

Woman's Realm Social and Personal Fashions Literature



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Dorothy Gray

MOORE & McLEOD Limited

CHARLOTTETOWN

That Body of Yours

By James W. Barton M. D.

SINUSES — HELPFUL AND HARMFUL

An X-ray expert who saw the X-ray films of Caruso's sinuses states that they were unusually large and clear, which accounts for his wonderful voice. The sinuses—six in number, three on each side adjoining the nose—from the sounding box for the voice. Any obstruction in a sinus or its outlet gives the voice the flat sound noted when a head cold is present.

However, the lining of the nose and sinuses is a membrane which consists of the air going into the lungs. This lining has the power also of fighting and killing harmful organisms before they can enter the throat, bronchial tubes and lungs. Anything that injures this lining takes away much of its ability to kill these organisms, and so inflammation of the sinus (infection) and infection elsewhere in the body result. It can readily be seen that keeping the lining of the nose and sinuses in a healthy condition means much to the general health of the body.

It is because the lining of nose and sinuses puts up a fight against harmful organisms being breathed into the throat and lungs that so many suffer with irritation and inflammation of the sinuses—sinusitis. The common head cold and asthma are examples of irritation of the lining of the sinuses and bronchial tubes. Workers in dusty occupations are greatly troubled with sinus symptoms.

A frequent cause of sinusitis is infection of teeth and tonsils, not alone because of their nearness to the sinuses but because the blood stream carries the infection to the sinuses. One of the commonest causes of sinusitis is being allergic or sensitive to sinuses—dust, feathers, pollen of plants, food. Fortunately, nose and throat specialists are able to tell the difference between an inflammation of the lining of the nose and sinuses caused by infection and one caused by allergy. In allergy the lining is pale, and in true inflammation or infection the lining is a deep red.

Food is a factor in causing sinusitis; too much salt in and on foods—thus holding too much liquid in the tissues—causes swelling of the lining of nose and sinuses. Once sinuses are infected, the food can carry the infection to other parts of the body. Sinus infection is in a class with bac teeth, tonsils and gonorrhea as a cause of rheumatism and arthritis.

Living & Leisure

THE WOMAN'S REALM

OLD FRIENDS

(Anonymous)

We just shake hands at meeting With many that come nigh, We nod the head in greeting To many that go by. But we welcome through the gateway Our few old friends and true; Then hearts leap up and straight-way There's open house for you, Wide-open house for you, From "Old Friends."

SIT GRACEFULLY FOR POISE

Barometer of your poise is your ability to sit gracefully. Jerky movements and nervous mannerisms, such as foot tapping, foot twisting or tugging at clothes, indicate a lack of self-confidence. You'll look bored and ungainly if you drop into a chair like a dead-weight, slump back against the cushions and sling one leg over the other.

What promotes a poised and graceful appearance are smooth, disciplined movements. To sit gracefully, keep one foot a normal step length directly behind the other, turn on the balls of the feet and lower your body slowly into the chair. This controlled motion not only seats you with a minimum of flutter, but it encourages clothes to fall in graceful folds instead of bunching up awkwardly.

So sit that hips touch the back of the chair. This position permits you to lean back comfortably without slumping. Knees, ankles and feet, of course, should be kept close together. If you cross your legs, cross them high enough so that the foot of the crossed leg points down to the floor. When you rise don't hoist yourself out of the chair with your arms. Instead, lean forward from the hips distribute your weight on both feet and let your leg muscles push you up.

GROOMING FAULT CONCERS NECK

Most universal grooming fault of women is—guess what? A dirty neckline, according to one man.

who remarked to us that "ears of sitting behind women in buses, trains and theatres have convinced him that we spend too much time on our faces and not enough time scrubbing our necks."

Could be that there's a grain of truth in this observation. Could be, too, that what looks grimy is make-up that attracts soil. In any case, a neck that isn't immaculate reflects a careless inattention to fine points of grooming.

The way to avoid such masculine criticism is to freshen up the neckline when you freshen up your face. Carry your creamy cleanser or soap washcloth around to the nether regions of your neck and scrub vigorously from hairline to shoulderline each time you strip your face clean. Cleansing grains will flush soil embedded in the skin.

TANTRUMS NEED MOST CAREFUL HANDLING

If a small child gets tantrums, should we:

A. Ignore him?
B. Throw water on him and call the doctor?
C. Quietly let him alone to work it off?
D. Give him what he wants, in order to have peace?

Number three, or "C" is right, as far as it goes, because the child has not only worked himself up to a point where he won't listen, but any encouragement only may result in a tantrum if we know, put on acts of various kinds in order to get their way. Occasionally jealousy is the cause.

Yet there are other things. A child who has become over-tired on a shopping trip may take a tantrum in public because his nerves have reached their limit of endurance. Excitement of any kind may result in a tantrum if the child is the nervous type.

But the mother intent on her shopping insists that he be a good boy.

May Be Good Reason While it is true that tantrums are frequently due to bad temper, it happens also that many such acts are justified on the grounds of decent resentment. The child

(Continued on Page 3)

Ellen's Diary

By an Island Farmer's Wife

James collected a pair of sweeping brooms from among the housewives' stores to take with him to his work this morning, an indication to me, that the undertaking at the other farm had progressed to a point where completion since apparently the litter which is the aftermath of any work of carpentry was about to be gathered up.

James is the best one for this sort of cleaning. Though indoors, such times as an annoying misery causes me to take to my bed and the chore of sweeping the kitchen falls to James, odd inaccessible places like beneath the couch or under the armchair might escape the touch of his broom, yet at any sweeping "project" without, there would be no such laxity. Often when we have come to one of those endeavours, perhaps when clearing the barn floor to receive the threshing gear; tiding a granary in readiness for the new grain or maybe cleaning the cellar at the end of planting and the task is so great that I am lost in its immensity. "Here!" James will say disgusted with my puny efforts at sweeping "let me at it!" and in no time at all from the depths of untidiness, present-ty neatness and order would prevail. So, grateful to have come toward the end of their labors there, in view of the insistence of approaching field work, and while the carpenters were engaged in making new doors for the cellar, the others went to the tiding up of the place.

There was grading done as well. Of this I know very little except that much clay was drawn to the area about the foundation of the barn which houses the cellar to leave it all in a neat condition. I was better informed about the cleaning of the interior—for James who came to dine with us told me something of this. "Oh dear," he sighed, sitting down rather wearily at James' elbow "we were pretty busy this morning. I was drawing nails out of the forms—Mr. D. showed me how, and sometimes granddaddy helped me, but mostly he was sweeping." Then he brightened "I guess perhaps you won't have ready-made dinner, cooked for us, we're good and hungry!" "But didn't you have any apples?" "Apples, Jamie smiled "we didn't have any time to stop to eat apples."

Perhaps Jamie's fears might have been sustained, if we had not this very morning received a gift from the post, a generous square of it, to be roasted and served in thin appetizing slices of pink and white when cold, or to be made into chops and fried. For a noon meal James prefers the latter with an addition of an egg cooked in the drippings and if one wishes to be subtle over the subject of a new gown or other sometimes annoying trifles, rings of ominous sautéed brownie, put the finishing touch to a dinner which never fails to produce a mellowness of James' heart. The receipt of the meat, denotes that on at least one island farm, the inconvenience occasioned by the packinghouse workers strike is being overcome by putting the pig in the barre' for home consumption, a procedure which of course has its limitations. Delicately flavored as ours was by the "milk of human kindness" we found it delicious fare.

We had potatoes as well, fluffy fried now and white; carrots for color and vitamins and a dessert of fresh-baked cake deeply frosted, and about this Jamie was briefly banished from the table though he had given me fair if short warning. "I always like to stick my nose in the frosting" he remarked sullenly the action to the word "Oh Jamie!" I said, though it was already decorated and James taken by surprise actually scowled at him. "Mutt does" he said "you ought to see Mutt with frosting on his nose—He'd make you die laughing to see him, he looks so funny!" Jamie chuckled making his way to the sink, though not without encouragement "but he likes it too, and likes it all off, every last speck of it, as clean as a whistle!"

There was the home-coming this evening, from the work at the other farm and at the same time horses and cattle came to the yard from pasturing beside colorful woodlands. Like an exquisite tapestry the countryside was today. Rugged old birches yellowing maples aflame, evergreens darkly green to point the lovely contrast, meadows neutral tinted—Autumn spreading its beauty over hill and dale. ... And "frost again tonight" James tells me.

Until tomorrow—Diary — Good-night. . .

WATER AS WEAPON

The most famous instances of water as a weapon are Biblical: (Josh. 3: the flood); Joshua — the Jordan; and Moses — the Red Sea.

TOWER OF TONGUES

The Tower of Babel, at the Chaldean city of Ur in lower Mesopotamia, has completely disappeared.

Chest Colds

To Relieve Miliary VICKS VAPORUS Rub on Throat

BUYS AND WHYS BY Barbara Brent

A weekly advertising and information service for today's woman



MONTEAL, Oct. 9th.—Tastiest way I know to make sure your youngsters are getting ample milk in their diets is to ease them, come dessert-time, luscious puddings and blanc manges made of BENSON'S CORN STARCH! This fine-quality corn starch flakes custards and puddings your children will love. Yours for the asking is BENSON'S Recipe Sheet B.F. . . Vanilla Elize Mangle—Velvety Baked Custard—Floating Island, Simply write to me, Barbara Brent, 1411 Crescent St., Montreal, P.Q. and I'll gladly mail you free copy to you—post-haste!

TIME NOW, with the cool days of Fall growing shorter, to redecorate your home for Winter's indoor living. Time enough to bring cheerful, Summer-like colour right inside with DUROLAVE, that wonderful, washable Paste Paint that thins so quickly with water! So easy to apply—and inexpensive, too—DUROLAVE, manufactured by the Crown Diamond Paint Company Limited is now made to a new formula that makes it easy to mix. DUROLAVE is odourless, wet or dry—and it dries in less than an hour, leaving no brush marks! Small wonder DUROLAVE is a best-selling paint wherever good paint is sold!

COUNT YOUR BLESSINGS

Give thanks—giving Time—among them that morale-boosting Savings Account of yours at the B of M—

BANK OF MONTREAL

If you indulge in feminine thrift at the B of M—as I do—you'll know what I mean when I say it's like visiting an old friend! You've discovered the joy of a Savings Account at the B of M! It's money saved for a rainy day—or to help you toward that welcome winter outfit!

CLIMB ABOARD

the passenger stairway to the T.C.A. "North Star" is wheeled into position beside the huge skyliner and you climb aboard! Look around you—at the soft colour of the appointments. In the rear of the plane—a Powder Room—a cozy Cocktail Lounge... the Galley where hot complimentary meals are served—the Steward's Desk. The Stewardess makes you comfortable in a cloud-coft, adjustable seat... the four Rolls-Royce engines hum—their power tugs at the plane and suddenly you're airborne—climbing cloudward over the airport in a TRANS-CANADA AIR LINES "North Star" bound for Great Britain and Ireland now to take the swift, comfortable, oh-so-convenient "North Star" way to England... it costs so much less than you might think.

THANKSGIVING TIME is Family Time

when cousins, uncles and aunts gather round for family fun and turkey! It's time to stock up with 7-Up... for delicious 7-Up is the family "Fresh Fruit" drink. 7-Up has a light and merry goodness, a fresh, clean-tasting flavour that is the essence of cheerfulness. Make this year's family reunion a never-to-be-forgotten one... with good cheer and 7-Up always on hand! Keep your big family meal treat... and smile with 7-Up! You'll find it at any store displaying the colourful 7-Up sign!

How Can I!!

By Anne Ashley

Q. How can I make a cream substitute for coffee?
A. Beat up the yolk of one egg, to which has been added one teaspoon of sugar, and a very small amount of milk. Divide this among the cups before pouring in the hot coffee.
Q. How can I soften stiff shoes?
A. If a little vaseline jelly is applied to stiff leather shoes, it will make them soft and pliable. Rub it thoroughly into the leather with a piece of flannel.
Q. How can I avoid forgetting the exact time medicine is next due?
A. By using an alarm clock, setting the hands at the time when the medicine should be taken.

Sun Yat Sen was the founder and first president of the Chinese republic.

Better English

D. C. Williams

1. What is wrong with this sentence? "We had company at dinner."
2. What is the correct pronunciation of "carousal" (is merry-go-round)?
3. Which one of these words is misspelled? Pinnacle, encumber, meander.
4. What does the word "deviate" mean?
5. What is a word beginning with "incapable" of existing together in agreement or harmony; discordant?

ANSWERS

1. Say, "We had guests at dinner." The other expression is colloquial. 2. Pronounce kar-oo-zel, as at an amusement park, or as in book, as in merry-go-round. 3. Meander. 4. To turn aside from a course; wander. "Neither stand still, nor go back, nor deviate." — Augustine. 5. Incompatible.

Needlecraft FOR THE HOME

YOUNG SET

No. 2334 combines a suspender-strap pleated skirt, a round colored blouse, a jaunty jacket with a Peter Pan collar. No. 2952 provides for making a Scotch hat to top the ensemble.

No. 2334 is cut in sizes 2, 4, 6 and 8. Size 4 jacket, 3/4 yard 54-inch; blouse, 1 1/4 yards 35-inch; skirt, 3 1/2 yards 54-inch.

No. 2952 is cut in head sizes 19, 20, 21 and 22. Size 20, 1/4 yard 18-inch, 1 1/4 yards ribbon.

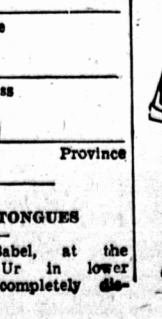
Send 20c for PATTERN, which includes complete sewing guide. Print your Name and address on Style Number plainly. Be sure to state size you wish. Include postal unit or zone number in your address.

Address Pattern Department, The Charlottetown Guardian, Pattern Nos. 2334 and 2952

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SIZES 2 - 8
HAT-2952



Household Scrapbook

By Roberta Lee

Fitting Candles

If the candles are a little too thick for your candlesticks, put about an inch of water in a saucepan and place on the stove. Mold the thick end of the candle in this for a minute, then with a piece of cloth twist around and around until it is small enough to fit into the hole.

Colored Cotton

When washing colored cotton dresses for the first time, put about one tablespoon of salt in each quart of water used. Use vinegar in the same proportion in the rinse water. This will keep and brighten the colors.

Remedy for Bites

Bicarbonate of soda in solution or paste is a soothing application for burns and insect bites.

Morning Smile

NONE BUT NOT FORGOTTEN

When the preacher's knock on the door of the modest little shanty brought a woman attired in heavy mourning, the good man solicitously inquired: "Is your husband dead, sister?" "Then why are you in mourning, sister?" the preacher asked. "Well, sir, explained the woman, "it's like this: My present husband has been nagging and bothering me so much that I went back into mourning for my first husband."

The Stars Say -

By GENEVIEVE KEMBLE

For Friday, October 10

THE advent of an abrupt and startling event or episode may be the means of disrupting all current plans, throwing the mind into confusion or consternation and giving pause for the ripening of whatever concoction is in the air. An apt expression, since the element of the unusual and irregular is present. In this instance however, it seems that most propitious and fortunate conditions are likely to follow the devastation, with expansion, good luck, gratification in love and home matters as well as business and professional aspirations.

On the Birthday

Those whose birthday it is may find themselves in a year of strange adventures and experiences, in which a sudden arresting of interests and procedures may be at first disruptive and devastating, with a fearsome emotional reaction and a static moment of seeming frustration. This however, is followed by a very definite upsurge, with expansion and progress of surprising scope and influence. This may leave an imprint upon the financial and business solidarity as well as upon social, domestic and romantic affiliations, probably with festive and gay celebrations in line. A child born on this day while having irregular and abrupt reversals of fortune, also has promise of "mental fences," with increase and personal joy and happiness.

TOO WEAK TO DO ANYTHING

ON CERTAIN DAYS? Of women? This fine medicine is very effective to relieve painful distress and tired, nervous, irritable feelings. Use such days—when due to female functional monthly disturbances. Thousands report benefit! LYDIA E. PINKHAM'S COMPOUND

Modern Etiquette

By Roberta Lee

Q. Is it correct for the bride and her attendants to arrive at the church about a half-hour before the ceremony is to begin?

A. No; they should arrive promptly on the moment set for the ceremony.

Q. Shouldn't a call of condolence be returned?

A. No; it is not required and certainly should not be expected.

Q. Are the expressions "boy friend," "gentleman friend," and "girl friend" acceptable?

A. They are not and should never be used in introductions or conversation.

Cook's Corner

COCONUT CUP CUSTARD

3 eggs or 6 egg yolks, slightly beaten
4 tablespoons sugar
1/4 teaspoon salt
1/4 teaspoon nutmeg
1/2 cup coconut, shredded
2 cups milk
Mix eggs, sugar, salt, nutmeg, and coconut. Stir in milk gradually. Pour into custard cups, place in pan of hot water and bake in moderate oven (350 degrees F.) 35 to 40 minutes, or until knife inserted comes out clean. Chill. Yield: 6 servings.

CHOCOLATE BREAD PUDDING

1 1/2 squares unsweetened chocolate, cut in pieces
3 cups milk
1/4 teaspoon salt
2 eggs, slightly beaten
1 teaspoon vanilla
2 cups stale bread, cut in 1/4-inch cubes
Add chocolate to milk in double boiler and melt. When melted, beat with rotary egg beater. Combine sugar, salt, and eggs. Stir in chocolate mixture gradually. Add vanilla. Place bread in greased baking dish. Pour mixture over it, let stand 10 minutes, then mix well. Place in pan of hot water and bake in moderate oven (350 degrees F.) 1 hour, or until firm. Yield: 6 servings.

In Camp

A strongly antiseptic medicinal Ointment is required in camp to relieve burns, wounds, cuts, etc. Dr. Chase's Ointment

DOROTHY DIX SAYS—

Amiability

Jolly Disposition Wins Success And Marital Happiness

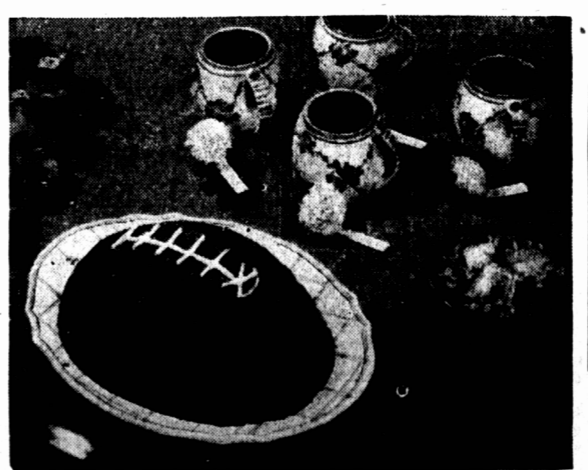
The thing that we ask of our fellow creatures than anything else is to be easy to get along with. If they will only keep off of our toes and be sweet and smiling and agreeable, we will forgive them their every fault and blenheim.

And, such being the case, it is amazing that so few people cultivate amiability, for it is the greatest gift in the world and will come nearer than any other one thing to getting you whatever you want. No other investment pays such dividends as just being pleasant to have around, or is such a substitute for the major and minor virtues. Thousands upon thousands of people go through life prosperously on no other capital except a sweet disposition.

Consider some of the advantages of amiability. To begin with, it is the perfect alibi for selfishness. We are in the habit of thinking that the people who do not claw and fight to get what they desire are gentle altruists who put everyone's pleasure and good before their own, but such is far from being true. While the hell-raisers were lambasting each other, the mild soul, who like the hero of the song, never said a discouraging word, has had the prize handed to him on a silver salver.

(Continued on Page 7)

FOOTBALL PARTY BREAD



Typical of Canadian informality is the gay and generous habit of "open house" entertaining. Casual though such parties always seem to be, actually it's foresighted planning which assures smooth running of all details—including plentiful food for extra and unexpected visitors. A buffet supper scheduled and prepared in advance of the football game or evening party leaves the hostess free to enjoy the fun. On such an occasion you'll find the following easy to prepare and popular with the whole crowd.

Steamed Brown Bread: 3 shredded wheat biscuits (1 cup finely rolled), 2 cups buttermilk, 2-3 cup molasses, 1 cup graham flour, 1 cup corn meal, 1 teaspoon baking soda, 1 teaspoon baking powder, 2 tablespoons sugar, 1-1-2 teaspoons salt, 1 teaspoon cinnamon, 1 cup raisins.

Roll shredded wheat into fine crumbs. Combine with buttermilk and molasses; allow to stand 10 minutes. Sift together graham flour, corn meal, baking soda, baking powder, sugar, salt and cinnamon. Fold into shredded wheat mixture, stirring just enough to moisten dry ingredients. Stir in raisins. Fill greased 1 quart mold 2-3 full. Cover tightly an steam 3 hours. Serve warm or cold.

Appetizing CLOVER LEAF ROLLS

USE FLEISCHMANN'S ACTIVE FRESH YEAST

Yes, Fleischmann's active Fresh Yeast helps you bake fluffier, tastier Clover Leaf rolls. Fleischmann's works fast because it's full-strength. It saves you extra steps.

IF YOU BAKE AT HOME, you'll want Fleischmann's active Fresh Yeast—the Yeast cake with the familiar yellow label that has been Canada's favorite for over 70 years. Order some today!

Always fresh...at your grocer's