

# WOMEN

Page 8 The Guardian Monday, July 26, 1954

## ELLEN'S DIARY

by an Island Farmer's Wife

Philosophers stop by our door. This morning it was one who asked with a smile: "And how is this Mother today? Busy? No! There is always time, don't you know?—A whole day ahead! But work—certainly. Ah, since Eden, that comes to us... and how good it is, when a family all work together happily!"

He stepped a moment, perhaps to enjoy a young man's vision—one which should give him one day understanding sons and daughters to help him. "If a man has say, two sons," he began reminding us of a familiar parable, "and the one is good and faithful and the other is careless... don't care, lazy," he gestured expressively, "that is not good—no good on a farm, in a store or anywhere. But, a sincere smile spread, "if they be both interested in the work of their father... that," he chuckled, "why, in this whole world there is nothing else better—no, no happiness above that."

"And the woman," we laughed, "she's neither here nor there?"

"A good woman's interests are

Contract Bridge  
By Josephine Culbertson

TOTAL DEFEAT

The contract in the following deal could have been considerably better, but the declarer should have collected a very nice profit as it was.

South dealer.  
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## How Can I?

By Anne Ashley

Q How can I prevent excessive perspiration of the hands?  
A Try bathing them with strong alum water, or alcohol. Or, use a lotion of two ounces of cologne and one-quarter ounce tincture of belladonna; rub in till moisture is absorbed, then dust with orris root or talcum powder.

Q How can I make a substitute for soap?  
A It is claimed that two or three potatoes grated into a pan of water will give better results than soap when washing ribbons or delicate woolen goods.

Q How can I remove yellow spots from white enamel?  
A A flannel cloth dipped in garden mole will remove these yellow spots from white enameled surfaces.

Q How can I wash linoleum more effectively?  
A Add some starch, or a tablespoon of kerosene or turpentine, to each gallon of water, to make it bright and new. This may also be used in cleaning oilcloth.

## That Body of Yours

By James W. Barton, M. D.

### VITAMINS IN ALCOHOLISM

Some of us may wonder why rats are so widely used in experiments to find the causes of conditions found in man. The truth is that the rat greatly resembles man in many respects and the results found to be true in rats have often found to be true in man.

During the last 10 years, in dealing with the problem of alcoholism, two theories have emerged from experiments with rats which may have some effect on alcoholism in man. 1. The desire for alcohol among rats may be changed by alterations in their diet. 2. The manner in which the body handles alcohol or desires it may be inherited.

Now we have a report on a study involving 207 persons which has been in progress for more than two years at the Alcohol Clinic of the Peter Bent Brinham Hospital and Harvard University. The purpose was to study the effect of giving large doses of vitamins in the treatment of alcoholism in man.

The patients were referred to this Clinic by physicians, other patients or their families. In every case they were persons who had been seriously troubled with alcoholism for many years and many had been treated at other clinics or with Alcoholics Anonymous. They were given a thorough physical examination and then their diet habits were gone into thoroughly. After this they were placed on either vitamins or placebo (placebos are pills containing no vitamins or any drugs).

What were the results? In the majority of cases the results were disappointing, perhaps for the reason that the patients did not always take the medication and there was no way to be sure they did. Furthermore, 58 per cent of those who started the treatment dropped out before the end of two years. The patients' lack of interest in continuing a program is one of the most discouraging factors in the treatment of alcoholism. If there were some way of making sure that patients did actually take their vitamins, the results may have been much better.

Speaking generally, the results of this study do not justify any great optimism with regard to widespread benefits from vitamin therapy in alcoholism although there is no doubt some few cases were greatly helped.

"On the whole it must be said that human beings are complicated organisms and alcoholism a complex disease; response to any type of any type of treatment is a change of acknowledgement to Drs. Truitt, Sloan, Fleming and Stare, Boston, Mass.

## The Stars Say

By Estrellita

For Tomorrow  
New plans and projects should do well with the help of tomorrow's planetary aspects. They may not knock out in quite the way you planned but sometimes a change of course is not only advisable but beneficial.

Business by correspondence is favored now as are efforts to solve budgetary problems. Put accounts in order and, in planning expenditures, take the long-range view. Large outlays of money to satisfy momentary whims and desires could prove costly later. The evening hours are fine for romance, courtship and cultural pursuits.

For the Birthday  
If tomorrow is your birthday there should be a considerable improvement in your financial status by early fall and there is the possibility of promotion or other sign of preferment from superiors during the same period. Personal relationships will be highlighted in August so that business dealings should be harmonious and social and romantic activities unusually stimulating. You may realize a long-cherished dream of travel late in the year.

Be on guard against nervous tension during October and avoid a tendency toward extravagance during November and December.

A child born on this day will be gregarious, generous and endowed with a very special gift of salesmanship.

"IN THE GOOD OLD SUMMERTIME!" . . . Set your table with colorful simplicity, and nothing could be simpler than the smart new "GAILETY" patterned English Pottery designed especially for Summer meals at your home or your cottage. The flat type plates are a soft chateausse shade while the bowls and cups are a highly glazed black—really startling, and a conversation piece (if I have ever seen one)!

To introduce this interesting Pottery the China Departments of Holman's in Charlottetown and in Summerside have these STARTER SETS, consisting of Place Settings for Four, marked at a very reasonable 9.95. You'll love the fresh and happy shades—you'll love the deep cups and bowls—you'll love the saving price of "Gaiety" Pottery in the China Department of either Holman Store.

"IN THE GOOD OLD SUMMERTIME!" . . . And especially this "Good Old Summertime" the girls have come in for huge sticky-out skirts—and to give them the desired sticky-outness they need crisp, full CRINOLINE PETTICOATS. The Ladies' Shop in Charlottetown and the Lingerie Section of Holman's in Summerside have crackling CRINOLINES of fine Paper Taffeta. They are circle width at the hemline and are in a stitched tier style. Sizes are small, medium and large and the price is just 2.98. Choose a Crinoline of fine Paper Taffeta for your Summertime underpinning, you'll find just what you want in the Ladies' Shop, Charlottetown or the Lingerie Section of Holman's in Summerside.

"IN THE GOOD OLD SUMMERTIME!" . . . Bared shoulders, toasted to a golden brown, are the height of fashion. The best and easiest way to acquire this lovely shoulder shad is to wear a SUN TOP. The Ladies' Shop in Charlottetown and the Sportswear Department of Holman's Summerside Store have SUN TOPS of fine quality Denim with a cuffed trim of crispy blister cotton. These faded blue, red or charcoal Sun Tops are lined, boned and fittingly shaped. . . . They are available in brasserie sizes and the price is a wee small 98 cents—so you can afford several! Best shop for the denim Sun Tops, there is Not an Unlimited supply and you'll want that tan as soon as possible. Sun Tops are in the Ladies' Shop, Charlottetown and the Sportswear Department of Holman's in Summerside.

## Sail Ho



A five-month second honeymoon in the tropics is planned by this adventurous couple who bought a \$3,000 sloop with money earned in two seasons of tobacco harvesting in Ontario. French-born Rene Didié, 23, came to Canada three years ago, married, and now is about to fulfill the dream of a lifetime.—(CP Photo).

## Supper or Luncheon Menus

Potato soup  
Toasted cheese sandwiches  
Canned fruit  
Cookies

Cheese vegetable rarebit  
Canned fruit  
Cookies

Cream of tomato soup  
Stuffed baked potatoes  
Quick caramel custard

Cheese puffin  
Cream salad  
Apple bread

Cold meat  
\*Creamed potatoes  
Carrot sticks  
Fruit whip with custard sauce

Bread and butter to be added to meals where required. To suggested breakfast, dinners and luncheons, milk should be added for children, tea or coffee for adults. Some adults may prefer milk as a beverage for one meal.

## Household Scrapbook

By Roberta Lee

Marked Wall Paper  
To remove lead-pencil, crayon, and other such marks from the wall paper, use an art eraser.

Colored Chalk  
A box of chalk, of various colors kept on hand, can often be used for concealing spots in fabrics, selecting the color that matches. It is cheap, safe, and easy to apply.

Eggs  
A fresh egg is indicated by a rough surface, and how quickly it dries when it is taken from boiling water.

Mildew  
Mildew can be removed from

## Morning Smile

The father of triplets called up the local newspaper to report the event. The fellow at the other end, not quite certain of what had been said, asked, "Will you repeat that?"

Snapped back the proud father: "Not if I can help it!"

clothing by use of soft soap with powdered starch, half as much common salt and the juice of half a lemon. After applying the solution lay in the sun to dry. If the mildew is on linen use four tablespoons peroxide to one quart of water, using enough water to cover the garment, then boiling until the stains come out.



— G. H. M. —

"IN THE GOOD OLD SUMMERTIME!" . . . You'll want to lounge in your own back yard and the most luxurious lounging arrangement that I've seen in a long, long time is the FEATHERWEIGHT ALUMINUM CHAISE LONGUES. The Furniture Department of Holman's in Charlottetown and in Summerside has beautiful Chaise Longues in three price ranges—All are the same basic construction, it's the mattresses that makes the difference; for instance—the Chaise Longue with the Felt Mattress covered with colorful Canvas is 32.95—the Chaise Longue with the Hair-Lock Mattress covered with bright Duck is 44.50 and the Chaise Longue with the Hair-Lock Mattress covered with rich, serviceable Saran is 59.50. You'll really and truly enjoy your leisure lounging on one of these rubber tired Chaise Longues of the lightest and strongest Aluminum from the Furniture Department of either Holman Store.

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With Salad Week beginning on Thursday of this week, you will want to have a dressing on hand to add flavor to the salads which you will be trying out. Here is one recipe which the ladies of Morell W. I. have selected:

**SALAD DRESSING**  
2 eggs  
2 tsp. of flour  
1-2 tsp. mustard  
1/2 tsp. salt  
1/4 cup vinegar  
3 tbs. of sugar  
Butter size of an egg

Beat eggs, then add dry ingredients. Beat well. Then add melted butter and vinegar. Set the bowl over boiling water and stir constantly until thick and smooth.

When cold, add whipped cream.

—Mrs. Vincent Coffin  
Morell W. I.

## DOROTHY DIX

### Anti-Social Adolescent

DEAR MISS DIX: My daughter Alice is 16 years old and has been dating a boy, 21. He's a fine lad, doesn't drink or smoke, and works hard. My daughter has been brought up to help with all household tasks and, since she is the only child, has been pretty much alone most of the time. I've always tried to give her a good time by having her friends in.

Alice has never been interested in going out and seems quite content to stay home, unless she goes out with me. She doesn't like school and says she has no intention of finishing. Although she dates Lennie and seems to look forward to seeing him, she is not the least bit enthusiastic when he's around. Sometimes I wonder why he bothers to keep coming back. She can be very critical of him, finding fault with any small flaw in his appearance. Often she'll pick a quarrel with him over some minor matter, then send him home and tell him not to return for another week. Yet, for his birthday, she gave him attractive gifts, made him a cake and sent him a card with a very affectionate verse. I am at a loss to understand her. Can you help?

K.C.C.

### A BAD MISTAKE

ANSWER: With the best intentions in the world, you are making one of the worst mistakes the parent of an adolescent can make—you are trying to run Alice's life. Everything she does seems to be under your direction, or in your company. The girl apparently has no privacy—you even saw the card she sent to Lennie—and she has little choice in any social activity. You've supervised her home chores, chosen the friends to be entertained at home and have probably selected her school curriculum.

Many mothers of teen-age girls, especially if the girls are inclined to be shy or moody, act just as you have. In the belief that she's being a big help, Mom practically lives the daughter's life. Young people at the critical ages of 14-18 should be learning to stand by themselves. Most of them are anxious to do so, and hence present no social problem; others, like Alice, are uncertain of the direction to take and in the floundering period are apt to be moody—sometimes to the point of being downright disagreeable. The parents' role is to stand by, with patience and tact. It's not easy but it's the only way to let the self-conscious adolescent find her own way. The fact that she has a boy friend so much older than she isn't much help either. It would be better if her social contacts came from the schoolmate group, but it would be well to let the matter rest where it is than for you to interfere.

Try to let your part of Alice's life be one of gentle guidance, rather than insistent direction. I have a list of books and pamphlets on "Understanding Adolescents" that might be helpful to you. Send a self-addressed, stamped envelope for it. As a starter I recommend a fine book on the subject, "How to Live with your Teen-Ager," by Dorothy W. Baruch, published by McGraw-Hill.

DEAR MISS DIX: Dick and I became engaged several months ago, and he told me our wedding would have to wait until next year. Later he said he'd like to be married this September, then, still later, I heard he had told his family the date was set for December. I would really like to know what his plans are — I left the date entirely up to him — but he is very confusing.

ANSWER: You most certainly should be told when the young

All Kinds of Meats  
Better with  
French's  
PREPARED  
MUSTARD

HOT DAM  
THE  
MUSTARD  
MAN

## CHILD TRAINING

(This article is another in a series on child training designed to offer guidance to parents. All publications are prepared by the Department of National Health and Welfare.)

### Stuttering

PART I

Many children go through a period of stuttering or stammering (which is the same thing) between the ages of two and five. They try to say something, hesitate, then try repeatedly to utter the sound or word they want to use. They may repeat the first letter of a word several times, or a whole word, or may even become so stuck they can't utter a sound. A great many children stutter at some time in learning to talk. By understanding its causes you may help prevent it becoming a persistent habit.

**Nervous Tension is to Blame**  
A young child's stuttering is the signal of too much nervous tension, making him lose control of the delicate muscular balance he needs for speech. That's why, in this early stage, you should do nothing directly about correcting his speech, such as having him say the word or sentence over again. Your job is to find out what's making him so tense. This may not be simple since the causes can be varied and far removed from the speech itself.

**Hide Your Own Anxiety**  
Ignore the stuttering itself and for the time being accept your child's speech as normal. Above all, do your best to prevent him from becoming anxious about his speech. Remember that your anxiety is readily felt by him. If you're upset, or show pity, he'll react with more hesitation and stuttering.

Fatigue has a bearing on speech control; stuttering spasms happen more often when the child is overtired. The stammering child needs more rest than other children. An early bedtime is important and the afternoon sleep should be continued even after he starts kindergarten, preferably a morning kindergarten. If your child can't establish good sleep habits, your family doctor should be consulted. Poor toilet or feeding habits may cause emotional tension. Dealing wisely with feeding troubles or with bed wetting (especially if fear is tied up with it) may cause the stuttering gradually to disappear.

An emotional shock or fright sometimes results in stuttering. Your task here is to build up his feeling of security after the disturbing experience. Let him pour out his fear and anxiety and don't try to correct his stuttering as he tells it. Help him forget the nasty shock by giving him pleasant experiences to enjoy — a family outing, or a new plaything.

**Better English**  
By D. C. Williams

1. What is wrong with this sentence? "She invited we girls to smell of her perfume."
2. What is the correct pronunciation of "abattoir"?
3. Which one of these words is misspelled? Philosophical, philanthropy, Philippine, (Islands), Philatelic.
4. What does the word "consistency" mean?
5. What is a word beginning with ga that means "talking much"?

ANSWERS

1. Say, "She invited us girls to smell (omit of) her perfume."
2. Pronounce ab-a-tar, first and second 'a's as in at, third 'a' as in ah, accent last syllable 3. Philistine, 4. Harmony between things, acts, or statements. "There should be consistency between words and actions"
5. Garrulous.

## BACKACHE

For quick comforting help for Backache, Rheumatic Pains, Getting Up Night, strong cloudy urine, Irritating passages, Leg Pains, and all of energy due to Kidney and Bladder trouble, try CYSTEX. A complete satisfaction or money back. Don't suffer another day without asking your druggist for CYSTEX.

## Alice Brooks Designs

IT'S RICKRACK

Rickrack combined with crochet—prettiest, new chair-set we've seen. Quick crochet. Rickrack is easy to work on. Make buffet set, too. Combine 2 colors.

Crochet pattern 7211: chairback, 11 x 17; arm rest 6 x 12. Chaircase Use No. 30 cotton, gay rickrack. Send twenty-five cents in coins for this pattern (stamps cannot be accepted) to ALICE BROOKS Designs c/o The Guardian, 60 Front Street West, Toronto, Ontario. Please print plainly Name, Address, Pattern Number.

BRIMFUL OF IDEAS — the 1954 Alice Brooks Needlecraft Catalog. It has the most popular embroidery, crochet, sewing, color-transfer designs to send for. Plus 4 patterns printed in book. Send 25 cents for your copy. Ideas for gifts, bazaars, fashions.

man expects to settle down to one date. Perhaps he just isn't serious about the whole idea of marriage. Pin him down to something definite, or break the engagement. At 24 he's old enough to know his own mind.



Perfection ICE CREAM  
FRUIT ROLL  
You'll love it!

7211  
by Alice Brooks

## SUNBURN!

Get soothing  
NOXZEMA  
for fast, cool relief

Grossness — Doesn't Stain! Raw, red painfully sunburned skin can be sheer torture. Don't suffer needlessly or toss and turn to-night. Don't fool around with unproved measures. For fast relief get soothing, beach-tested Noxzema. Its marvelous medicated formula has made it more widely used than all other sunburn preparations combined. Noxzema is grossness — doesn't stain clothes. Dress right after applying it. 26¢, 65¢, 89¢, \$1.69.

NEW! NOXZEMA now in convenient tubes only 65¢

Lifeguard Joe Saplesky, Long Beach Patrol says, "We always have Noxzema on hand. We know it goes right to work to bring fast relief to fiery skin."

FOR A RICH HEALTHY TAN WITHOUT BURNING Use NOXZEMA Sunburn Oil Sunburn Cream

## Anne Adams Patterns



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So slimming — this paneled hip-line does as much for your figure as diet! Designed to fit and flatter shorter, fuller figures! Note novel neckline, soft bodice, graceful skirt. Perfect for your favorite fabric—rayon, a sheer nylon or cotton. Easy to sew!

Pattern 4894: Half Sizes 14½, 16½, 18½, 20½, 22½, 24½. Size 16½ takes 4½ yards 39-inch.

This pattern easy to use, simple to sew, is tested for fit. Has complete illustrated instructions.

Send Thirty-Five cents (35¢ in coins stamps cannot be accepted) for this pattern. Print plainly Size, Name, address, Style Number.

Send order to ANNE ADAMS, c/o The Guardian, 60 Front Street, West, Toronto.

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Insect, snake, or animal . . . the best treatment is plenty of MINARD'S . . . Draws out the poison!

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4894 14½-24½

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MINARD'S "KING OF PAIN" LINIMENT

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