

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

Living & Leisure

THE WOMAN'S REALM

WORTH THE PRICE

To know spring and the summer well, and the glories of the fall. Makes it worth man's while to dwell on this old earth, after all.

And to know and brave them through—all the stings of winter—due to the payment that is due for the purchase of a year.

Looking back through good and ill, storms and days of sunny skies. Life appears a bargain still. Worth its price in sacrifice.

Nutritious sandwiches to put into a lunchbox may be made from peanut butter, cheese, egg, baked beans, fish or meat. Adding a layer of chopped cabbage, shredded carrot or diced green pepper plus mayonnaise or salad dressing will make the sandwiches taste better.

Creamed codfish makes a convenient Friday night supper dish. To prepare one-half salt codfish may be used; it should be soaked in cold water for four to six hours, then drained and cooked in fresh water for 15 to 20 minutes. It may then be shredded and added to the cream sauce.

Pressure saucepans can be used successfully on slow cookstoves providing the stove gives off heat fast enough to boil away 2 measuring cups of water in 30 minutes.

HAT IS HOW YOU WEAR IT

NEW YORK — So many pretty ways to wear a hat this spring—and so many pretty hats, in the shops and department stores, designed to catch the eye of every "hat-seeker".

There are caps with and without flowers; there are bonnets of straw and pique; there are coiffes and calots; and there are hats that are bowlers and rollers. And for later on in the summer there are the ever-popular open crown hats, some with bows in the back.

Take a bonnet, for example, which should delight the wearer for a long time because it can be worn in so many different ways. A white pique bonnet can be worn with the brim turned up; a peach-blossom straw bonnet can be placed forward or far back on the head.

Washing machines kept in a cold place, such as an outside porch, should be brought into a warm room several hours before using. Otherwise, the oil or grease in the machine may become stiff and the starting load may blow a fuse in the circuit.

Sour cream dressing may be made by combining a well-beaten egg with one-half cup sour cream, one-quarter cup prepared mustard and one-quarter cup lemon juice. Salt, pepper and sugar may be added to taste and the dressing sprinkled lightly with paprika just before serving.

PLAN TO REVIVE VILLAGE GREEN

In the days when England was

When Your Eyes Are Tired DO THIS

MAKE THIS SIMPLE TEST TODAY



EYES TIRED? Soothe and refresh them in seconds with two drops of safe, gentle Murine in each eye. You get—

QUICK RELIEF. Instantly your eyes feel refreshed. Murine's skillful blend of 7 ingredients cleanses and soothes eyes that are tired from overwork or exposure to sun, wind and dust.

MURINE FOR YOUR EYES

Merric England, and austerity un-

heard-of, the village green was in its heyday. It was the summer meeting place for all the boys and girls, and the centre round which all the houses were built.

There is a plan to revive the village green in the north of England today, and to group the greens so that they spread out like the petals of a flower round community buildings. Each green will be designed to contain 30 and 60 houses, bringing people together in small enough numbers to preserve neighbourliness. Through traffic near the houses will be cut out, so that children can play on the greens without danger and people can feel reasonably private.

The scheme is expected to spread to other parts of England, and indeed has been started in some places already. In Plymouth, for instance, which is being re-planned and re-built, communities on the outskirts are being grouped round village greens.

Roasted shoulder of lamb may be flavored in various ways. Some cooks like to rub it with a crushed clove of garlic before roasting. Others prefer to rub it with sage, thyme or powdered marjoram.

Haddock is an excellent choice of fish for chowder and other fish soups. It is also excellent for such Scandinavian specialties as fish pudding and fish balls.

If eyelids are dry, highlight them by putting a speck of cream on each eyelid, blending it over the entire lid before using eye shadow.

The vitamin C content of canned tomatoes and tomato juice is high since this vitamin is not lost when the tomatoes are canned.

TOLLING BELL ANNUAL CUSTOM

A quaint English Christmas custom is the tolling of the "Devil's Kneel" at the Parish Church of the Yorkshires town of Dewsbury. Every Christmas Eve for 700 years this ceremony has been performed—only broken by World War II when, for security reasons, the church bells of Britain were silent.

The tenor bell of Dewsbury is tolled once every year since the birth of Christ, and this year the 1947 strokes will take about an hour the final stroke being timed exactly to fall at the midnight hour. A legend connected with the custom tells how a local baron named Thomas de Southill, back in the 13th century, killed one of his servants, and to expiate his crime presented the tenor bell to the church with the request that it should be tolled annually. It is said the inhabitants of Dewsbury of those days believed that the tolling of the bells would keep the devil away from the parish for another year.

RUMOUR IS BUSY IN WASHINGTON

Only last fall there was a dramatic reconciliation between Lord Inverchapel and his lady, the marriage taking place after a six-year separation. Rumour had it that the foreign office encouraged this, so that the British embassy would have a hostess, and the ambassador a popular partner for his mission, writes an Nana reporter.

Now, however, just as suddenly the 66-year-old ambassador has been retired by the foreign office which had installed herself at the top of the social ladder in Washington. And according to the gossip, Lady Inverchapel was remaining for an undetermined period in her favourite New York, while his lordship retreated to Scotland.

At a recent party, however, the young and beautiful Lady Inverchapel tossed her blonde curls and emphatically denied all this. Asked if she were returning to Europe with her husband she declared, "Of course, I am. We're sailing in May, well be in London for a short stay, then on to Scotland."

"Where," so says a Washington society editor, "all of London goes, of course, to shoot grouse come June."

That Body Of Yours

By James W. Barton, M. D.

HEADACHE

A few years ago a writer for a magazine described his visits to 30 physicians stating that he had a headache, although he had no headache. Every one of the physicians gave him a prescription to relieve his headache, yet no two prescriptions were alike.

His point was that, as he had a headache, only one of the prescriptions was correct and the other 19 were incorrect. As there are over 150 different causes of headache, each physician likely prescribed for the symptoms described by this phony patient; naturally his descriptions taken from his imagination must have been weird.

As a headache gives no outward signs, the physician must depend upon the symptoms described by the patient. Further, as some patients exaggerate in describing the severity of their headache and other patients will make light of the same degree of pain, the physician must know or be able to size up his patient as he listens, before he prescribes.

In an effort to put headache on a basis that can be understood by patient and physician, Drs. Stuyvesant Butler, and William A. Thomas, Chicago, in the "Journal of the American Medical Association" outline different parts or structures of the head in which pain may occur—issues covering the brain, arteries, veins, nerves.

Headaches are produced in four principal ways or a combination of them: (1) distention and dilatation of arteries inside or outside the skull; (2) traction or pulling on the vessels within the skull; (3) swelling and spasm of muscles of the scalp and neck, and (4) direct irritation of pain-carrying nerves or structures by inflammation or pressure.

Drs. Butler and Thomas describe how the above factors cause headache in these various structures in the head, and give a general idea of the types of headache which cause severe, and mild headaches.

Moderately severe headaches: 1. Drainage headache. 2. Neuralgia of the scalp, sinusitis, toothache, earache. Mild headaches: 1. Tumors of the brain. 2. Eye-strain. 3. Toxic (poison) headache, including high-blood pressure. 4. Tension. 5. Psychic (emotional) headache.

FIRST AID

Know what to do in an emergency. Send today for Dr. Barton's helpful booklet entitled "First Aid in Emergencies." Just enclose 10 cents and a 2-cent stamp, to cover cost of handling and mailing, to the Bell Syndicate, in care of this newspaper, Post Office Box 99, Station G, New York 19, N. Y., and ask for your copy.

Morning Smile

Half-way through the sermon the young wife realized that she had put her Sunday joint in the oven without regulating the gas. She hastily scribbled a note and handed it to her husband, who acted as a sidesman. Thinking the note was for the minister, he calmly walked up and laid it on the edge of the pulpit.

Pausing in his sermon, the minister picked up the note and read: "For goodness sake get off home and turn off the gas."

"What are you studying now?" asked the newly-rioted mother of her youngest son.

"We have just begun the study of molecules," he answered.

"For a moment she looked blank; then a gleam of interest showed in her eyes.

"I hope you will be attentive and practise constantly," she exclaimed eagerly. "I tried to get your father to wear one, but he couldn't keep it in his eye."

STRANGE NAME

Rabies or hydrophobia means literally a fear of water, and is so-called because of the spasm from an attempt to drink owing to the extreme irritability of the neck muscles.

Dorothy Dix Says—

Children Need Mother's Care

Woman's Place Is Home To Watch Over Her Brood

DEAR MISS DIX: I have a son 16 years old and a daughter 13. I worked at a job until two years ago, when I decided my children needed me at home as our house seems to be the meeting place for all the neighborhood children. My husband makes a fairly good salary and we spend it carefully. He needed me at home as our house seems to be the meeting place for all the neighborhood children. My husband makes a fairly good salary and we spend it carefully. He needed me at home as our house seems to be the meeting place for all the neighborhood children.



ANSWER: I do not think that there is any gift in the world that a mother can bestow upon her children that is one millionth part as necessary and valuable as her own personal supervision, and nothing short of actual starvation justifies a mother leaving her children to run wild while she earns a few dollars clerking in a store.

BUT PRICE IS HIGH

Of course, every mother would like to give her children pretty clothes and bicycles and baseball equipment and money for cokes and going to the movies and all the other things that the youthful heart craves. But when the price she has to pay for indulging her children in these luxuries is depriving them of a mother's watchful care, her discipline and her starting them on the right road in life, it costs too much. It is not nickels and dimes she uses as currency. It is blood money.

There is no one who does not know that the juvenile delinquency that is such a terrible problem just now is largely due to the lack of mothers who give their time and thought and labor to the rearing of their children. They let their youngsters grow up on the street, with the manners and morals of the street, and then when little Johnny turns out to be a hoodlum and little Mary becomes a street-walker, they beat upon their breasts and wail out that they don't know how it happened.

But there is no mystery about it. While Mother was off having a good time, or making the money to buy herself some finery, the children were on the loose. Rearing children to be good citizens is a big job, and it takes all of the time and strength and wisdom that any woman has to do it.

DEAR DOROTHY DIX: You get so many letters from girls complaining that they don't have dates. Well, I was one of them. I wasn't glamorous and the wolves passed me by, but I was a good student, which some of the popular girls were not. Then when I was 22 I met a chap who was very intelligent, good-looking and who appreciated the fact that I knew a few things that made me an interesting companion and so-o-o-o he fell in love with me and we got married, and we are very, very happy.

So I would say to these girls that a marriage that is built upon common interests and intelligence has a very good chance of becoming a happy relationship, not to be excelled by popularity or beauty. Therefore, study hard and some day an intelligent man will recognize your good qualities and education.

A READER.

ANSWER: This is good advice that should cheer up the girls who think that the reason they don't have any dates is because they are not Miss Americas. As a matter of fact, there are many things that men rate higher than looks in girls, which is abundantly proven by the fact that most of the married women you know could never have taken a prize in a beauty show.

Boys like girls who are intelligent and jolly and entertaining and easy to get along with, and who don't ask too much of them. These qualities, plus tact, are bait to which the good catches always rise.

DEAR MISS DIX: I have been married a year and my wife is still working at her old job. I would like to know if it is right for me to help her with the dinner dishes while she is still working, and if I should assist her with the housework.

J. B.

ANSWER: You eat the food your wife prepares for you, don't you, so why isn't it just as much your duty to wipe the dishes as it is hers to wash them? There should be some reciprocity in the matter. When a husband and wife both work outside the home, it is only fair play for the husband to help with the cooking and all of the housework.

Cook's Corner

OATMEAL COOKIES

Molasses Oatmeal Cookies are good and nourishing. To make 48 cookies sift together one cup sifted enriched flour, 1/4 teaspoon soda, 1 1/2 teaspoon baking powder, 3/4 teaspoon salt, teaspoon each ginger and cinnamon, and 1/2 teaspoon nutmeg; mix with 2 cups uncooked, quick-cooking oatmeal. Cream together 1/2 cup each

shortening and sugar. Stir in 1/2 cup molasses. Beat in one egg. Add teaspoon each vanilla and grated orange rind, and 2 tablespoons milk. Gradually stir in dry ingredients. Add 1/2 cup each chopped raisins and chopped nuts. Drop from teaspoon onto lightly-greased cookie tins. Bake 12 minutes at 375 degrees F.

MOONLIGHT BATHER

According to Greek mythology, Leander swam the Hellespont night, by to visit his love Hero. Hellespont was the ancient name for the Dardanelles, which range in width from one to five miles.

Queen Square School Pupils



GRADE V

Bottom Row: Melbourne McGuigan, Frank McAulay, Stephen Pitre, Harvey Jackson, Lloyd Shepherd, Allan Gillis, Jackie Kans, Eddie Redmond, Rolfe Dolron. Middle Row: Cedric Drew, Jackie LeClair, Jac kie Lee, Allan Crabbe, Harold Sentner, George McIsaac, Eric Brown, George McDonald, Roy Mahar. Top Row: Paul DeCoste, Bobby Johnstone, James Fardy, Bobby Power, Ralph Redmond, Ian McDonald, Harold Pineau, Henry Redmond, Lonnie Stanley, Peter McGonell.

Photo by Garlman.

Ellen's Diary

By an Island Farmer's Wife

We went with Jock for fresh supplies to a corner store this evening, in a gesture to the house-cleaning season, now definitely upon the women at both houses at Alderlea. Soaps and whittings, scouring powders and window cleansers and a tin of floor wax the latter only a beginning of what we shall need considering the reaches of space we must polish. All of these items went on the shopping list neighboring those of meat and groceries. Along a tedious road our younger farmer has gone, part of the distance still holding a depth of snow where the teams must carefully follow the track and then along stretches so bare of it and muddy that one pities both traveller and horse that must use it to reach some desired destination. Such is this byroad of ours these Spring days.

Indeed if possible walking is to be preferred. Then in short cuts, one may leave the roadway to follow field trails so silent and friendly and scented fragrantly by the woodlands these so frequently skirt. Folks came this way to visit us yesterday evening, walking a distance along meadows and woody spots to bring us nice glimpses of the doings of other farms in their chatting and now out of their recollections, rich now with the yearnings of long gone days in the district, now little heard about by the younger generations.

Though James himself remembered something of it, we heard of the days when boat building was a busy and important industry down the river and they who recall those times can still point out the exact location of at least one ship yard that turned out trim wooden craft to sail the seas. Long gone past now are those days, and any sign of the work pretty well wiped out by time, except to the few who are older, in the district, to whom the scenes come back odd times to be recounted. We talked too of the days when the farmers hauled their produce, their pork, and often surplus planks and boards and fuel-wood to market in town and drove their fat cattle there on foot making of it a great occasion, and we found much enjoyment in hearing the tales of those arduous but interesting days. Stirring times too those were, though the period demanded much patience. Journeys along Island ways then were leisurely affairs to be enjoyed or endured, and were not regarded in the light of present travel which is to reach one's destination as quickly as possible.

We spoke also of the changes the years have brought to the community, for these come even to ours, where for the most part farm properties have been handed down to succeeding generations of the same name. But withal, homes which once were an integral part of the district have disappeared leaving little now to mark the places where once were cozy dwellings. Perhaps an old well still marks the site or a gaunt apple tree that blossoms and fruits neglected. Or maybe a lilac bush that in many a spot writes tales of the past still, casts its June perfume or flaunts its royal colors to passersby or it might be that a riot of rose bushes still marks a one-time gateway, coming in the way of the passing of time or hide and unattended blossom in wild and picturesque confusion to mark locations, now faded into the past.

Outdoors today in an unmistakable sign of Spring being at hand, the barnyard gates were returned to respective places in the fence, and in the enclosure the stock enjoyed a spell of freedom from the (Continued on Page 3)

Modern Etiquette

By Roberta Lee

Q. Is it obligatory for a guest to speak to her hostess before leaving a reception?

A. Yes, she should express appreciation of the pleasure she has had, unless it is a very large affair and the hostess is engaged in receiving or entertaining other guests.

Q. Is it all right to say, "Mr. Jones, shake hands with Mr. Smith" when introducing two men?

A. No; this expression is very crude. If the two men are well-mannered, they will shake hands without being instructed to do so.

Q. Is it permissible to break crackers or bread into the soup?

A. No, this is not good form.

Better English

D. C. Williams

1. What is wrong with this sentence: "Mary's solution was more perfect than yours."

2. What is the correct pronunciation of "mammoth"?

3. Which one of these words is misspelled: Petroleum, pretrefy, petulance.

4. What does the word "segregate" (verb) mean?

5. What is a word beginning with fo that means "to nourish"?

ANSWERS
1. Say, "Mary's solution was more nearly perfect than yours."
2. Pronounce ma-moth, first and second 'a' as in ask, unstressed, as in lie, third 'a' as in un-stressed, accent second syllable.
3. Pretrefy. 4. To separate or cut off from others or from the main body. "The poorer class was segregated from the rich." 5. Foster.

How Can I!!!

By Anne Ashley

Q. How can I remove printing from cloth?

A. To remove the printing from flour and sugar sacks, cover the bags with kerosene and let them stand for 24 hours; then cover with cold water. Naphtha soap put up fine, and allow to boil for 20 minutes. Then wash as usual. If necessary, repeat the operation.

Q. What can I do when the glass top of the percolator breaks and there is no extra one on hand?

A. Try using a small whiskey glass over the hole. This is an excellent substitute for temporary use.

Q. How can I salt peanuts in the shell?

A. They can be salted in the shell if they are boiled in salt liquid and then allowed to dry.

Needlecraft FOR THE HOME

SIMPLE SEWING

Here's a dainty wing - sleeved dress that's easily made with buttons running up both sides... to help a little girl dress herself! For a fine finishing touch, use ripples of ruffling.

No. 3038 is cut in sizes 2, 4, 6, and 8. Size 4 requires 1 1/4 yards 35-inch, 2 yards ruffling.

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.

UNDERSIZED MOLARS

The teeth of the whale shark—the largest living shark—are only one-eighth of an inch long and are useless for biting.

YOU WOMEN WHO SUFFER HOT FLASHES then FEEL CHILLY-

Here's Good News!

Are you between the ages of 35 and 55 and going through that trying functional "middle-age" period peculiar to women? Does this make you suffer from hot flashes, feel clumsy, nervous, irritable, weak? Then do try Lydia E. Pinkham's Vegetable Compound to relieve such symptoms! It's famous for this!

Many wise "middle-age" women take Pinkham's Compound regularly to help build up resistance against this distress. Pinkham's Compound contains no opiates—no habit-forming drugs.

It helps nature (you know what we mean). This great medicine also has what Doctors call a stomachic tonic effect. Write for your free Lydia E. Pinkham's Compound with added free PINKHAM TABLETS with added free.

Lydia E. Pinkham's VEGETABLE COMPOUND

It's the original "ready-mix" TEA-BISK

Yes, Tea-Bisk is back!—the speedy, easy way to make hot biscuits, pancakes, puddings and other taste-tempters. It's ready-mixed, ready-sifted, ready for the oven in a jiffy. Costs less too! Get Tea-Bisk today.