

# Woman's Realm Social and Personal Fashions Literature

### EASY! EASY!

#### Luscious Bran Muffins with Raisins!

Two cups Kellogg's All-Bran and luscious raisins... a mouth-watering flavor combination!

2 tablespoons 1 cup sifted shortening flour  
 1/2 cup sugar 2 1/2 teaspoons baking powder  
 1 egg 1/2 teaspoon salt  
 1 cup Kellogg's All-Bran 1/2 cup raisins  
 1/2 cup milk 1/2 cup raisins

Blend shortening and sugar thoroughly; add egg and beat well. Stir in Kellogg's All-Bran and milk. Let soak until most of moisture is taken up. Stir flour with baking powder and salt; stir in raisins. Add to first mixture and stir only until flour disappears. Fill greased muffin pans two-thirds full. Bake in a moderately hot oven (400° F.) 25 to 30 minutes. Make 9 marvelous muffins.

Canada's most famous natural (sovereign) cereal (so healthy!) **Kellogg's ALL-BRAN**

### That Body Of Yours

By James W. Barton, M. D.

#### NEW DRUG TREATMENT TO CONTROL EPILEPSY ATTACKS

It is not very long ago since treatment by diet and the barbituric drugs was found to control the fits or seizures of epilepsy.

Today, by cutting down on starch foods and liquids and increasing fat foods, the great majority of epileptics are helped and able to perform useful employment. Before this method of treatment was used, physicians depended upon bromides, which still are used as "quieting" drugs.

From time to time, physicians find cases in which the barbituric drugs fail to give satisfactory results in the treatment of epilepsy; it will be welcome news to learn that the Epilepsy Clinic, Johns Hopkins Hospital, Baltimore, has been using the drug, amphetamine sulfate (Benzedrine Sulfate), and dextro-amphetamine sulfate with considerable success in cases in which the barbituric drugs did not help.

They report their treatment in 85 cases, of which half had been treated unsuccessfully with the barbituric drugs and the other half had received no drug treatment whatever. Fifty-one of the 85 patients were suffering with epilepsy, cause of which was not unknown, and in 34 the epileptic attacks were of a type—that is, caused by some change in the structure of the brain tissue. Twenty-eight had mild attacks of epilepsy, 18 had severe attacks and 39 had both mild and severe attacks. The patients were observed for periods varying from two months to five years.

What was the result of the Benzedrine Sulfate treatment in this series of cases, half of which were not helped by other forms of drug treatment?

The attacks were controlled in 39 per cent, and improved in 20 per cent. The drugs, amphetamine sulfate and dextro-amphetamine sulfate, were more effective in controlling the mild than the severe attacks—whether the attacks were caused by disturbances or changes in the brain tissue, or from other causes.

There are many patients with epilepsy who are kept free of attacks without drugs by following the diet treatment. Cutting down on one-half on starch foods—potatoes, bread, sugar—and also by one-half on liquids, and increasing the fat foods—butter, cream, egg yolks, fat meats.

#### Morning Smile

"How's business?" a passerby asked the old scissoring grinder. "Fine," he said. "I never saw things so dull."

The newly married man sighed deeply as he said:

"The fellow who was my best man came to lunch with us for the first time on Sunday. My wife's cooking impressed him so much that he's sent her a carving set."

"That was very nice of him," said a listener.

"Oh, I don't know. He sent her three chisels and a mallet!"

## "SALADA" TEA & COFFEE

Outstanding Quality • Delicious Flavour

### Legends Of P. E. Island

By Uncle Joe

#### THE VALLEY OF DESIRE

The events told in this legend got under way on a certain May morning in the year 1800, when Silas Appletree was on his way from Fernald Charlottetown.

It was a handsome morning with great fleecy clouds scudding across the sky, and a bracing cool wind sweeping in from the water, bathing the whole countryside in the mellow loveliness of spring.

Who could be insensible to such a glorious day? Even the birds proved from Australia, bringing this fine young farm lad plodded along the winding trail that led by Tea Hill and on to the city. Silas Appletree sensed that there was something intoxicating in the air, and it made him feel good to be alive.

He was on his way to the city to deposit a small amount of money he had earned by doing extra work about his neighbors' farms.

As he shuffled along the dusty road, he had a strange but pleasant feeling that on this day of days something was about to happen to him that would change the entire course of his life. He placed his hand on his hip pocket and felt the little roll of bills, then smiled pleasantly and began to whistle. "John Brown's Body Lies A-mould'ring In 'The Grave." He felt equal to anything. It was like that wonderful day his uncle had arrived from Australia, bringing the whole family crisis that must have cost a deal of money. In all his sixteen years he had never known such a golden moment. He was, to use a modern phrase, "sitting on top of the world."

Suddenly, above his whistling rose the soft liquid notes of another tune, a tune which he could not name, though he recognized it as a great piece of music, for it was the melody of the "Maiden Par Excellence" of his community. The lad was gifted beyond his fellow men—that is, he had a flair for melody that he had an ear for standing figure wherever he went.

The lad withdrew his hands from his pockets, glanced sharply about him, but the music died before he could sense the direction from which it had come. Not being able to see anyone, Silas stood in the middle of the road, thoroughly mystified.

Then he advanced a few paces, but drew up quickly when the lovely melody reached his ears for the second time.

Looking carefully about, he discovered a pint-sized man sitting on top of a large rock. As Silas gazed in wonder upon the strange figure, the little man lifted a long slender reed to his lips and blew out the most captivating and heavenly airs Silas had ever heard.

Try as he would, the boy could not withdraw his gaze from the (Continued on Page 7)

#### The Stars Say—

By Genevieve Kemble

For Friday, February 4

AN exceptionally lively, progressive and enterprising day may be enjoyed, enlivened by the sudden development of unusual, unanticipated and strenuous ways of demonstrating exceptional talents, skills or projects, in which vigor, ingenuity and high enthusiasm should combine to bring into objective reach advanced hopes, practical and constructive ideas and plans, which may be lagging for lack of personal adjustments, initiative and the energy of a rare drive, should bring full fruition, with assured resources and help from influential cooperation. This may inspire confidence, even where intimate factors may fail.

For the Birthday

Those whose birthday it is may look for a concrete opportunity for demonstrating constructive skills, intentions, plans or projects against the want of endorsement or tangible support of those whose influence may have cherished significance. The ability to put over such proposition with skill, energy and sustained purpose may eventually combine to bring into objective reach advanced hopes, practical and constructive ideas and plans, which may be lagging for lack of personal adjustments, initiative and the energy of a rare drive, should bring full fruition, with assured resources and help from influential cooperation. This may inspire confidence, even where intimate factors may fail.

#### Household Scrapbook

By Roberta Lee

#### Bacon Fat

If you wish to cook bacon so that it will be dry and the fat clear, so that it can be used for flavoring or browning other dishes, lay the bacon flat in a cold frying pan, heat it slowly, and pour off the clear fat as soon as it forms.

#### Cleaning Angora

Either white or grey Angora or Tibet can be washed in warm, soapy water, but the greatest of care should be used to see that the skin is stretched when drying.

#### Chopped Hands

Rub a little cornstarch on the hands before hanging out clothes on a cold day, and it will prevent chapping.

#### Better English

D. C. Williams

1. What is wrong with this sentence? "I am not sure but what I shall be there."
2. What is the correct pronunciation of "research"?
3. Which one of these words is misspelled? Supercilious, superfluity, sudonym.
4. What does the word "ennui" mean?
5. What is a word beginning with pr that means "living by preying on other animals"?

#### ANSWERS

1. Use but that to express possibility. 2. Accented both noun and verb on last syllable, not the first.
3. Pseudonym. 4. Boredom. (Pronounced an-we, a se in ah, e as in we, accent first syllable). "His manner of living produced a state of ennui." 5. Predatory.

### MacLeod-Lank Wedding



Mr. and Mrs. Oliver Reginald MacLeod following their marriage on December 28 at Trinity United Church. Left to right—groomsmen, Mr. Friend Herring; Mr. and Mrs. MacLeod. The bride was formerly Miss Joyce Lank, R. N., daughter of Mr. and Mrs. Willard Lank of West Royalty. Miss Hilda Lank attended her sister.

### Living & Leisure THE WOMAN'S REALM

#### OLD SHIPYARD

In the sheltered cove along the tidal river where the smell of salt marsh mingled with the scent of sawdust, ancient wood, and piles of planking.

Here the stout timbers of great ships were bent to strength and beauty. Here two beheld tall vessels slipping down the ways.

To turn adventurous prow across to lift majestic wings into the day.

—Frances Frost in the New York Herald Tribune.

#### SUITS FROSTED WITH WHITE

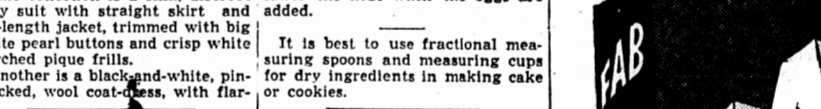
New York — White-collar girls get a break—if they can afford it—in Jo Copeland's spring collection. Previewing 1949 styles for the press, Miss Copeland "frosted" spring suits and dresses with crisp white accents, hard on the laundry bill but guaranteed to give wearers that coveted banbox appearance.

Miss Copeland, who never yet has copied a French style, is known as the inventor of that United States "uniform," the cocktail suit. But this year her street suits and coat dresses are headline news.

One of the most important styles in the collection is a slim, discreet navy suit with straight skirt and hip-length jacket, trimmed with big white pearl buttons and crisp white starched plique frills.

Another is a black-and-white, pin-checked, wool coat-dress, with flared skirt.

#### TOYLAND PRYMATES



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### Ellen's Diary

By an Island Farmer's Wife

We still come with drinks to our calves, the three, now stable fellows but as James says, "all the better of a warm drink yet of a morning," and then it is that one is made aware of the pulse-beat of the farming, the be-all and end-all of our living. In the same stable, the horses that commence and end first and last furrows are then their early meal, or interrupting their breakfasting on hay to stamp impatiently for the measures of grain the younger farmer is then preparing with a careful though indulgent hand. Then unless we manage to slip past there quickly, no morning is too cold, nor indoor work so insistent to keep us from entering the next building on James' invitation to take note of how this ox or that heifer is fattening.

Then if ever, a woman should guard her tongue, for this houses bewildering creatures. Search as she will, she can find no acquaintance there. There are here those she once knew, but how changed in appearance from the small ones let to pasture last Spring, and how (Continued on Page 7)

### Modern Etiquette

By Roberta Lee

Q. When a person is being introduced to another, is a courteous acknowledgement necessary, even if the introduction is for any reason not agreeable?

A. Yes; the well-bred person will extend a courteous acknowledgement under any circumstances.

Q. Should a man always lift his hat when speaking to a man who is accompanying a woman?

A. Yes, always.

Q. What is the correct distance from the dinner table that a person's waist should be, not to be too far or too close?

A. About eight inches is a good distance.

### How Can I!!!

By Anne Ashley

Q. How can I make candied kumquats?

A. Candied kumquats are made by boiling them in water until the skin is tender, then cooking them in a syrup made as follows: 1 cup of prepared fruit, 1 cup sugar, 1 cup water. First heat the water and sugar until the sugar is dissolved. Put a few pieces of the

### Needlecraft FOR THE HOME

#### NECKLINE NEWS

What every wardrobe needs... an endlessly useful jumper starting a swooping V-neckline, smooth side-buttoning, graceful skirt. Pattern also includes a daintily trimmed blouse to wear with it.

No. 2572 is cut in sizes 10, 12, 14, 16, 18 and 20. Size 16 Jumper, 3 yards 39-inch; blouse 2 yards 39-inch.

Send 20c 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.

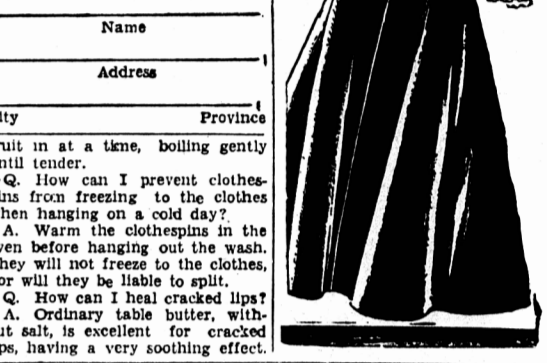
Address: Pattern Department, The Charlottetown Guardian.

Pattern No. 2572

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_



### DOROTHY DIX SAYS—

#### Charity Begins At Home

#### Husband, Overly Generous With Friends, Should First Provide For Wife

DEAR DOROTHY DIX: I am married to a fine man and love him dearly. He makes a very small salary, but we could get along very nicely except that he is an easy mark for every grafter in town. Everybody borrows money from him and they never repay it. Hence, we are always broke.

I would like so much to have a little home of our own, but we can never manage to save a cent toward buying one. I have begged my husband to tighten his grip on his pocket-book, but it is useless. What can I do about it?

ANSWER: I don't know, unless you can make your husband see how unfair he is to you, and that his first duty is to you. But I think that it is doubtful that he will listen to reason, because that kind of man not only lacks backbone enough to say no, but also usually is an egotist who likes to pose as free-handed and generous. He gets a kick out of the fact that he is a sort of big man, a moneyed man to whom those without money come to borrow.

A lot of philanthropy is just self-glorification. I know plenty of (Continued on Page 7)

## WIN A YEAR'S SUPPLY

### Colgate's NEW WASHING DISCOVERY

with SUPER-WETTING ACTION

washes everything FASTER, CLEANER, EASIER than any soap on earth!

FAB's Super-Wetting Action instantly loosens dirt from any fabric—cotton, woolen or the finest silk. FAB—with Super-Wetting Action—gets inside materials; pushes dirt out!

FAB means faster, cleaner, easier washing of dirtiest overall towels, work and play clothes... FAB brings extra-dirt-removing power for extra-dirty wash! FAB brings you whiter shirts, towels, and sheets! Double your money back if you are not completely satisfied.

Here are the reasons why women prefer FAB

You may win a year's supply of FAB simply by checking off the reason you think is the most important and sending it, before April 1st, 1949, to FAB, TORONTO, O.

- FAB washes dirtiest clothes—even greasy overalls—faster, cleaner than any soap!
- FAB, in hardest water, does twice as much family wash as any soap!
- FAB washes everything! You need no other laundry soap!
- FAB gives more suds—longer lasting suds—than any soap known!
- FAB leaves no bathtub or sink ring—no scum in washes or dishes!
- FAB makes white clothes whiter—no soap film to grey or yellow your clothes!
- FAB washes clothes so white they need no bleaching!
- FAB makes greasy pans, dishes, glassware sparkle—in half the time!
- FAB keeps woolens soft, like new, without stiffening or matting them!
- FAB has a pleasant perfume—gives your clothes that sweet, "fresh-as-a-daisy" fragrance!
- FAB washes dirtiest clothes, yet is so gentle it makes a beautifying bubble bath!

Name.....

Address..... (Please Print Plainly)

Colgate operates in Canada only except employees and agents of Colgate-Palmolive

**Faster And Better— for all your family wash!**