

# Woman's Realm Social and Personal Fashions Literature

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**YOUR FAMILY DESERVES AYLMER QUALITY**

## Living & Leisure THE WOMAN'S REALM

### BOY TREASURES

A little boy is one who brings into the home the strangest things. Which to discover he has thrilled. But keep his mother's bloodstain chilled. Not knowing anything of germs. He'll gather turtles, frogs and worms. And proudly bring them home to show. As once did I so long ago. The mother of a little boy has her terror blended with her joy. For in his pockets she may find Beetles and bugs of every kind. All little lads through boyhood's term Love things that crawl and creep and squirm. And in their pockets cherish much That mothers cannot bear to touch.

### CHILDREN'S WRONG BEHAVIOR IS OFTEN INEXPLICABLE

When children do something out of the way, the first thing their elders say is "Why did you do such a thing?" The child is likely to say, "I don't know," and be quite truthful. He rarely does know. Children have many, and very confusing, feelings that they are scarcely conscious of—feelings that drive for expression. They feel the impulse to say something they should not; and they feel the impulse to do things they should not do—and they do not know why.

It is always well to search for the reason for a child's behavior. Once it is discovered, we usually have the remedy in our hands. But the reason for little children's impulsive actions often evades our keenest search. They wanted to do it, to say it; so they did, and that's all they know about it. We have to train them to resist impulses that drive them to bad behavior by showing our disapproval. That disapproval is not to

be so harsh that the fault is driven under cover, where it will persist. Better let it come out, and by firm but kindly disapproval, wipe it out. Often little children feel the impulse to do something wrong and do it, are corrected, set right, and never do it again. Children of early years go through one phase of growth after another, some of them lasting for an instant's behavior, some for years. We have to keep a watchful eye and an open mind directed toward them and, with tolerance and patience without harshness, lead them to take the better way. Because a child displayed an interest in sex, behaved crudely about it may not be anything more than a natural curiosity that needs satisfaction and which, again, it may be a trait that needs treatment by experts. If, after wise and gentle teaching, the trait seems to take stronger hold it is time to call in the experts. It is the same with lying, pilfering and evasion of piety. Usually these are passing phases of growth that, with wise management, pass without trace. Only occasionally do they outlast childhood when they are wisely managed.

But asking, "Why?" does no good. Just say that wrong is wrong and right is right, and search for the Why in his environment and his changing nature.

### WOMANLY WISDOM IN A FEW PHRASES

The most devastating thing you can do to a "dangerous" woman is to yawn and change the subject when her name is mentioned. To get rid of a bore who stays on and on, simply grab the floor and talk about yourself. That way you'll outbore him. If you want to flatter a man all you have to do is to listen attentively to everything he has to say without letting anything

### That Body Of Yours

By James W. Barlow, M. D.

#### FOODS FOR PRESERVING THE TEETH

As a medical student I thought that if I ever could have the opportunity I would like to work out an "all round" food that could be carried in a pocket anywhere. This was before the discovery of vitamins. It is known that some races or tribes live practically on meat alone and others on vegetables and fruits only, although it is admitted that some tribes who are vegetarians often eat eggs, which contain proteins similar to those in meat. What about foods and the teeth? "In their desire to clothe their research in greater respectability, many students confine their investigations to the chemistry of food searching for a magic formula which would be a cure for all dental ills." I am quoting Dr. Meyer Klatsky, New York, N. Y., in the "Journal of the American Dental Association" in an article, "Studies in the Diets of Contemporary Primitive Peoples."

Before discussing diets of primitive peoples, Dr. Klatsky suggests that we learn what constitutes an adequate diet for a normal human being.

From the standpoint of nutrition, an adequate diet is one which supplies the body with all the food elements required for the growth and repair of tissues and provides enough heat and energy for the needs of the working processes of the body.

The necessary foods are: 1. Proteins—body-building substances found in meat, fish, eggs, cereals, 2. Carbohydrates—the starches and sugars that supply heat and energy to the body. 3. Fats—butter, cream, fat meats, nuts, (the most concentrated form of energy). 4. Mineral salts—iron, calcium, phosphorus and others.

These substances found in all body cells and fluids, are necessary for the proper working of the body processes. They are also required for the building of bones and teeth. 5. Vitamins—chemical substances whose main function is to "harmonize" or cause the various cells and processes of the body to work well together. 6. Water—dissolves substances and enters into formation of all cells.

As we look at the above list of foods, we know that we eat all of the six classes. However, a common mistake from the standpoint of general health, and particularly the teeth, is that we do not eat enough of the minerals and vitamins, as found in dairy products—milk, cream, butter, cheese—and green vegetables.

Never count on a party which is given primarily to "pay back" those you owe to do anything more than just that.

If you want to really please a woman by a compliment, praise her in her husband's presence. Ask another woman to show you how to do something and you have made a friend.

### Wilhelmina, Fifty Years A Queen

(By NELS SLIS)

THE HAGUE, Aug. 10 — (AP)—Tired, ailing Wilhelmina of the Netherlands whom war made old beyond her 67 years goes into retirement next month.

The proud, loyal Dutch will have a new queen, Wilhelmina's well-loved daughter, Princess Juliana. Wilhelmina will abdicate after a half-century of complete dedication to the crown she rarely put on. She will step down immediately after her people's Golden Jubilee tribute to their queen and her long reign of happy and dark hours.

Since war's end and her return to the liberated lowlands, she has not been strong. Twice this year Juliana has stepped in as regent, still the stolid people of the Netherlands wept openly May 12 when their Queen, her voice choked with emotion, told them in a broadcast she would step down. Most of them had never known any other ruler.

Like Britain's Queen Victoria, whom she resembles in so many ways, the small, square and solid head of the House of Orange was raised to be a Queen.

She was born Aug. 31, 1880, and four years later, upon the death of a stepbrother, became successor to the throne.

As soon as she had celebrated her coming-of-age, Wilhelmina took her constitutional oath as queen in famed "Nieuwe Kerk," Amsterdam. That was early September, 1898.

Three years later the young queen married a German Prince—Prince Henry, Duke of Mecklenburg-Schwerin. Their only child, Juliana, was born eight years later, Henry died in 1924.

A man who served in her exile cabinet during the war, commented she was the "only one who kept her head cool."

During that difficult period, she concentrated on operation of the underground resistance to the Nazis.

When the Netherlands was liberated, the Queen returned.

She is extremely democratic. Since the war, people from all walks of life have joined the court circles—with many commoners among them. Some, who from on breaking down class barriers, have called her "The Red Queen."

She is far from red, of course, but during her reign much progressive legislation has been introduced. She put through a constitutional revision providing for general suffrage in 1917.

Queen Wilhelmina enjoys the family life of her daughter, her son-in-law Prince Bernhard, and their four daughters.



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### Ellen's Diary

By an Island Farmer's Wife

An aunt of Jamie's, a nurse-in-training in a Halifax hospital and home on holiday was our company at supper last evening. She has been a guest of Karoly's for a few days and by way of celebrating her visit to Algeria, we spread the meal on the lawn. Not as in past summers, beneath the old birch common to this and the house across the lane but in a more secluded spot nearer the garden. Jamie and I had often marked the place wistfully before today. When we were at the wedding in the herder or perhaps as we only loitered about the yard. I said: "We must have a meal there before the summer is over" and Jamie much taken up with out-of-door dining agreed: "yes, let's!" A Linden tree, carried tenderly a distance and planted with high hopes on a bygone spring day, grew into a towering, wide-spreading tree with sturdy branches among which small boys may row climb, stands on one side of this sequestered nook and guarding the space on the opposite side near the pickets of the garagan fence a Golden Willow grows happily.

It was only a bit of a cutting before the war years but now it

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### How Can I!!!

By Anne Ashley

Q. How can I remove an odor from a medicine bottle?

A. Fill the bottle half full of cold water and add one tablespoon of d-y mustard. Shake thoroughly, let it stand for several hours, then rinse carefully in cold water.

Q. How can I destroy moths in rugs?

A. Write a thick towel out of water, spread it on the carpet and iron over it with a very hot iron. The heat and steam will go through the carpet, destroying the grubs.

Q. How can I avoid streaks of bluing on the clothes after laundering?

A. Add a little salt to the bluing on the next laundry day and this will not happen.

### Cook's Corner

RICH CHEESE CAKE

16 graham wafers  
1 cup melted butter  
1 cup sugar  
1 teaspoon cinnamon  
1/2 teaspoon allspice  
1/2 teaspoon ginger  
1/2 teaspoon cloves  
1/2 pound cottage cheese  
1/2 pound cream cheese  
1 cup fine sugar  
2 tablespoons flour  
1/2 teaspoon salt  
4 eggs, separated  
1 tablespoon lemon juice  
1 grated rind 1 lemon if available  
1 cup heavy cream

METHOD: First make the crust. Roll the graham wafers into fine crumbs. Add melted butter and blend well. Mix together the 1/2-cup sugar, and the spices. Combine with the crumb mixture. Press this over the bottom and sides of a 9-inch spring form pan.

Now make the filling. Mash the cottage and cream cheese. Beat until light and fluffy. Sift together the sugar, flour and salt. Mix this into the cheese. Beat the egg yolks until thick and lemon colored and add to the cheese mixture along with the lemon juice and grated lemon rind. Add the heavy cream slowly, mixing thoroughly. Beat the egg whites until stiff, but not dry and fold into the first mixture.

Pour the filling into the crumb-lined pan and bake in a moderately slow oven (325 deg. F.) for 1 hour and 15 minutes. Cool before serving.

### Morning Smile

TO IMPRESS PATIENTS

Author Sir Arthur Conan Doyle was an unsuccessful physician until Sherlock Holmes brought him fame and fortune. Sometimes days would go by without a patient entering his office.

Even at that time, however, Doyle had a flair for showmanship. One afternoon, when he emerged from his inner office to close up for the day, he found one of his regular patients in the waiting room.

"Have you been here long?" asked Doyle, noting that the man seemed fatigued.

"A couple of hours," said the other.

"A couple of hours!" exclaimed Doyle. "Why didn't you come into the office?"

The man pointed to the rack on which there reposed two derbies.

"I thought you were busy," he said.

"Don't let the hats fool you!" he cried. "I put them there myself to impress new patients."

### Modern Etiquette

By Roberta Lee

Q. Would it be all right for a girl to wear a sack suit when taking a trip by bus?

A. Yes, it would be all right, as sacks are now being worn on all informal occasions. However, to be perfectly correct, a dark dress or suit would be much more preferable.

Q. Where should the butter knife be placed on the butter plate or at the side of the plate with the other silver?

A. It should be placed alongside the other silver.

Q. Is it necessary that a business man rise to greet a caller?

A. Not unless the caller is a woman, or a distinguished man.

### Better English

D. C. Williams

1. What is wrong with this sentence? "I shall try and persuade her to attend the meeting."

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

3. Which one of these words is misspelled? Repress, suppress, imp, pressible.

4. What does the word "compulsion" mean?

5. What is a word beginning with "ins" that means "to provoke"?

ANSWERS

1. Say "I shall try to persuade her." 2. Pronounce gar-uh-lus, as in gas, first u as in use, second u as in us, accent first syllable. 3. Suppress. 4. Act of compelling; subjection to force. "Compulsion may secure conformity, but never obedience."—Holland. 5. Instigate.

### DOROTHY DIX SAYS—

#### Cynical Roomate

Chronic Grouches Reveal Stupidity By Jaundiced Views On Life

DEAR DOROTHY DIX: I room with a girl who is a good friend of mine, but I believe she is the most disgruntled person I have ever met. She has no enthusiasm for anything. She doesn't like movies, books, music, or anything beautiful. She never pays anyone a compliment or admires anything. She is highly critical of everything and everybody. What do you think of this kind of a woman?

A FRIEND.

ANSWER: Well, personally, I don't think a woman such as you describe is worth bothering about, and if I were you I think I would let her go her own cold, hard way and look around for a more human companion to share my room.

Your friend is either neurotic, or else she is a poser. I have known people who adopted that kind of attitude towards life because they thought that it showed that they were superior to the general run of men and women who were easily pleased by such a simple thing as a towering range or a gorgeous sunset. They sneered at everything that other people admired and they did this because they thought it smart.

LACK APPRECIATION

I think you will find that this is the secret of your friend's con-

(Continued on page 3)

For the real ENJOYMENT of all the family

**BUY**

Eastern Bakeries' BUTTER-NUT BREAD

Household Scrapbook

By Roberta Lee

Repelling Mosquitoes

To drive mosquitoes away, mix one ounce of oil of citronella, one ounce of spirits of camphor, 1/2-ounce of oil of cedar or pennyroyal. Rub a few drops on your handkerchief or directly on the flesh, and it will keep the mosquitoes away.

Paint on Clothes

Paint stains can be removed from clothing by saturating them with equal parts of ammonia and spirits of turpentine. Soak the pieces well and then wash with soap suds.

The Hair

When rinsing the hair, try adding a half cup of vinegar to the water. It will soften the hair and give it a pretty sheen.

The Stars Say--

By Genevieve Kemble

For Thursday, August 12

IT is probable that some tenacious obstacle, postponement, disappointment or congestion may hold up desirable and cleverly planned projects, having regrettable reaction on the reputation and financial standing, as well as conspiciously counted upon for promotion and security. Under this hold-up of active operations, it might be well to revamp and reorganize on more dependable and enduring aid in launching objectives of more than passing significance. Dogged determination, faith and sound tactics could work out with surprising success and gratifying rewards.

A child born on this day should be trained and encouraged to carry on against obstacle, limitation and impediment. Faith and fortitude could win splendid rewards for persistent effort, and sound character.

DESIGN NO. E-925

Pretty edgings are quickly checked on handkerchiefs. The twined, stemmed flower and the shell are dainty. Pattern No. E-925 contains complete instructions. Needlework Book 20 cents. To order: Send 20 cents in coin to Needlework Bureau, Charlotte, N. C. Needlework Book 20 cents. To order: Send 20 cents in coin to Needlework Bureau, Charlotte, N. C. Needlework Book 20 cents.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_

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CHANGE of LIFE?

Are you going through the functional "middle age" period peculiar to women (38 to 52 yrs.)? Does this make you suffer from hot flashes, nervous, high-strung, tired? Then try Lydia E. Pinkham's Vegetable Compound to relieve such symptoms. Pinkham's Compound also has what Doctors call a stomachic tonic effect.

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

Needlecraft FOR THE HOME

THE DETACHABLE PEPLUM

For general wearability, nothing will be smarter in Summer than this brand new basque frock. Simple and cool, it features a tricky little peplum that can be buttoned on with the belt to give it town manners.

No. 2543 is cut in sizes 10, 12, 14, 16, 18 and 20. Size 16 requires 4 1/2 yards 35-inch peplum, 1/4 yard 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.

Address: Pattern Department, The Charlotte-Town Guardian, Pattern No. 2543

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Recently patented is a freezing tray for mechanical refrigerators which produces long ice sticks instead of cubes. The sticks can be slid into the mouth of an ordinary thermos bottle.

2543  
IZES 10-20

"Be Lovelier Tonight!"

"My Beauty Facials bring quick new Loveliness"

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Don't let neglect cheat you of Romance. This beauty care Myrna Loy uses will make you lovelier tonight!

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one of Samuel Goldwyn's  
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9 out of 10 Screen Stars use Lux Toilet Soap—Lux Girls are Lovelier!