

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

NOW RELIEF IN 7 MINUTES FROM HEAD COLDS HEADACHES, GRIPPE

with **BUCKLEY'S CINNAMON CAPSULES**

MORNING SMILE

The reason many an old tooter grows beside anyone's up its because he doesn't dare open his mouth after the old hen awakes.

Explaining to his civilian friends his role in the artillery, a dusky soldier said:

"Ah opens de big gun, puts in a big shell, closes de gun, pulls de trigger, steps back and says: 'Missh' 'tial, 'recount yo' smy.'"

VEIL STRETCHER

To restore that crisp look to a faded veil, press them over a piece of waxed paper with a medium iron.

Living & Leisure THE WOMAN'S REALM

TO GREET THE NEW YEAR

"It isn't the sun Nor is it the rain! It isn't the pleasure Nor yet just the pain! It's just the stuff in your heart That gives life its thrill, As you stand, perhaps breathless Atop of some hill!

"It isn't the winning, It's not just to lose, It's to follow undaunted The paths that we choose. Here's Love and Affection High Courage, Good Cheer, And a firm hand outstretched To greet the New Year."

(From N.Y. State Education)

CONSERVATION QUIZ

Saving in the food department is four-fold: buying, preparing, cooking, eating. Its rules are engraved in the hearts of every home maker who appreciates the fact that everything counts in winning a war. Check yourself against these:

1. Do you sometimes buy more food than you use up?
2. Do you waste time and all food value by peeling all fruit and vegetables before cooking? Do you waste value by preparing too long ahead of time?
3. Do you waste value by cooking in too much water or by overcooking?
4. Do you give such large help-

ing, as the table that your family leave food on their plates?

If all the answers are in a vigorous negative, as they should be, you're all right. Carry on!

CORDUROY REFRESHER

This obliging material can be washed—if handled properly. Launder separately, as colors are inclined to run, and hang up the garment, sopping wet, to dry. Wringing or rolling will rough up the pile. Garments not really soiled but looking a bit down-trodden respond well to a thorough brushing with a strong whisk and a steaming, hump up in a steam-filled bathroom.

HINTS ON ETIQUETTE

If you are visiting in an office or at a friend's home, and the friend answers the telephone in your presence, either walk to the window and look out during the interruption, or pick up book, magazine or paper and read until the conversation is over.

When buying meat remember that it is the lean that counts for protein and vitamins.

Jute for bags and other textiles produced in Brazil is of good quality as the jute cultivated in India.

Bright shiny metal baking dishes require higher oven temperatures to cook their contents than dark metal or glass dishes.

Bolled potatoes have a better appearance and retain their vitamins better if not peeled until just before going into the cooking water.

Dorothy Dix Says— OPPOSITES A MARRIAGE HAZARD

Qualities That Drew Two Together Often Drives Them Apart

One of the curious things about marriage is that the law of the attraction of opposites works before marriage, but fails to function after marriage, and that the very qualities that drew a man and woman together so often drive them apart.

This is the sardonic little trick that Mother Nature plays on humanity. For she is not concerned with the happiness of the individual, she is interested only in keeping the race on an even keel, and so in order that we may not all be giants or pygmies, or morons or highbrows, she makes big men fall in love with little girls and the beautiful but dumb maidens have an irresistible charm for college professors. And vice versa.

LURED BY THE UNKNOWN

It is this simple little fact that both men and women are lured by the unknown in each other into marriage that is at the bottom of so much domestic infelicity. "It is what makes rich old Grandpas marry little gold-diggers young enough to be their granddaughters. That little James, who haven't an idea in their heads or a desire in their souls for anything but fine clothes and night clubs.

It is what makes girls turn down fine young men, who would make them good husbands, for drunkards and ne'er-do-wells they will have to work to support, and that makes handsome rounders have a practically hypnotic appeal for pious girls, who first pray for them and then marry them.

For the fascination of being married to someone totally different from oneself doesn't last. Exploring a new personality isn't the happy pastime one expected it to be. It is too full of difficulties. It has too many quirks of disposition that have to be negotiated, too many mountains of strange ways and opinions and customs to be surmounted. And it makes one long for the old familiar road and the kind of husbands and wives to which they were accustomed.

NOT CONDUCIVE OF HAPPINESS

Of course, it may be good for our own souls and for our off-spring for us to marry people who are our opposites instead of our likes, but it does not make for peace and happiness in the household. For it takes more strength of character than many of us possess to be able to see our mates' points of view and concede them the right to their own opinions, and to grant them any personal liberty.

We all, for instance, think that a thing is right or wrong according to whether we like to do it or not. Whether a woman complains of being a golf widow, or whether she can spend a pleasant hour discussing a game with her husband, depends upon whether she plays herself or not. Whether a woman considers herself a neglected wife because her husband reads the papers or a book at night, instead of talking to her all the evening, depends upon whether she likes to read or not. Whether a man lambasts his wife for gadding and raises ructions over her buying a new dress depends upon whether he likes to step out of an evening and takes pride in her appearance.

So if all boils down to the secret of being happy though married into like marrying your like. The people we enjoy living with are those who are replicas of ourselves.

Sure way to Cut Down Runs!

A Daily Dip in LUX cuts down runs 50%

Tests made by a famous laboratory—repeatedly washing rayon stockings, then stretching them just as in actual wearing—prove that washing in Lux cuts down runs over 50%. Lux gives stockings much longer wear than if you use strong soaps or rub with cake soap. Get Lux in the new, bigger package. The large size is an even better buy. Join the Lux Daily Dippers.

All leading stocking manufacturers recommend LUX

TONIGHT—dip your stockings in—LUX

A LEVER PRODUCT

COOK'S CORNER

PRUNE BREAD

Sift together 2½ cups flour, 3 teaspoons baking powder, ½ teaspoon salt. Add 1 cup cooked, well-drained prunes, sifted and chopped. Combine 2-3 cup sugar, 3 tablespoons melted dripping, 3 tablespoons peanut butter, ½ cup milk and ½ cup prune juice. Add egg, 1 tablespoon grated lemon rind. Beat smooth and add to dry ingredients. Mix only until blended. Pour into greased loaf cake pan, and bake in moderate oven of 350 degrees F. for 1 hour.

HOW CAN I !!

By Anne Ashley

Q. How can I sweeten a murety metal or enamel teapot?
A. Fill it with water, in which a red-hot cinder has been crumpled. After letting it stand a while with the lid closed, rinse with clear water.

Q. How can I improve the complexion?
A. Eat plenty of fruit, drink milk, and also drink water freely between meals. Massage with almond oil, or a good face cream, and keep regular habits.

Q. How can I make a glove stretcher?
A. A curling iron is excellent for stretching the fingers of washable kid gloves.

SLIPPERS FOR CHILDREN



MODERN ETIQUETTE

By Roberts Lee

FATHER JOHN'S MEDICINE

OVER 85 YEARS OF SUCCESS PROVE ITS VALUE IN FIGHTING COLDS

BETTER ENGLISH

D. C. Williams

1. What is wrong with this sentence? "We have got to go now."
2. What is the correct pronunciation of "mesmerize"?
3. What are the words "Havana, Hawaiian, Haitian."
4. What does the word "hideous" mean?
5. What is a word beginning with "h" that means "a kind of eye."

ANSWERS
1. Omit got. Say, "We have to go now" or "We must go now."
2. Pronounce first syllable mes, not mase; accent first syllable. 3. Hawaiian. 4. Revolting, horribly ugly or discordant. "It was like a hideous dream." 5. Lognette.

HOUSEHOLD SCRAPBOOK

By Roberts Lee

Baking Soda
When a recipe calls for sour milk and soda, use just a pinch of soda and a teaspoonful of baking powder instead of a teaspoonful of soda. There will not be the usual strong taste of soda.

Ink Stain on Wood
Moisten with oxalic acid, let it remain a few minutes and then rinse. Do not apply to finished wood or furniture as this removes the varnish.

A Good Bye Wash
Put one ounce of boric acid in a basin and pour on one pint of hot water. Allow it to dissolve and cool before bottling.

Sufferers of Painful SINUS—Get Quick Relief!

Just a Few Drops Relieve Stiffness... Make Breathing Easier... Give You Comfort

It's grand how Vicks Va-tro-nol clears congestion from nasal passages—gives sinuses a chance to drain. Results are so good because Va-tro-nol is specialized medication that works right where trouble is—to relieve painful congestion and make breathing easier. Try it—put a few drops up each nostril—follow directions in folder.

VICKS VA-TRO-NOL

ELLEN'S DIARY

By An Island Farmer's Wife

There was no work done at the wood-cutting or clearing today. Neither was there any smoke ascending heavenward from fires along the streets. Instead, great feathery flakes descended to cover yesterday's ash and to weigh the branches of the evergreens. Yesterday had been too lovely. This was the paying for it, this dark, sleet, snow-filled day. Lovely too in its vast difference. So long as animals can be fed and tended—sedious perhaps today—and folks have sticks for a fire and a bit to eat, there are worse places than on a farm when the snow comes down. "But really, on rain soon!" Judy said, visiting the thermometer at least twice this morning. "You'd never believe how its climbing!" No rain came, only flakes of wetting-snow till well past noon. James came indoors once to tell me seriously "If the wind rises, this will be a blizzard." James hates wind and snow together. This morning he felt in the calmness thickly to lie heavily wherever it rested. The cattle were let out to the watering earlier. "What does that whitish cow mean hooking into the one on the hill on his way to pick-up the mail at the corner. It was fortunate that Jack had fetched a new radio-battery last night for in a storm, that does tend to isolate farm-houses for a time. It is pleasant to keep in touch—if only one-way!—with the outside world. The women's share of the outside chores were more difficult to do today. There is also the extra wrapping against the elements on such a day as this. Judy because of "a feeling" and I wasn't misadvised, waded through the snow to the mail box. Then because she was dressed for outdoors went to get the wood. They-Jennie and Judy—haul it now to the respective houses piled neatly on a hand-truck. Not the one I've used down the years but another longer necked, as yet without stakes to keep the load from slipping. Judy called to me on the porch, a little annoyed, her cheeks flushed from her exertions: "This flukes are hard and fast Mrs. Ellen." The snow that had heaped up beneath the sled in its progress from the woodshed now held it hard and fast. It was James who helped release it and brought the load to the porch intact. When I watched Judy and Jennie's combined efforts move a load of wood to the house across the lane, one drawing while the other pushed vigorously, through such a day as this, I felt a little to me that if poor Mrs. Ellen, in white depths, two of the young ladies at Alderlea would not miss the exercise of skating today!

Since there could be no work at the wood-cutting this afternoon, James enjoys a brief rest. It was when he read the paper—after dinner—till the last one fell asleep. "But I can't sleep" he protested "besides there's work at the stables I should attend to." Judy came to my assistance. "Never mind the work James," she said "there'll be work when you and I are dead and gone!"

James stretched himself comfortably on the kitchen-couch. I jacket about his shoulder. "There's news" he protested. "I'm only resting a minute. I can't sleep. Our indoor work for the time was completed. Judy filled the stove to the covers then settled herself with some mending. I took up my knitting—in James's chair. There was snow against the pane, melting in its course. No other sound but the sparkle of the fire, the singing of the kettle and the regular ticking of the old clock. Presently a drowsiness that James was unable to resist, filled the kitchen. His breathing became measured. Fred hands relaxed. Judy whispered, nodding towards him: "Look, Mrs. Ellen!" I was aware of it already. James was enjoying forty-winks.

Tonight the country is very beautiful in the moon-light. The roof of the farmstead on the hill are white-gabled. The mill too, and the house across the lane. The trees bordering the stream and fields and on the hill-tops barely mark their places tonight but are part of the surrounding whiteness. A sleigh comes over the hill, slowly the horse plods step

is for X-cellent

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If you bake at home, you can trust FLEISCHMANN'S fresh Yeast to help you make fine-textured, tasty bread. Look for it at your grocer's—the fresh Yeast with the familiar yellow label, the favorite of Canadian women for over 70 years.

Get Extra Vitamins—More Pop by eating 3 cakes of FLEISCHMANN'S fresh Yeast every day. This fresh Yeast is an excellent natural source of the B complex group of vitamins.

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A JOB ONLY YOU CAN DO

Price Control Questions and Answers

Questions and Answers on Price Control will appear in The Guardian as a regular feature each day. The questions are those which have reached the Women's Regional Trade Board from housewives in the region. The answers are provided by the Board. Questions who have intelligent questions to send on price control are invited to send them to the Women's Regional Advisory Council and Trade Board.

Q. I rent two unfurnished rooms by the month. My landlord has given me six months' notice to vacate. I have now found another place and can move right away. Must I stay the full six months in my present accommodation?
A. If you rent by the month and have no definite lease, you are required to give your landlord only one month's notice.

Q. Recently I purchased two children's suits at a store. They did not fit and I returned them. The store refused to refund my money and there is no other shop which I want. What can I do to get my money back?
A. Merchandise may be exchanged for something else in the same store and can move right away. He is not compelled to refund the money. Perhaps you could arrange with the store to hold the credit until they have some merchandise in stock which you would like.

Q. The landlady where I live after step. I look for Pard has a sharp challenge that rings loudly on the night. Someone crosses the water-gate and enters the path that leads to Alderlea. Judy calling to me: "Now whom takes up a new refrain, louder and repeated as if he loves to hear the countryside. There's a strange step on the porch, and the sound of a sleigh-bell on the drive-way. I hear James, who has all at once missed me from the kitchen."

He is asking Judy: "Where is Ellen?" so
Until tomorrow — Diary—Good-night.

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ARRID The Largest Selling Deodorant

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Come winter, the littlest girl and the most sophisticated woman want nightgowns that are warm as well as pretty. Nice in any fabric from flannel to rayon satin—and in print!

No. 3438 is out in sizes 12, 14, 16, 18, 20, 40, 42, 44, 46 and 48. Size 38 requires 4½ yards 38-inch fabric.

No. 2800 is out in sizes 8, 10, 12 and 14. Size 8 requires 3½ yards 38-inch fabric.

Send 20 cents for PATTERN, which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you wish.

Address Pattern Department The Charlottetown Guardian.

Name _____
Street Address _____
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HELP FULL THAT TRUCK

The button on the end of the string attached to small son's wagon or truck, so he has some thing tangible to hold in that little chubby hand. The end of the string slips through his fingers if there is nothing on it to prevent.

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