

# Woman's Realm Social and Personal Fashions Literature

## EAT QUAKER OATS FOR GROWTH



Still Costs Less Than 1¢ a Serving!

Serve a Hot Breakfast of QUAKER OATS EVERY DAY!

### That Body Of Yours

By James W. Barton, M. D.

#### SMALL, FREQUENT DOSES OF INSULIN IN MENTAL CASES

Before shock treatment was discovered, it was estimated that, at the rate mental disease was increasing, in less than 50 years one-half the people of the world would be needed to care for the other half. Then came the discovery of shock treatment, and it was felt that there would be a covering of the rate at which mental illness was increasing. This has proved true.

Unfortunately, there have been some cases in which the usual insulin shock treatment has been too severe, and mental specialists have found it necessary to stop this kind of treatment. It is gratifying to know that many research workers, both using it often, now can treat many of these cases safely and with excellent results.

In Archives of Neurology and Psychiatry, Dr. E. S. Sullivan states that treatment with insulin, given by the intensive subshock technique, not only is effective in producing an improvement in the symptoms, but also completely stops the symptoms for certain periods. In addition, it brings about apparent recoveries of the psychotic or mentally upset patients seen in the Army.

The majority of the patients treated were suffering from the double personality or dream-state type of mental illness. Many of the patients had been psychotic or mentally afflicted three or four months before reaching the hospital from overseas. Despite this long period with mental symptoms, the majority responded well to the intensive subshock insulin treatment.

Intensive insulin subshock treatment, consisting of adequate subshock reactions twice a day, seven days a week for three weeks, should be used in all essentially disturbed states of the severe anxiety-tension type with severe depression.

Intensive insulin subshock is a relatively safe procedure and can be carried out in a setup in which 20 to 50 patients can be cared for by two nurses and five attendants.

When the mental symptoms do not respond satisfactorily to insulin subshock treatment, at least 12 electric shock treatments should be given (one treatment three times a week). This will increase the rate of improvement and freedom from symptoms up to 90 per cent.

### Household Scrapbook

By Roberta Lee

**Oranges**  
Oranges will give more juice if they are at room temperature or warmer and it is not true that they lose their vitamin content by warming. If kept in the refrigerator warm them before squeezing by holding under the hot water faucet or putting them in a warm oven for a few minutes.

**Rust Stains**  
To remove rust stains from a garment soak them in boiling rhubarb juice. It is said that the worst spots will yield to this treatment without injuring the material.

**Jar Tops**  
If the top of the fruit jar sticks and will not turn, set the jar upside down in hot water for a few minutes and the top will come off without difficulty.

### The Stars Say--

By Genevieve Kemble

**For Friday, January 14**  
A RATHER precarious state of affairs is read from the dominant planetary aspects on this day. A reckless, extravagant and wasteful course of action could have disagreeable reactions on the health, prestige, credit and social as well as business solidarity. There are elements of trickery and duplicity undermining the position, funds and ambitious objectives of every connection. A watchful and thrifty plan of action might circumvent serious loss, regrets and sinister involvements. Protect family affairs, career and professional standing.

**For the Birthday**  
Those whose birthday it is may be at the threshold of a critical period, with the standing, finances, property and professional integrity victimized by craft, treachery, wastefulness, over-indulgence of gality and irresponsibility. An indulgent of trickery, fraud, craft and other sinister involvements could have most unhappy or tragic reactions on health, prestige, family, or career, position and stability. Keep alert to all forms of subtlety, intrigue and reckless indulgence. A child born on this day may find it difficult to curb extravagant and indulgent tendencies, subletting to craft, suspicion, forfeiting support of family and influential personages.

### Ellen's Diary

By an Island Farmer's Wife

I'm afraid that if I were called upon to give an accounting of this day, I should have to confess to having "kicked over the traces." I shall always remember it, for never before in the annals of Alderlea, was there such a day. The event was the culmination of much deliberation on my part, and some temptation. I had often wondered what sensation the like would bring. Now, after what young folks might consider a whole life-time, I know. Today, willfully and contrary to James' explicit command, not mentioned since a bygone year but inferred by custom, I did the deed. I deliberately, yet in secret put the pig's ears—the one butchered yesterday, in the pot. It was an exhilarating experience, but only, I admit, for the moment. "Oh dear!" I laughed, and Jock suspected my partial dismay chuckled and said accusingly, "Now look what you've done!"

I had often wanted to do it, but like wanting to crumble a roll in one's company soup, or to drink from a saucer it ended in wishing. I spoke of it once to James, in the usual casual way when we were portioning a carcass of pork as it lay. Naturally then I was not nearly so familiar with James' habits as now. In any event, I recall that had succeeded in severing the head from the body, he proceeded to cut off each ear. These I caught in turn. "Now, Ellen," he said in a business-like way, "we may as well finish this before commencing the rest." We'll open it and fix it up at the chopping block. "But James, you'll have to wait a moment until I put these in the fire," I replied blithely. James stood a moment aghast. "Burn them, Ellen! You'll do no such thing. We shall save the fat. Burn them, save them!" he repeated with unmistakable disdain.

And once when we were alone in the kitchen in recent years and I had related the incident to Pat he laughed as he said until he "nearly hurt himself" over it, and pointing his pipe at me the better to impress his words, he commented, "There, Ellen, I'm telling you, is where you put your fat in it—you ought to have up with the stove-cover and dropped them in. Mind you, not that I'm sayin' it's ever right to so gin your man's wishes at all, but you've been done an' over with. For haven't you been a hankerin' to do it ever since?" An hunker-like you'd not be satisfied till you do!" To this day, I have never understood James' husbanding of the pig's ears, a saving which ended at the barrel—nor have I inquired. That evening while the matter was still fresh in mind, he commented about it to a visitor, a bachelor, who heard of it, it must have blessed his single estate. "Ellen would have burnt them! And well, they're the best things to flavor sauer kraut or baked beans, so they say. That might be. It has been the fate of many then that in a long line of twin ears tucked away in the barrel, and as regularly carried out in the brine, we have never tried them.

Rob, when it came to cut up the pork brought my temptation. He sometimes suggested with emphasis at the salting when I presented the ears, "throw those—things away—you may as well now as in the Spring." But I, heaving a dutiful sigh, would remark with an air of resignation, not unbecoming in a woman, "But your father always says, 'the best of the best is sauer kraut or baked beans, so they say.' And he chucking would follow the established custom. When it came Jock's turn to attend sometimes to the salting he would laugh, "Now where do these go in the top or bottom of the barrel? We'll have to be careful of them, at any rate!" Today, then I "kicked over the traces" and tonight all snug and tidy, our first barrel of ear-lesser pork rests in the cellar, and the next? Should it be my good fortune to attend at another it is highly probable that down beside the ham and shoulders and all, we shall tuck the reverse pair of ears!

Grand-daughter has her two grand-mothers within "hailing" distance these days, her maternal one being now a welcome guest at the house across the lane. Today's showers permitted our small one only a brief outing and kept Jamie away from his classes at school. "Rain, Ellen!" James comments coming in at his day's end, "it's pouring—at what a night!" Darkness too crowds the panes, and a howling wind bears down from the hillsides.

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

### Modern Etiquette

By Roberta Lee

Q. Is it all right to have a wedding take place in the new home of the bride and bridegroom?  
A. Yes, if desired, although it is more customary to have the ceremony in a church and then have the reception in the new home.

Q. When four men, accompanied by four women, enter a restaurant, should they enter by couples?  
A. No; the four women should follow the head waiter, the four men following last.

Q. Is it necessary for a woman to remove her glove in order to shake hands?  
A. No.

### DOROTHY DIX SAYS—

#### Child Marriage On Rocks Girl-Wife Wanted Playtime After, Not Before, Wedlock

DEAR DOROTHY DIX: I am 17 and am married to a boy of 19. A month ago I ran away from him because I wanted to have a good time and now all I can do is cry, and if I go on this way I think I shall die. I love my husband and he loves me, but he won't take me back. He isn't working. He is just running around and drinking. Every time I see him I burst into tears and tell him what a fool I have been. I didn't mean to do any harm. All I wanted was to go out with other boys and have fun. Please tell me what to do. I love him and don't want a divorce.  
DORA



ANSWER: No greater warning against the folly and the tragedy of too young marriages could be given than is contained in this letter, because it tells the pitiful story of a girl who drove her husband to drink and messed up her own life just because she wanted to have some fun.

She was a good girl. She had been carefully reared and hadn't the slightest idea of stepping over the line. But she was only 17. She hadn't had any playtime and wasn't ready to settle down into the humdrum of married life. She wanted to have dates and dance and go places and flirt with boys who made love to her, and when her husband objected to her little affairs, which were really innocent enough, she left him so that she might be free to do as she pleased.

**HIGH PRICE OF FREEDOM**  
And when she found out that freedom is the highest-priced thing in the world she was appalled, and she spoke the truth when she said, "I just wanted a little fun." And that is the heart-breaking explanation of why so many young marriages go on the rocks. Youth will be served. The glamour fades out of adolescent marriages. Boys and girls who married before they had any playtime take it after marriage, when it ends only too often in the divorce courts.

**DEAR MISS DIX:** I am 22 years of age, a private secretary to an official. My father has been against the use of lipstick ever since I started using it at the age of 17. He ridicules me every time I go into a room where he is and makes me wipe the lipstick off before he will agree to speak to me. You can't imagine what an important and disagreeable issue this has become in our household. But at last my father has agreed never to say another word about it if someone, who really knows makeup and its proper use in public, would say it was all right to use lipstick—even if it went a little past the lip line.  
Will you please settle the question for us?  
JEAN

ANSWER: It is a curious thing that a small tube of red grease should arouse so much controversy and precipitate so many family squabbles, but it does. Fathers especially are allergic to it, and every little bobby-soxer has to fight her way to the possession of a lipstick. Also, there is no denying that lipstick is first aid to divorce, for the first suspicion that many a wife has of there being Another Woman is when she finds lipstick on her husband's shirt. No man ever has been able to concoct a convincing alibi for that.

My own feeling is toward lipstick, in that it is both a blessing and a curse. It is a blessing if it is used in moderation and put on with skill, but it is a curse if it is dabbed on, apparently in the dark, so that it makes a woman's lips look like a raw cut of beef.

The real test of lipstick is whether it makes a woman kissable or not.

**DEAR DOROTHY DIX:** I am married to a man who works steadily, gives me his pay check to do as I see fit, who is clean and kind, provides me with a nice home and plenty of cash. His only fault is that he drinks, but he never shows it. He never neglects me or leaves the house without kissing me, and the only quarrels we ever have is when I nag him about drinking.  
What should I do? Give up the ship or stay with it? I am not unhappy, but it worries me.  
B. B.

ANSWER: Perhaps the Alcoholics Anonymous could help you solve your problem. For a man like your husband must be amenable to reason. Maybe if you would quit nagging your husband about drinking, you would have a better chance of curing him of the vice, for you know that the favorite alibi of drunkards is that their wives drove them to drink.

### Cook's Corner

#### CHICKEN KING CUTLETS

4 tablespoons shortening, 7 tablespoons flour, 1 teaspoon salt, 1/2 teaspoon pepper, 1 cup milk or chicken soup, 2 cups chopped chicken, 2 tablespoons pimiento, chopped, 1/2 cup dry bread crumbs, 2 eggs, 2 tablespoons water.

**METHOD:** Make cream sauce of shortening, flour, salt, pepper and milk. Stir constantly until thick and smooth. Remove from heat and add chicken and pimiento. Spread mixture into shallow pan and chill (it should be about 1-1/2 inches thick). Chill well. Cut into cutlets or shape into balls. Roll in crumbs, then in egg and water mixed, into crumbs again. Fry in deep hot fat until brown at 375 degrees. Drain on unglazed paper. Serve with cream or mushroom sauce, garnished with parsley.

### Morning Smile

Mistress: "You peel the potatoes, very nicely, Mary."  
Maid: "I was told they are more digestible like that."  
"Who told you that?"  
"The man who collects the potato skins for his rabbits."  
(thick). Chill well. Cut into cutlets or shape into balls. Roll in crumbs, then in egg and water mixed, into crumbs again. Fry in deep hot fat until brown at 375 degrees. Drain on unglazed paper. Serve with cream or mushroom sauce, garnished with parsley.

### Legends

#### Of P. E. Island

By Uncle Joe

#### THE VANISHING HAZELNUTS

Few of our younger people have seen the low shrubs called hazel trees. But not so many years ago they were plentiful enough in certain sections of the province. These trees produced hazelnuts or filberts, included in a leafy involucre of a light reddish-brown color.

Persons who have picked these nuts year after year will tell you that on a certain day they disappear overnight as if by magic.

Often I have heard my grandmother tell about this sudden disappearance of the fruit. Only recently I was talking to one of our aged residents about the matter, and she informed me that she and her brother used to pick hazelnuts on their own farm at Argyle Shore when they were a couple of youngsters.

There was a long strip of these bushes or shrubs. They would be loaded down with fruit one day and the next day not a single nut could be gleaned from the trees.

Some folk maintained that the squirrels carried them away to their winter quarters, but this argument hardly holds, as there would have been a considerable army of the rodents to collect such vast numbers in a single night. Again, it is hardly likely that they would gather every last one.

Indeed, I never have heard any plausible explanation for this strange and sudden disappearance of the hazelnuts, though there may be one.

I have, however, heard the curious legend connected with their going in a single night.

#### THIS IS THE LEGEND

Once upon a time there lived in the Garden of the Gulf a tribe of people called Tweedlers (we already have referred to these tiny folk in a previous legend), and it appears that their chief food was the hazelnut, which at that time grew in great quantities throughout all sections of the Island.

Then came the Indians, who in turn grew very fond of these small delicious filberts. Later came the white settlers and they, too, liked the taste of the nuts so well that each fall they gathered them far and near and stored them to ripen in their homes.

Not only did the white people pick nearly all the fruit, but they set great fires going, which destroyed many of the valuable bushes. Foreseeing this, the chief of the Tweedlers, being a wizard as well, went forth on a certain night each fall and, waving his magic wand, bade all hazelnuts come together in a huge heap. When this was effected, the Tweedlers gathered about the vast store and carried it off to their homes.

The next story: The Sheet of Fire.

### Barbara Brent's BUYS AND WHYS

A WEEKLY INFORMATION SERVICE



MONTREAL, Jan. 13th—Wondering what to do about "weather-beaten" hands? Here's a timely free offer that will settle that problem for once and forever! Simply write to me—Barbara Brent, 1411 Crescent St., Montreal, P.Q.—for your free sample of PACQUINS HAND CREAM! Cream your hands to new beauty the popular Paquin way! Once tried, I'm sure you'll make a habit of it... just as doctors and nurses do who wash their hands thirty to forty times a day! Yes, Paquins is the hand cream preferred by more women than any other hand cream in the world... and when you've tried that free sample of yours, I'm sure you'll understand why!

**You and Baby Will Agree** that "Cream of Wheat" is a real treat for baby-mealtime! It's a real treat for you to fix... so very simple! For 5 Minute CREAM OF WHEAT cooks to baby-ready digestibility in just five minutes of boiling... and it's so smooth and tempting and downright delicious, youngsters can't resist that famous flavor! M-m-m-m—yes... it's a real taste-treat for baby... and so good for him, too! You see, 5 Minute Cream of Wheat contains blood-enriching Calcium and Phosphorus for diets deficient in these elements! Ask your grocer for "Cream of Wheat" tomorrow... it's a favourite with "grown-ups", too!

**If Money Means Nothing to You skip this FREE OFFER!** But if you'd like money to "come your way" every three months—and for your free copy of "DOLLARS AT WORK" It will tell you all about a low-priced investment that will assure you a steady stream of income... and it provides immediate cash in the event of an emergency... an investment that has paid consistent dividends every three months to thousands of Canadian women! It's a booklet written for you by executives of the Commonwealth International Corporation... a booklet that will show how to save money and make money for you! That's why I urge you to write to me—Barbara Brent, 1411 Crescent St., Montreal, P.Q.—for your free copy of "DOLLARS AT WORK"!

**Wouldn't You Like to be "Home-made"?** even though you're busy, you can have a jiffy! The problems of busy women, with windows closed tight against January's low temperatures, is a problem that just needs "to be" when you "freshen" the air with VAPAIR! This wonderful new room deodorant will make your home as fresh-smelling as the great outdoors—yes, and banish unwanted cooking odors and stale tobacco smoke, too! All you do is pull up the wick—and Vapair cleans the air in a jiffy—costs less than a can of kerosene! (Use Vapair—tenounce bottle)—at your favourite drug or department store!

**Note From an Excited Reader** says: "Why haven't you mentioned Shurriff's GINGERBREAD MIX in your column? I've just noticed that it's back again on my grocer's shelves—and it's my favourite Shurriff product... it's wonderful! Why not tell your readers about it? Why not, indeed! I've one of my favourite 'toes'! For SHURRIFF'S GINGERBREAD MIX combines in one package all the good ingredients that make Grandma's gingerbread a 'work of art'—Sugar, shortening, molasses, flour, eggs, baking powder, ginger and all the different kinds of spices are prepared in a mix and packed in moisture-proof bags! Ready for you to add water—leat and pop into the oven! That's all there is to it—no work—no fuss—no bother... for gingerbread that rivals Grandma's! Shurriff's GINGERBREAD MIX is still in short supply, so best thing to do is phone your grocer now—for a 'beforehand' order!"

**A Mother Writes:** "They ought to call this wonderful cereal 'All Gone' instead of 'All-Wheat', because a wonderful happens so fast!" Just imagine a bowl of cherry, grape, orange and apple flakes at your breakfast table! No more "early-morning gloom" when you put a bowlful of every Kellogg's ALL-WHEAT at every one's place! Yes, more and more mothers agree that All-Wheat is a family favourite in their homes. Everyone from Tiny Sue to Big Tom will love these crunchy, toasted flakes—topped with fruit and sugar! There's good whole-wheat cereal nourishment in a bowl of All-Wheat with milk. Try it soon—your grocer has it for you! Canada's whole-wheat in delicious ready-to-eat flakes—m-m-m-m—Kellogg's All-Wheat!

**Here's a Midwinter Morale-BUILDER** if ever I've seen one! To help you feel and look your lovely best, try the beauty magic of the NEW WOODBURY POWDER. Did you know that in a recent test, thousands of American women from Coast to Coast voted New Woodbury Powder the best of all the other leading brands? And no wonder. New Woodbury Powder contains a (sh-h-h) secret ingredient that gives a smooth-as-Satin finish to your skin! This exciting new powder covers tiny skin flaws better, too, and it has an incredibly soft texture that makes it cling longer. And the shades! Well—here's more excitement! Woodbury's new "Super-Blender" whisks color into powder and powder color with a force so violent a tornado would seem faint in comparison. Result—the shades—all 6 of them—blend so smoothly, so warmly, more glow, more glow! Prices—60¢, 75¢, 20¢.

**Whether It's a Special** "contaminant" dinner or the simplest family meal... HEINZ CREAM OF TOMATO SOUP is always a successful! It's delicious! You see, to make this "soup-succes", Heinz uses only the finest, ripest "Aristocrat" tomatoes—cooked them to palatable perfection and then, as a final "magic" touch, gives the right amount of fragrant, chosen spices! Yes, you can enjoy the flavour magic of Heinz skilfully cooled, September-picked "Aristocrat" tomatoes all winter long... in Heinz Condensed Cream of Tomato Soup! Ask for the new pack—at your grocer's now!

**A Year's Round Favorite** are these Brazil Nut Shoes, with BAKER'S UNSWEETENED CHOCOLATE giving them delicious, red chocolate flavour and luscious, deep-brown color.

**BRAZIL NUT SLICES**

2 square Baker's Unsweetened 1 cup maple syrup  
2 chocolate 1/2 cup milk  
2 tablespoons butter 1 teaspoon vanilla  
2 cups sugar 1 cup Brazil nutmeat  
Dash of salt (reduce to 1/2 cup if you use nutmeat)

Melt chocolate and butter in saucepan over hot water; add sugar, mix thoroughly. Add salt, syrup, milk; mix well. Place over low heat, bring to boiling point, stirring constantly, boil, without stirring, until a small amount forms a soft ball in cold water (235°F.). Remove from heat, add vanilla, Cool to lukewarm (110°F.); beat until mixture begins to thicken and loses its gloss. Add nuts, shape into rolls; cut in diagonal slices.

**A. Try using a small funnel** in onion, when only one slice is wanted.  
**B. Cut in such a way that** the surface can be steamed, and the root of the onion remains on the leftover part, and it will not become quickly.  
**Q. How can I preserve a large** dry.

### HE SELDOM CATCHES A COLD YET SELDOM CATCHES A COLD

Children cannot always be guarded against exposure, nor contact with other children who have colds. Careful mothers give their children Father John's Medicine regularly. It provides Vitamins A and D which build up resistance, and soothe throat irritation which bad weather brings. Get Father John's Medicine from your drug store today—keep a bottle always handy.

**FOR COUGHS AND COLDS**  
Father John's Medicine  
Made in Canada

## HOWARD MCINNIS SALE

Of Women's VELVET OVERSHOES \$3.98

Sale Of Women's Flight Boots  
All Rubber Style, reg. \$8.95. Sale Price \$7.50  
Leather Style, reg. \$8.50. Sale Price \$6.50

Sale of Children's 3-Bkl. Overshoes \$1.65 and \$1.85

Children's Velvet Overshoes \$2.49

## HOWARD McINNIS

175 Queen St. — in the Currie Bldg.

## Needlecraft FOR THE HOME

#### TOYS TO MAKE

A stuffed dog bigger than a new born babe has her own easily made wardrobe. "Scottie" is a stuffed toy dog with black, embroidered eyes, a short cropped tail. Easily made after a raid on the scrap bag.

No. 208 is cut in one size, 27-inch tall. See envelope for yardage.

No. 2104 is cut in one size, 10-inch high, requiring 1/2 yard 35-inch fabric.

Send 20¢ for complete PATTERN which includes cutting 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 Nos. 208 and 2104.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ Province \_\_\_\_\_

**CUTS, BURNS AND BRUISES**  
Healing, Soothing and Antiseptic. Dr. Chase's Ointment brings quick relief. Keeps skin soft and healthy. 6¢ tin or 25¢ jar. A healer for over 50 years.  
Dr. Chase's Ointment



### Better English

D. C. Williams

1. What is wrong with this sentence? "I forbid you from seeing him."
2. What is the correct pronunciation of "arraign"?
3. Which one of these words is misspelled? Nineteen, nicotine, career, evergreen.
4. What does the word "propitiate" mean?
5. What is a word beginning with int that means "uprightness"?

#### ANSWERS

1. SAY: "I forbid your seeing him." 2. Pronounce a-ran, first a as in ask unstressed, second a as in rain, accent second syllable. 3. Nicotine. 4. Pertaining to a prophet or prophecy. "His words bore a prophetic significance." 5. Integrity.

### How Can I!!!

By Anne Ashley

**Q. How can I fold** laundered curtains and put away in a drawer, so that the creases will not be so prominent when they are hung again?  
**A. Fold them so that the top and bottom are together.** If folded this way, the creases will work out when hung, but if folded lengthwise, there will be no weight to bring out the creases.  
**Q. How can I steam** velvet over a teabacket?