

# Woman's Realm / Social and Personal / Fashions / Literature

**Quickly Relieves Distress of Sneezing, Stuffy Head Colds**

**VICKS VA-TRO-NOL**

A little V.A.T. in each nostril promptly relieves sniffing, stuffy nose, sore throat, and makes breathing easier.

Also helps prevent many colds from developing if used in time. Try it! You'll like it! Follow directions in package.

**Household Scrapbook**

By Roberta Lee

**Chocolate Stains**  
The stain left by spilling chocolate or cocoa on the tablecloth can be removed if it is immediately washed with cold water. If left, use a solution of cold water and borax and allow to stand for a few hours in this solution before laundering.

**Throat Gargle**  
One of the best and most effective throat gargles is one teaspoonful of salt, one teaspoonful of baking soda and one teaspoonful of sugar in a pint of warm water.

**Watercress**  
When buying watercress be sure that it is not intermingled with weeds. If it is means that it has not been grown in proper watercress beds.

**Modern Etiquette**

By Roberta Lee

Q. What is the maximum time before a bride should write "Thank you" letters for her wedding gifts?  
A. These letters must be written within a month, and really should be written from day to day as the gifts are received.

Q. What is the proper way to remove seeds of grapes from the mouth when eating them at the table?  
A. It is permissible to drop the seeds into the cupped hand and place them on the plate.

Q. Is it all right for a girl to invite her escort into her home after returning late at night from some party, dance, or the theater?  
A. According to the rules of etiquette, she should not do so.

**Better English**

D. C. Williams

1. What is wrong with this sentence? "The two tables are both alike."  
2. What is the correct pronunciation of "applicable"?  
3. Which one of these words is misspelled? Opulent, optimistic, opinionated.  
4. What does the word "antedecede" mean?

ANSWERS  
1. Say "These two tables are (omit both) alike," or, "Both chairs are alike." 2. Accent first syllable, not the second. 3. Optimize. 4. Going before in time; preceding. A constituent is a thing antecedent to a government.—Paine. 5. Laudable.

**That Body Of Yours**

By James W. Barton, M. D.

**FEET MAY BE AS IMPORTANT AS THE HEAD**

Many of us are firmly convinced that the feet are as important as the head in earning a living and enjoying life.

Notwithstanding the fact that shoe manufacturers now supply us with "sensible" shoes—the inner side of the shoe running a straight line to the outer side of the big toe, the front part of the shoe wide enough for all of the toes to lie flat, and the heels of medium height—many men and women still prefer the narrow small shoe that cripples their feet and thus also cripples their personalities.

Thus we are told of a former President of the United States that his feet became so painful at times that he had to leave a friend without even bidding him farewell.

Unfortunately, some parents purchase ill-fitting shoes for their children. Statistics issued by the National Foot Health Council state that of school-age children in the United States, 65 per cent of boys and 80 per cent of girls already do some walking daily, and that 10 per cent of the shoes that have been outgrown, and shoes that are too stiff for tender little feet or have worn so long as to lose their proper shape.

Some of the suggestions for parents and teachers to keep the feet of children strong and free from defects are: (1) Teach children to do some walking daily, and to toe straight ahead when walking, as toeing out weakens the ankles and arches. (2) Bathe feet daily with soap and warm water and brush toe-nails. (3) Toe-nails straight across. (4) Buy shoes for comfort as well as style; never permit tight shoes to be worn. (5) Keep the heels of the shoes straight. Worn-out heels cause weak ankles and foot strain.

So important to general health are the feet that many school boards now have annual or semi-annual inspections of the feet by orthopedic physicians or qualified chiropodists and podiatrists.

Keeping the feet healthy is a good investment of time and money.

**YOUR FEET AND THEIR AILMENTS**

It is amazing how little care we give our feet considering how important they are to us in our daily living. Send 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 booklet entitled "Your Feet and Their Ailments."

**Morning Smile**

**TOUGH SITUATION**

"My fiancée is terribly deaf, and I'm in awful trouble, Bob."  
"Well, I had to yell so loudly when I proposed to her that the woman next door has sued me for breach of promise."

**OUT OF TOUCH**

A little boy surprised his parents by refusing to be scared into being good.

**Ellen's Diary**

By an Island Farmer's Wife

"It's on borrowed days we're working now," James smiled this morning at breakfast commenting on the balmy unseasonal weather, "but it's certainly great to get it so to have everything straightened out before the snow comes!" And he helped himself to a piece of cheese. — The new-laid egg which grand-daughter hoped to gather from one of the fine nests in the new poultry quarters and likely to be a tasty accompaniment to James' toast has not yet been found though she is certain that she has "heard one singing" notes of promise in recent days. As we ate, a stream ran from the roof to the rain-barrel at the house-corner making a pleasant tinkling sound. Not that we are not now blessed with an abundance of water for even then the small busy engine in the pump-house was refilling empty watering troughs and puncheon about the buildings merrily. James speaks of the pump as "a great convenience" mentioning it now to Mr. C. from the house on the hill.

"Yes, it certainly is a labor saver. We sometimes wonder how we used to find time and energy to pump for the stock by hand. What a help it is! Empty some water into the troughs and the pigs are fed! Not that I'm entirely in accord with feeding them that expensive commercial stuff this year. We should by rights be boiling potatoes for them—but I guess we're like many another farmer these last years, we let the boiler go to pieces, and finally tore it out to make room for an extra pen in the pigsty." Potatoes gathered at the harvesting and by rights an appreciable part of the farmwife's wealth are to be fetched from the storing at the other farm tonight to make supplementary rations for the sows. Jack went there this morning, the thought of which makes James and Mr. C. go more thoroughly into every angle of "their potato business" of some concern to them and other Island farmers at the moment.

Mr. C. from the house on the hill has come to catch up on his neighboring, since he has been missing from familiar haunts of mill and home in recent days. He has been away, lending his assistance to another farmer at the hay-pressing, getting that endeavor over before the winter closes in. One Saturday we were convinced that it had arrived for snow fell softly to blanket fields and meadows. That day the stock were brought from pastures and Jamie and his brother stored wagon and wheel-barrow—and the ewes came home snow-backed from their browsing. But it melted. Continued on page 12

**DOROTHY DIX SAYS—**

**Wise Girl**

**Miss Realizes in Time Futility Of An Early Marriage**

DEAR DOROTHY DIX: I am a girl in my early teens and I am having a very difficult problem to face. My Boy-Friend is in the service and has three or more years to serve. I thought I loved him and promised to wait for him until he could come back, but now I see things differently. I don't want to be married so young, as my sisters were, and be tied down with children. Also, I see how badly my parents and sisters get along with their husbands and I don't want it to happen to me.

I want to see something of the world and to have some fun before I get married, and I especially want to know more boys than just one before I make my choice. But I hate to think of hurting my Boy-Friend by breaking off with him. What shall I do?  
AN UNHAPPY GIRL

**ANSWER:** O wise young maiden, you have an old head on young shoulders that makes you realize that most of the unhappiness in the world comes from girls and boys marrying before they are ready for it. This may seem a sweeping statement, but it is the cold, hard truth, for it is a miracle when a child-marriage turns out happily.

This is inevitable because youngsters in their teens do not know what they want in a mate, still less do they know what they are going to be themselves when they grow up and are mature men and women. You are intelligent enough to have realized that, and to have perceived the folly of kid-marrriages, for the main reason why divorce is so common and so many husbands and wives lead a cat and dog life is because they married too young.

**DOOMED TO FAILURE**

School boys get married before they have any of supporting a wife. Bobby-sox girls get married before they have had any playtime, and they resent being tied down with babies and husbands. The result is that the divorce courts are overflowing with the whining and complaining wives.

Don't worry about hurting the feelings of your Boy-Friend. He is almost sure to have reacted to the situation just as you have done. You have outgrown your call loves.

**DEAR MISS DIX:** I am a married woman of 45. My oldest son is attending college where he has met a chap who has become his good friend and whom he brought home for a week-end. This friend is a fine, upstanding young man and we have fallen hopelessly in love with each other. This young man may give me the happiness out of life that I thought I had missed. My husband has always been a rich man and I feel that he has never needed me, for we didn't have to work hard for anything we ever had.

I don't want to do anything until I have advice from you, as I know you will see my side as any warm-hearted woman would.

**UNDECIDED**

**ANSWER:** I fear that my warm-heartedness gets a decided chill when I confront the problem of a married woman, with children, falling in love with a college boy. In my book it is one of the things that simply isn't done unless the woman has far less intelligence and decency than I give you credit for having.

Consider the situation from a practical point of view. You have a good husband, a fine home, plenty of money, a good social position, nearly grown children. Are you going to throw all of these into the discard for the sake of having an affair with a boy the age of your own son? Can't you realize not only how wrong it is, but what disgrace it will bring upon you?

I surely no woman of middle age is so dumb that she doesn't know that no school boy is going to marry her, or stay married to her if he does marry her. Wake up, sister, be your age.

**Legends Of P. E. Island**

THE X FAMILY

By Uncle Joe

Some 120 years ago there came to Argyle shore a man whom we shall call Mr. X. He was young, about twenty (so we have been told), a lonely, silent fellow who never spoke about himself or his background, or where he hailed from. People who tried to draw him out got little information for their trouble.

This attitude on the part of the stranger caused the early settlers to look upon the man as a mysterious person who was not to be trusted, at least not too far.

Shortly after arriving in the settlement Mr. X built himself a tiny house close beside the water. His only contact with his neighbors was when he needed supplies. And their visits to his home were few and far between.

How he had come by the money to buy those necessities none could say, for no kind of work, so far as the people could gather, ever passed through his hands.

The money he passed out in exchange for goods was gold coins which he carried about in a money belt securely fastened about his person.

The only companion to share his lonely life was a parrot that talked well and swore better. The moment anybody set foot across the threshold of the X home, the bird immediately was carried to another room and covered with a heavy blanket. When questioned about this Mr. X said the bird was like a lot of people he knew: talked too much.

One day the curious people discovered the home of Mr. X securely fastened with a large padlock. It remained locked for about two months, and then he was back among them with a woman and two young boys. Tongues began to wag. Who was the woman? Was she his wife? Did the children belong to them?

To those questions there were no answers, for the inquisitive folk found the woman and children as noncommittal as the stranger. The X family lived wholly unto themselves and strictly minded their own affairs, while many of the settlers, and especially the women-folk, did their utmost to nose into the affairs of their new neighbors.

For months nothing unusual happened.

Then one day the X parrot escaped and flew across to the Darby farm. The bird was very tame and lost no time getting on friendly terms with the Darbys. It talked a blue streak and the Darbys listened, hoping to be able to glean some crumbs of information from all its scrambled sentences. Every now and then the parrot would give vent to a volley of oaths that made the faces of Mrs. Darby and her daughters go red. Again the bird would pipe up with, "The curse; the curse! the curse of the cursed gold!"

So at long last the people felt sure they knew why Mr. X hid the parrot when company happened to drop in. A bird that knew so much and swore so fervently must have been associated with evil companions. Such reasoning was only using common sense. Time would reveal the mystery which Continued on page 12

**The Stars Say—**

By Genevieve Kemble

For Thursday, December 16

A DISINTEGRATING or chaotic state of affairs seemingly hopeless and difficult may be suddenly broken into or set in surprisingly broken motion by a novel idea or plan original and daring—perhaps startling in its novelty or ingenuity. It may have to be "sold" to those not too readily approached, but their skin they should prove unresponsive. Nonetheless, there are strange hazards or some queer situations calling for practical as well as fresh technique and advanced methods.

For the Birthday

Those whose birthday it is may be called upon to attack an involved or menacing situation by a definite departure from old ways and conditions. A baffling or confusing condition may call for drastic, radical and novel tactics. This may prove to be the more effective method of approach. Influential persons whose cooperation is vital to important progress. Ingenuously, fresh approach may be brought to bear on some queer or complicated matter. Perhaps "dragging a skeleton out of the closet" by forthright measures could bring to light covert motives or aims, or successfully opening new channels or contacts.

A child born on this day may have novelty and originality, with daring and skill in unravelling difficulties or strange situations.

**How Can I!!!**

By Anne Ashley

Q. How can I shorten the sleeves of a man's new shirt?  
A. Shorten them from the shoulder instead of the cuff. But before doing this, baste a pleat in them half way up the sleeve for the first laundering, as they may shrink enough to save the necessity of shortening.

Q. How can I remove black walnut stains from a washable garment?  
A. Try rubbing the stains with household ammonia before laundering.

Q. How can I renew old lace?  
A. Squeeze the old lace in hot, soapy water, then in cold water, then in milk to stiffen it. Press it on the wrong side.

**Needlecraft FOR THE HOME**

**TAKES TOP HONORS**

This softly pleated frock takes top interest with wonderful ideas—a scooped out neckline for a sweet and lovely look, a separate little capelet of its own for shoulder cover. Try it in a new two-fabric fashion!

No. 2893 is cut in sizes 10, 12, 14, 16, 18 and 20. Size 16 dress and capelet, 2 1/2 yards 38-inch plain fabric, 2 1/2 yards 39-inch plaid.

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 Charlottetown Guardian.

Pattern No. 2893

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**Cook's Corner**

**ORANGE CAKE**

1/3 cup butter  
1 cup sugar  
1 egg  
2 cups flour  
1 teaspoon soda  
1 teaspoon baking powder  
1 cup sour cream  
1/2 cup chopped dates  
1/2 cup chopped nuts  
Grated rind 1 orange

**METHOD:** Cream soft butter thoroughly, and gradually cream in the sugar. Beat the egg slightly and add to the creamed mixture, beating well.

You may use all purpose flour for this. Sift the flour once, then measure it and sift again with the soda and baking powder. Add the sifted dry ingredients, a small amount at a time alternately with the cream to the creamed mixture. Now add the raisins, dates, nuts (if used) and the grated orange rind.

Turn the batter into a greased square pan and bake in a moderate oven (350 deg. F) for about 50 minutes. When done, remove from the oven and cover with the following topping.

**Topping**  
Squeeze the juice from 1 orange and pour into a cup or glass. Now lower a tablespoon of granulated sugar into this, waiting until all the sugar is moistened with the orange juice. Pour this, or spread over the hot cake. Continue this procedure until the entire top of the cake is covered with the sugar-orange mixture.

When the cake is cold this will form a delicious sugary crust or top. We like the topping best put on this way. However, if you wish you can add 1/2-cup sugar to the juice of the orange and pour this over the cake all in one operation.

**ELIZABETHAN DISCOVERY**

William Gilbert, Queen Elizabeth's physician, discovered in 1600 that innumerable substances which he called "electra" acquired the power to attract bits of straw and leather when rubbed.

**For Bad Winter Coughs, Mix This Syrup at Home**

This well known recipe is used by many thousands of housewives, because they have found that it gives them an effective, dependable medicine for distressing winter coughs. It is so easy to mix—anyone can do it. From any drugstore, get 2 1/2 ounces of Pinex, a special compound of proven cures of granulated sugar and one cup of water a few moments, until dissolved. It's no trouble at all and takes but a moment. No cooking needed. Pinex Saves You Money. Fast Relief. Easy.

(Or you can use corn syrup or liquid honey instead of sugar syrup.)  
Put the Pinex into a 16 ounce bottle and fill up with your syrup. This gives you 16 ounces of cough syrup, unusually quick-acting and dependable, and you get four times as much for your money. It never spoils, and is very pleasant—children love it. You'll be surprised by the way it takes hold of severe coughs, giving quick, satisfactory relief. It loosens the phlegm, soothes the irritated membranes, and helps your throat passageways. Money's no object if it doesn't take it away.

**BAKE PLenty— they'll go fast!..**

... made with **FLEISCHMANN'S YEAST**

Hot breads so light that they long to take wings—so crusty-crisp they vanish by the plateful at the table! Here's a quick, easy treat you can provide the family, with the aid of fast acting Fleischmann's Yeast.

If you bake at home, there's no end of the sparkling additions you can make to the menu with Fleischmann's Yeast. Crisp dinner rolls—cinnamon buns—dessert breads in scrumptious variety.

Let dependable Fleischmann's Yeast help you turn out more delicious, finer-textured baking in hurry-up time.

Choose either form

**FRESH** or **DRY**

**FLEISCHMANN'S YEAST**

**ROYAL FAST RISING DRY YEAST**

NO ENLARGERS

**"Be Lovelier Tonight!"**

**"My Beauty Facials leave skin softer, smoother,"**

says charming Jane Wyman

This is a complexion care that really makes skin lovelier! In recent Lux Toilet Soap tests by skin specialists, actually three out of four complexions improved in a short time.

"My Lux Soap care brings quick new loveliness," says Jane Wyman. "I work the creamy fragrant lather well in. As I rise and then pat with a soft towel to dry, my skin is softer, smoother." Don't let neglect cheat you of romance. Take Jane Wyman's tip—be lovelier tonight!

**LUX TOILET SOAP**

**Jane Wyman**

**JOHNNY WANDA**

**9 out of 10 Screen Stars use Lux Toilet Soap**

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