fever symptoms, peribenzamine was used at the clinic the past year and the relief of symptoms was shown to be as great or greater than that obtained by benadryl. Hay fever sufferers, then, should first try to be desensitized by the injections of pollen beginning several weeks ahead of the hay fever season. If not cured, then the great majority can be temporarily relieved of symptoms by the drugs—benadryl, peribenzamine and adrenal.

## DOES INDIGESTION WALLOP YOU BELOW THE BELT?

Help Your Forgotten "28" For The Kind Of Relief That Helps Make You Rarin' To Go  
More than half of your digestion is done below the belt—in your 28 feet of bowels. When indigestion strikes, try something that helps digestion in the stomach AND below the belt.  
What you may need is Carter's Little Liver Pills to give needed help to that "forgotten 28 feet of bowels."  
Take one Carter's Little Liver Pill before and one after meals. Take them according to directions. They help wake up a larger flow of the 3 main digestive juices in your stomach AND bowels—help you digest what you have eaten in Nature's own way.  
Then most folks get the kind of relief that makes you feel better from your head to your toes. Just be sure you get the genuine Carter's Little Liver Pills from your druggist—35c.

## Trainor-Nettelfield Nuptials



Mr. and Mrs. William Holl Trainor, photographed leaving the Church of the Holy Trinity, Toronto, Ont., following their marriage on May 8th. The bride is a daughter of Mrs. Nettelfield and the late H. E. Nettelfield, Toronto, while the groom is the son of Mrs. Frances E. H. Trainor, formerly of Charlottetown, now living in Toronto, Ont.

## Modern Etiquette

By Roberta Lee

Q. How does one correctly use a finger-bowl?  
A. Dip into the water the tips of the fingers, first of one hand, then of the other. Never place the fingers of both hands into the water simultaneously. The fingers are then dried with the napkin.

Q. How does a woman introduce her husband?  
A. To her friends as "John"; to acquaintances as "My husband." "Mr." is incorrect.  
Q. Does a woman precede or follow her escort down a receiving line at a wedding reception?  
A. She is received first.

## Better English

D. C. Williams

1. What is wrong with this sentence? "A crowd of young people attended the meeting."  
2. What is the correct pronunciation of "ocular"?  
3. Which one of these words is misspelled? Helghth, helous, helitrope.  
4. What does the word "phantasm" mean?  
5. What is a word beginning with fe that means "malicious; villainous"?

#### ANSWERS

1. Say, "A group of young people." 2. Pronounce a-kylar, first a as in ate unstressed, second a as in care, accent last syllable. 3. Height. 4. An image formed by the mind. "They be but phantasms or apparitions." — Str W. Raleigh. 5. Felonious.

## Household Scrapbook

By Roberta Lee

Prevent Smearing  
Oftentimes the ink-written address on mailed package will become smeared if the package should come into contact with water or snow. This can be prevented if you rub over the address several times with the stump of a white candle.

Spilled Wine  
Should wine be spilled on your best white linen tablecloth, cover the spot immediately with some salt, and then proceed with your meal.

Set the Colors  
If the colors in one of your garments aren't as fast as you'd like you can remedy this by adding a little acetic acid or ordinary vinegar to the wash water.

## The Stars Say--

By Genevieve Kemble

For Thursday, June 3  
A CONFLECTING and intriguing planetary set-up, while indicating a decisive gain and much progress to be made by a clever strategy, may have unusual or unsuspected factors of dramatic force which could crop up to baffle or disintegrate. This might be the sudden withdrawal of support from high places, possibly caused by unspoken, impulsive moves. Any emotional decisions, could cause heavy loss.

For the Birthday  
Those whose birthday it is may step into a year of dramatic procedures and experiences, in their own determined effort to recoup past errors, blundering losses or other limitations and disintegrations. Such may be tabled with sound ideas, keep purpose, sagacity and perseverance, seeming to gain firm foundation by exceptional strategies, bright coups or just hard work. Yet an abrupt rupture with those in influential places who may not see eye to eye, especially as originality, ingenuity or innovation, may in the long run prove devastating. Preparation for just such dilemma could save the day and with dramatic and dynamic culmination. Dig deep, go slow, and "stick to your guns" in crises.

A child born on this day has excellent staying power, with shrewd and profound insight into quizzical situations. This will spell progress against odds, in the face of calamity.

## Morning Smile

TOO GOOD

A man dashed into the fire-station. He was very excited, and with "I'm sorry to interrupt, but my wife has disappeared again."

One of the firemen looked up. "That's too bad," he sympathized, "but why tell us? Why not notify the police?"  
The intruder shook his head. "I don't dare tell the police," he explained. "I told them the last time she disappeared—and they went out and found her—"

SURPRISE  
Although she had examined every article the weary shopman had placed before her, nothing seemed to suit her requirements.  
"No?" she said. "I'm afraid none of these things will do. You see, tomorrow is my husband's birthday, and I want to give him a surprise."  
"I see," said the assistant coldly. "Then why not hide behind an armchair, and suddenly cry 'Boo' at him?"

## Ellen's Diary

By an Island Farmer's Wife

Again today, and still holidaying, we have lived "the life of Riley," so to speak. As in recent days, and from the point of view of an average Island farmer's wife, we rose leisurely this morning to a life of indolence and shall presently retire neither bored nor weary from our day. I think now of the ease with which the necessary housework was accomplished, so different from that at Alderlea. Here one lights the gas to have a cup of coffee or tea ready in the shortest time. One "plugs in" as a matter of course to prepare toast in a twinkling and the electric refrigerator yields the most delectable of foods at any hour. Indeed only to open its door is to have pleasant anticipations.

If I have surprised a vague longing for a few smelly chips garnered from the vicinity of the chopping block and pictured water cold and sparkling from the pump with later a pot of porridge bubbling, these are unworthy thoughts and as such quickly banished from mind. But cooking is an impersonal activity here with never a kettle to sing one a happy tune and thus far I have found no sleepy cat on a cushion in the kitchen!

We could do very well at dinner with a few mealy Island potatoes, the same as we at home bring up from the cellars of our farm-houses, in pairs, in dozens or by the peck. Our host bought potatoes from a farmer today at 70 cents a peck. "What do we pay for cream?" the two echoed my question. "Whipping cream is 72 cents a pint" and fresh eggs at the moment are about 70 cents. Butter is a dollar at 90 cents—"We don't use it at all!" one woman said "it's too expensive"—but if one chooses margarine two pounds may be had for the same price. This latter is generally used in restaurants. "Steak!" a friend whom we visited spoke respectfully. "We don't buy too much of that—it's more than a dollar a pound"—roasting pork about 65 cents.

Fruits and vegetables are abundant at a price, strawberries, imported from more southern states at 45-60 cents a box—and lettuce was interesting and likeable at 28 cents a head. To one from a farm, the people we meet here are extremely food conscious and they speak wistfully of the foods that at home we take for granted. In making a cake this morning, I mix my fellow-voyageur mixed with a deft hand, when she asked: "Now what shall I do with the egg yolk that's left over?" and I remarked off-hand: "throw it in the garbage can!" Our hostess turned on me with: "Oh, no, we don't, Ellen. Would you do that with a half orange down on The Island?"

This was the day we went to see "The Farmer's Daughter" now showing at one of the city theatres. "Now you two will like this," friends said. It is an interesting picture, not that it features farming so much, but because the settings were beautiful and also that Ethel Barrymore, a favorite acting actress played a leading and exceedingly lovely role. We enjoyed the orchestra selections and singing that preceded the picture and in suspect was repeated in turn and a trained dog act was familiar

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There is no waste.  
It is sensible to be thrifty.

*Eastern Bakeries*  
**BUTTER-NUT BREAD**

## Living & Leisure THE WOMAN'S REALM

### CARROTS AU GRATIN

When the earth was finished and fashioned well, There was never a musical note to tell How glad God was, save the voice of the sea and the wind on the lonely plain. And the rivers among the hills. And so God made the marvellous birds. For a choir of joy transcending words. That the world might hear and comprehend How rhythm and harmony can mend The spirit's hurts and ills. —From "The Choristers" —Bliss Carman.

A summer salad that never fails to please is cottage cheese and dried fruit. Let your imagination guide you in arranging the fruit and cheese or make individual posy salads by placing the cottage cheese in the middle of each garnished salad plate and surrounding it with cooked dried apricots.

Kippers make a good Sunday morning breakfast served with hashed browned potatoes and a hot bread; saute them in butter on top of the range or put them in the toiler.

Buttercups held up golden cups to catch the sunlight today and dandelions bloomed, though most of these have come to the hoary-headed stage. Spirea blossomed in a wealth of creamy-white blossoms and horse-chestnut trees as well. Folks bought and set out vegetable plants and flowers: A lawn bare yesterday flaunted sizable red geraniums today. Lawn trees, Arbor Vitae, which must be a petted cousin of the cedars, and yews and spruces and hemlocks sheared to neat shapes and sizes and as base plantings—though at Alderlea, James would not suffer this!—are set close to the dwellings to make even the most ordinary attractive.

But here again is this indolent life, we lead for the present in "what will you have for a night-cap, Ellen?" Until tomorrow—Diary—Good-night.

Ingredients: two cups cooked diced carrots; one tablespoon minced onion; one-third cup grated cheese; one-quarter teaspoon paprika; cream sauce. Make a cream sauce by using on and 1-half cup milk; two tablespoons butter; two tablespoons flour. Cook until thick. To this add the cheese, onion and paprika and finally the diced carrots. Mix well, place in a buttered baking-dish and cover with buttered crumbs. Bake in a moderate oven for 20 minutes. Serves four.

Don't be the kind of girl whose untidy habits cause her family despair or threaten to alienate a room-mate. If you are given to such careless habits as wrecking a bathroom, cramming clothes into bureau drawers or closing doors on closed disorder, start while you're young to take yourself in hand. You'll discover that tidier habits will make living in crowded quarters easier for you; more pleasant for people who must share them with you. One way to take yourself in hand is to begin restoring order in the bathroom after you use it. Be just as careful to pick up after yourself; to hang up your clothes, to pull order out of any confusion that may exist in your closet or bureau drawers. One criterion of this new discipline is how tidy are the contents of the dressing table drawers that you use every day? You can pass the neatness test by first lining the drawers with fresh paper, then by keeping cosmetic jars in regulated rows. While yours at this business, herd your cosmetic keeps into neat little boxes. Keep facial tissues in a neat stack; powder puffs in their own wardrobe case. Ready to abet the order-loving girl in her practice of tidier habits are powder puff wardrobes which provide a supply of outfits in compartmented plastic cases. As puffs are used up, these see-through plastic cases can be put into use as neat containers for stockings, handkerchiefs or hair-ribbons. Coffee to be served after dinner in small cups should be stronger than the usual breakfast strength. Sugar should always accompany it and cream may also be passed if desired.

## Needlecraft FOR THE HOME

No. 4282—Basque Bodice—Bathing suit with a flip cuff and waist-line bow of dazzling waffle plique. It has a circular dancer's skirt for new found freedom. Size 16 (34), 9 yards 38-inch, 1/2 yard contrast. Price 20 cents. Sizes, 14, 16, 18, 20. Send 20c 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. 4282.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ Province \_\_\_\_\_

### Cook's Corner

#### LEMON BUTTER

Four tablespoons melted butter, 1 teaspoon lemon juice, 1/2 teaspoon pepper. Blend all ingredients and serve hot. Good with boiled, planked or baked fish.

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VEL keeps my "New Look" Looking New!  
says Miss E. Hosso, Toronto.  
"Frilly petticoats and slips, panties and bras washed in gentle VEL and lukewarm water, stay fresh-looking, hold their shape without shrinking. Colours stay bright up to ten times as long."

SAVE! Use VEL in New Giant Size Package for washing woollens, stockings, baby diapers, for fragrant bubble baths, for walls, woodwork, linoleum, tile, for cleaning porcelain and enamel, windows, mirrors. Try VEL for the car, too.

"VEL, VEL, V-E-L! SOAPLESS VEL IS REALLY SWELL!"

## MAGIC'S RICH Chocolate Dips!

6 Cream 1/2 c, shortening and 1/4 c. sugar. Add 1 egg; beat. Add 2 the grated orange rind and 2 tps. orange juice. Mix together 1/2 c. sifted all purpose flour, 1/4 tsp. salt, 1/4 tsp. Magic Baking Powder; add. Mix. Chill. Roll dough thin; cut according to directions below. Bake in 375° oven, 10 min.

Creamy Cookies Follow above recipe, cut with crescent cutter. Bake. Spread with melted sweet chocolate, sprinkle with finely chopped walnut meats.

Niled Cookies: Follow above recipe, cut with round cutter. Cut smaller round from center of 1/4 the rounds. Bake. Then spread plain round with melted sweet chocolate; top with doughnut round.

Cocoanut Sticks: Follow above recipe, cut in strips 1/2 inch wide. Coat with milk; sprinkle with cocoanut. Bake. Dip ends in melted sweet chocolate.

Peanut Squares: Follow above recipe, cut dough in 1 1/2 inch squares with a wavy wheel. Place 1/2 spoon peanut butter. Bake. Dip corners in melted sweet chocolate.

