

# Woman's Realm Social and Personal Fashions Literature

## That Body Of Yours

By James W. Barton, M. D.

### THE SPRAINED ANKLE

A sprained ankle is one of the commonest accidents of everyday life and because it is so common and the patient seems to recover in time with or without treatment, nothing much is thought about it. However, what most of us—including the patient—forget or fail to notice is that the sprained ankle "goes back on him" from time to time, which means suffering and loss of time from work or play.

When the ankle or any joint is sprained (not just strained), every tissue around the joint is stretched and partly torn to a greater or lesser degree—ligaments, blood vessels and ends of muscles. Because the patient is able to "soon" use the joint, he uses it more than he should so that all the torn tissues do not get a chance to heal properly—that is, the supporting structures, especially the ligaments which hold the bones forming the joint together. Because they do not get back their full strength, or a part of these ligaments never do get completely repaired, the individual may for the rest of his life have a joint that "goes back" on him or is easily sprained again.

If tissues are torn from their fastenings, Nature will restore them if sufficient rest is given. That is why, in severe sprains, rest for a few days is the proper treatment. It is true, of course, that in slight sprains, injecting the part with a pain-killing drug (cocaine) enables the patient to move the joint slightly without putting weight on it, in order to aid the circulation. In severe sprains, complete rest for a few days is necessary to obtain a "strong" joint again. After the joint has been rested, then movement without weight restores the circulation sooner and carries away any waste material caused by the damage.

When sprain first occurs, the injured joint is placed in hot water, and kept hot for an hour at a time till swelling disappears. The joint then should be bandaged and placed on a chair if the patient is sitting up, or on a pillow if lying down. After a few days, the joint is gently moved (without weight on it) by the patient or by a masseur or member of the family, who also will massage the joint, mostly in the direction of the heart.

In "all" cases of sprained ankle, an X-ray should be made as a bone

## Household Scrapbook

By Roberta Lee

### Naphtha

If the naphtha does not appear to be very dirty after it has been used for cleaning purposes, filter it through a chamolite skin. The dirt will stay in the skin, and the gasoline is ready for use again.

### Waffle Iron

The waffle iron should be cooled after it has been used, then wiped off with a soft cloth, tissue paper, or a metal brush. Do not use water on the iron.

### Brick Tiles

Brick tiles can be made to look like new if they are washed with vinegar.

## How Can I!!!

By Anne Ashley

Q. How can I make a whiteners for marble steps?

A. A quantity of quick lime mixed with a half-pint of skim-milk, and used as a whiteners for the marble doorstep after it has been scrubbed, will keep it in beautiful condition.

Q. How can I easily wash a clothesline?

A. A soiled clothesline can be washed by winding it around a board and scrubbing with a stiff brush dipped into strong soapuds. Rinse in the same manner.

Q. How can I clean tarnished copper and brass articles?

A. By rubbing with lemon rinds, from which the juice has been extracted and which have been dipped into salt.

may have been broken which would require a splint or cast.

### FIRST AID

Know what to do in an emergency. Send today for Dr. Barton's helpful booklet, entitled "First Aid in Emergencies." Just enclose 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 99, Station G, New York 19, N. Y., and ask for your copy.

## Modern Etiquette

By Roberta Lee

Q. If a woman would like to become a member of a certain bridge club, may she tell a member, or perhaps hint that she would like to join?

A. No. The best way would be to give a small bridge party of her own and invite two or three members of this particular club.

Q. Would it be correct for a woman introducing her son-in-law to an old friend to say, "This is Dick, Mary's husband"?

A. Yes.

Q. Don't you consider it very bad manners for a dinner guest to be late?

A. Yes, most certainly. His excuse has to be an extremely good one to justify any pardon.

## The Stars Say--

By Genevieve Kemble

For Saturday, May 21

WHILE the energies and ambitions may be keyed to high purpose on this day, yet there may be little encouragement for pressing on to advanced objectives. There are signs of impediments, frustrations and stagnant conditions, and the judgment may not be dependable or constructive. It could be easy to jump at conclusions and in the wrong direction, or other involvement or broken agreements could cause hurts or loss of tangible assets.

### For the Birthday

Those whose birthday it is, may find it expedient to put off making vital decisions, or engage in major commitments, as the tendency is toward snap judgments, mistaken ideas of constructive plans to follow, under the urge or drive of ambitious plans, or of highly stimulated energies and desires. Errors, footless projects or ideas could plunge into long-range regrets or disagreements. The ardor may be dampened by broken promises or other lack of support.

A child born on this day while eager and energetic may be prone to rush into difficult situations, by unfair practices, faulty decisions or lack of cooperation from elders or old institutions.

## DOROTHY DIX SAYS--

### Philanderer

#### Man Who Chases Many Women Really In Love With None

DEAR MISS DIX: I have been married for ten years and have two children. I love my husband and he has many very fine qualities. He is a good father, generous, attentive, amiable and pleasant at home, but his great weakness is women and his infidelities make me miserable. He says I am his only real love, but it is hard for me to believe him.

Do you think I should divorce my unfaithful husband, or should I try to stick it out?

### TROUBLED WIFE

ANSWER: The man who forsakes his wife for one woman is hopeless because he prefers this other woman to his wife, but the husband who is lured by every pretty face is really in love with none. He is only, as Mr. Howell said, "imperfectly monogamous after centuries of Christianity and civilization." So it seems to me that the wife who has such a husband may well shut her eyes to his philandering if he is a good husband in other respects.

In deciding whether you should divorce your erring husband or not, you must take your own feelings into consideration. Would you be happier if you completely severed the bonds between you? When a woman loves her husband, as you say you do, often life is meaningless to her without him, and she is better off with him under any conditions than she would be if she divorced him.

### MATERIAL COMFORTS

There are material things, too, that you have to consider. You have a good home, a comfortable income, a settled place in society. Think well before you give them up for a little alimony.

Finally, when you face the problem of whether you should divorce your husband or not, think of your children. They will be the real sufferers, and you may well forgive your husband much for the sake of keeping your home together and giving your children a father's support, a father's guidance and the start in the world that a father can give.

DEAR DOROTHY DIX: I have been engaged for a long time, but have not married owing to the fact that the father of my fiancee objects strenuously to the match. He has no fault to find with me except that I am five years his son's senior.

My fiancee says he loves me, but that he cannot break his father's heart by making a marriage that will displease him. He is utterly wretched over the situation and he feels that his father is ruining his life, but he doesn't know any other way out except to break our engagement.

What is your advice in the matter?

MARGARET B.

ANSWER: I think that if your sweetheart hasn't enough manhood and spunk about him to marry you in spite of his father's silly objection, that you are well rid of such a weakling. Five years' difference between the age of a man and a woman is nothing.

Your sweetheart's father is making a mountain out of this mole-hill in order to camouflage his real motive, which is to keep his son from marrying at all. He wants to keep his boy to himself. So my advice to you and your fiancee is to say nothing more to the father about the matter. Just go out and get married and when it is all over he will be as pleased as Punch. There is no reason why you should be sacrificed for the whim of an old man.

DEAR DOROTHY DIX: I live in a small town and I seem to have gotten into a rut. I have a good profession, but it seems like things here get duller and more drab all the time. I would like to leave my home for a new environment and see new faces and have new experiences. Shall I leave dead monotony for fresh scenes that may possibly mean discomfort?

### AN UNATTACHED MAN

ANSWER: As long as you are unattached, there is no reason why you shouldn't leave home and get the stimulation that comes from meeting strangers and living in a different environment. It will do you good mentally and physically. It will broaden you, educate you, make you more human.

As long as you have a profession there is no reason why you should experience discomfort in a distant place. Personally, however, if I had to make a choice between discomfort and monotony I'd take discomfort any day.

DOROTHY DIX cannot reply personally to readers, but will answer problems of general interest through her column.

## Cook's Corner

### MACARONI AND CHEESE LOAF

Cook ½ cup of elbow macaroni in 1½ cups boiling salted water (2 teaspoons salt) for about 10 minutes. Drain and rinse with hot water.

Scald 1½ cups milk and 3 tablespoons butter in double boiler. Add 1 cup soft bread crumbs, 1½ cups grated processed cheese (¾ of an 8 oz. package), 2 tablespoons chopped onion, 2 tablespoons chopped pimiento, 2 tablespoons chopped parsley, ½ teaspoon salt.

Combine thoroughly with milk and butter mixture until cheese is melted. Beat 3 eggs until light and add with the cooked macaroni to the cheese mixture. Pour into greased 5 x 7 x 3 glass ovenware loaf pan and bake in 325 degrees F oven for 45 minutes, or until a knife inserted in the centre will come out clean. Let stand for 10 minutes and unmold on a platter. Serves 4 generously. Any leftover loaf may be chilled and sliced in 1 inch pieces and sautéed in butter. A sauce is optional since homemade chili sauce is very good with this loaf but, if you wish, a Mushroom Sauce is just about right.

## Better English

B. C. Williams

1. What is wrong with this sentence? "I am not going nowhere without you go with me."
2. What is the correct pronunciation of "hundredth"?
3. Which one of these words is misspelled? Gondola, chinchilla, paraphernalia.
4. What does the word "captivate" mean?
5. What is a word beginning with A that means "delicate skill"?

### ANSWERS

1. Say, "I am not going anywhere unless you go with me." 2. Pronounce the e as in dread, not hundredth. 3. Chinchilla. 4. To fascinate; to charm. "The orator captivated all hearts." 5. Finesse.

### ANCIENT BEVERAGE

Beer was first brewed in ancient Egypt more than 5,000 years ago.

## Morning Smile

"It must be awful to be a debt collector. You must be unwelcome wherever you go."

"Not at all. Practically everyone asks me to call again."

A farmer and his wife had fattened a pig for some special occasion. One day the wife said: "John tomorrow will be our silver wedding anniversary. Let's kill the pig."

"Why kill an innocent pig for what happened 25 years ago?"

## Ellen's Diary

By an Island Farmer's Wife

Much has happened in the interval taken up by our misery. One which considerably enlivens our surroundings at Alderlea, and later leaves a wide emptiness, was the return of the swallows, we fancy earlier this year, in keeping with the earlier season. Jamie came upstairs to tell us of it though we had suspected it, having already seen the wings reflecting the sunlight as they pierced beams of it in gay flight. Empty nests about the place-artisans' ones exquisitely fashioned beneath the eaves of a barn and those doors along cobwebby rafters, as well as an intimate one on the back verandah, will probably be the herald of living. Meanwhile wings dip and soar happily about the yards and there are quick, and we suspect, pointed excursions which include the nearby millpond in graceful and important flights. It is truly a lovely time for us when the swallows away so long come home again to Alderlea.

Their return reminded us that on a day preceding our illness, when a favorable opportunity had been actually thrust upon us, we too had taken to the air to enjoy our first plane ride. It was brief but nonetheless delightful and came about when a machine chanced to choose one of Rob's fields as a landing strip, and from there took passengers up for short excursions. Not naturally adventurous to a degree which would deprive us of good footing, we felt however that opportunity had "knocked" for our benefit and on feet that strangely enough bore me neither too slowly nor yet too fast but still showing no hesitation, we came to the door of the plane. Nor were we disappointed in our expectations when presently we found ourselves in the air above the familiar and surrounding countryside. It was as though with much entertainment we looked upon a set of delightful pictures unfolding in the distance without and below, on a vast screen.

Miniature houses and farmsteads were there, set rarely and without flaw in enchanting green velvet meadows. Brooks, slim silvery threads wandered between banks, and roads remarkably straight, and red in the sunlight kept the fields apart. Southward lay the blue of the Strait, and northward one saw the sky change in color to include the sea there.

Rivers, that we knew, united to form a definite pattern and the woodlands extended in places to form beautiful pieces of tapestry, of colorful design. When we came above the home acres it was to realize how quietly they basked there in the golden sunlight of Spring. The view nibbled in content in the front meadow, which also cradled the millpond and the mill gray and serene sat quietly amid its picturesque surroundings deep in the valley. We much enjoyed our stay in the air, and if James will have it that such passing entertainment were once "you seize the flower, it's bloom is shed" is not one to be pursued by "sensible farm-women" at the same time we recall feeling a long moment of regret when we knew that we again approached the starting point, and our excursion was nearing an end.

"Well, well—and how do we find ourselves this evening?" is now a query from Mr. D., once more on the staff of workers at this farm at Alderlea.

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

### PANAMA CANAL

The Panama Canal is 43.85 nautical miles in length from entrance to entrance.

### 'Nuts to You' in Squirrel Talk



This little fellow isn't being overly squirrely. His parents beat the housing shortage last winter by moving into this bird house atop the garage of Mrs. James Hess, of Cleveland, O. Since then, this one and two other baby squirrels were born, and things are going along nicely, thank you.

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## Living & Leisure THE WOMAN'S REALM

**LANDLORD**  
I promised last fall, before southward they went, Back I'd welcome them all. Without raising their rent.

"Don't worry," said I. "As a landlord I'm one Who will fresh paint supply Through the months you are gone."

"As your landlord on guard Of your home I'll remain. There'll be flowers in the yard When you come north again."

Each apartment's complete. There is nothing they'll lack. Now there's joy on the street For the martins are back. (Copyright, 1949, Edgar A. Guest)

### PINK TOGS HAVE YOUTHFUL LOOK

The prevalence of pretty pink clothes this season will be welcomed by the silver-haired woman for the brightening, youthful effect a rosy shade can have on skin and hair. But she should exercise discretion in her selection of pink togs. Too pallid a tint may look faded and will have a tendency to make hair and skin appear "washed out." On the other hand, too bright a shade may look garish. When you go shopping for a pink dress, blouse or hat, examine the color in strong light. Remember that the soft lighting in many stores may affect the pink tones so that in some cases pink appears gray, and, in other cases, it will look bluer than it does in the daylight. Pink perhaps more than any other pastel needs the sharpening effects of contrasting dark tones. The use of black or navy contrast helps to relieve the sugary sweet look of unrelieved pink. There are two dependable ways to give pink clothes the look of more sophisticated elegance. One way is to band necklines or cuffs of a dress or blouse with black ribbon. The other is to tuck a black-and-white polka dot ascot or gilet into the neckline of a blouse or dress. Summer black accessories will also be of great help in toning down pink.

**FASHION NOTE**  
One of the prettiest new summer shoes is the white suede sandal with an ankle strap ending in a wishbone effect over the instep. The heel is 2½ inches with a half-inch platform in carib green.

A new coffee canister measures the coffee as you tip it by means of a plastic top with a knob and shutter arrangement which releases the coffee in one cup amounts.

Broiled lamb chops with new potatoes and a fresh spring vegetable make good eating. Serve the chops with broiled canned cling peach halves. Put a spoonful of mint jelly in the peach before broiling to accent the lamb.

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The waters of the river Jordan were believed by the ancients to cure leprosy.

**BLACKHEADS**  
Go quickly by a simple method that solves them. Get two ounces of the ointment from your druggist, apply with a hot, wet cloth gently over the blackheads, and you will wonder where they have gone.

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**CHECKERBOARD CAKE**  
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Ingredients:  
¾ cup Swift's 2½ cups sifted cake flour  
Be sure to sift before measuring. Spoon lightly into cup.  
¼ cup single-acting baking powder (4 tsp. double-acting baking powder)

1 tsp. salt  
1½ cups sugar  
1 cup milk  
1 tsp. vanilla  
4 egg whites  
2 sq. unsweetened chocolate, melted

Step 1: Put Swift's in bowl. Sift in flour, baking powder, salt and sugar. Add ¾ cup of the milk, and vanilla. Beat 2 minutes on medium speed of electric mixer, or by hand using 150 strokes per minute. Throughout mixing time keep batter scraped from sides and bottom of bowl with rubber scraper. Scrape bowl and beater.

Step 2: Add unbeaten egg whites and remaining ¼ cup milk. Beat for 2 additional minutes. Scrape bowl and beater. Pour half of batter into one 9" square pan lined with 2 layers of waxed paper; add melted chocolate to remaining batter. Fold in melted chocolate with rubber scraper. Pour into other 9" square lined pan. Bake about 28 minutes or until done. When cake is done it will spring back quickly when pressed by the finger. Cool. Fill and frost with chocolate frosting, placing dark layer at the bottom. Mark top into squares and cover alternate squares with coconut.

Martha Logan's Helping Hand Recipe points your way to sure success. Helping Hands warn where there's a chance of mistake. Swift's ensures light, moist, tender perfection. Preparation: Have all ingredients at room temperature. Preheat oven at 375°F. Line bottoms of two 9-inch square layer pans with waxed paper.

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