

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

Dorothy Dix Says—

DIETICIANS SAY POOR DIGESTION HAS RUINED MANY A MARRIAGE

If Husband Becomes A Pessimist, Wife Should Watch What She Feeds Him

Perhaps after all the Orientals have a truer conception of love than we Westerners when they locate the seat of the tender emotion in the liver instead of in the heart, as we do. The Turkish Clark Gable, for instance, does not address his best girl as the darling of his heart. He calls her the joy of his liver. No doubt when the lady proves unresponsive he does not upbraid her for breaking his heart.

To the unthinking, especially to those who are oldish, it may seem unimportant. Nevertheless, dieticians have taken the matter up and are investigating the effect of love upon digestion. They seem to have come to the conclusion that it is not romance that quickens the pulses or gives to the sentimental, that all-gone feeling, but something that they ate.



Of course, it is disillusioning to be told that we may be suffering from too much lobster Newburg instead of the grand passion and that what we need is bicarbonate of soda instead of a marriage license or a divorce, but it lends interest to a discussion that the biochemists and dieticians have recently been having on the effect of love on the gastric juices.

According to a woman, who is a famous authority on the subject, love is more likely to ruin the digestion and the appetite than anything else and it has the soothing effect of a demolition bomb on the human system. This view, however, is contradicted by a man, evidently an idealist, who believes that being in love may lead people to a wholesome, balanced diet, even to eating spinach. He even goes so far as to say that lovers may be unaware of what they are eating and will nibble on raw carrots instead of caviar canapés.

LOVE MUST BE SERENE

But, here is the catch in the argument: all the authorities seem to agree, that for love to be a good stomach tonic it has to be serene and calm and happy. Otherwise it plays hob with digestion and not only upsets the stomach but the disposition.

This scientific investigation of the effect of food on love is of tremendous importance to women and carries a message and a warning to every girl who is thinking about getting married and to every woman who is already married.

For the thing that is most important to every woman who has a husband is not the state of his affections but the state of his digestion. If that's all right, she is assured of peace and comfort and prosperity and a fireless companion, whereas if he is half starved or fed on the food he abhors or is dyspeptic he will be cross, irritable, fault-finding and complaining, and a sore-headed bear will be pleasant to live with compared with him.

LEARNING TO COOK IS IMPORTANT

Girls who put their faith in the theory that love is not only blind but tasteless do not think it worth while to learn how to cook before marriage. They think that their own husbands will be so absorbed in adoring them that they will not know what they put in their mouths or be able to tell the difference between good and bad coffee, but alas, such is not the case. The first disillusionment that many a bridegroom gets is in discovering that Angel Face is a poor cook and by the time he gets through telling her what he thinks of leathery steaks and soggy pies and watery potatoes there is mighty little left on the wedding cake. The common knowledge to one and all that a man puts his stomach in his wife's keeping when he gets married and that not only his health but his success depends upon the care she takes of it. If she feeds him on good nourishing food he will be going strong at middle age, but if he has to get up and cook his own breakfast and eat his dinner out of paper bags and tin cans he will be a nervous wreck before he is forty.

So ladies, take a tin from the dieticians. Look after your husbands' digestions and the other problems of marriage will look after themselves.

Living & Leisure

The Woman's Realm

SCHOOL AGAIN

Out from their dusty nooks Tumble unwilling books... Open their weary eyes, Bat one more meal a day, Seal one more hour from play— Hitch hike along the road, Everlasting in a mode, Stirr tails to greet the breeze, Heads that will never freeze, Out, in the coldest day, Breathe of a top display... Clean-cut and straight and tall, Never the pawns of thrall, Never a big un-uck... Gorgeous Canadian Youth —By Norah Godfrey.

ENSEMBLE DRAPERY AND BED SPREADS

Many novel ensemble treatments are seen that combine draperies, bedspreads, dressing tables, and chairs of the same or correlated fabrics. One such with a timely patriotic flavor uses a red and white striped drill for draperies and has a blue valance spangled with white stars. With it goes a chair covered in the starred blue of the valance and piped with white. The red and blue are the same as in the flag and the stripes are of flared width. A striking effect is added by combining draperies of colored organdie with broad bands of flowered tulle that match the covers of a pair of pull-up chairs placed vis-a-vis before a fireplace. This idea may be reversed, the draperies being of tulle and the bands of organdie in contrasting color.

WATCH FOR NEEDLES

Keep your sewing basket in order—you'll run less risk of losing pins and needles. Don't tuck needles into spoons or threads, they may bend or break.

IVORY MAY BE CLEANED

To improve the appearance of ivory, wash it in warm soapy water, and dry. Then polish with furniture cream. If it is stained use lemon juice and water, and if necessary bleach by wetting with the same extra-soapy water and leaving in the sun for some time.

TIDY TIE-UPS FOR FALL

Mention "no buttons or slide

Are You Sure of Table Etiquette?

The "Plate-Passer" Annoys Ah, such refinement—the thought! But passing plates on and on only annoys other guests who wonder, "Who invited HER?" It's correct to be guided by the host, who indicates who is to pass. Usually the woman on his right is served first. If you are helping yourself to a dish near you, you might offer it to the person next you—but no elaborate passing! Sure of such points—which are so easily learned—you can make such a charming impression. At the start of the meal, you let your partner pull out your chair for you. At the end, you leave your chair as it is—not awkwardly pushing it back in place. You don't leave unpleasant pictures in people's minds—biting into a whole piece of bread, eating sticky iced cake with your fingers. You break the bread as you eat it, use a fork with iced cake. And chicken bones? How to eat asparagus, canapés? Our 32-page booklet tells how to eat these and other foods. Describes correct use of silver, when to use fingers, gives dinner etiquette for hostess and guest—course by course. Explains what to do at teas, buffet parties, restaurants, clubs.

Send 20c in coins for your copy of "Good Table Manners" to The Guardian Home Service. Be sure to write plainly your name, address and the name of booklet.

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closings" to some people, and suggest raised fastenings and they think of bandages or package wrappings. Designers are making a virtue of such closing, however, for trails, and besides their functional use, the ties are being used as a new kind of ornamental touch. A dark blouse or jacket, for example, will have the fastening of bright contrasting material. It will be a simple matter to treat these fastenings as you would detachable collars—slip them out and dip them frequently in gentle suds, and thus keep the garment-looking dainty and immaculate with little effort.

SUMMER BLANKETS

It pays to have a combination of wool and cotton blanket for summer use, putting away the expensive heavy wool blanket for winter. Frequently, the night is too cool for just a sheet and yet too warm for thick wool. The light blankets are easily laundered and very inexpensive, besides their weight is pleasing. If shivers are necessary in your kitchen, have them placed low enough to be within easy reach. Then useless things will not be flung there and allowed to remain.

DANDELION GREENS

A Hollywood starlet, so the story runs, planted her Victory Garden with a border of dandelions. At any rate, dandelion greens are an excellent basis for mixed green salads with savory garlic dressing—and fuller of vitamin and minerals than a lot of spinach. They may also be served hot with lemon juice and slices of hard-boiled egg.

HOME-CANNED PUMPKIN

Wash, remove seeds and peel. Cut into one-inch cubes. Cook in a small quantity of water until soft. Put through a sieve. Reheat to boiling point. Fill pint jars. Seal and process by water-bath method three hours.

THRIFTY HOME SEWING

During the last war, home sewing increased greatly, and will continue to do so. It is a way to economize—a way that women become more and more conscious of as they knit and sew for wartime relief organizations. It's also a way to keep busy constructively, and women do not like to be idle these days. If you know how to make a quilt, for instance, you have the time to organize a class and teach a few others the art. With wool and cotton blankets, by the way, the best material to use is a fine substitute. And it's an excellent way to use up every scrap of fabric. Be sure, however, to wash all your material before you rich suds that rinse out the dirt

TRY THIS 4-STAR CEREAL

GRAPE-NUTS FLAKES THE 4-STAR CEREAL SENSATION

- ★ FLAVORFUL
- ★ NOURISHING
- ★ EASY-TO-DIGEST
- ★ CRISP, TOASTED FLAKES

THE COOK'S CORNER

STEAMED CHICKEN LOAF

Two cups cooked, diced chicken, 3 cups steamed rice, 1-2 cup bread crumbs, 2 slightly beaten eggs, 1-2 teaspoon grated lemon rind, 1 teaspoon lemon juice, 1 teaspoon grated onion, 1 tablespoon minced parsley, 1-2 cup diced celery, 1-2 teaspoon celery salt, dash cayenne pepper and ginger. Line bottom and sides of well-oiled loaf tin with warm rice, leaving nest in centre. Add crumbs, eggs, seasoning, chicken, and blend. Fill nest with chicken mixture, and cover with remaining rice. Cover top with well-greased paper. Bake in a pan of hot water about 45 minutes, or until thoroughly heated. Remove paper, invert serving platter over loaf, and remove the loaf on to the platter. Garnish with parsley, and serve with egg sauce.

HAWAIIAN REFRIGERATOR CAKE

One and a third cups (one 15-ounce can) of sweetened condensed milk, 1-4 cup lemon juice, 10 marshmallows quartered, 1-2 cup crushed pineapple, 10 maraschino cherries quartered, 1-2 cup whipping cream, four fingers. Blend sweetened condensed milk and lemon juice. Stir until mixture thickens. Add marshmallows, pineapple and maraschino cherries. Whip cream and fold into mixture. Line 9-inch tube pan with split lady fingers, standing halves round inner and outer side of pan. Pour in filling. Cover with lady fingers, if desired. Chill in refrigerator 6 hours or longer. To serve, turn out on small platter. Garnish with whipped cream, if desired. Serves ten.

Join the LUX DAILY DIPPER

Runs are out—economy is in! Girls just can't afford stocking runs these days. That's why gentle Lux care is a must if you want to make your sheer new rays last longer. Gentle Lux whisks away harmful perspiration which rots delicate threads. Lux keeps threads elastic. To cut down on embarrassing runs, dip stockings in Lux soon as you take them off. Don't rub or twist—and don't ever use strong laundry soap. That damages delicate threads. Lovely rayon stockings last longer when you dip them in Lux. Start your daily dipping tonight.

FAR FEWER RUNS



Join the LUX DAILY DIPPER

Runs are out—economy is in! Girls just can't afford stocking runs these days. That's why gentle Lux care is a must if you want to make your sheer new rays last longer. Gentle Lux whisks away harmful perspiration which rots delicate threads. Lux keeps threads elastic. To cut down on embarrassing runs, dip stockings in Lux soon as you take them off. Don't rub or twist—and don't ever use strong laundry soap. That damages delicate threads. Lovely rayon stockings last longer when you dip them in Lux. Start your daily dipping tonight.

TONIGHT—dip your stockings in LUX

A LEVER PRODUCT

YOUR TEA MUST GO FURTHER!

MAKE IT THIS WAR-TIME WAY!

1. Warm the Teapot.
2. Use 1 level teaspoonful per cup required.
3. Pour one cup boiling water (carefully measured) for each cup required.
4. Brew full 5 minutes.

For full flavour and thick-liquoring quality use MORSE'S SELECTED ORANGE PEKOE

VASE OF FLOWERS A BEAUTIFUL WALL HANGING



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An embroidered panel of a Chinese vase, may be used to create a lovely wall hanging or on a fire screen. Hot iron transfer pattern No. 1658 measures 13 1/2 by 18 1/2 inches with complete instructions. To order pattern: Write, or send above picture with your name and address with 15 cents in coin or stamps to Needlework Bureau, Charlottetown Guardian, To Charlottetown Guardian, Needlework Department.

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Bad breath is a business menace OTHERS always detect before YOU do yourself. Take no chances! Guard your success with Colgate's Tooth Powder... clean your breath as you clean your teeth.

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COLGATE'S TOOTH POWDER 12 1/2c, 25c, 40c

CLEANS YOUR BREATH AS IT CLEANS YOUR TEETH

TIDY THE TOILER



Remembered April

By STEWART VAN der VEER

CHAPTER XXXV

Anne and Mont, taking a short cut across the meadows, soon reached the springbrook. Approaching the house from the rear, they climbed the porch steps and knocked on the kitchen door. In a moment, the colored cook, Dora, opened the door. "Oh, it's you, Miss Anne!" She hesitated and glanced behind her nervously. Anne got the impression that the negro was reluctant to admit her and Mont. There was an almost frightened look in her eyes. Anne, followed by Mont, stepped into the kitchen and looked around her. Then, as her gaze fixed on the table in the center of the room, her heartiest quickened. On the table was a tray. It held an empty tumbler, gray with milk stain, a half-emptied bowl of soup, a saucer with cracker crumbs on it, and a soiled napkin. She looked at Dora, who had turned away from the direction of the dining room and was noisily poking at the fire. "Have you been having lunch, Dora?" she asked. "Yes, your honor," she stammered. "I'm just through." "You serve yourself on a tray?" Dora was palpably distressed. "Sometimes I—I does—I mean, when I'm alone." "I see," Anne looked at her steadfastly without hand rubbing and kept the color gray and bright. The precaution also eliminates shrinkage of some materials after the quilt is made up.

PRACTICALITY IN DRESS CAMOUFLAGED

New York — The co-ed will strive to be and look practical on the campus. When she dresses for dates, teas or receptions she will retain that practicality but camouflage it in gay "dresser" clothing. She will select vivid shades in soft wools and rayon crepes for the most part.

Black for hours of almost formal importance will be included in her wardrobe, but even the black costume will boast the brightness of plastic jewelry, by shimmering sequin trims or simulated metal ornaments.

She will discard for the duration the dull, sombre, closed shades which her predecessors a few years ago considered the "only" fall colors. Instead she will acclaim for hours of dating "victory red," "vibrant green," royal purple, R.O.A.P. and peacock blue, coral and all the soft, honey-tinted natural shades.

Durable, well-worn and sturdy she will cherish more than ever before for its luxury-look inextensibility acquired. The piled velvetreen surface sheen is especially adaptable to jewel color tones.

Then, they were standing in the doorway to the attic. They peered into it dimly lighted by two small dormer windows. It was festooned with cobwebs. Two old trunks occupied one corner. In the center of the floor, was a huge cedar chest.

YOU GIRLS WHO SUFFER Distress From PERIODIC FEMALE WEAKNESS

And Want To Build Up Red Blood!

Take heed if you, like so many women and girls, have all or any one of these symptoms: Do you ever suffer from headaches, backaches, dizziness, "irregularities," feel fainting or are weak, nervous, depressed—due to functional monthly disturbances? Then start at once—take Lydia E. Pinkham's Vegetable Compound TABLETS (with added iron)—made especially for women.

Pinkham's Tablets not only relieve monthly pain but also weak, nervous, rundown feelings. This is because of their soothing, helpful effect on ONE OF WOMAN'S MOST IMPORTANT ORGANS. Taken regularly—Pinkham's Tablets help build up resistance against such symptoms. Thousands upon thousands have reported benefit.

Pinkham's Tablets help build up red blood to give more strength. They are also a fine tonic for the stomach. Made in Canada.

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A Morning Smile

PERFECT PEACE

A Sunday school teacher gathered her class together and asked, "Now, Florrie, what is your definition of the word 'Peace'?" Florrie, a very small evacuee, answered, "Please, miss, when the lady who was staying with gets the last of us washed, she marches us up for bed, and then says, 'Now for a bit of peace.'"

The new Land Girl was doing her best, but she was evidently finding everything on the farm very strange. "How do you do?" he asked. "I'm going with you," Anne declared firmly.

Slowly, they mounted the dark, steep stairway. The steps creaked beneath them. "I smell tobacco smoke," Mont sniffed.

"Yes, but were does the hen sit?" Use Minard's for Dandruff.

Needlecraft For The Home

You can see how effective it is in dark cotton (black and navy are making fashion news) with white ric-rac. Also lovely in colors and prints.

Style No. 3593 is designed for sizes 12, 14, 16, 18 and 20. Size 16 requires 3 yards 35-inch fabric with 5 yards bias. Hat No. 3554 (one size) easily adaptable to any headsize) is a separate pattern.

To order pattern: Write or send picture with your name and address with 20 cents in coin or stamps to the Needlecraft Bureau, Charlottetown Guardian.

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