

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



## Ellen's Diary

By an Island Farmer's Wife

These lovely September days, the preserving and canning of fruits and vegetables are favorite "indoor sports" in farm kitchens, and today ours was no exception to the rest. Jeanie too was busy doing plums; Karolyne was canning peaches and when Mrs. A. called up a minute to chat, this evening she mentioned that she too had been at the preserving today. Plums in more than one variety, were my concern and of these the large white ones made a jam the most pleasing to sight and taste. Perhaps it does not subscribe to the jam following, but leans more to the canned fry, since in the older method I use the fruit keeps much of its original flavor and color. In a suitable pan, which allows one a chance to glance to a desired spot of it, in case of sudden scorching of contents, I make a syrup, as for canning. Thus, banding my sugar, in recent years of necessity, I invariably set out to make a light one but then after a series of tastings I have a present because presently I have a present that that is it, all my work will have been in vain. I add another cup or more of the precious sweetening.

"I've never been so insulated in all my life, Madam. I begin MY day with super-delicious Grape-Nuts Flakes!"  
"Well lands sakes! You too! Seems like everybody's gotta have Post's Grape-Nuts Flakes or they figure they don't start the day right."  
"Lady, that's because they're so deliciously-malty-rich, so temptingly honey-golden, so delectably crisp, so..."  
"I know, I know, and they supply carbohydrates for energy; proteins for muscle; phosphorus for teeth and bones; iron for the blood; and other food essentials. All because they're made of two sun-ripened Canadian grains—wheat and malted barley—skillfully blended, baked and then toasted."  
"And they're easy to digest, too. Go pour me a big economy package. And take a look at those recipes for cookies and other good things made with Post's Grape-Nuts Flakes. I'll be back this way later."

## How Can I!!

By Anne Ashley

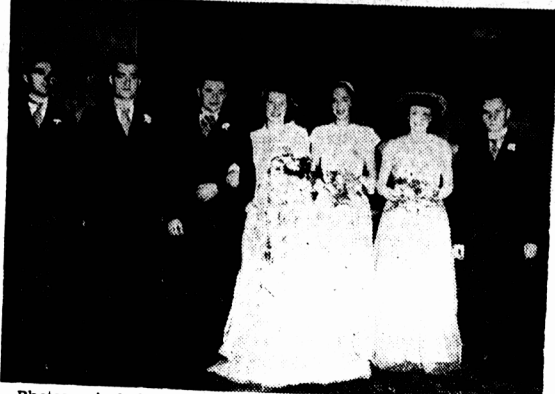
Q. How can I clean gold-leaf signs?  
A. If the letters of signs are laid with pure gold-leaf, and have become covered with soot or dirt, they can be cleaned by moistening a sponge with alcohol and rubbing lightly. Or, spirits of turpentine is effective.  
Q. How can I remove discolorations from aluminum ware?  
A. Fill the vessel with a cold weak solution of vinegar and water, about one tablespoon of vinegar to a quart of water, bring slowly to a boil, and let boil five minutes.  
Q. How can I improve the flavor of roast chicken?  
A. Try pouring a cup of cream over it immediately after it is removed from the oven.

## Better English

D. C. Williams

1. What is wrong with this sentence? "I have hardly enough paper."  
2. What is the correct pronunciation of "financier"?  
3. Which one of these words is misspelled? Gazetteer, grenadier, auctioneer.  
4. What does the word "remoteness" mean?  
5. What is a word beginning with "un" that means "improbable"?  
1. Say, "I have scarcely enough paper." 2. Pronounce fin-an-ser, as in it (not as in fine), as in an unstrapped, e as in here, principal accent on last syllable. 3. Gazetteer, auctioneer.  
4. Distance; seclusion. "The remoteness of this lonely country was comforting." 5. Unlikely.

## Zaleski-Power Nuptials



Photographed following their wedding in St. Dunstan's Basilica Thursday morning, August 28th. The bride Marian Irene Power, Charlotteville; the groom Leon John Zaleski, Long Island, New York. From left to right: Mr. Ralph Bernard, Mr. Walther Gaudet, Mr. Leon Zaleski, Mrs. Leon Zaleski, Miss Dorothy Hughes, Miss Dorothy Gormley, Mr. Fred McMillan.

## DOROTHY DIX SAYS—

### Unproposing Swain

#### Girl Unable To Get Youth To Propose During 2-Year Courtship

DEAR MISS DIX: For two years I have been going steadily with a young man with whom I am in love. I feel certain that he is not getting me to ask me to marry him. Have you any idea as to what can be done about it?

ANSWER: I think the most curious thing in all the world is the ability that women have to kid themselves about men being in love with them. If you have gone through with this man for two years and he has never mentioned marriage, he has no intention whatever of marrying you, either now or ever. He is merely amusing himself with you and indulging in a flirtation to pass the time away.  
Hence your efforts to bring him to the proposing point are in vain. He shies at the altar and no arts and wiles of yours can ever drag him out of his shell. If he really cared for you, he wouldn't hide his secret in his heart. He would tell you about it; he would not only ask you to marry him, he would urge, beseech, entreat, implore you to do so.

(Continued on Page 12)

## Modern Etiquette

By Roberta Lee

Q. When one calls to see a friend who is ill, should he ask to see this person?  
A. No; perhaps the person is too ill to receive guests. It is better to wait until invited by some member of the family, or the nurse. The very fact that you called shows your interest in your friend's welfare.  
Q. When entertaining a group of persons, whose duty is it to see that conversation does not lag?  
A. This is the duty of the hostess; but a congenial group is never at a loss for conversational subjects.  
Q. Is it proper to thank a waitress every time she serves one a dish?  
A. No; but one should acknowledge any special service, such as bringing an extra fork.

## Household Scrapbook

By Roberta Lee

**Fireproof Clothing**  
Pour one ounce of sal ammoniac or alum in the last rinsing water for muslin or cotton goods, and the goods will not burn, or will burn without flame. This is an excellent treatment for children's clothing to make it fireproof.  
**The Cook Book**  
Just another touch to brighten up the kitchen is a gay oilcloth cover for the cook book. It not only adds to its appearance, but it makes it easier to wipe off any grease that may accidentally drop on the cover.  
**Clean Screens**  
Before repainting door and window screens, clean them with gasoline. It is more effective in removing dirt than water.

## The Stars Say -

By GENEVIEVE KEMBLE

For Thursday, September 11  
THE mentality, as well as the emotions and intuitions, continue under creative energy for use attainment of the most desired objects of business, finance and the realm of pleasure, but also in cultural, psychological and advanced creative expressions, where the feelings and emotions may be stimulated by spiritual incitements.  
Writings, art forms of great versatility, news and communications are exciting and show gain by association with those in notable positions in the field of advanced thought and aspiration. Contacts and agreements made now should reach full harvest in the future.  
Those whose birthday it is may be prepared for a year of excellent development and opportunity for pushing its most desired plans and programs—with much versatility, enthusiasm and fine feeling and emotions. All matters concerning communications, writings, travel, new ventures, contacts or visits with important and influential persons, should bear rich fruit in the not too far distant future.  
The higher and finer phases of creative thought and feeling are enriched in the direction of artistic expression, with spiritual and cultural values under benign influences.  
A child born on this day is richly endowed with talents, skills, creative genius of a high order, probably to be realized in sound and practical business and financial ventures, where fine ideals may be put to profit and personal gratifications.

## LEMON BLEACH

You can bleach the hands by cutting a lemon in half and rubbing it over them. You can massage your hands with a bit of oil.

## Cook's Corner

HEAVENLY JAM

2 cups diced peaches  
Juice and rind of 1/2 lemon  
1 1/2 cups diced pears  
Juice and rind of 1 orange  
3 cups sugar  
1/2 cup halved marachno cherries  
Wash the fruit. Peel and dice peaches and pears. Put orange and lemon through food chopper (discard seeds). Combine fruits and boil 15 minutes. Add sugar and cook ten minutes longer. Add cherries last two or three minutes of cooking. Stir frequently to prevent scorching. Pour into hot sterilized jars and when cold, seal with paraffin. Yield 2 pints.

## SWEET DILL PICKLES

12 medium-sized dill pickles  
1 clove garlic  
2 cups vinegar  
2 tablespoons each of stick cinnamon, cloves and peppercorns.  
Slice dills about 1/2-inch thick, put in jars or bowl. Add garlic. Place vinegar and sugar on fire, bring to a boil, add spices which have been tied in a bag. Boil 5 minutes then pour hot over the pickles. Stir pickles each day for 4 days; pack pickles into sterilized canning jars. Reheat vinegar solution; pour over pickles in jar and seal at once.

## Morning Smile

"When your son has completed his studies, what will he be?"  
"Oh, about seventy-eight years of age, I should think."  
Traffic Cop - Use your noodle, lady! Use your noodle!  
Lady—My goodness! Where is it? I've pushed and pulled everything in the car.

## That Body of Yours

By James W. Barton M. D.

### ONE HUNDRED PER CENT OXYGEN IN EMERGENCIES

You may know of a case of pneumonia or heart failure in which it was necessary to have the patient breathe 100 per cent oxygen into his lungs instead of 21 per cent as found in air.

Now 21 per cent oxygen with 79 nitrogen (as in air) is all the oxygen the blood needs to do its work when we are well; this percentage of oxygen nourishes the heart muscle and enables it to pump blood to all parts of the body. If, however, there is any obstruction to the flow of blood anywhere in the body—kidneys, lungs, heart muscle itself—then the heart needs more power to push the pure blood to the part and bring back used blood to be purified by the lungs.

In the "Swiss Heart Journal," Dr. Inga Lindgren reports the study of the effects of 100 per cent oxygen under normal and increasing respiratory pressure in patients with pain in the heart and those with fluid in the lungs, as in pneumonia. Pain from angina pectoris (breast pang) and from the clot-obstructing vessel in the heart muscle was relieved by 100 per cent oxygen, and the electrocardiogram (tracing of heart movements) improved in angina pectoris.

Electrocardiograms with typical signs of coronary sclerosis during rest showed improvement with the treatment of 100 per cent oxygen. One hundred per cent oxygen at this pressure, it is estimated, has been used with good results in heart failure with acute pulmonary edema—fluid in lungs which takes up the room which should be filled with air when we breathe air or oxygen into the lungs. This occurs in severe pneumonia. By forcing oxygen (100 per cent) into the lungs under this pressure, it not only increases the amount of oxygen in the blood, but decreases the amount of impure blood in the veins returning to the heart.

Now the use of 100 per cent oxygen is not considered necessary, physicians keep the patient warm but open up windows, so that in pneumonia and bronchopneumonia they will be in the enough oxygen in the air to furnish the blood with its needed supply.

It is in emergencies that 100 per cent oxygen is used.

## Deep Purple

Varieties of grapes and plums the colour spectrum from soft rosy pinks through soft violet andethyst to deep purple reds. Flavour is just as varied as colour. Grapes are usually eaten raw, making an easy and light dessert but they also are delicious cooked in puddings and gelatine moulds. One step in preparation must be considered when substituting grapes for other fruits. They are such seedy fruits that the pulp should be slipped from the skin, pressed through a sieve to remove the seeds, then skins and sieved pulp may be cooked, sweetened and used in any recipe.  
Plums require little preparation and should be used while they are in season. Sweet varieties such as Shiro, Satsuma or Italian prunes are excellent for dessert served whole. Sour varieties are better cooked. Both types should be canned or frozen to preserve the delicious variety of flavour for winter use.

## QUICK PLUM PIE

4 cups pitted plums.  
3-cup sugar  
6 slices bread  
3 tablespoons butter  
1-4 cup brown sugar  
1-4 teaspoon cinnamon  
1-8 teaspoon cloves  
Place plums in a deep pie pan, add sugar. Cut bread in large triangles to simulate pieces of pie. Cream butter with brown sugar and spices, spread on both sides of bread. Place on top of plums. Bake in a hot oven 425° F., for 20 minutes or until bread is crisp and golden brown. Six servings.

## GRAPE SAUCE PUDDING

Grape Mixture . . .  
3 cups grapes (preferably blue)  
1-3 cup sugar  
1 1-2 tablespoons cornstarch  
Dash of salt.  
Wash grapes and separate skins from pulp. Heat pulp to boiling point and boil gently 5 minutes. Rub through a sieve to remove seeds. Combine pulp and skins and cook together for 5 minutes. Mix sugar, cornstarch and salt. Blend with a little grape mixture then add to remaining mixture and cook until thick, stirring frequently. Pour into greased, 1 quart baking dish, cool, then spread cake batter carefully over sauce. Bake in moderately hot oven, 375° F., for 30 minutes, then reduce heat to 300° F. and continue baking 15 minutes longer. Turn out on large deep plate. Serve hot. Six servings.  
(When cool, the grape mixture is sufficiently stiff to prevent cake batter sinking to the bottom of the dish).  
Basic One-Egg Cake . . .  
1-4 cup fat

It reflects "GOOD TASTE" to BUY Eastern Bakeries' BUTTER-NUT BREAD

## Living & Leisure THE WOMAN'S REALM

### GLEANINGS

It matters not about the prestige won, and riches gained. Between the one and threescore ten—  
It only matters that you lived in harmony,  
With God and loved your fellow-men.  
—Adair.

A South Africa native was told he had to be taxed because the Government, like a father, protected from his enemies, cared for him when he was hungry, fed him when he was hungry, gave him an education, and for these reasons needed money. The old native said: "Yes I understand. It is like this: I have a dog, and the dog is hungry. He comes to me and begs food. I say to him, 'My dear faithful dog, I see you are very hungry. I am sorry for you. I shall give you meat.' I then take a knife, cut off the dog's tail, give it to him and say 'Here, my faithful dog, be nourished by this piece of meat.'"

### SULPHUR POWDER CONQUERS SHINE

Wear a face powder with sulphur sifted into it if a disarming shine makes you work your powder-puff overtime.  
Powders with a small percentage of oil-defying sulphur hidden behind their delicate tints look like any other beguiling complexion "veil." There are as many choices of tints in sulphur-blend powders as in regular powders to satisfy the most exacting needs for make-up harmony.

### HAIR CARE RULES

Every woman must have her own comb and brush. Cleanse both frequently with warm water and borax. Sun wax and sea salt. Combs should have fairly blunt teeth. Steel or wire combs should never be used.  
1-4 cup sugar  
1 egg  
1-4 teaspoon vanilla  
1-8 teaspoon salt  
1-4 cup milk  
1 cup sifted all-purpose flour OR 1 cup plus 2 tablespoons pastry flour  
2 teaspoons baking powder  
Cream fat. Gradually add sugar and cream thoroughly. Add beaten egg and vanilla and beat well. Mix and sift flour, baking powder and salt and add alternately with milk to the first mixture. Finish as directed above.

### Hints on Etiquette

When a couple goes to the movies, it is correct for the man to go ahead if there is not an usher to show them to their seats. If there is an usher the girl goes first following him.

## Needlecraft FOR THE HOME

### HIGH JUMPER

Joy of a jumper with wide wing shoulders, a deep V-neckline, and big patch pockets. The pattern also includes a long sleeve blouse with a becoming bow-tied neck.  
No. 2651 is cut in sizes 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42 and 44. Size 36 requires 1 1/2 yards 54-inch for the jumper; 2 1/4 yards 39-inch for the blouse.  
Send 20c for PATTERN, which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you wish. Include postal unit or zone number in your address.  
Address Pattern Department, The Charlotteville Guardian, Charlotteville, N.S.W.  
Pattern No. 2651

### RELIGIOUS PAINTING

Sand painting is a religious ceremony for Navajo Indians.

## GIRLS! WOMEN! TRY THIS IF YOU'RE NERVOUS, CRANKY, TIRED-OUT

### On 'CERTAIN DAYS' of the Month

Do female functional monthly disturbances make you feel nervous, fidgety, cranky, so tired and "dragged out"—at such times? Then do try Lydia E. Pinkham's Vegetable Compound to relieve such symptoms. This fine medicine is very effective for this purpose! For over 70 years thousands of girls and women have reported benefit. Just see if you, too, don't report excellent results! Work it right.

Lydia E. Pinkham's VEGETABLE COMPOUND

# VEL works magic!

## CUTS DISHWASHING TIME 3 WAYS

- VEL penetrates, cuts grease, loosens dirt faster.
- VEL eliminates wiping... dishes, glasses gleam no streaky film to wipe away.
- No dishpan ring with VEL... no soap scum to scour away.

## HERE'S ALL YOU DO...

Just put a few teaspoonfuls of VEL in your dishpan (about half as much as soap). Add water. VEL gives the water amazing new cleaning power that lasts long after suds dissolve. VEL removes grease faster, more completely than soap—in hardest water. Dishes, glasses sparkle without the touch of a towel. And VEL is milder to hands, free from soapy alkalis!

**VEL keeps stockings sheerer, lovelier!**  
Says Claire Honeyford, Toronto.  
"My nylons stay lovelier longer now I wash them with gentle VEL. I put just a teaspoonful of VEL in the basin, add lukewarm water... dip and squeeze a few times, and VEL washes nylons and undies fresh and sheer as new... no dulling soap film."

VEL makes water WETTER to clean all things BETTER

## VEL Quality Guaranteed by COLGATE