

Woman's Realm Social and Personal Fashions Literature

Living & Leisure THE WOMAN'S REALM

No drop but serves the slowly lifting lid; No dew but has an errand to some flower; No smallest star but sheds some helpful ray. And man by man, each helping all the rest. Make the firm bulwark of the country's power; There is no better way. —Susan Coolidge.

Let not thy mind run on what thou lackest as much as on what thou hast already. — Marcus Aurelius.

LET TEEN-AGER DRESS LIKE FALS

Allow your young daughter to dress like the other girls in her crowd, and you'll have a happier teen-ager on your hands. To insist that she dress more individually is apt to be a mistake. The normal teen-age impulse is to want to merge into the group; not to stand apart from it.

Every mother who prizes her own individuality in dress naturally wants to help shape her daughter's taste. This is as it should be. However, be willing to wait until the time is ripe for fashion training. It will come, but not until the apple of your eye overcomes a self-consciousness which is typical of her age group. While she is going through the self-conscious period, she wants to look like all the other girls in her crowd. Her reaction to any dress that makes her look "different" will be a feeling of misery.

Mothers who realize this and how to it when clothes are chosen will be able to kick nastily aside one of the big stumbling blocks that interferes with a pleasant parent-daughter relationship.

PARTY MANNERS SPUR POPULARITY

If you want to book your holiday dance cards to capacity, mind your ballroom manners.

This means that while you're dancing you'll give your escort, not the assembly at large, the full benefit of your personality and charm. Good manners rule that you include him in any "table-hopping" visits that you make between dances.

Inconsiderate behavior a man will object to is the habit of talking over his shoulder to other couples as you dance around the floor, or beckoning or waving to friends in the stag line. He will be as irritated if you chat with friends, leaving him standing on the sidelines to wait your return. Avoid the embarrassment to your escort or to yourself that comes with appearing in a formal gown when others are informally attired. The way out of that dilemma is to find out in advance what other girls are going to wear. Remember, too, that a gown extreme in cut or style may excite comments from onlookers that will make an escort uncomfortable.

TIME ENHANCES OXFORD'S CHARM

The Music Room at Oxford, oldest music room in Europe, has reverted recently to its ancient use as the home of the University Musical Club. Built in 1748, it is a simple stone building in Holywell

Street, one of the famous thoroughfares in this city of learning. For more than 700 years Oxford has trained statesmen, preachers, writers, law-makers and employers. Spend a few days exploring Oxford, seeing its mellow towers, domes, spires, its green lawns, fine gardens and ancient byways and you feel somehow in touch with the past. Time has not spoiled this city of learning, and its grey-gold walls, its sculpture, and its gateways leading to peaceful, lovely quadrangles, have not changed for hundreds of years. For seven centuries Oxford has been building colleges and from the 13th to the 17th centuries only three or four times did a generation pass with out a new one being built. University, Merton and Balliol can claim to be the oldest colleges — at University College the poet Shelley spent his wildest year and today there is a beautiful marble memorial to him in its quadrangle.

Impressive Gates

The most impressive sight at Balliol is the great oak gates made about 600 years ago by a group of English carpenters. Merton's charming gardens are unforgettable. Visitors' pilgrimages often begin at Magdalen Bridge which runs across the River Cherwell, and extends to the foot of the far-famed Magdalen Tower and into the winding High. The High, by the way, is Oxford's most important street which leads to the corner called Carfax where four streets meet like the points of a compass. Facing Carfax is an ancient tower, all that is left of the lost medieval church of St. Martin which Shakespeare knew, and close by at No. 3, Cornmarket is a room in which Shakespeare slept.

MODERN HOUSING LIMITS FAMILY

"Birth control housing" is the term one housing expert has given to reduce the number of rooms in the home and to reduce the home size generally.

There couldn't be a better name for it. The cute little house that looks so cozy and shiny to a young couple buying a home soon becomes the dictator of their lives.

So long as there are only two of them they live quite comfortably in the small house with all the conveniences — except space for expanded living.

But from the moment one of the two bedrooms becomes a nursery, the little house has expanded as much as it can.

Two children and the neat little house is cluttered with high chairs, play pen, bathinette, and baby buggy.

As for having a larger family, as the young couple perhaps once talked glibly of doing, that becomes out of the question.

And how can they manage the best of family living when they are so crowded that there is no room for privacy, no room for many of the hobbies that should be started in the young years, no room where the children can bring in the neighbourhood kids without being right underfoot?

So the little house becomes a dictator in their lives. They live the way it forces them to live — even to letting it set a limit on the size of the family.

FOOD FOR THOUGHT

You don't need an expert to tell you that your appetite is closely related to your emotions. But doctors point out that it is true if you are happy and serene, you are better able to digest your food than if you are emotionally upset. "Laugh and grow fat" is a cheerfully flippant phrase, but one which is backed by some scientific proof.

On this same basis, scientist's comment, family disagreements, stories of children's misdeeds during the day, cajoling, lecturing, excitement and threats of punishment should be forgotten at meal time.

To make homemade corned beef hash, chop a piece of the beef with onion and add freshly cooked potatoes broken into small pieces. Moisten with top milk or a little cream and fry in a skillet in which butter has been melted. Season with salt and pepper and keep the heat under the skillet low so the hash will brown well. Then fold it over and serve with a poached egg.



FOR DAD

The rose is the official symbol of Father's Day. Be sure you have plenty around the house on June 20th. And if Dad's an enthusiastic gardener, what better Father's Day gift could he get than a fine rose bush from his favorite greenhouse?

YOU, WOMEN WHO SUFFER HOT FLASHES then FEEL CHILLY-

Here's Good News! Are you between the ages of 45 and 52 and going through that trying functional "middle-age" period peculiar to women? Does this make you suffer from hot flashes, feebleness, nervous irritability, weak? Then try Lydia E. Pinkham's Vegetable Compound to relieve such symptoms. It's famous for this! Many wise middle-aged women take Pinkham's Compound regularly to help build up resistance against this distress. Pinkham's Compound contains no opiates—no habit-forming drugs.

It helps nature (you know what we mean). This great medicine also has what Doctors call a stomachic tonic effect. NOTE: Or you may prefer LYDIA E. PINKHAM'S TABLETS which are sold from Lydia E. Pinkham's VEGETABLE COMPOUND

That Body Of Yours

By James W. Barton, M. D.

REMOVAL OF TONSILS AND TEETH AT OR NEAR INFLAMMATORY PARALYSIS SEASON

Although the season for infantile paralysis is at the end of the summer and beginning of the autumn months (August, September, October), it may occur at any time. Further, the fact that most cases occur in these particular months should cause parents to prepare their children to be at their best physically should polio strike their community.

How can children be prepared to put up their best fight against polio?

I have spoken before of the great danger to children who have recently had their tonsils removed—that is, a few weeks before the polio season. The percentage of cases of the crippling type of polio among these children is many times that of children who have not undergone a recent operation.

I also have spoken before of the findings of research workers who report that children with infected (carious) teeth, particularly where the pulp is exposed, also are more likely to develop the serious (bulbar) type of polio than are those whose teeth are not infected.

In "Industrial Medicine," Drs. H. H. Reese and J. G. Frisch state that the actual findings of physicians show a high frequency of the bulbar type of polio among persons submitting to tonsillectomy or extraction of teeth at the time of polio epidemics. This would seem to indicate that surgical operations expose nerve endings, permitting transmission of the virus (organism) toward the nerves of the face and head. The examination of bodies after death shows this to be the case.

Even when the pulp (nerve and blood vessels) is not exposed, the tiny tubules or crevices in the teeth present a pathway from 60 to 250 times greater in size than is necessary for the passage of the tiny virus which causes polio.

Drs. Reese and Frisch make an urgent plea to parents, physicians and dentists to prevent dental decay and to seal off infecting organisms during the early summer months in the hope that the number of cases of polio may at least be reduced.

How Can I!!!

By Anne Ashley

Q. How can I remove lime from a teakettle?

A. This is caused by hard water. If the deposit is light, a dilute acid, such as vinegar will dissolve it, if allowed to stand in the kettle. Add a little salt to hasten the process. If little bubbles form, it indicates that the lime is dissolving.

Q. How can I make a mouth wash?

A. By mixing 20 drops of tincture of myrrh in 40 tablespoons of water. This solution is both healing and cleansing.

Q. How can I test dye to see if it is fast color?

A. Dampen a small piece of the dyed cloth and then rub it on a piece of clean white paper. If it leaves no stain, the dye is fast.

BASKET DESIGN



DESIGN NO. E-1074

This lovely chair sets worked in filet crochet with a pretty basket of flowers as the motif. Pattern No. E-1074 contains complete instructions. Needlework Book 20c. To order: Send 20 cents in coin to Needlework Bureau, Charlotte town Guardian. Design No. E-1074

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DOROTHY DIX SAYS—

Home Quarrels

Daughters Should Urge Mother To Avoid Quarrels With Drinking Father



DEAR MISS DIX: We are three sisters who live in a house of discord and unhappiness. We cannot recall a day when there has not been a quarrel between our father and mother. He drinks heavily and has ruined my mother's life and has caused the entire family deep humiliation.

The result is that we are all getting morbid and pessimistic. What can I do to comfort my mother and sisters and get myself out of this bog of woe? UNHAPPY GIRL

ANSWER: Perhaps if you girls would talk the matter over frankly with your mother and make her realize how the atmosphere of your home is ruining your lives, you could work out some plan that would at least lessen the gloom that darkens your girlhood.

If your father is a habitual drunkard, there is practically nothing that you can do to change him. He probably is a victim of his vice and cannot escape from it if he would, so you will have to accept him as just one of the fixed facts you cannot alter.

GIVE SOFT ANSWER

But your mother is in full possession of her faculties and she can refrain from quarrelling with him and precipitating daily scenes that make your home a place of strife and turmoil. It takes two to make a quarrel and if she will refuse to be party to one, there will be no dispute.

I grant you that it is pretty hard to give the soft answer that turneth away wrath to a drunkard. It requires a lot of forbearance to keep from telling him what she thinks of him, and it takes real heroism to refrain from telling him of all that he has made her suffer.

But it can be done, and it seems to me that a mother should be willing to make the effort and the sacrifice to save her young daughters from having their whole lives darkened and saddened by the quarrels that are perpetually taking place in their home.

Parents seem to think that their quarrels concern themselves alone. But in this they are sadly mistaken. The father and mother fighting like cat and dog are a profound shock to their children which colors their whole lives, often causing them nervous disorders from which they suffer as long as they live. And this is a pretty high price to pay for the daily family spat.

DEAR MISS DIX: I am an attractive young man of 23. Dress well, am a liberal spender and I am most popular. While I like women fairly well, I cannot endure their running after me. They are constantly calling me on the phone asking me to take them places and I am sick unto death of them. What's to do, Miss Dix? I really need help. JOHN R.

ANSWER: No matter how nimble a woman runs after a man, he can always outprint her if he really desires not to be caught. The trouble with men like you is that while they do not wish to be caught, they haven't the heart to take themselves entirely out of the reach of the hands that clutch at them.

However, if you really and truly want to rid yourself of the parasites, just cut off your telephone, sell your car and decline their invitations. They will soon take the hint and pass you up for an easier mark.

DEAR DOROTHY DIX: My boy friend's mother will not allow him to take part in football games because she is afraid her baby will get a scratch or two. In fact, she will not let him take part in any athletics for fear of his getting hurt. This attitude on his mother's part is turning her son against her. Can you blame him? MILDRED

ANSWER: No mother makes a greater mistake than when she ties her boy to her apron strings so tightly that she keeps him from all clean, healthy, normal sports of youth. Every healthy boy is bubbling over with energy that has to find some expression, and the wise mother is the one who gives her son all the freedom and pleasure that she can. No mother's darling who is reared in a milk-and-cream world is anything in the world. He can't stand the gaff when he meets real life.

Household Scrapbook

By Roberta Lee

Scratched Furniture

One way to obliterate superficial scratches on light-colored furniture is to rub the meat of a walnut or pecan back and forth over the places until the nut crumbles and fills the scratches. Then put a coat of wax or polish over this immediately to keep the filler in place. A more permanent job, however, can be effected by using beeswax instead of nuts.

The Breath

It is well to remember that garlic will scent the breath for about 72 hours; onions about the same, tobacco about 12 hours, coffee about 2 hours, cabbage about 1 hour.

Hair Scent

A novel way to scent the hair is to sew a small sachet bag inside the hat.

Cook's Corner

SAVORY CHEESE SANDWICH FILLING

1 tablespoon butter
1 tablespoon sugar
1 tablespoon flour
1/2 teaspoon dry mustard
2 tablespoons vinegar
1/4 cup milk
1/4 teaspoon salt
Dash of cayenne or chili.
1 hard boiled egg
2 tablespoons chopped green or sweet red pepper
2 cups grated cheese
2 tablespoons minced onion

LION ATTACKS TRAINER

A full-grown male lion, the mate of Sheba who clawed Keith Robinson in Toronto just over two months ago, went on the rampage at Cornwall, Ont., and attacked Gladys Gillem, 77 (above), his trainer. Miss Gillem has been clawed several times by Sheba "but this is the first time her mate has attacked me," she said. She received treatment for scratches to the back but carried on with her circus performance.

Modern Etiquette

By Roberta Lee

Q. If a woman is seated when she receives an introduction to a man, should she rise?

A. She remains seated if she prefers to do so. Some women rise under these circumstances. If the man who is introduced is elderly, a young woman always rises when he is presented.

Q. When corn on the cob is served at dinner, should both hands be used to hold it?

A. No; only one hand is necessary.

Q. Should a player or his caddy stoop over holes or footmarks in a bunker on the golf course?

A. The player. The caddy should not enter a bunker.

Needlecraft FOR THE HOME

OLIVER LINES

A sun season special is this dress that buttons across both shoulders for quick changes, caps its sleeves for cool comfort. Plan it in a bold new plaid—with bias hip and shoulder treatment.

No. 2436 is cut in sizes 11, 13, 15, 17 and 19. Size 15 requires 4 yards 35-inch.

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 zone number in your address.

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Needlecraft FOR THE HOME

MARKED

To indicate to eligible men their domestic qualities, unmarried women of Victorian England wore chaperons, or brooches, from the right stage, have a shiny, smooth surface, never a dry, lumpy appearance.

Egg whites should not be over-beaten in making cakes. The whites, when they are beaten to the right stage, have a shiny, smooth surface, never a dry, lumpy appearance.

Ellen's Diary

By an Island Farmer's Wife

I suppose it was only a notion of mine that I thought the grass which clothed the lawns and indeed the slopes of the valley was much greener than any I had seen away from The Island, though when I mentioned this to James he only smiled knowingly and said: "I guess perhaps it is—and don't you think, Ellen, that just here on our own farm it's greener of all!" In its newness, however, I was able to catch the lovely golden glints that one finds also in the unfolding sweet fern that grows often by the roadside. This morning, I must come with Jamie, our guest at present, to see this rare carpet of it in the old orchard, dotted richly now with dandelions, and with grand-daughter also attending, we made the rounds of the modest flower borders.

There, the daffodils and tulips are now in full bloom, irises are budding and we found other prizes as well, all new to me now and quite wonderful in the growth made during my holiday. Jamie discovered a Jack-in-the-Pulpit, and an abundance of Solomon's Seal with its interesting and waxen flowers. "I'm glad that I'm home in time to see all of these in bloom—and I'll see the apple blossoms and lilacs too" I said to Jamie. I should really miss much from the year, if I had to forego these delights Jamie nodded. "I believe," he laughed, "you're going to have two Springs this year—the one away, and now this," he commented.

To a loud clanking of harness, and with an impressive show of industry on James' part that was meant for those who up to this had in a way neglected the importance of the cropping, the teams were away early to the fields. This morning, the younger farmer to harrowing "the back forty" beyond the stump field, and James in a nearer field. Horses, that I suspect were rather playful at the beginning of the field work have by this settled down into steady teams. I find it pleasant to take up the farming at this point, since it takes no stretch of imagination on my part to bridge the gap between the beginning of the work and now, nor to know just how tedious and wearying to the farmers the breaking in of the teams can be. Catching sight of a familiar red kerchief tied to a post, I called out on a summoning note recently lost to me: "I wish, Ellen, you'd come here a minute and hold these horses 'till I get a bottle of water to take back with me!" and with that we were back to the affairs of our farming again.

A new calf, whose arrival will presently bring our milking herd of four into full production, came today for Jamie and grand-daughter to admire and he of his own assumed a care. A late lamb, neglected by the ewe penned with her, must be nursed at intervals and Jamie it was when our farmers were busy, who attended to this. It was funny to see him take up this man-size chore, though with his knowledge of live stock, it was done expertly. I came there once in time to see the small shepherd at work. "And you don't like your own lamb?" he was saying, while the nursing was in progress, and grand-daughter watching the performance with obvious enjoyment. "aren't you a queer mother?" then turning to the small one he asked in the adult voice he often uses with her: "What do you think, small one?"

No spider had taken the opportunity to spin a silken web across our almost deserted doorway in my absence though Jamie is as he says "pretty sure" there may be swiffs nesting in the kitchen chimney. "There could be without any smoke there for so long," since James' housekeeping took him to the house across the lane. In the quiet here, a discerning pair of swallows chose a building sight on a verandah rather where busily now and timidly they attend to their masonry. From the doorway, chin on hand and very still Jamie today watched the building grow. I think now how lonely a place it will be when in time Summer is over and small wings shall have flown.

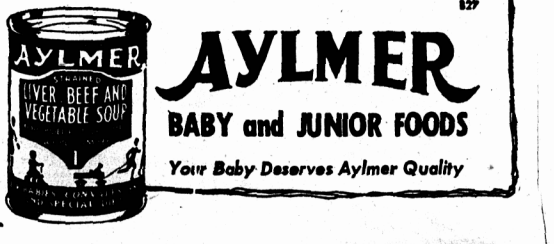
Anglers came to fish the stream and pond in holiday time today. At the moment the small boat, bearing two, is stopped in mid-pond. In the rosy afterglow it is mirrored there on the quiet surface. Takings I'm sure will be neither numerous nor large, yet these visitors will find a rare enjoyment in the outdoors and will refresh from their outing. Fard, dog of ours, looks upon an echo gateway, and Jamie's voice an echo of his grand-father's, calls: "Could you come just a minute and help me get that sheep back to the pen? I let her out to get a bite of grass, and she's bound she's going to stay out. And what will the lamb do, alone there?" All of which, now that I recall my last week's doings, is a long way from those "on the sidewalks of New York" but to my mind quite as pleasant.

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



"Here's a tip for Mothers" which I found useful," says Dietitian Mrs. C. S. Hogg. "When doctor advised mashed potatoes be added to my baby's diet, he suggested Aylmer Liver, Beef and Vegetable Soup be used as a gravy, instead of putting butter on the potatoes. It adds the right kind of nourishment—and you'll find it makes baby's potatoes a better consistency and so much tastier! Aylmer Liver, Beef and Vegetable Soup is ideal for this purpose—and my baby certainly loved it!"

Yes, Aylmer Liver, Beef and Vegetable Soup is "just made" for babies—and gives them the fine food values of beef liver, the protein of selected lean beef and the vitamins and minerals of vegetables cooked garden-fresh! For good nourishment, good flavor—and good value—choose Aylmer Baby and Junior Foods.



Morning Smile

ROBBERY THAT'S ALL

Two burglars had broken into a tailor's shop and were sorting out some suits when one of them saw one marked \$50. "Bert, look at the price of that one," he said. "Why, it's downright robbery!"

SUITABLE

Bill had found a new pet name for his wife. He called her "My Cherub" so often that at last the lady became suspicious and asked why he used that particular form of endearment.

Bill looked rather uncomfortable for a moment, and then decided to put a brave face on it.

"It's like this," he said, "you never seem to have any clothes; you're always up in the air, and you keep on harping!"

MOTHER LOSES LIFE SAVING TWO IN LAKE

Miss Gertrude Duff of Port Arthur, Ont., gave her life saving her seven-year-old daughter and another child after she, her husband Dr. Gordon Duff, and the children were pitched into Lake Superior in a motorboat upset. For more than half an hour Dr. and Mrs. Duff kept the little girls afloat on the overturned boat before Mrs. Duff's help slipped from exhaustion and rescue was near.

Better English

D. C. Williams

1. What is wrong with this sentence? "The data collected was sufficient."
2. What is her correct pronunciation of "vaudeville"?
3. Which one of these words is misspelled? Boisterous, bookkeeping, bouyant.
4. What does the word "desultory" mean?
5. What is a word beginning with int that means "to frighten"?

ANSWERS

1. Say, "The data collected were sufficient." Data is the plural form of datum. 2. Preferred pronunciation is voh-vil, o as in no. 1 as in ill, accent first syllable, and not vawd-evil, so often heard. 3. Bouyant. 4. State of being aimless. "Desultory" may often be the mark of a full head; connection must proceed from at houghtful one." — Danly. 5. Intimidate.

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