

Woman's Realm Social and Personal Fashions Literature

Timely Notes On Nutrition

By Marjorie G. Hill

By this late date I presume you have gathered together all the ingredients which make for an excellent food parcel to send to Mrs. Britisher. But what is this I hear? Someone has some vacant spaces in her box? Well what to do about it? Have you thought of adding one or the other of the household goods so scarce in England today? No? Well this gives me a chance to relate a few more of our experiences while there. We docked in London, and checked in at a hotel which is considered to be "quite good."

Indeed it was, but we were astounded to find that services rendered by the hotel did not include towels of any sort, soap, hangers, or waste baskets. Even girls going to work must take the first three of these necessities along, as they are not supplied in public wash rooms. Even in private homes soap is a commodity to be guarded with care as it is rationed. We were welcomed in every family as had our own supplies of soap, shampoo, and towels, but to our dismay no one had warned us to take hangers.

If you have room for a roll of toilet tissue in your box do not be afraid to send it along. Paper of every sort is scarce in England—even newspaper—and their toilet tissue has the texture of Eaton's Catalogue! Although Kleenex can be purchased it is very expensive. So much so, that when our supply ran out and we had both gotten a bad cold, we were forced to cut our dish towel for handkerchiefs.

Clothing is off the ration, but even so, the average Englishman does not feel that he can spend too much for replenishing his wardrobe—his taxes are too high, and end of course materials are expensive—with most of them being exported to Canada and the United States. Clothing such as last year's suit, a skirt which has become a bit tight, a woolly sweater too warm for our well heated homes, would delight your English cousin no end.

I wonder what your reaction would be if you had never owned a pair of nylon stockings, but you knew all about them, and one day someone presented you with a pair. One English girl actually burst into tears when we gave her her first nylons. Another threw her arms around us, then gently held the stockings up to the light, wrapped them up again carefully, and tucked them away to await the sound of wedding bells.

I don't think the English will mind me telling you what I think they need to help them along over the rough spots. Materially we are a fortunate lot, and I hope we are selfish enough to share our plenty with those less fortunate. It is surprising though how little the average Britisher knows about Canada. Undoubtedly they like us but they do not very much about us, nor our country. Why practically everybody we met thought Prince Edward Island was on the Pacific Coast. As the English are

That Body Of Yours

By James W. Barton, M.D.

THE ELECTRIC SYSTEM OF THE BODY

Several years ago I wrote a series of daily articles comparing the body to the automobile: the arches of the feet, the cartilages in the joints, the cushions or disks between the bones of the spine, were the shock absorbers; food was the gas or fuel; the stomach and small intestine mixed the food to be digested as the carburetor mixed the air and gasoline; the brain and nerves were the battery and electric system.

In Hygiene, the Health Magazine, Dr. George A. Skinner gives us much information about the electric system in his Wonder Stories of the Human Machine.

In the automobile, the battery is the center of the electric system. It is the storehouse of electric energy and feeds all parts of the machine that use electricity. In starting the engine, a button is pressed and some mysterious power spins the heavy pistons and crank shaft until the gasoline commences to explode. The explosions are due to an electric current jumping across two metallic points close together; in this jump they produce a spark which ignites the mixture of air and gasoline above the pistons. The electricity also supplies lights inside and outside the car in addition to clocks, radio, cigar and cigarette lighter and other accessories.

If we examine the human body we find the same sort of equipment present. The brain is the storage battery. The human battery supplies intelligence, and the intelligence gives the human being control of the body machine. The human battery is so much engaged in highly specialized duties that it does not have time for all the details of management that must go on constantly; if there is any failure of these duties we become sick and life ceases to exist. The main part of the brain directs the big matters and the second part does the detail or mechanical work. The spinal cord is the great cable from the battery, with branches, nerves, that pass out between the boxes of the spine, supplying the various parts of the body with the energy necessary to do their work. Along the system are storehouses of energy called plexuses.

To keep the human battery (brain and nerves) in good condition, keep the mechanical end—digestion, exercise, sleep—in shape by good daily health habits, and by switching off at times some of the brain or higher cells of the body and allowing time for recharging our battery through rest and relaxation.

great readers, and quite intellectual it might be a good idea to send along a book on Prince Edward Island or some other of our better written Canadian novels or histories—in exchange you might get a book called "The Lancashire Witches" or even more exciting, a book telling all about the old English Inns.

These are only a few rambling ideas, but again let me remind you of the date for the mailing deadline—it is November 14th.

Grease the lip of the milk pitcher with butter to prevent the drip.

ELLEN'S DIARY

By An Island Farmer's Wife

When our holiday, and the potato digging at Alderlea commenced, Autumn's colors flowed in a prodigal stream along valley and hillside. For our benefit, a wealth of gold and russet, of scarlet and crimson bright against the hunter's green of spruces and firs flooded the landscape. Tier upon tier of indescribably lovely shades adorned the wooded slopes which neighbor us, and against a sky line that held the sunny blue of day or the rose of evening friendly old maples flamed singly or in rows for us and many a white birch, staunch friends of ours since time began, displayed proudly their golden attire. "Their shrouds are colorful" we said to James, but remembered that beneath the leaves that would presently fall, buds of promise napped soundly as does our small follow in his cot in the house across the lane at rest time though these enjoy an extended sleep, their awaking depending upon the murmur of the trickling streams and the sun's warming, which is the Spring call. "Isn't it marvellous how perfectly the shades are blended!" Jeanie commented admirably one potato-picking day, "there's no clash of colors and not a single one is out of place!" Thus, without flaw had the great Artist of all spread the enchanting hues of Autumn with unerring touch, painting the woodland, the groves, the trees in the hedgerows for busy housewives and mothers to admire, and be-

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Cook's Corner

BAKED SQUASH CREOLE

3 medium acorn squash
3 tablespoons butter
6 large tomatoes or 2 cups canned tomatoes
1 large green pepper, shredded (3/4 cup)
2 small onions, chopped (1/2 cup)
1 teaspoon salt
1/2 teaspoon paprika
1 1/2 tablespoons brown sugar
Top milk or cream
2 tablespoons flour
Wash squash, cut into halves and remove seeds and pithy portion. Cut a thin slice from each end of squash to allow them to sit flat. Season each half with salt, pepper, and paprika and dot with butter. Bake in a moderately hot oven, 375 degrees F., for 30 minutes. Meanwhile, melt butter, add peeled and sliced tomatoes, shredded green pepper and chopped onion and cook until the vegetables are tender, about 12 minutes. Add the teaspoon of salt, the 1/2 teaspoon of paprika and the 1 1/2 tablespoons brown sugar. Strain the juice from the vegetables and add sufficient top milk or cream to make 2 cups liquid. Cook, stirring constantly, until sauce is thick and smooth. Add vegetables and fill the partially baked squash halves with the mixture. Return to the oven and continue baking until squash are tender, about 1 1/2 hours. Yield: six servings. If desired, garnish with strips of crisp bacon.

Island Winners in Provincial Competition



Miss Louise Doiron, Hopefield, daughter of Mr. and Mrs. Angus Doiron, and Miss Alvere LeClair, of North Rustico, daughter of Mr. and Mrs. George A. LeClair, winners in the provincial girl's sewing club competition who leave on Friday for the Royal Winter Fair, Toronto, where they will attend the Dominion Competition of Canadian National Council of Boy's and Girl's Clubs. Miss Doiron, who is taking Grade XI at Notre Dame Academy, and Miss LeClair, who is taking Grade XII at Stella Maris Convent, worked as a team representing North Rustico girl's sewing club, 1940-41, winning highest standing over the other teams competing. Their exam was prepared by Miss Maylea Boswell of the Institute Office and the adjudicators were Mrs. William Reddin and Miss Doris Anderson. —Garnham Photo.

DOROTHY DIX SAYS—

Common Delusion

Girl Thinks Marriage Will Change Wastrel Fiance To Loving Spouse

DEAR MISS DIX: Is an onlooker justified in trying to break up an engagement in which the girl is headed straight for disaster? The girl is attractive, a good cook, thrifty, sweet-tempered. Her fiance is a petty son of a wealthy family who has never worked a day in his life, and calmly admits that he doesn't intend to until it is forced upon him. If she does anything that doesn't suit him, he calls her all kinds of names which she excuses on the ground that she likes masterful men. His one interest in life is gambling, for which he constantly tries to get her to give him some of her small salary to use in betting on horses or numbers. Yet this girl confidently believes that on their wedding day he will change into a loving husband. She has no one to advise her. Should I take that office on myself?

A WOMAN FRIEND



ANSWER: It would be no use. A girl that infatuated has taken leave of her senses and is blind to every fault the man possesses, and deaf to all reason. Nobody on earth can explain why she behaves otherwise intelligent woman can delude herself into believing that a man who has never earned a penny before marriage will become a hustler and a go-getter as soon as the preacher mumbles a few words over him. Or how one can befool herself into thinking that marriage will change a sot into a sober man or make a gambler abhor games of chance or turn an abusive sweetheart into a tender and considerate husband. But thousands upon thousands of women do stultify themselves this way and marry on this platform.

DOESN'T CONCEAL FAULTS

It is very, very seldom that a man has either the subtlety or takes the trouble to deceive a girl about the kind of man he is. He doesn't bother to conceal his faults and his weaknesses from her. But the poor deluded creature, knowing the men for what they are, go on and marry them believing with childlike faith that marriage throws some sort of conjure over a man that changes him from what he is into what he ought to be. And against this superstition all argument is in vain. Nothing but experience will teach the truth and then it is too late.

That is why people are so loath to interfere in a love affair, even when they feel it their duty to do at least light a red lantern of warning that might apprise a girl or boy of the danger ahead.

DEAR DOROTHY DIX: We have an adopted son who is now 7

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Medicine Steps Along

By F. H. MacArthur

The ancient Greeks believed that the first knowledge of medicine came from their gods and demigods. The Romans, in some ways more practical than the Greeks, evinced less sense of the importance of the healing art, and for centuries neglected the practice of medicine. The few physicians who did practice at Rome were looked upon with contempt and suspicion.

Referring to the medicos of that day, the leader Cato warned the people to let them alone as they were out to put all the people to death.

He preferred to treat his own family and friends from a book of medical recipes handed down from his ancestors.

Of course, all Romans did not see eye to eye with Cato, and many wealthy families had their own doctors right in their own homes. The greater part of the physicians were slaves, but slaves who fetched high prices in the market. The equivalent of \$300 in Canadian money was not an uncommon price in those days. These slaves were frequently men of great knowledge, accomplished in literature, art and science.

Under Julius Caesar, the practice of medicine was encouraged, and the art began to lift its head. Many foreigners now came to the Eternal City to practice their professions, and we are told that some of them became quite rich in the course of a few years.

In remote country districts, no doctors were available and the sick were placed beside the highways, that travellers who had suffered from like diseases might suggest remedies.

Later came drug shops, where various drugs and medicines were compounded and sold. Then, as in our day, quacks were scattered here and there among the medicos, and the government in order to protect the people, ordered that all remedies should bear a label stating the character of the medicine, the name of its concocter, the disease for which it was recommended together with a list of all ingredients used and full directions as to when and how it should be taken.

Some of these early prescriptions were the bunk. Take for instance this one for disorders of the stomach: "The patient should read in a clear, distinct voice some book of speech, and then take moderate exercise." That treatment hardly would be accepted today.

Surgeons in those days used instruments resembling in some ways those of today. Syringes, bone-cutting tools and car-pobies to name but a few.

Not until the eighteenth century, however, did the great revolution in medicine and surgery take place. The wisdom of today is the ignorance of tomorrow is an old but true maxim.

With the invention of the microscope, X-ray etc., many new and startling discoveries have been made, thus supplanting new ideas for old ones. The wheels of progress never cease to grind to those who venture and some day medical science may be able to cure all diseases that affect mankind.

Morning Smile

WRONG CORNER

She walked on the corner joyously, then pensively, then anxiously, then casually, then anxiously, and two hours passed. "Man," she said, "is a perfidious animal, faithless and untrue, incapable of keeping a promise," and so she became a cynic.

Two hundred yards down the street he said the same thing about women. She was on the wrong corner.

GOOD ANSWER

The professor of chemistry was giving a demonstration of the properties of various acids.

"Now," he said, "I am going to drop this fifty-cent piece into this glass of acid. Will it dissolve?"

"No, sir," replied one of the students.

"No!" said the demonstrator. "Then perhaps you will explain to the class why it won't dissolve."

"Because," came the answer, "if it would you wouldn't drop it in."

The Stars Say --

By Genevieve Kemble

For Thursday, November 10 A CONCENTRATION of the abilities, resources and influences on lasting and long-range plans and objectives should be built upon basic factors, with far-seeing and rational plans for security, real worth and responsibility. The far vista looms large in the picture of the moment, but plans and programs must have the test of time. The firm foundation is of consequence for distant reaping. A dependable personality could prove a substantial asset.

For the Birthday Those whose birthday it is, might concentrate the energies, assets, talents and influences upon a long-range plan of action, with the idea of lasting security and enduring worth. A shrewd insight into the current openings in job, invest-

Living & Leisure

— THE WOMAN'S REALM —

KING AND KNAVE

Magic was wrought last night: A figure from a fairy tale — A tale that's very old — Paused by my tall green poplar tree.

And now it's gleaming gold. Watching, I knew I heard A whisper from its trembling heart Breathing thro' leaves and roots: "King Midas and Jack Frost were here—"

Those two are in cahoots! GRACE E. OBORNE

Everyone needs regular sleep to stay healthy, and health and welfare officials say few adults can afford to cut their daily rest below eight hours. Sleep combats fatigue which leads to poor quality work, accidents and low resistance to disease. Ability to work and enjoy life depends on getting enough sleep.

KITCHEN HINTS

You've been peeling onions? To remove the odor from your hands, rub them with dry mustard and then wash.

A piece of horseradish in a jar of pickles will keep the vinegar from losing its strength.

Damp shoes will polish well if some paraffin is added to the shoe polish.

New shoes that will not polish easily may be rubbed with the cut half of a lemon. When dried, polish in the usual way, finishing with a soft cloth or pad of velvet.

Tomatoes and Peanuts: Put layer of tomatoes in buttered baking-dish, salt, sugar, pepper, then add generous layer of coarsely-hopped peanuts, and layer of cracker

crumbs. Add butter and continue the layers until dish is full. Moisten with milk and bake one-half hour until brown.

When a perfume bottle won't open readily, don't apply force. The fragile glass may break. Wrap a cloth that has been dipped in hot water around the neck of the flask. Now tap the sides of the lid very gently. Have patience—and the opening is bound to "give."

Save up all the empty sewing spoons you can get, and before long you'll be ready for a game of indoor croquet. Each wicket is made by forming an arch from a piece of wire taken from a milk-bottle top, and fastening the two ends through the holes in a pair of spoons. Teaspoons make nice mallets. Nuts can serve as balls. The kitchen table top makes a nice lawn. Follow the regular rules of the game.

Small amounts of leftover vegetables may be mixed together and added to a cream sauce; flavor the same with a little Worcestershire and grated onion. Turn into a casserole, top with buttered crumbs, and serve with slices of crisp bacon for a luncheon dish.

When brushing a carpet, dip the broom in cold, salted water. This not only will keep down the dust, but will also freshen the carpet.

Keep a bag of fine sand handy if there is a coal oil stove in the home. Should an explosion or fire occur, sand thrown over the flames will quickly extinguish them.

Better English

By D. C. Williams

1. What is wrong with this sentence? "Brown seemed very surprised when his brother failed to show up."

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

3. Which one of these words is misspelled? Amamniuss, amatur, amathist, amoba.

4. What does the word "endowments" mean?

5. What is a word beginning with ra that means "agreeable to reason"?

ANSWERS

1. Surprised seemed very much surprised when his brother failed to appear." 2. Pronounce frontier as in on preferred, e as in one, accent first syllable. 3. Amethyst. 4. Talents; gifts. "He was aided by strong, mental endowments." 5. Rational.

How Can I!!!

By Anne Ashley

Q. How should fabric gloves be washed?

A. Wash them with a good kind of soap flakes. Then hold the fingers under the faucet and fill with water. Hang on the line to drip, and see how nicely the fingers dry into their proper shapes.

Q. How can I remove grease spots from the page of a book?

A. Sponge with benzine; then place the page between two blotters and press with a hot iron.

Q. How can I prevent eggs from bursting while boiling?

A. If one end of each egg is pricked with a needle before placing in the water, they will not burst while boiling.

Modern Etiquette

By Roberta Lee

Q. What is the best rule to follow if one isn't sure of the right choice of silver at a dinner table?

A. One can follow the host's procedure in a case like this. Or take the piece farthest from the plate for the first course, and work in toward the plate.

Q. Is it necessary to repeat a stranger's name to each person when introducing him to a group?

A. No; it is less awkward to say, "Mr. Johnson," and then name the group—"Mr. Gray, Mr. Barnes," etc.

Q. When sending a letter or greeting card to a young man who is sixteen, should one address him as "Mr.," or "Master"?

A. Address him as "Mr."

Household Scrapbook

By Roberta Lee

Kid gloves may be washed on the hands in a basin of spirits of turpentine. The gloves will remain new looking for a long time if they are rubbed each time after wearing with a piece of oiled silk.

Lemon in the rinse brings out the beauty of blonde hair. Vinegar should be used by brunettes. Use the lemon or vinegar in the next to last rinse, following with one of clear water.

Sometimes the inside of the silver-plated lid of the mustard jar or horseradish jar will turn green. If this happens, coat it with a thin layer of paraffin.

Needlecraft

— FOR THE HOME —

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