

# Woman's Realm Social and Personal Fashions Literature

## Ellen's Diary

By an Island Farmer's Wife

Of her recent days, we suspect that grand-daughter from the house across the lane has enjoyed this one the most, because it brought her the delight of an outing by horse and sleigh as far as the other farm. The way thither is a bewitching road, along which one may hear the friendly "Chi-r-r-r" of squirrels, and today the flash of bluejay's wings, and besides there was tidings of a rabbit, which had hopped away into the underbrush beyond roadside. One may see teams hauling, and there are always the farm-dogs, intriguing creatures—including Jamie's black Mutt that take note of one's trip.

A grist must be gathered up and put in sacks at the other farm, and it was Jamie who must leave her bread rising, and go thither—not unwillingly, to help with the rite. The assistance required is not arduous, but merely to hold the sacks open, while the measures of grain are poured in. It would be a lonely place there today, without a sign of a human, or beast or fowl. Only the sparrows at their chattering, and a vague whispering of wind in the lawns.

It was a wind that was mildly caressing, which wandered about beneath lowering skies, a soft gentle one which set nice roses of colour in the small one's cheeks. It was indeed an agreeable excursion, especially when she was allowed to drive the mare part of the distance between. She much enjoys handling the reins, discarding her mittens in her endeavour to get the feel of them in her hands. So different from Jamie, who shows little interest in the like, and is well content to let others attend to the driving. This may be because in his day there is no dependable old mare with which to make friends, either at Rob's or at Alderlea, or it may be that unlike the farmers here he will one day accept mechanized farming without regrets.

It was granddaddy who drove this afternoon when they set out to further the threshing at Rob's, but first there were detailed instructions to the women-kind, to be tentatively carried out during their absence. James gets the lie of the land, with some suspicion. "Now what will you be doing this afternoon, Ellen?" he asked in an interested tone. "Why?" I replied. "Well, we'd like you to have a look about the stables—oh, not yet but in, say, an hour's time, just to be sure that none of the cattle has been choked by a piece of turnip, and that all are tied." "Certainly," I agreed—there is, Jeanie and I say, nothing else we can do in the circumstance.

It is no trouble at all. One has (Continued on Page 3)

## Modern Etiquette

By Roberta Lee

Q. Should all members of the family remain at the table until the meal is finished, even if there are no guests?

A. Yes; this is good training. The person who is likely to display the same manners when in public. Q. What does a bridegroom usually provide for his best man and ushers at a formal church wedding?

A. He usually provides ties, gloves, boutonnières, and a gift to each of a small piece of a dinner in the home, who should be the first to rise from the table?  
A. The hostess.

## Legends

### Of P. E. Island

(By Uncle Joe)  
A LOCAL DUEL

Duelling used to be a favorite method of settling disputes between persons a century ago. The only case of this kind which has come to the writer's attention, in the Province of Prince Edward Island, occurred (so the legend says) at Georgetown when Frances Young accused George Smith of conduct unbecoming a gentleman.

The day following this argument, Frances Young sent his second, Mr. Turner, to meet Mr. Smith with an invitation to meet him near the water front two days later. Smith is said to have refused on the ground that two days was entirely too long to wait, and proposed that the affair be settled at once.

When the second returned with the news Frances Young agreed to fight it out that very afternoon. At the last moment a difficulty arose over the pistols, one of which was found to be more stiff in cocking than the other; but the seconds (Continued on Page 3)

## That Body Of Yours

By James W. Barton, M. D.

### NON-DANGEROUS TYPE OF HIGH BLOOD PRESSURE

If you are of middle age and ask your family physician about what should be your normal blood pressure, he likely would tell you about 135 systolic (that is when it is being pumped out of the heart) and about 90 diastolic (when heart is receiving blood). If asked what would be considered high blood pressure, you would be told that 180 systolic and 100 diastolic would be high blood pressure.

While having high blood pressure is considered serious because it often is the forerunner of heart stroke (coronary thrombosis) and brain stroke (apoplexy), it is gratifying to know that high blood pressure appears not to be dangerous in many cases.

In the "New England Journal of Medicine," Boston, Dr. A. M. Burgess points out that there are two kinds of high blood pressure—one the dangerous or malignant type, and the other the non-progressive or non-dangerous type.

With the view of finding out just what happens in this slow or non-progressive type of high blood pressure, Dr. Burgess' patients were chosen in whom high blood pressure had existed for at least eight years. In a group of 100 patients reported, a systolic pressure of 180 or a diastolic pressure of 100 was considered high or excessive blood pressure.

It was found that high blood pressure—even of an excessive degree that has been present eight years or more and where there is no heart or kidney disease present—usually does not show a poor prognosis. The patient's life span is nearly as long (perhaps three years less) than if his blood pressure were normal. This type of blood pressure does not usually develop into the malignant or dangerous type—that is, where there are eye changes, swelling of the feet or damage to kidneys. These are the symptoms present in the malignant type.

The suggestion, then, is that where the high blood pressure is of the slow or unprogressive type, there is not the need for the surgical operation now used to lengthen the life span in the malignant or dangerous type of high blood pressure.

## Happy-Go-Lucky

By Mrs. Harry Pugh Smith

### CHAPTER I

Champ Fields, managing editor and part owner of the Westhaven Clarion, was in a temper and he wanted the world to take notice. It was part of Barbara West's job to bear with the chief's tantrums. The Clarion was not a metropolitan newspaper. It was pretty small-townish in many ways. Barbara covered several unimportant departments on the sheet and also acted as secretary to the managing editor when necessary. Bending over her typewriter, she attempted to act as if she did not hear his roars upon this occasion although they reverberated through the building.

"I have a limit," he announced with great bitterness, "and Tony Blake hit it." He glared at Barbara. She was a daughter of a newspaper man and Champ Fields had given her her first job. He had in his gruff way taken her under his wing after her father's death.

"I realize I've said that before about Tony," he acknowledged, "but this time I mean it." "Yes, Mr. Fields," murmured Barbara. She was afraid he did mean it. Her hand trembled slightly as she inserted a fresh sheet of paper in her machine. If only Tony weren't so irresponsible, she thought, or if he were less lovable. But Tony was both irrevocable. (Continued on Page 3)

## Cook's Corner

### CHOCOLATE COOKIES

- 1/2 cup shortening
  - 1 cup brown sugar
  - 1 tablespoon grated orange rind
  - 1 egg, lightly beaten
  - 2 cups sifted flour
  - 1/2 teaspoon salt
  - 1/2 teaspoon baking powder
  - 3/4 cup milk
  - 2 squares unsweetened chocolate
  - 1/4 cup chopped nuts
  - 1 teaspoon vanilla
- Cream together the shortening, sugar and orange rind; add the egg, beat until light and fluffy. Add the sifted dry ingredients alternately with the milk. Add the melted chocolate, the nuts and the vanilla. Chill the batter for at least 3 hours. Drop by spoonfuls on an oiled cookie sheet. The cookies will spread in the baking. Bake in a 400 oven for 15 minutes. Cool and store in a tightly covered tin.

## Household Scrapbook

By Roberta Lee

### Varnished Paper

Varnished wall paper can be cleaned by using a melted bar of yellow soap poured into a pan of warm water. Apply with a soft brush to wet.

### Sewing Hint

If a small piece of adhesive tape is applied to the finger, it will prevent it from being pricked by the needle when sewing or embroidering.

### Blending Dates

Dates will blend better with other ingredients in cooked dishes if they are first covered with a little hot water or milk. This will soften them.

## The Stars Say--

By Genevieve Kemble

For Thursday, March 31

THERE is splendid presage for a surprising, perhaps dramatic, turn to a difficult or critical situation, this by dint of hard work, concentrated efforts backed up by serious study of underlying factors of a blocked, frustrated or stubborn state of affairs. Marshalling all available forces, grasp of practical and basic fundamentals, with determination and diligence in face of all obstacles, may attract surprising support from influential sources, ready with useful funds for promoting the bright idea with sound technique. Enhanced prestige and personal popularity, also figure as reward with fitting celebrations.

### If It Is Your Birthday

Those whose birthday it is, are under propitious aspects for a period of rich attainments, with enhanced personal popularity, social recognition, and generous endorsement and cooperation from high places. This is due to appreciation of unusual versatility, astute tactics, keen analysis of a difficult or seemingly hopeless situation. Detail, new ways and means, change, and far vision all combine to avert into lucrative channels of achievement and worthy purpose. All this will have happy reactions on the private and professional life, with expanding and gracious opportunities for enjoyment and enhanced prestige.

A child born on this day by its sterling qualities of character, its versatility and worthy ambitions, should have a rich and happy life.

## BABY'S HOT LITTLE HEAD

WHEN your baby's head feels hot to your hand it may be because of simple fever common to some minor baby ailment. If so, Baby's Own Tablets will help reduce this simple fever by clearing harmful wastes out of the system.

Mrs. Francis Carroll of Midland, has this to say: "My little baby was feverish and hot. I gave her Baby's Own Tablets and by night she was up and around again. My baby's fever is not promptly relieved consult your physician."

Baby's Own Tablets are sweet-tasting, easy to take—and have been used with confidence by mothers for over 50 years. No "sleepy" stuff—no dulling effect. Equally good for constipation, teething troubles, upset stomach and other minor ailments. 25¢ at druggists. Get a box today.

## Morning Smile

### HIS MONEY'S WORTH

A love-lorn sailor decided to celebrate pay day by sending a telegram to his girl. After chewing on his pencil for several minutes he finally handed in a message that read: "I love you, I love you."

The counter clerk read it and said: "You're allowed to add another word for the same price."

## How Can I!!!

By Anne Ashley

### Q. How can I make a sizing for plastered walls?

A. If there is no commercial sizing on hand plastered walls and ceilings that are to be painted with oil paints may be sized with carpenter's glue diluted with a large quantity of water.

Q. How can I avoid the strong taste of onions?

A. By pouring boiling water over them after they have been sliced, and then draining and pouring cold water over them.

Q. How can I clean window shades?

A. Non-washable shades can be cleaned by rubbing common salt over them. Rub well into the shade with a soft cloth, and this will renew their freshness.

## Better English

D. C. Williams

1. What is wrong with this sentence? "I was never in San Francisco."
2. What is the correct pronunciation of "deficit"?
3. Which one of these words is misspelled? Exemplary, artillery, efrontery.
4. What does the word "agility" mean?
5. What is a word beginning with ind that means "want of feeling"?

## ANSWERS

1. Say, "I have never been in San Francisco." 2. Pronounce def-i-sit, e as in bet, both i's as in it, accent first syllable. 3. Exemplary. 4. State of being nimble. "He has retained the agility of youth." 5. Induration.

## DOROTHY DIX SAYS—

### Perfect Wife

#### No Woman Can Be Expected To Possess All Virtues

DEAR MISS DIX: I am a man in my thirties, seriously thinking about getting married, but the woman I marry must have the following characteristics: No sulky, sourpuss nor gold-digger need apply. She must be amiable, domestic, a real housekeeper and a good cook. Fairly good-looking. Intelligent, possess pep and enjoy going about. Drive a car. No bookworm.

She must not smoke, drink liquor, nor use snuff. She must furnish bonafide references. Be unencumbered and financially able to buy her own clothes. In a word, she must be good. Do you not think that such a woman would make a satisfactory wife?

ROMEO

ANSWER: Such a wife would certainly be a lonely bachelor's answer to a prayer, but where would a chap go to find a woman who was a concatenation of all the charms and virtues? Many women could qualify on one line of attractions. Pretty girls are plentiful. There is a fair supply of good cooks. Many women drive their own cars and are able to pay their own dress-making bills.

Any man with matrimonial intentions can easily find a mate if he is satisfied with a one-talent wife. However, if he demands that his spouse shall be a perfectionist who excels in everything, he is doomed to bitter disappointment, for there just isn't any such animal.

### GREAT STRAIN

And if there were, no man could stand her. Imagine the strain of living with a woman who was beautiful and brilliant and intelligent and domestic and the glass of fashion and the mold of form. It would drive even a prohibitionist to drink and make any husband think longingly of the divorce court.

We talk a lot about the ideal husband or wife. Yet, in reality, no one wants one. No man wants a wife who knows more than he does, who never does anything foolish and who always yes-yesses him. Nor does any wife want a husband who is a paragon of all the virtues. The people we love are just poor sinners like the balance of us.

So, Mr. Man, I am afraid that you will have "Old Bachelor" carved on your tomb if you wait to find the perfect wife.

DEAR DOROTHY DIX: I am in a very confused state of mind. My trouble is that the young man with whom I have been going for a year (Continued on Page 3)

## Living & Leisure

### THE WOMAN'S REALM

### FUN

Fun follows when the work of day is done;

Not with the rise, but with the set of sun.

Fun is the sweet reward that is returned,

To be enjoyed when it is truly earned.

Fun is the second motive, not the first.

Who thinks it best may live to find it worst.

Who through the years takes pleasure for his guide

Misses the way to peace of mind and pride.

Work is the leader! When the tasks are done

They set us free to rest and turn to fun.

Oh, son of mine, remember and be wise:

Toll is life's purpose. Fun is just the prize.

—Edgar A. Guest.

### HOME HAIRCUTS COME BACK

Mother has taken up the shears and is wielding them, in some instances, as professionally as the local hairdresser.

Ever since the short bob was introduced, at the instance of hair-

dressers who saw the long bob as a threat to their business, the girls who succumbed to the new fad have had to face the costly item of frequent hair cuts.

Many are buying professional kits which contain all the implements they need to cut their own hair. Some of these amateur attempts at hair shearing look very professional indeed.

Even Dad gets in on the treatment, and often finds a home haircut comes out as well as the barber shop variety. Usually Mother treats Dad to the razor-cut. This is accomplished by holding the top locks up, measuring one, two or three inches, and shearing with a razor or razor-like implement. Sides are cut close with the scissors.

This is the same method she uses on her own hair, and little sister's, too. She sections it off, measures it, and lets the razor go to work. If she has waited until the hair is too long for the razor treatment, she gets her licks in with the scissors first, then she trims and shapes to her heart's content with the razor.

She doesn't have to worry about a permanent with short hairdo. She can put it up in pin-curls, of which she also has learned the trick, and have a smooth sleek line on top and a slight curl on the ends. She can dry her some-set quickly in the sunshine or under an infra-red lamp.



One of Canada's  
**FINEST BLENDS**



there's Life  
in these new  
**'festive' hosiery shades!**

- The gaiety of Kayser's unique new nylon shades for Spring adds sparkle to every ensemble.
- "SOHO" ... A Flattering Warm Grey.
- "REVELRY" ... An Enchanting New Blue Grey
- "PIESTA" ... A Successful Lively Brown.
- "MARDI GRAS" ... A Basic Wardrobe shade.
- "COUNTY FAIR" ... A New Misty Copper Tone.
- "HOLIDAY" ... Exquisite New Light Beige.
- "CARNIVAL" ... A Neutral Medium Beige.

At the nicest stores from \$1.40

you owe it to your audience  
—wear **KAYSER**  
HOSEY • GLOVES • UNDERTHINGS

Patent Pending

## Win your Share of \$8,000.00

With Your Favourite  
**Baking Recipe**

### ENTER JEWEL'S TREASURE CHEST CONTEST

"Your recipes are needed for the new revised Jewel Recipe Book," says Martha Logan. "Won't you help?"

"Now—win cash for your recipes in this easy contest. There is \$1,750.00 to be won in the Maritimes and Newfoundland alone, plus \$1,000.00 as Grand Prize for all Canada!

Here's all you do: Write out your favourite recipe for cake, pie or cookie. Use any piece of paper. Attach it to a box top of Swift's Jewel Shortening. Mail to Jewel's Treasure Chest Contest, P.O. Box 35, Terminal A, Toronto. Remember, your chances of winning are good, for you compete only with women in the Maritimes and Newfoundland. So don't wait—send in your recipe today!"

### LOOK WHAT YOU WIN!

For all Canada ...  
**\$1000 Grand Prize**

In each region ... \$500 1st Prize, \$200 2nd Prize, \$50 3rd Prize. And 100 \$10 Bills as Consolation Prizes.

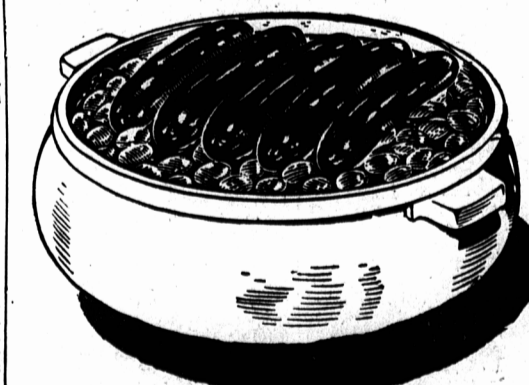
EVERY ENTRANT WILL RECEIVE FREE A COPY OF THE NEW REVISED JEWEL RECIPE BOOK

### Read these rules and win a prize!

1. There are 4 regions for the purpose of this contest: Maritimes with Newfoundland, Quebec, Ontario and Western Canada. You compete only with women in your own region.
2. Write your entry plainly on any sheet of paper. Print your name and address—send your entry to Jewel Treasure Chest Contest, P.O. Box 35, Terminal A, Toronto. Send as many recipes as you wish, but accompany each one with a box top from a 1-lb. carton of Swift's Jewel Shortening. If you wish, you may obtain entry blanks from your dealer.
3. This contest is open to any woman living in Canada and Newfoundland—except employees of Swift Canadian Co. Limited, its advertising agencies and members of their families.
4. Swift Canadian Co. Limited, All contestants will receive a copy of the new revised Jewel Recipe Book as soon as it is printed.
5. Contest closes May 7th, 1949. All entries must be postmarked before midnight of this date.
6. Prizes will be awarded for excellence of the finished products prepared by mailed dispatch working under the direction of Martha Logan.
7. Decision of Martha Logan and her judges is final. You accept these rules when you enter the contest. Names of Grand Prize and Regional winners will be published in this paper.

For extra good biscuits, cakes and pies—five each—visit on Jewel. It cooks quicker! Blends better!

SWIFT CANADIAN CO. LIMITED



### Frankfurt Bean Casserole

Mix contents of 2 cans of baked beans with 1/2 cup chili sauce, and pour into a casserole. Cover the top with whole Swift's Premium Frankfurts, then brush with melted butter. Heat in a moderate oven—350°F., about 30 minutes. Lima beans or kidney beans may be used. This gives you an easy-to-make dish that your family will want often.

## "My favourite dinner dish!" Swift's PREMIUM Franks!

### Your new main meal dish—

"Take a tip," smart housewives across Canada have been saying for a year now, "and serve Swift's Premium Franks for dinner. They're easy to get ready, and everybody loves them!" Try Swift's Premium Franks—the Franks sealed in cellophane. Nothing like them ever before. You'll see! Made especially for dinner, Premium Franks are all dinner-quality meat—tender beef and juicy pork. Fresh! Digestible! Nutritious!

Save time and money with Swift's Premium Franks. They cook in minutes, and they're so economical! All meat, no waste! Remember, Swift's Premium Franks are cello-sealed for your protection—so get them today with all their good flavour sealed in the new cellophane wrap!

SWIFT CANADIAN CO. LIMITED



'Just Right' Sausage  
The call to breakfast—  
Swift's Brookfield pure  
pork Sausage with the  
'Just Right' flavor!

## Needlecraft

### FOR THE HOME

#### DELICATE AIB

The frothy eyelid-edging and the baby chick applique make this little "pocket edition" dress pretty enough for young set parties. Finish with short puff sleeves or cap sleeves.

No. 2477 is cut in sizes 2, 4, 6 and 8. Size 4, 2 yards 35-inch, 1 1/2 yards edging. Applique included.

Send 25c 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. 2477

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

REGINA — (CP) — Fifteen thousand tons of earth were dug out of this city's "innards" this winter. The earth resulted from tunnelling operations on a 7,000-foot storm sewer system. The dirt was used to build up low-lying roads and reclaim areas for residential use.

