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

Yaupon tea is used as a drink on some North Carolina coastal islands; it is made from the leaves of the yaupon shrub, Nux vomitoria, and its taste is reported as pleasant and its effects as stimulating as coffee.

One of the best known ways to relieve

MONTHLY FEMALE PAIN

With its tired, nervous, cranky feelings!

If female functional periodic disturbances cause you to suffer from cramps, headache; backache, feel nervous, jittery, cranky—at such times—try Lydia E. Pinkham's Vegetable Compound to relieve such symptoms.

Pinkham's Compound DOES MORE than relieve such monthly pain. It also relieves accompanying tired, nervous, cranky feelings—of such nature. One of the best known and most effective medicines you can buy for this purpose.

If you suffer like this—we urge you to give Pinkham's Compound a fair and honest trial!

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

Household Scrapbook

By Roberta Lee

Water Colors

If the clothing has been stained by some water colors, these can be removed from the clothing or linens by rubbing them with glycerin. Allow to stand for a few minutes, and then wash in warm water and soap flakes.

Care of Leather

Leather can be cleaned and softened by use of a liquid mixture consisting of one part vinegar and two parts linseed oil. Apply with a soft cloth, rub and polish with a dry cloth.

Thinning Varnish

Do not attempt to thin varnish by use of turpentine, as this will destroy the gloss. Instead, set it in a pan of warm water.

Living & Leisure

THE WOMAN'S REALM

So with the stretch of the white road before me,
Shining snow crystals, rainbowed by the sun,
Fields that are white, stained with long, cool, blue shadows,
Strong with the strength of my horse as we run,
Joy in the touch of the wind and the sunlight!
Joy! With the vigorous earth I am one.

—Amy Lowell, "A Winter Ride."

REVIVED SHOULDER

NEW YORK — A revived style shouldered its way into the current picture, the round shoulder line replacing the squared look and bare shoulders rising above demure ruffles on bathing suits, playclothes and on up to evening gowns. Claire McCardell started it and many designers followed suit.

The shoulder pad, to which American women have been faithful more than a decade, looks as if it were beginning to slip down around the hips. Paris courturier Balenciaga introduced the padded skirt and such designers as Omar Kiam and Traina-Norell took fliers in the same direction.

STRAWS DRAPED

NEW YORK—Straws are used with the deftness of fabric. This draped manipulated effects gives a hand-made look to the spring hats. Light-weight felts are used a great deal. Fancy straw braids are newly important, especially in the large, open-crown styles. Chiffon rosesi exotic fruit, flowers of all kinds, straw buds and embroidery ribbon in dramatic arrangements are some of the trimmings.

To judge whether or not a pear is ripe use the "touch test." When a pear yields readily to light thumb or fingertip pressure at stem end it is ripe, regardless of color. When ripe, keep pears in the refrigerator.

Because fungus plants absorb nutrient matter from materials on which they grow, materials derived from vegetable and animal matter are the most seriously affected.

The great Inca empire, which existed in western South America before white colonization, had an emperor called Son of the Sun who probably never heard of Japan and its emperor.

Before a Massachusetts tanner in 1809 invented the first machine to split hides to make thin leather, this product was obtained by shaving down half-tanned hides with hand tools, wasting the shavings.

HOW THEY GOT THEIR NAMES

Some famous islands and how they got their names:

Mauritius, so called by the Dutch in 1598, in honor of Prince Maurice of Nassau.

West Indies, named in 1492 by Columbus, who thought he had discovered the eastern part of India.

The Bermudas, called after the Spaniard, Bermudez, who sighted them in 1527.

Philippine Islands, originally called Filipinas, after the son of the King of Spain, the country which undertook their conquest in 1565.

Tristan da Cunha, after the Portuguese admiral, Tristao da Cunha, who discovered it in 1506.

BATTLEFIELD GARDENS

Where once a battle raged — Guam, Saipan aand Tinian—now gardens of lettuce, Chinese cabbage, cucumbers, melon tomatoes, and corn, are grown to feed servicemen. Over 10,000 acres on the islands of the Central Pacific now under cultivation, are expected to yield about 5,000 tons of fresh vegetables monthly. Specialists of the Foreign Economic Administration have supplied individual gardeners — servicemen at rest camps and commercial growers — with seeds, tools, and advice.

A few crops that were tried experimentally in the South Pacific will be abandoned in the new areas. No turnips will be sown because the troops don't like them. Spinach, peas, and string beans will be abandoned because of the time consumed in cooking preparation; and potatoes, although popular, will not be cultivated. However, two fruits—papaya and pineapple—have been added to the Central Pacific crops now under cultivation.

MORNING TIREDNESS

May be Due to Constipation

One very [illegible] some new pep and brace up your system, is by the use of Dr. HAMILTON'S PILLS. By curbing constipation they will quickly assist in giving you a sharper appetite and better digestion; they will help to energize your enfeebled organs and improve your spirits. Let these little pills assist in changing your tired feeling into one of vigor, strength, ambition. Good for men, women and children. Mild and easy to take—cleansing and invigorating for those who have slow bowel action. Use DR. HAMILTON'S PILLS and help overcome your tendency to Constipation. 25c at all druggists.

DR HAMILTON'S PILLS

Modern Etiquette

By Roberta Lee

Q. When there is a visiting guest inthe home, should the host and hostess be constantly alert to see that the guest is comfortable and being entertained?

A. Certainly. This should be the first thought of a hospitable host or hostess.

Q. Is it proper to say, "We had an awfully good time at Mary's party"?

A. No. "Awful" means to inspire with awe or fear. Say, "We had an exceptionally good time at Mary's party."

Q. Should a man use the prefix "Mr." on his visiting cards?

A. Yes.

Morning Smile

An Indian in Arizona returned to the village for the third time to buy half a dozen bottles of cough syrup.

Druggist: 'Someone sick at your house?"

Indian: "No sick."

Druggist, "Then what on earth is all this cough syrup for?"

Indian: "Mm-m! Me likeum on pancakes."

Two young brothers were arguing Said the elder, to clinch what he had been saying: "I ought to know. Don't I go to school, stupid?"

"Yes," replied the other, "and you come home the same way."

JOHNSON'S ANODYNE LINIMENT

The Old Reliable Since 1810 for relieving RHEUMATIC AND SCIATIC PAINS GOUT • LUMBAGO • SPRAINS

Better English

D. C. Williams

1. What is wrong with this sentence? "There is no necessity for me going."
2. What is the correct pronunciation of "cognac"?
3. Which one of these words is misspelled? Hollyhock, hammock, colick.
4. What does the word "cynical" mean?
5. What is a word beginning with ul that means "farthest"?

ANSWERS

1. Say, "There is no necessity for my (our, your, his, their) going." 2. Pronounce ko-nyak, o as in no, a as in back, accent first syllable. 3. Colic. 4. Contemptuously distrustful of human nature. "He treated all that was said with cynical indifference." 5. Ultimate.

FOR A CUTE LITTLE MISS

DESIGN NO. 896

A dainty dress is simple to crochet for baby 6 to 18 months old. Pattern No. 896 contains complete instructions.

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Name

Street Address

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How to relieve COLDS!

Mothers cannot always guard their children against exposure or contact with colds which are catching. Wise mothers, however, can get after colds *quickly* and *effectively* with Father John's Medicine.

It fights colds two ways, from inside by supplying extra quantities of Vitamin A to build up inner resistance and by soothing throat irritations. Get Father John's Medicine from your drug store today. Keep a bottle on hand constantly.

Made in Canada

Father John's Medicine

21

Dorothy Dix Says—

Unpredictable Wives

Some Complain Husbands Are Too Good—Others The Reverse

Can a husband be too good to his wife? How does a wife like to be treated? How can a poor, bewildered man tell when he is making a hit with the little women, or getting on her nerves?

These questions are raised by a suit for a divorce that a woman has recently brought against her husband in which she alleges that he has subjected her to cruel and inhuman treatment. But when the charges were investigated, it was found that his offenses consisted of his insisting on preparing her oath, even to fixing the temperature of the water, and in his doing most of the housework and getting dinner.

Most wives in these servantless days would regard such a husband as a gift direct from heaven and hang on to him with both hands, instead of trying to get rid of him, but the incident shows how hard it is to please a woman, and how difficult it is for a man to be a good husband, even when he is trying his darnedest.

SOME WIVES LIKE BAD HUSBANDS

Perhaps, however, this divorce suit throws a great white light on what has hitherto been an inexplainable mystery and that is, why women so often seem to love bad husbands better than they do good ones. Any of us could cite you a dozen cases of wives who treat their good, kind, self-sacrificing husbands, who work themselves to death to support them, with coldness and neglect. And, at the same time, we can point to a score of other wives who stick through thick and thin to husbands who beat them and starve them and are unfaithful to them. Apparently there is something about drunkards and roues and ne'er-do-wells that endears them to their wives.

Naturally no one would advise treating a wife rough as the best method of making her happy and contented yet it is undeniably true that no wives are so peevish and dissatisfied as the ones whose husbands coodle them too much. Treat a wife like a spoiled baby and she will react like one. She will cry for the moon and sue her husband for non-support because he can't get it for her.

Curiously enough, the average man is sold to the belief that the way to be good to his wife is to give her an unlimited shopping ticket, a household of servants, and make himself a doormat for her to trample over. Yet this line of conduct will lose him his wife oftener than it will hold her. For it is the women who have everything that money buys who are always seeking new sensations. It is the idle women, with no work to occupy them, who take to philandering. And no wife loves long the husband she henpecks.

And there is the woman's side to the good husband problem. Every wife would like to look up to her husband, but she can't do it if he is weak enough to let her impose on him and boss him around. Also, a woman's house is her castle and she wants to run it in her own way. She doesn't relish having her husband take her job out of her hands and show her how much a better cook he is than she. And so Helpful Hubby gets neither thanks nor praise for doing the dishes and scrubbing up the bathroom floor.

What, then, is a good husband? I think a good husband is a man who is tender, considerate, affectionate and just to his wife and who treats her as if she were an intelligent human being, instead of a doll baby or a slave; who makes her pull her weight in the boat and gives her her share of the family income.

A Job Only You Can Do

and Answers
Price Control Questions

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 Wartime Prices and Trade Board from housewives in this region. The answers are provided by the Board Readers. Persons wh have intelligent questions to ask on price control are invite to send them in writing to the Women's Regional Advisory Committee.

Q. If a veteran buys a house can he give the tenants notice to vacate and if so how much notice does he have to give them?

A. Sorry, he cannot give the tenants notice to vacate. If a veteran owned a house before he enlisted in the Armed Services he may give his present tenants three months' notice and take possession of his home at the end of that period. However, if he purchases a home now he is in the same position as any other purchaser.

Q. Do I have to give up ration coupons for unsweetened peaches to be used in making pies?

A. Your grocer was quite correct when he collected coupons for unsweetened fruit . . . there is a limited supply of canned fruit both sweetened and unsweetened and in order that everyone may receive their fair share it is necessary to include both in the list of rationed preserves.

Cook's Corner

HIGHLAND MEAT LOAF

When hot, this loaf is so tender that it calls for very carefully unmoulding; cold, it is much finer and slices well. Serves 8.

1 cup quick-cooking rolled oats
½ cup tomato juice
¼ cup tomato catsup
1 pound minced lean beef
¾ teaspoon salt
¼ teaspoon pepper
1 tablespoon chopped parsley
¼ cup lnely chopped onion
1 cup finely chopped raw celery
1 cup cold mashed and seasoned cooked turnip
1 egg, slightly beaten
2 tablespoons shortening or fine-flavored dripping

Combine the rolled oats, tomato juice and ketchup and let stand while combining remaining ingredients.

Turn beef into a bowl and sprinkle with salt, pepper, parsley and onion; add celery and turnip; mix lightly.

Add the beaten egg to the rolled oat mixture; add to meat mixture, mix lightly and turn into well-greased loaf pan. Dot with the two tablespoons shortening or dripping.

Bake in a moderate oven, 350 degrees, about 1¼ hours.

Fashion Horoscope

by Colette

Chicago Sun Syndicate

Then could be a prominent nose mars your profile. Dry your tears and get a hat with brim diagonally slightly down and curving upward lines. So instead of seeing the nose in profile, and nothing but the nose, attention is focused on the profile brim. Wave your hair slightly out over your forehead. But, lady, don't pull hat and hair back. You couldn't do worse by your profile.

Ellen's Diary

By an Island Farmer's Wife

If the farmers at Alderlea and vicinity had what James terms "a half holiday" due to yesterday's frost and chilling wind and drifts work was taken up this morning with renewed energy. James, himself could not wait until the milking was done before he was cleaning that stable to a farm sleigh. This is, of course, the proper method to follow, but of late, it is more conveniently left until the feeding and milking and our own breakfasting has been over and done with. Frosty, we found the day, but if fingers and toes tingled from the touch of it, we found the bright clear January day only pleasantly invigorating. Cats, missing from our early ceremony yesterday, found their places this morning; Pard awaited, to escort us to the house for his drink of milk; from the poultry-house came sounds of jubilation and, as clearly as if we lived much nearer, we could hear a snow-plow busy on the highway, clearing the drifts so that the mail man's car from the city might come blithely on its way and other machines might make trips of equal importance to their owners. As if by magic, after the recent desertion and solitude, sleighs appeared on our road: Mr. C. and his grey horse over the hill and out of sight and farmers in warm leather coats and mackinaws behind sturdy horses made their way to the mill. Chop bins would likely be low, or being forehanded, they were being filled against another storm for rations for fattening cattle and hogs must be kept up, come snow or frost or wind or drifted trails.

• • •

One farmer from a distance, stabled his horse while awaiting his "turn at the mill" in a vacant stall at Alderlea and when Jeanie and I mentioned it to James he immediately "minded" many incidents of the long ago. When "the stones" had had their day, and the roller process had been installed in the mill beside us "before your time, Ellen—those were the days." Then, when wheat, was a necessary crop on every Island farm and after the threshing, James recalled how "many a horse"—the over-flow from the accommodation at the mill stables, found shelter here. "And the string of teams there would be there in those days, and the fine horses!" I suspect this nearness to the traffic that flowed to the mill is one reason why James once knew by sight, every animal of the equine family, for miles around. "Why" he recollected "one farmer from across the river—and the family have since moved away from the Island, came each Fall with three carts, heaped with white sacks of wheat. Yes he did" he assured me "driving one horse and leading the others. I've seen him leave for home—a long trip too and slow, after dark—the spirit of those men!" Many from other distant places, have also turned in at the old mill road. Since other grains, more profitably grown, have taken the place of wheat in the farm rotation, the housewives in this and the surrounding communities must depend entirely on the imported flour for their snowy loaves and toothsome cakes.

• • •

Nowadays, no flour comes from the rolls at the old mill. But often James goes back in retrospect to former days; when a fall night brings rain and darkness; when a Winter storm isolates us or sometimes with someone visits who is able to recall with him the happenings of the long ago. Then as I knit or mend a rent in his overalls or perhaps sit idly, with James I can see the farm carts and wagons of those days, draw near the mill door. The drivers those cold days of Fall and Winter warm in home-spun and flannels, the socks and mittens—and sometimes underwear knit from yarn that knew no custom spinning but from wool carded at home or at a mill and spun by skilled hands. Good men those were, men of vision, pioneers not only in farming but in other fields as well: in religion, reverently building our first rural churches; in education, erecting our earliest schools, where pupils sat on benches along a wall, turning out to recite and in to "cipher" and study; taking part in the comparative newness of responsible government and building and speaking "better than they knew" laying an earnest and praiseworthy foundation for succeeding generations. Small wonder then that James loves to review past memories in connection with the mill and those, who came with their grists to its grinding.

• • •

But not all of our evening was taken up with looking over his album of memories. It came to an abrupt close, when opening a stove-draft, I suffered two scorched fingers. I'm afraid now, I was not too patient about it for it was really James who was the cause of my misfortune although I did not remind him of it. At the time I uttered a word, which does not sit among parlor words, nor is heard when the Minister comes a-calling —but not exactly profane. Doubtless James, feeling a bit guilty and at the same time remembering the unpredictableness of our sex quickly put on his cap and went to the refuge of the house across the lane. It may be that he is like the man in the story, who when his wife accidently cut her finger, ran shouting for help to a neighbor's! But I have an idea he glanced towards the old clock before he set off. It would then be about lunch time in the "wee hoose" across the lane.

• • •

It would be a certain rite tonight for a visitor is there. One of the district's eligible bachelors. Why he has not chosen a wife to sit in his lap of luxury I can not well make out. He has no soul to say to him softly solicitious: "Have you taken your scarf and your overshoes?" No one to tenderly bind up his scratches or bring balm to his wounded feelings. No fluff of femininity to watch for him at the end of day, nor to say: "Are you tired, dear?"—and of course, no one to make him wish to fly on a cold moonlit night like this to the sanctuary of any house across a lane! But there's the sound of a soft footfall on the porch— James returning. Perhaps now that I think of it I had better bring my injured members (wrapped now) more prominently to view. It is as well for me to hold the odds. For his present air of meekness may be misleading. He is very apt to have a speech appropriate to this strange accident. Should that commence I would soon be at a loss to know which of us had closed that confounded stove-draft!

Until tomorrow —Diary — Goodnight.

Wife Wins Husband Back Again

NOW ANN KNOWS that *she* was to blame for her husband's coldness. Ann's doctor told her how wives often risk married happiness by careless, "now-and-then" feminine hygiene methods. He advised using Lysol disinfectant for douching—*always*. Cleanses thoroughly. Deodorizes. A proved germ-killer—far more dependable than salt, soda, or other homemade solutions. Yet so gentle for douching, it won't harm sensitive vaginal tissues—just follow easy directions. More women use Lysol for feminine hygiene than any other method. Try it.

For Feminine Hygiene use Lysol Disinfectant —every time

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How Can I !!

By Anne Ashley

Q. How can I remove vaseline stains from goods?

A. The stains should be removed from clothing or bedding before it is laundered. This may be done by saturating the stains with turpentine and letting it stand for at least half an hour before washing.

Q. How can I revive a wilted fern?

A. Oftentimes a fern that is considered dead can be revived by standing the pot in a tub of water for about an hour, or until the water becomes cool.

Q. How can I mix a good, tough liquid for blowing soap bubbles?

A. Try the following solution: Two parts of dry castile soap, thirty parts of glycerin, forty parts of water.

Needlecrafts FOR THE HOME

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The mother-and-daughter trick that can't be beat. Identical pinafores, that will have everyone complimenting you when you and small daughter wear them together.

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