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

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## How Can I !!!

By Anne Ashley

Q. How can I get another season's wear out of lace curtains that are at the breaking stage?

A. Place the curtains in a pillowcase and let them soak in a tub of soapy water and kerosene. When the water is dirty, remove the curtains and repeat the process if necessary. This method will avoid tears, because there is no strain on the curtains.

Q. How can I promote the growth of the eyelashes?

A. Dip a soft brush in pure lanolin and touch the edges of the eyelids with it. This application should be made before retiring for the night.

Q. How can I remove paint from window glass?

A. By rubbing with hot, strong vinegar. Repeat if necessary.

### EVERYTHING GAY

Bright cretonnes, gaily painted flower pots, colorful rugs, all tend to cheer up the atmosphere of the house that is inclined to be gloomy. It helps the spirits of the inmates, too.

● It's bargain day, every day, at your grocer's, while these outstanding Bread Knives last. Just imagine—a rustless, stainless steel bread knife with double-cut, serrated edge and beautiful cocobolo handle for only 69¢. The cutting edge is guaranteed for a lifetime.

It's wonderful value. You can't duplicate it anywhere. It's the greatest bargain in town. There is a tremendous demand for these Bread Knives. So act quickly. Better see your grocer today.

For real downright value, nothing can touch Regal Flour—so light, so white, so truly fine. Its high quality, full-flavour, integral goodness, assure that extra deliciousness that brings "ohs" and "ahs" from all the family.

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If your dealer does not have a supply of this Bread Knife, ask him to secure one for you.

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REGAL FLOUR
IT'S WONDERFUL


## That Body Of Yours

By James W. Barton, M. D.

### HEARING AIDS NOW POPULAR

One of the pleasing occurrences in our daily lives is meeting friends and acquaintances who have overcome their prejudices against hearing aids and are wearing them with the same calm feeling of those who wear glasses to improve or correct their vision.

Many who would never meet the public before now serve the public from behind a counter in retail and wholesale establishments. This change from trying to hide their hard-of-hearing condition to being willing to admit that their hearing needs help, as vision is helped by glasses, is a great step forward for them.

In a little booklet on hearing aids published by the American Medical Association, Roger William Riis states that this feeling against wearing hearing aids has been overcome by the manufacture of better hearing aids. Not only are hearing aids helping the hard of hearing more than ever before, but also the manufacturers are competing with one another in trying to lower the price of their hearing aids and are trying to make the design more simple, and the parts fewer in number.

One type of hearing aid is the color of the skin and fits into the outer ear; another type clamps a receiver on the big bone behind the ear.

With the great many kinds of hearing aids—some cheap and some expensive, some giving service in repairs at reasonable prices and others which are not so reasonable—the hard of hearing may become confused as to the aid most suitable for his or her type of poor hearing. Fortunately, there are various organizations which try to help the hard of hearing in their choice of a hearing aid. Three of these are the American Hearing Society, 1537-35th St., Washington, D. C., the Central Institute for the Deaf, St. Louis, Mo., and the New York League for the Hard of Hearing—sustained by voluntary gifts, just as financial help is given to organizations to help the blind.

Before considering buying a hearing aid, the individual should consult an ear specialist and receive any treatment necessary.

### MENIERE'S DISEASE—BUZZING EARS

Send today for Dr. Barton's helpful leaflet on Meniere's disease—ringing ears, head noises. Just send 5-cents, coin preferred, and a 3-cent stamp, to cover cost of handling and mailing, to The Bell Syndicate, Post Office Box 99, Station G, New York 19, N. Y., and ask for your leaflet entitled "Meniere' Disease."

## Household Scrapbook

By Roberta Lee

### DISCOLORED CHINA

To remove brown marks from china, put the articles in a saucepan with cold water and a lump of soda. Put the pan on the stove and let it boil for fifteen minutes. Then rinse the china well and you will find that the marks have disappeared.

### BAKING POWDER

Poultry stuffing, croquettes, or any stuffing that is inclined to be a little heavy, will be lightened if a teaspoonful of baking powder is added before cooking.

### FROZEN PIPES

Water pipes will not freeze if painted with a mixture of equal parts of glycerine and melted paraffin. Apply this solution to the exposed parts.

## Modern Etiquette

By Roberta Lee

Q. What should a hostess do when she is entertaining several guests and one of them shows plainly that she is thoroughly bored?

A. Ignore it and devote all your attention to the others. A guest who is this rude will of course not be invited again.

Q. Should every guest at a wedding reception congratulate the bride and bridegroom?

A. The bridegroom should be congratulated, but not the bride. One should extend best wishes for happiness to the bride.

Q. Is it permissible to ask a friend to introduce you to other people?

A. Not unless you are sure the meeting would be a mutual pleasure.

## Better English

D. C. Williams

1. What is wrong with this sentence? "Mrs. Johnson is a widow woman."

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

3. Which one of these words is misspelled? Gasoline, kerosene, discipline.

4. What does the word "abstemious" mean?

5. What is a word beginning with imp that means "troublesomely urgent"?

### ANSWERS

1. Say, "Mrs. Johnson is a widow." A widow is always a woman. 2. Pronounsce su-do-nim, u as in cube, a as in no unstressed, i as in him, accent first syllable. 3. Kerosene. 4. Sparing in use of food and drink. (Pronounce the e as in tea). "He was abstemious at all times." 5. Importunate.

## Dorothy Dix Says—

### Refresher Course

#### Couples Could Live Life Of Happiness If They Lived In Memories

Everybody is doing it. Taking a refresher course. The preachers are brushing up on how to put more pep into their sermons. Your pet doctor is off attending lectures on his specialty. Business men are acquiring a new line of sales talk. Every woman you know is trying to change her figure. Babies are being used as guinea pigs on whom their mothers experiment with new theories on nutrition. And even Grandma is taking cooking lessons.

For all of which Heaven be praised, for certainly all of us need to be yanked out of the ruts into which we have fallen, instead of sinking deeper in them. We need to find out, as Brother Jasper says, that "the world do move" and that we have to hustle to catch up with it if we don't want to be left helplessly behind. It is going to be a hard struggle to give up our old ways, our old opinions, our old points of view to which we are closely attached as we are to the skin on our backs, but it is going to work a great reformation.

And its forerunner is this refresher course that is sweeping over the country just now and making people realize how much they are missing in life just because they haven't kept up with the procession. For instance, there is old age. We think of it as a bleak time of boredom and frustration in which all we can do is to grouch and complain and make ourselves and everyone about us miserable. And we justify this by saying it cant be helped.

#### REMEDY IN MEMORIES

But it can. There is a remedy for it. What elderly people need is a refresher course in youth. Let them go back in spirit to the time when they were gay boys and girls; when there was excitement in just living; when they danced to a hand organ; when a sandwich was a feast and they drank pop instead of champagne. No nostrum will turn 70 into 17, but old people can keep a perpetual youth if they will live in their memories.

And there is happiness. How many bitter, disgruntled men and women we know who spend their lives railing at fate. Their bread is sorrow and their drink is tears, and they refuse the angel food that is offered them. Yet even the most elementary refresher course in living would teach these melancholy ones that we make our own happiness and that it takes strength and courage to do it, but there is no place in the world for cry babies.

And suppose—just suppose—that all married couples took a refresher course in love-making. The average husband and wife are all too prone to drop romance at the altar and thereafter take each other for granted. They settle down to the daily grind of building a home, making a living, rearing a family, and they forget that they were ever lovers. They even get to calling each other Mama and Papa.

It is not that they have lost their affection for each other. Often it is deeper than it was when they were married, because each has found out the sterling worth of the other and they are bound together by a thousand ties of loyalty, but they have just gotten out of the habits of courtship. Yet they both long to be petted and flattered and told how wonderful and beautiful they are.

Certainly there is nothing more needed than a refresher course in courtship for both husbands and wives.

# Living & Leisure

## / THE WOMAN'S REALM /

Softly they take their being, one by one,
From the lamp-lighter's hand, after the sun
Has dropped to dusk . . . like little flowers they bloom
Set in long rows amid the growing gloom.
—Street Lamps — Harry Kemp.

I have learned that mistakes can often be set right, that anxieties fade, that calamities have sometimes a compensating joy, that an ambition realized is not always pleasurable, that a disappointment is often of itself a rich incentive to try again.
—Arthur Christopher Benson.

The successful hostess is not the woman who can display the richest silver, glass and china, but the one who knows how to make her guests feel comfortable and happy.

To prevent the accidental chipping of china, while washing it in the sink, slip a short piece of rubber tubing over the ends of the faucet.

### EGYPT'S YOUNG QUEEN

As King Farouk of Egypt is a Moslem, his young queen, Farida, is required to live in strict seclusion in their royal palace in Cairo. She is even forbidden to attend the banquets, receptions and theatrical entertainments given by her husband, although she may watch the activities from behind balcony screens which hide her from view.

Sprinkle a pinch of dill in your chicken soup — that's something. Let dill stand in cream or cottage cheese overnight for that extra touch. Don't overlook mashed potatoes, where a sprinkling of dill gives just the right touch.

### MARRIAGE AND CAREER NOT ALWAYS COMPATIBLE

A New York career woman points out that a real problem in the employment picture today is the woman who quits her job for a few years to have children, but has every intention of going back to work as soon as her children are of school age, writes Ruth Millett.

The trouble, she says, is that during her stay-at-home period the woman is often miserably unhappy and spends those years feeling she is missing a lot. Well, now, just what is she missing?

Taking care of an employer's office and running it efficiently certainly isn't any more rewarding or challenging a job than taking care of a man's home.

What in the world can she make of herself as a career woman that will give her as much satisfaction as being a full-time wife and mother, loved and depended upon by her husband and children.

A woman hasn't any business marrying and having a family if she doesn't believe that marriage and motherhood combined is the most important career in the world for a woman.

The ex-career woman housewife isn't unhappy — as she maintains—because she feels she is missing a lot out of life.

She is unhappy because she missed a pay check, or because she has discovered that being a full-time wife and mother is a more exacting job.

The housewife who does much baking will find it convenient to have her mixing surface 32 or 34 inches from the floor, depending on her height and the length of her arms.

Lighter hardwoods make a hotter and shorter-lasting fire than the heavier hardwoods.

Irregular teeth, which ruin the appearance, literally have their roots in childhood, and may be due to neglect of baby teeth, to such child habits as thumb-sucking or lip-biting.

## Cook's Corner

### MINCEMEAT

3 cups apples, chopped
2 cups raisins, chopped
3 tablespoons lemon or other fruit juice
¼ cup water or cider
¼ cup mixed peel (cut)
½ cup sugar
½ teaspoon ground cloves
½ te aspoon nutmeg
1 teaspoon cinnamon
½ cup chopped suet
Or ½ cup mild flavored fat, melted.

Combine ingredients and heat together slowly. Simmer about 10 minutes. Bottle and store in refrigerater until used. Approximate yield, 4 cups.

## Ellen's Diary

By an Island Farmer's Wife

We managed to get the last of the seed potatoes from the other farm, off to market this morning, though not without some moments of concern on the part of members of the family both here and I suspect at Rob's as well. They were to have been taken yesterday, those last ones, but there had been unforseen delays which had postponed the venture until today. Last evening the prospect of their removal was uncertain and consequently disturbing. James came indoors from giving a last handful of grain to the horses, a powdering of snow on his shoulders to say to Mr. C., from the house on the hill, who had come a-visiting: "It's just a chance whether or not those potatoes go in the morning. I'm thinking the road will be pretty well filled in and there'll be no road for trucks—it's snowing pretty thick now." And I said as I continued my knitting: "I suppose it wouldn't be a matter of life or death!" And at the words James stopped still in his tracks and Mr. C. swung round in his chair with a questioning glance. And there was a heavy silence.

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Then James repeated: "life or death, woman!" "Well" I ventured "it wouldn't make a great deal of difference if they never went, would it?" "Difference!" James ejaculated, sitting down heavily in his old armchair. "Oh yes" I admitted "it would make a difference if they got frozen, after all your work, but have you no faith at all, Providence has something to do in the matter of weather." "Humph! I know, Ellen, Providence has to do with it and with everything, but we can't expect the Lord to keep back the snow and frost all Winter, can we? Or to see that we get potatoes away if humans don't do their part too. It's all very well to sit there knitting and say: 'Have you no faith?' and never concern yourself about it but leave it all to Providence. There's many a one in the world like that, Ellen, who are content to fold their hands and let the Lord do for them." "Don't worry yourself, James" I said "there'll be truck roads in the morning, or some other morning." It would be an unkind Providence indeed that would send a frost to take James' potatoes in storage, and them I suspected all well wrapped and protected! "Well" James replied "I wouldn't give much now for the prospects of truck—roads and if it just comes snow and a spell of sharp frost like I've often seen this time of year . . ." "They're done!" Mr. C. supplied, and both men nodded in quiet agreement.

• • •

We awakened to a calm morning. Not a twig stirred on the branches of the friendly old lawn birch but through them I could see snow sift quietly. James had been right in his suspicions. If it had snowed all night, there could be no hauling of potatoes this morning. I felt him rise quickly to an elbow to survey the slope on the opposite side of our valley then with a sigh, sink down quietly again. The worst had indeed come! Pard barked, and a drift of birds flew past the window. And then wonder of wonders, behind the falling flakes, only light now, a pink glow was creeping into the sky. "There!" I said to James "we've got a fine day. We had better roll out—haven't we got to get the last of those potatoes off today?"

• • •

And while "the old woman" in the clouds proceeded by spells to "pluck her geese" letting the down fall in great feathery flakes to adorn the smallest twig and evergreen, and roof the buildings thickly with mother o' pearl the last load of seed from the cellar at the other farm went to market. "The roads?" James repeated my question "oh the roads were good, if a little slippery — guess it only snowed by spells through the night." He was relieved, as indeed were the rest of us though our relief was not so obvious. Women are perhaps more for concealing their worries, keeping even fondest hopes close hidden, the better to sustain and encourage the other members of their family. Since Eden, I suspect it was intended to be thus.

• • •

But ah me, at present another problem presents itself one of more concern I believe than the matter of the potatoes. Snow which has continued to fall intermittently since morning though often allowing lengthy intervals, is still falling. And James returning from a "kayley" to the house across the lane tells me that "there's wind forecast for this evening." And Rob and Karolyn are in town. They took the two children there this afternoon to see Santa Claus and as James says: "Here it is past dark; the roads slippery and it snowing and they not home yet. And if it just comes to blow! What's keeping them?" There it is an old, old question.

Until tomorrow —Diary —Goodnight.

CHRISTMAS ANSWER IN GAY BATH PREPARATIONS
. . . from ELIZABETH ARDEN

Delicate Bath Oils, Bath Salts, fine Soaps, Velva Bath Mits—each a fragrant reminder of your good wishes for months to come. All these bath luxuries are exquisitely perfumed and delightfully packaged.

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*Luxury Bath Salts*—Concentrated—Blue Grass . . . 5.50.
*Velva Bath Mits*—1.00, 3 in a box, 2.75
—June Geranium, 1.25 and 3.50
Blue Grass, 1.50 and 4.25.
*June Geranium Bath Soap*—.75, 3 in a box, 2.15.
*Blue Grass Hand Soap*, 1.00, 3 in a box, 2.50.

MOORE & McLEOD Limited


## Morning Smile

"No, no!" said the mother hastily as the bride started to cover her pantry shelves with newspapers. "Leftover wallpaper, brown paper, paper bags, if you like — anything but newspapers!"

"Why?" demanded the bride.

"Do you want everybody to know when you cleaned your shelves last?" inquired the experienced housewife.

### ELMER'S PROBLEM

Elmer, age 13, was puzzled over the girl problem and discussed it with his pal, Joe.

"I've walked to school with her three times," he told Joe, "and carried her books. I bought her ice-cream sodas twice. Now do you think I ought to kiss her?"

"No, you don't need to." Joe decided, after a moment of deep thought. "You've done enough for that girl already."

## The Stars Say--

By Genevieve Kemble

For Wednesday, December 17

A VIGOROUS and well-directed attack upon current constructive programs, with determination and unflagging energy, and initiative, on practical and common-sense lines, is destined to achieve the most important objectives and keenly desired hopes and wishes. This worthy effort, and organized marshalling of forces, would attract the hearty cooperation of those in influential position who may have windred aims or policies.

### For the Birthday

Those whose birthday it is are encouraged to summon all their skills, ingenuity and energies, in a program of concrete and tangible plans and purposes, in which others of like mind may be willing to proffer substantial support and financial backing. Well-worked-out plans and constructive techniques, based on sound and workable bases, should assure lasting benefits with enhanced prestige and standing in productive lines. It is a time to work vigorously and with concentrated resources and energy.

A child born on this day should be well endowed with practical talents and skills for attaining high purpose, and with the solid support of its superior or those in power.


GOT A HEAD COLD? Relieve Dry, Stuffy Nose FAST!

A few drops of Vicks Va-tro-nol in each nostril work fast *right where trouble is!* Va-tro-nol opens up cold-congested breathing passages and relieves sneezy, sniffly head cold distress. Follow directions in package.

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# Needlecrafts

## / FOR THE HOME /

### BECOMING BLOUSES

Add these beautiful blouses to your wardrobe—watch then give a new look to favorite suits and skirts! No. 2331, a smart surplice closing over-blouse, has scalloped yokes. No. 2264 is cap sleeved, has a cut-out at the neckline. (Two separate pattens).

No. 2331 is cut in sizes 14, 16, 18, 20, 36, 38, 40, 42, 44, 46 and 48. Size 36 equires 2⅝ yards 39-inch.

No. 2264 is cut in sizes 10, 12, 14, 16, 18, 20, 36, 38 and 40. Size 16 requires 1⅝ 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 wish. Include postal unit or zone number in your address.

Address Pattern Department, The Charlottetown Guardian.
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### BY THEIR COLORS

In the ancient Roman theatre, actors wore symbolic colors: old men, white; young men, purple; parasites, grey; courtesans, yellow.