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

Living & Leisure
THE WOMAN'S REALM

God, give me sympathy and sense,
And help me keep my courage high;
God, give me calm and confidence,
And, please, a twinkle in my eye.

—The Missionary Monthly.

WOMANLY BEAUTY HAS PREFERENCE

Throw back your shoulders and stop worrying about a few gray hairs, you women of over-30 who have long been sold a bill of goods about youth being beauty.

A man whose business depends on his ability to know beauty when he sees it, Walter Thornton, head of a New York model agency, has stuck his neck out to name his choices for America's 10 most beautiful women of different types and not one of them is under 30, writes a U.S. columnist.

All women need that encouragement if they are ever to be able to settle down to being women instead of trying to be "girls" until they are in their 60's.

They need to be encouraged to believe that there is nothing shameful about birthdays after a woman has had 20 or so of them.

A woman of 30 or 40 can never look like a girl of 20—yet she has been sold on the idea that it is her "duty" to manage it, by the use of this soap or that cream.

And so the woman who has the time and money to fight age, fights a losing battle to hang onto youth when she could be using her time trying to make herself into an attractive, charming woman rather than in trying to remain a girl indefinitely.

That is why she spends so much more time on her looks than on her mind; why she has time for facials when she hasn't time for an outdoor sport; why she often has no greater variety of ouside interests at 40 than she had at 20.

If women would rebel against the idea that they have to keep up an eternal struggle to be girls, the faces of the women you see on the street wouldn't so often have hard, strained, dissatisfied expresions, that no amount of the proper foundation cream can ever cover up.

STRETCHING BUTTER

Every one loves pancakes. Maybe you don't serve pancakes and waffles very often because of the shortage of butter. Here's a wonderful way to stretch them both. Figure out the amount of butter and syrup you will need for the number of pancakes you plan to serve. Heat the syrup to boiling point, add the butter and stir until it is melted. The taste is just the same and it makes a little butter and syrup go a long way.

Nylon fabrics are improved in handle and appearance by heat treatment; they become softer and more mellow.

Mixing penicillin with ice cream makes possible its administration by mouth instead of through the usual hypodermic injection.

Farmers are being urged by agricultural scientists to keep more honeybees, not primarily to produce more honey, but to increase crop yields through more complete pollination of plants.

Tannin from sumac is a special-purpose tanning material; it does not produce a heavy leather suitable for shoe soles but is used in making light-coloured, soft, flexible leathers.

Rural electrification has not only brought electricity to farms for lighting and power but also made possible the erection of rural processing plants and other industries which create new sources of rural employment and wealth.

Something hot is always welcome when the window panes are frosted and chill winds blow, and certainly hot rolls, which are favorites at any time are standbys in winter-time. Here are a few suggestions:

Good Rolls

Scald one tablespoon of flour with one pint of sweet milk. Add one-third cup of sugar, one heaping tablespoon of lard and one half teaspoon of salt. When cool add one cake compressed yeast. Stir in flour until there is a soft dough. Knead well. Let rise, work out, butter, cut and fold over. Let rise again and bake in a moderate oven.

Parker House Rolls

Two quarts flour, 1 pint cold boiled milk, 1-4 cup sugar, 1-2 yeast cake.

About the size of an egg of lard.

Make a hole in the centre of the flour and sift into this the sugar and pinch of salt. Add the milk and the lard and yeast which has been dissolved in warm water. Let rise and then cut into rolls and rise again before baking.

Breakfast Rolls

One and one-half pints of flour, 1 teaspoon butter, 2 teaspoonfuls baking powder, 3-4 pint of milk, 1 teaspoonful salt, 1-2 pint white corn meal.

Sift the dry ingredients together. Rub in the cold butter; add the milk. Mix smoothly into a firm dough. Place the dough on a board covered with flour. Turn it once or twice to make it perfectly smooth; then cut it into pieces about the size of an egg. Cut these in halves and roll them with the hand to about a finger's length. Place on a greased baking tin, being careful that they do not touch.

Bathe them over with a little milk and bake in a hot oven for 7 or 8 minutes.

FAMOUS MOTTO

In the year 1861 during the crisis of the war between the States, the Secretary of the Treasury of the United States wrote a letter to the Director of the Mint at Philadelphia, in which he said: "No nation can be strong except in the strength of God or safe except in His defense." He recommended that the trust of the people in God be declared on their coins. Accordingly orders were given to prepare a motto to express national recognition and trust in God. At first this read, "God, our trust." Later the inscription was changed to read: "In God we trust."

FLOWERS THAT QUARREL

It is not an uncommon thing to arrange several different kinds of flowers in a vase, and then a few hours later to find that some of them are already drooping.

One should not always jump to the conclusion that the flowers were not fresh, for it is now a proved fact that certain kinds of flowers do not live happily with others in the same vase.

Sweet peas should always be given a vase by themselves as they seem to have a harmful effect on other blossoms.

If placed in a vase with others, the sweet peas will often suffer themselves, and will fade much sooner than they would ordinarily have done.

Mignonette should also be placed by itself, for even a pot of this fragrant plant on the table has been known to make flowers in nearby vases droop.

Some kinds of roses quarrel with other varieties of the same flower.

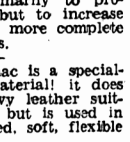
If, after flowers have been arranged, some of them droop with no apparent reason, it is quite likely that they are offering a silent protest against their associates.

By being given fresh quarters they can generally be brought back into a fresh condition.

New Station

Eire post office engineers are working on plans for a new short wave broadcasting station, aimed at reaching Irish listeners in Canada and the United States.

The new station will give Eire's general attitude on international questions and information about the country's position in the British Commonwealth.



Does Distress Of 'Periodic' FEMALE WEAKNESS Make You Feel Miserable On Such Days?

● Do you suffer from monthly cramps, headache, backache, feel nervous, jittery, cranky, "on edge"—at such times—due to functional periodic disturbances?

Then try Lydia E. Pinkham's Vegetable Compound to relieve such symptoms. Pinkham's Compound DOES MORE than relieve such monthly pain. It also relieves accompanying tired, weak feelings—of such nature. The reason Pinkham's Compound is so effective is because it has a soothing effect on one of woman's most important organs.

Pinkham's Compound HELPS NATURE! Thousands upon thousands of women have reported benefit. We urge *you* to try it.

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

A Job Only You Can Do

Price Control Questions and Answers

Questions and Answers on Price Control will appear in The Guardian as a regular feature each day. The questions are those which have reached the Wartime Prices and Trade Board from housewives in this region. The answers are provided by the Board Readers, Persons who have intelligent questions to ask on price control are invited to send them in writing to the Women's Regional Advisory Committee.

Q. If a tenant accepts an apartment with the written agreement that he is renting same for a period of five months can he be given notice to vacate if he refuses to move?

A. Yes . . . if the lease is for 5 months only, the owner may expect to regain possession at the end of that time. This 5 month lease is called a "term certain" lease and the tenant is not entitled to any notice to vacate.

Q. The restaurant where I have been eating since the outbreak of the war has stopped serving butter with the noonday meal. Is it allowed to do so?

A. Restaurants are quota users. They may use their supplies as they see fit. Your restaurant has evidently stopped serving butter because the quota was recently cut to maintain consumer rations while national supplies are low.

Modern Etiquette

By Roberta Lee

Q. Is there such a thing as an "unfailing test of good breeding"?

A. Yes, there are several such tests. An infallible test is what one laughs at; a well-bred person is quick to discriminate between what is a fit subject for jest, and what is not. A well-bred person is never amused at another's misfortune or discomfort.

Q. Is it correct to say, "The man is light-complected"?

A. No. Say, "The man is light-complexioned." The adjective "complected" means interwoven.

Q. When one is staying at a hotel for several weeks, should he tip by the week or each time he is served?

A. It is preferable to tip by the week.

Morning Smile

Hoping to get a rise out of the farmer hoeing in a field by the road, a fellow called:

"Hey, did you see a waggon load of monkeys go by here?"

"No," replied the farmer, "did you fall off?"

The young curate arose and solemnly announced:

"The choir will now sing 'The Hallelujah Chorus', after which there will be a collection for the repairs to the roof."

NR TO-NIGHT TOMORROW ALRIGHT ALL-VEGETABLE LAXATIVE Dependable-Pleasing Action! Nature's Remedy NR-TABLETS-NR GET A 25¢ BOX

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A serviceable sweater for a child 2, 4 and 6 is knitted in the popular cable stitch. Pattern No. 1151 contains complete instructions.

To order Pattern: Write or send above picture with your name and address with 20 cents in coin or Postal Scrip to Needlework Bureau The Charlottetown Guardian.

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PORTRAIT OF A PRINCESS

Princess Elizabeth, heiress presumptive to the British throne, is pictured in a rose lace and tulle picture dress, embroidered in rose and gold with blue butterflies, in this charming portrait by famed artist-photographer Cecil Beaton. The recent portrait sitting was at Buckingham Palace.

Cook's Corner

BRAISED CABBAGE

1 small head cabbage
2 tablespoons hot bacon drippings
Hot water
Salt and pepper to taste

METHOD: Grind or chop the cabbage rather coarsely. Heat bacon drippings in a pan that is provided with a tight-fitting cover. Add the cabbage to the drippings and fry until the cabbage becomes somewhat limp. Next add enough hot water to cover the bottom of the pan and cover the pan tightly. Steam for about 5 minutes. Just before serving, season to taste with salt and pepper. If desired, the cabbage may be sprinkled with a little lemon juice also.

Next is a method of stuffing a a whole cabbage and then baking it.

BAKED STUFFED CABBAGE

1 small cabbage
1½ cups cooked meat
2 cups mashed potatoes
Salt and pepper
2 tablespoons catsup

Method: Cut the cabbage in half lengthwise. Remove the core and some of the centre. Place the cabbage halves in rapidly boiling salted water and cook in this for about 10 minutes. Drain and then fill one half with the meat, potatoes, seasonings and catsup, which have been well mixed together. Heap up the mixture and then cover with the other half of the cabbage. Place in a deep baking dish and then cover with greased paper. Bake in a moderate oven (350 deg. F.) for about 35 minutes.

This makes an inexpensive main dish and provides a rather unusual method for using leftover pieces of meat.

TOMATO - CHICKEN FRICASSEE

For this fricassee, with its delicious tomato gravy, we just use the dark meat — two drumsticks and two joints.

2 chicken legs and thighs
¼ cup flour
1 teaspoon salt
⅛ teaspoon pepper
Few grains chili powder
3 tablespoons chicken dripping, heated
3 small onions, peeled and quartered
1 cup 1-inch lengths of celery
1 can (3½ cups) tomatoes
1 cup water
½ bay leaf
Freshly boiled potatoes

Disjoint the chicken legs. Season flour with salt, pepper and chili powder. Coat pieces of chicken with seasoned flour then brown richly in heated chicken dripping. Drain off excess fat. Add onions, celery, tomatoes, water and bay leaf. Cover and simmer gently over low heat until the chicken is tender — about 1½ hours (boiling water may be added if required). At serving time, thicken sauce, if desired, with a little flour blended to a smooth paste with cold water. Rice the freshly boiled potatoes onto a large platter and form a well in the centre; turn in fricassee.

Household Scrapbook

The Fruit Closet

One good idea for use in the fruit closet is to divide it into compartments with a label over each little section. This saves the trouble of labeling each individual jar. The partitions can be made of heavy cardboard and easily arranged.

Rusty Knives

Rust on knives can sometimes be removed if the blade is run through an onion and allowed to remain for about three hours. Then polish it.

Squash

Squash will be much easier to peel if it is first placed in the oven until thoroughly warm.

How Can I !!

By Anne Ashley

Q. How can I remove rust from iron or steel?

A. There is nothing like a touch of kerosene, applied with powdered bath brick to give it the proper amount of roughage.

Q. How can I improve starch?

A. Add to each bowl of starch one teaspoonful of epsom salts and dissolve in the usual manner by boiling. Articles starched with this will be stiffer.

Q. How can I remove basting threads properly?

A. It is better to cut the threads every few inches, so that you do not have to pull a very long thread out at a time. Pulling out long threads has a tendency to leave holes in the goods.

Better English

D. C. Williams

1. What is wrong with this sentence? "Such things do not bother me any."
2. What is the correct pronunciation of "humble"?
3. Which one of these words is misspelled? Lucidity, lonjevity, luminary.
4. What does the word "ingratiate" mean?
5. What is a word beginning with no that means "pertaining to the night"?

ANSWERS

1. Omit any, or say, "Such things do not bother me at all." 2. Pronounce hum-b'l, not um-b'l. 3. Longevity. 4. To bring or work oneself into another's favor. "He ingratiated himself with them by his show of deference." 5. Nocturnal.

That Smile is Worth Keeping!

MOTHER — would you risk the loss of the happy, healthy vigour which is childhood's heritage in sports and play? Fortify the little bodies — build up resistance to colds, grippe and other infections by using Father John's Medicine regularly. Its value as a body-builder and as a treatment for colds has been proved during the past 90 years. Rich in vitamins and free from alcohol and harmful drugs.

90 years' use proves its value for COLDS

Father John's Medicine

Ellen's Diary

By an Island Farmer's Wife

James deserted his home-folk this evening when he went "kaleying" to a neighbors. I read the signs when the work was completed, and supper was past and "the shades of night" had been drawn: a splashing at the kitchen sink; a bit of primping before the mirror, then a shy look towards me and the age-old promise for which women have waited even for a life time. "I'll be back, Ellen—before long" and he was gone across the fields in the star light. But enclosed as we are at Alderlea by the surrounding hills, night brings me beacons of light for company. There is one beaming now, from the house across the lane. There are those from the house on the Hill and sometimes too, I am able to catch one, from the mill below, when a farmer's grist is being ground and often a Will-O'-the-Wisp light moves along the dam, when one of the mill hands goes to examine the head of water there. It is never lonely in the country then, when friendly lights twinkle out at one. I have had a caller too. Jock came to linger a few minutes, after he had made his last round at the stables and barns, and from bestowing, I suspect, a last handful of grain to bring the shoats to the trough, a lantern held low, the better to appraise them, now that some of them are nearing "the weight." And then he left me "all alone" homing with the intention, as he said "to try and make an earlier start in the morning" now that the present work of lumbering is taking on added interest. Rob came across the fields oday to join him at it, and Mac came in the early morning.

When Mac arrived I was milking the one-horned Kelly cow. Not as is usual with my other charges, a head pillowed comfortably against a trusted flank but taking a safer course with her, since James had not yet come from the feeding. It is not at all difficult, to tell that time in the morning. You hear mournful bawls and plaintive bleats and pawing, impatient hooves and then there comes the peaceful sounds of the eating from mangers and feeding places. I was drawing the milk to the pail, when I heard a voice from the feeding floor above say: "Who ever heard tell of anyone standing up to milk a cow? Ellen" Mac said in amazement "there's lots of women, I know, years older than you, who wouldn't be caught standing up milking a cow!" The Kelly cow has developed a temperament of late, which must be respected, in spite of any delightful opportunities for moot discussions. But Mac continued, changing the subject: "Mr. B's gone to town with his pig—Rob went over to help him load it on the sleigh." "Many a farm-warrior's praises are unsung" I remarked when I mentioned this to James, and I remembered the long trek along an only indifferent road to the city this morning. James had come then, to take his milking stool from the wall and already the milk from Mary the Jersey was flowing goldenly to the pail.

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The hills bared today beneath the rays of a brilliant March sun and the channel in the stream "up the creek" opened to disclose the water below. However, farmers from the Spruce Grove road came there, to harvest their supply of ice and loads of it were taken up the hill and out the road beyond. They were busy at the sawing of it, when I went down for the mail, a pleasant chore in today's lovely weather. Small waters gurgled a Spring-song down a furrow beside my going and blue birds held festival in the alders by the pond. It was a blue-enveloped missive, the mailman had left for me, from Bill, nephew-to-me still overseas. As a small lad, he spent many a holiday at Alderlea. I remember now his name had been flitting through my mind, on my way to the end of the lane when I saw the dark open water of the pond and stream, which suggested the fishing season to come. Bill liked to angle up and down the waters. "I'm getting fed up with life over here (on the continent) and look forward with pleasant anticipations to the Summer, when I expect to get home." He like many another soldier lad wonders what work he will then take up. He asks a number of questions as to "and how is?" this one and that one in the neighborhood and at the very first of the inquiring "And how is Uncle James?"

• • •

But it was the voice of another soldier, I heard today, when Karolyn called up to remind me that Mr. Churchill was on the air. I suspended the supper—getting to listen in and all the while, the sunset bathed the ekies in a rosy glow of promise for the morrow and I recalled the occasions this great man had spoken when the faith of the man had enthused the Nation. Dark days those earlier ones were when he had answered a challenge so bravely and well. "Bearing ourselves humbly before God, but conscious that we serve an unfolding purpose" he had said "we are ready to defend our native land. We are fighting by ourselves alone but we are not fighting for ourselves alone....let us therefore brace ourselves to our duties and so bear ourselves that if the British Empire and its Commonwealth last for a thousand years, men will say: "This was their finest hour." And men, fought and died and a war was won—and the peace is in the making. No easy chore this peace-making, but one so momentous, it will take an amount of time before every last clause has been written and every name signed. But, what was that? My heart nearly turned over! That sound which thrusts itself into my stillness is nothing else than that James of mine returning, so.

Until tomorrow— Diary —Good-night.

A DEODORANT OF DOUBLE ACTION

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ARRID gives you double protection. It protects you from perspiration odor, and helps protect your clothes from perspiration spots. Arrid is an odorless deodorant, with the fine texture of a beauty cream. It vanishes instantly — giving immediate results. With Arrid, you are absolutely safe — can enjoy yourself wherever you are — regardless of the weather. Protect your daintiness and charm with Arrid. Start using it today. It is very economical.

15¢, 39¢ and 59¢.

ARRID The Largest Selling Deodorant

Dorothy Dix Says—

Elderly Widow's Plight

Penniless Relicts Can Put Domestic Talents to Lucrative Use

One of the most pathetic figures in the world is that of the elderly widow whose husband left her penniless when he died. She is in her fifties or sixties, in what we might call the youth of age, healthy and strong, with many years of life stretching before her.

She has always been a busy, useful, hard-working woman, making a home, rearing a family, nursing the sick, helping to bring babies into the world and shrouding the dead, cooking, washing, sewing, patching, turning her hand to any job that was needed to be done. Then, suddenly, all of this is taken away from her. She has no home to keep, no work to do, and she is desperate because she thinks she has no trade or profession by which she can earn a dollar.

So she goes to live with her children and be dependent upon them, and that is an arrangement that brings happiness to neither her nor to them. Oftener than not it results in the wrecking of a son's or daughter's marriage. For no woman who has spent 30 or 40 years as the head of her own home can slip into a subordinate place in any other woman's home, even if that woman is her daughter.

INTERFERES WITH ROUTINE

No matter how conscientiously Mother tries to sit on her hands, she can't keep them out of her children's pies, nor from feeling that she has a perfect right to interfere in all of their affairs, and to tell John's wife how she should rear her children, and to preach a sermon to Mary's husband about the sin of wasting his time playing golf.

Nor is Mother contented as an enforced inmate in her children's homes. She knows they would be happier without her, and that she is the cause of friction between the husbands and wives, and especially between the children and their parents. She is bored for lack of an occupation and lonesome for her own friends.

But she feels herself helpless to strike out and make her own living and be independent. And this is where she not only makes a mistake, but commits a crime, for it is a crime for any able-bodied woman under 70 to sit down on the do-nothing stool and become a parasite on her family. For as a general thing, she is healthier and stronger than her daughters who are going through the child-bearing and baby-raising period, and her skinny granddaughters who are standing behind counters and pounding typewriters.

And as for her thinking that she doesn't know any way to make money, why, she has a dozen skills at her fingers' end for which the world is just simply clamoring to pay. Would anybody hire little inexperienced school girls as baby-sitters, who wouldn't know what to do if Johnny got the croup, if they could get women who had reared families to come and watch over their youngsters when they stepped out of an evening? Aren't there millions of kitchens just yawning for good, plain cooks who could name their own price if they could make edible biscuit?

And if you think there is no call for elderly women to be companions to old people, or to take care of semi-invalids, or to mother motherless children and keep house for widowers who want to keep their families together, just try to find one. They are as scarce as hens' teeth.

Women make a great mistake when they become dependents on their children while they are still able to be usefully employed. They still have 20 years' good work in them, and they are happier doing it than they are if they are hung like a millstone around their sons' and daughters' necks.

Mrs. Oliva Ordano, wife of the chief cook on President Truman's yacht, has admitted to Washington, D.C., police she killed her year-old daughter with a meat cleaver because child "cried too much."

Needlecraft
—FOR THE HOME—

REDINGOTE FOR SPRING

The redingote will be high on your list of wardrobe favorites for Spring. So attractive and convenient to wear over those gay print frocks, or as a smart tunic over a separate skirt.

No. 2878 is cut in sizes 12, 14, 16, 18, 20, 40, 42, 44 and 46. Size 36 requires for redingote, 2½ yards 54-inch for tunic blouse 2½ yards 39-inch.

Send 20 cents 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.

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TORONTO, March 11 — (CP) — Limitations on housing construction in Canada are physical, not financial, and more liberal mortgage loan terms under the National Housing Act would not result in one additional house being built, said the annual report of the Dominion Mortgage and Investments Association last night.

DUETS by JoFISCHER