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

Living & Leisure

— THE WOMAN'S REALM —

ZERO

Down from the Arctic, where the low red sun
Hangs dogged with rainbows — from the ghostly grey
Twilight of its desolate six-months'-day —
A creeping coldness came
That seared the living flesh as though with flame.

In that unearthly air
Mountain and hill stood clear as glass; the eye
Ached at the dreadful brilliance of the sky
Out of whose purple-blue
The wild geese toppled, freezing as they flew.

And Death stole on, and blasted as it came:
Many a brittle life, too young, too old,
Snapped in that cold
Before a warm wind blew and sowed again
The furry pasque-flower in a drift of rain.

The air is wild with song, the willow tree
Stands bright on darkness; but a brand remains
Fixed for this generation on these plains
Whose shattered pines bear witness to the breath
Of the creeping white-eyed paralytic, Death.

—Audrey Alexandra Brown

APPLES NUTRITIOUS

The housewife may not believe it, but experts say the apple now is considered almost as versatile as the potato. Home economists of the consumer section, Dominion department of agriculture, say that while apples still hold first place for pies and desserts, they also have gained favor in salads and pickles. In addition, they have come to be appreciated in meat dishes. A half cup of grated raw apple, added to beef stew or to chicken soup, gives a new and interesting flavor. Apples baked with ham also are a special treat. Ingredients: one slice of uncooked ham (about 1 1-2 inches thick); one teaspoon dry mustard; two teaspoons vinegar; two apples; one-half cup brown sugar; one teaspoon butter. Trim rind from ham. Mix mustard and vinegar together, and spread on ham. Slice apples thinly and spread in layers on ham. Sprinkle with brown sugar and dot with butter. Bake in a moderate over (350 degrees Fahrenheit) until ham is tender—about 45 minutes.

HOUSEHOLD SUGGESTIONS

Add leftover cooked rice to slightly beaten egg, season with salt and pepper, and drop by spoonfuls on a hot, well-greased griddle. Serve these rice griddle cakes with crisp bacon and currant jelly, and a green salad, for luncheon.

The right way to slice the turkey drumstick is to hold the drumstick at an angle, or upright, and cut down — parallel with the bone — turning to get uniform slices.

Rich in food value is a sandwich made of baked beans mixed with chopped peanuts. For extra texture and flavor value add a little prepared mustard and some finely chopped celery.

Household Scrapbook

By Roberta Lee

Dress Shields

You can not give too much attention to the matter of the dress shields. Wash them frequently to eliminate any danger of perspiration odor, as they quickly absorb and retain perspiration. The rubbery smell can be prevented by spreading a little deodorant cream on them.

Plant Care

A house plant will soon die if the earth around it is not kept sweet. Try working some coffee grounds well into the earth around the plant. Such a treatment will sweeten it wonderfully. Do this regularly.

Straining Meat

Strain the drippings from meat through a cloth that has been rinsed out of cold water, as this makes the process easier. Cool, cover, and store in the refrigerator for use as desired.

Mothers Sing the Praises of

JACK and JILL

BUCKLEY'S NEW COUGH AND COLD SYRUP FOR KIDDIES ONLY

Here's great news for mothers — a grand cough and cold remedy just for the little folks made by the makers of Buckley's Mixture, Canada's most famous cough and cold remedy. JACK and JILL Cough Syrup with Vitamin C is NEW — DIFFERENT — and so PLEASANT TASTING they'll take it with a smile. There's no "battle of the bottle" when you give JACK and JILL. At the very first sneeze or sniffle give according to directions for relief that is PROMPT and SAFE. Be sure to get a bottle today and have it handy.

CONTAINS VITAMIN "C"

AT ALL DRUGGISTS 50c

That Body Of Yours

By James W. Barton, M.D.

THE FEAR OF HIGH BLOOD PRESSURE

In a certain community one of the physicians, even before the discovery of the sulpha drugs and penicillin, had the reputation of never having lost a case of pneumonia. Some of the other local physicians were unkind enough to say that this physician called every chest ailment (even the common cold) pneumonia and as most of these cases get well without treatment he never lost a "pneumonia" case. My own impression of this old physician was that he knew if he called a chest ailment pneumonia, the patient would remain quietly in bed and follow orders till he was fully recovered, whereas, if he thought he just had a cold, he would not remain in bed and might easily develop pneumonia.

While the fear of an ailment may make us careful, too much fear of this ailment may upset all the body processes and render the condition dangerous. I have in mind the great fear that exists in the minds of individuals who learn that they have high blood pressure. Thus, in the all-round treatment of high blood pressure, the removal of the fear of high blood pressure forms an important part.

In "Medical Clinics of North America," Drs. Dorothea Loofbourow and Robert Sterling Palmer, Massachusetts General Hospital, in outlining the treatment of high blood pressure state that psychotherapy — treating the mind of the patient — should form a part of all types of treatment of high blood pressure because there is always present nervousness and tension of mind, and these nervous symptoms can be readily relieved by simple measures. "Many patients come to the doctor greatly distressed because they have been refused insurance or have lost their jobs because of high blood pressure. They are extremely anxious, and fear the worst in the form of "shock or a heart attack."

These cases, so fearful of their high blood pressure, should be given the greatest encouragement, emphasizing improvements in the patients condition and belittling the possibility of non-improvement.

The physician's duty is to allay anxiety. "Relief of anxiety in many cases is happily accompanied by a considerable fall in blood pressure but as a rule not down to normal."

The thought for all of us regarding high blood pressure is that calmness of spirit acquired from our religion or philosohy of life will prevent or greatly decrease the danger of heart and brain strokes.

The Stars Say - -

By Genevieve Kemble

For Wednesday, January 25

IT may take some clear thinking, subdued emotions and a friendly intervention to stand by in a dubious situation, probably precipitated by a beclouded mentality, confused emotions or a generally blurred or obscure state of mind, in which sentiments, dreams and false premises incite a departure from realism, or strange involvements. Do not get carried away by curious notions or contacts. Seek refuge in logical conclusions aided or advised by friendly interests.

For the Birthday

Those whose birthday it is may find themselves in a "blind alley" through their own tendency toward the strange and curious. Judgment may be involved and perplexing, leading into regrettable situations, with deep undercurrents of grave menace. Be guided or advised by old heads, given to reason and understanding rather than impulses and emotions. Move with caution in all dealings and commitments, in order to avoid pitfalls.

A child born on this day will be prone to arrive at decisions by emotional influences rather than clear and logical thinking. It may avert curious trouble by heeding the voice of wisdom.

READING, England — (CP) — A £1,000,000 ($31,000,000) building plan is to be carried out here.

A Country Garden

By Mrs. Gordon Macmillan

I will sing of the bounty of the big trees
They are the green tents of the Almighty,
He hath set them up for comfort and for shelter.
—Henry van Dyke.

I have been reading Green Glory, a book written by Richard St. Barbe Baker, it is a story of the Forests of the World, and it is one of the most interesting and instructive books in our Public Library.

Mr. Baker says: "The tree, with the help of all plant life, controls the food supply and life of a man and of the animal kingdom." We find in this book some truly terrifying pictures of man flying in the face of Nature, ruthlessly uprooting and burning the very stuff that holds the world together; and no less terrible pictures of Nature making her implacable reply. Man strips the forests of China; Nature swirls away in the Yellow River every year 2,500,000 tons of the soil on which man might live. Man strips the western prairies to the bone; Nature hands him a dust-bowl. So the folly and the retribution go on and have gone on, and have gone throughout the centuries as civilizations have risen and decayed."

We are glad that many thoughtful persons on our own beautiful Island are planting trees every year and it is surprising how soon they grow to a good size. It is possible to get small seedlings at the nursery through the generosity of Mr. Cotton. There will be a small charge and in the Spring full particulars will be given to all interested.

"When the forests go, the fish and game go, the waters go, crops go, herds and flocks go, fertility departs. Then the age-old phantoms appear, stealthily one after another—Flood, drought, fire, famine, pestilence." — Robert Chambers.

• • •

"The good earth from which man sprang, the gentle mother that bore him from her womb, must be tended with loving care; otherwise she will not support him. The body of earth must have her green covering of trees or other plants. Her skin is sensitive to the behaviour of man, who has never quite mastered the art of continuous cultivation of land which was once covered with forest. The folly of exposing her "nakedness has been shown graphically in China. Deserts now reign in the very birthplace of ancient civilization. The great north-west loessial region now resembles a huge battlefield, scarred and denuded. That fertile soil, which when touched by rain, will bear crops two or three times a year, easily dissipates itself unless covered by trees or grasses."

The tallest trees in the world are found in California, it is the Redwood Sequoia sempervirens, and it is 364 feet high and 18 feet in diameter at 4 1-2 feet above the ground.

• • •

A small narrow belt of these trees about 1,500 miles long grow in Oregon and California, one of these very tall trees if stood by St. Paul's Cathedral would reach the crest of the dome. Plant it in the deepest part of the North Sea, and its highest branches would wave above the water. Place it by the Statute of Liberty, and it would tower over the flaming torch.

It is difficult to imagine such a tall tree, and the largest tree is Sequoia gigantia in the National Park and it is called General Sherman. When we read that these trees are known to be two thousand years old it makes us think how wonderful the story of the forests of the world can be.

• • •

The United Nations Organization has taken up the important matter of the World Forestry Committee's resolution on reaforestation giving it a first

Continued on page 8

'Phone Girls' Call Helps Nab Trio

Mrs. Betty Turner, shown above with children, Donald, five, Eleanor, three, was alone in Agincourt, Ont., telephone office when she became suspicious of three men whom she saw enter railway station. The pretty telephone operator phoned Scarboro police, and when police approached station, the men, raced to their getaway car, started it up. When officers pumped bullets into rear of car it crashed into hydro pole, brought down telephone and power lines. Men were so dazed, they were easily overpowered and arrested.

DOROTHY DIX SAYS -

Child-Bridegroom

Man Tires Of Older Woman Who Has Sacrificed Son For Him

DEAR MISS DIX: Six years ago I became infatuated with a widow ten years my senior. At first, she told me she could never be interested in one so much her junior. Then I became very ill, and while I was in the hospital she came to see me and promised to marry me when I got well.

Now, after five years, I find the marriage a failure. She has done much to further my interest, paid my debts, keeps her young son away much to further my interest, paid my debts, keeps her young son away from boarding school, endeavors in every way to retain her youth and at boarding school, endeavors in every way to retain her youth and good looks, never nags or complains, but I realize that she is too old for me. And to add to the tragedy I have met the one girl in all the world, fifteen years my junior, without whom life seems not worth living. This is the real thing at last, but could any case be more hopeless?

DAN

ANSWER: I don't see why the case is hopeless. In spite of the one moment of maudlin sentimentality in which she married you against her better judgment, your wife seems to be a woman of good sense. She knew at the time that the marriage of a boy to a woman ten years older than himself was a poor risk for both parties and seldom brought happiness to either.

NOT REALLY IN LOVE

You see, your wife was not madly infatuated with you when she married you. She was so sorry for you because of your sufferings and anxious to heal them, she let romance and sentiment becloud her judgment.

But the cool, gray light of the morning after must have come to her soon enough and made her realize her mistake when she found that instead of having a man to lean on she had a temperamental and emotionally unstable boy whose debts she had to pay, whom she had to keep entertained and amused, and who considered her feelings so little that he demanded the sacrifice of her son to him.

Don't imagine that your wife has been happy. She may have been a good enough sport to stand by her bargain without a whimper. She may never have nagged nor complained, but her heart must have ached for the child she had to send off to school because you didn't want him around. She must have wished a thousand times that she could settle down in peace to being her age instead of having to try to keep up a synthetic girlhood and not look too old for a young husband.

So, Dan, my advice to you is to go frankly to your wife and tell her that you are tired of her and have fallen in love with a young girl, and will she please give you a divorce. I'll bet my new hat that she will hit the first train to Reno, singing a glad song of joy.

DEAR MISS DIX: My husband, unlike most men, insists upon my going out in the evenings without him to enjoy myself, but I don't know where to go or what to do. I do office work in the day and in the evenings I love staying at home, cooking, reading, sewing or having friends in occasionally for dinner or cards. My husband enjoys going out alone two or three evenings a week and I like him to do so, but when he comes home and finds that I have stayed at home, he gets cross and says that he is afraid we will have trouble in the years to come because of my not going anywhere. I don't want him to feel that I am lonesome when he is out, or that he shouldn't leave me. Above all, I don't want him to ask me to accompany him to places when he would rather go without me. Any help?

G. M. B.

ANSWER: Not unless you can make your husband see that tastes differ and that you get just as much pleasure out of staying at home as he does out of stepping out.

You are broad enough to let him divert himself in his own way and according to his own idea of pleasure, and he should certainly accord you the same privilege. Of course, it is a pity when husbands and wives do not enjoy the same things and cannot play together, but nothing is gained when one tries to force his or her amusements on the other, nor does it make for the happiness of either when one martyrizes himself or herself to the other's pleasures.

DEAR DOROTHY DIX: I am 21 years old and a junior in college, a ministerial student with four years of school ahead of me. Do you think I should seriously consider selecting a wife at college? Should I confine myself to girls who do not dance or engage in worldly pleasures? Do you think the ordinary girl would give them up for me?

ANXIOUS.

ANSWER: A junior in college has no business getting engaged. He is too young and in no position to marry, and this goes double for a young man who is entering the ministry. He should not handicap himself by an early marriage. And whether a girl will give up worldly pleasures for you or not depends upon how much she loves you.

DOROTHY DIX cannot reply personally to readers, but will answer problems of general interest through her column.

FUR SALE

ONCE - IN - A - LIFETIME VALUES!

Latest styles in Lustrous Fur Coats NOW ON AT

BETTS FUR SALON

ALL COATS GOING AT HALF PRICE, SOME LESS. TWO YEARS FREE STORAGE AND INSURANCE; ALSO REPAIRS

If considering a Fur Coat it will pay you to visit BETTS, compare price and quality. Every coat guaranteed.

Persian Lamb, Persian Paw, Mouton, Chinese Kid, American Broadtail, Northern Seal, Brown Seal, and Northern Back Muskrat—in sizes 12-42.

Come in today for best selection . . . at unbelievably low prices!

BETTS FUR SALON

168 Gt. George St. Opp. Ed's Taxi

ELLEN'S DIARY

By An Island Farmer's Wife

"The fire feels good tonight, Ellen," James says coming now at close of day to his slippers and armchair, and drawing it closer to the hearth. He has just come from his usual spell at the house across the lane, where after a period of mutual entertainment, he must take our small girl to bed. Prayers were scarcely ended and she snug in bed when "Now we can have our talk!" she said. James recounts all that has taken place during his visit and we are amused with him, at her quaint sayings, and the remarkable insight that is shown over current, and indeed past happenings in connection with her life on the farm.

• • •

This is of course only characteristic of her age, but is remarkable to those of us who in the company of adults for years had almost forgotten how sweet and interesting such small fry can be. In today's chill which seemed to penetrate as Aunt Kitty Mahoney used to describe it "clean through your skin to pierce into your marrow-bones!" she was missing from her excursions about yards and barns, an omission that her grandfather felt must be made up to her, before she came to her rest.

• • •

At present in a circumstance that is most agreeable to her, two grandmothers at Alderlea are now more or less at her beck and call. Her maternal one, now on a visit to the house across the lane, answers to the esteemed names of "Grammie" a title bestowed upon her by her number of grandchildren who appear to say it with much affection. "These grandmothers" a mother laughed to us recently in speaking of her children's "what do they do that mothers can't?" That is a long query to those of us who have known many a one along the years, with respect and esteem — dainty dresden-china ladies as fragile as the filmy lavender shawls about their shoulders, and pretty beneath their beribboned lace caps.

• • •

Others we have known — bigger women, almost gaunt, touching a toe to a cradle while hands were busy with mending or knitting, stern of countenance, though one could catch the glint of laughter in eyes that belied this austere expression. Plump merry ladies too, caught off guard with a ripple of laughter on their lips, that was delightful. And not only do we go to memory's files to find these gracious and lovely grandmothers, but we meet them in the flesh at every turn of life's road. Living in another era now, gowned in a different mode and yet gifted with the graces and qualities, the virtues and interests of those of the long ago. And what had these women that wrote a serenity in their faces and a look that was almost mystic in eyes?

• • •

As one well aware of her many short-comings in regard to this matter, but much admiring the sisterhood, we suppose their charm to children lies mainly in the fact that they have more time to lend a sympathetic ear, to listen and encourage and bless the interests of their small ones than have the busier mothers. Not that we would mark them as ladies of leisure, but rather that experience and the years have taught them in part to choose between with the better things of life

(Continued on page 8)

LILACS ARE BEAUTIFUL

DESIGN NO. E-744

Lilacs are so lively embroidered on a luncheon set, consisting of a tablecloth and eight napkins. Hot iron transfer pattern No. E-744 contains ten motifs with complete instructions.

To order. Send 20 cents in coin to Needlework Bureau, Charlottetown Guardian.
Design No. E-744

Name

Address

City Province

5c CAKES are Back
No cut in pre-war size

GRAND news for the youngsters, good for lunches too!

TWIN CUPS and HALF MOONS

Small tasty cakes, variously iced, cellophane wrapped.

At Your Grocer's NOW

Eastern Bakeries'

Modern Etiquette

By Roberta Lee

Q. Is it all right to mail a card of congratulations to a newly married couple?

A. It would be better to send a card of "best wishes," since it is not considered good manners to congratulate a bride "on getting a husband."

Q. When one is drinking a tall drink through a straw, should the glass be lifted or is it all right to leave it standing?

A. One should be strong enough to lift one's glass—not to do so is bad table manners.

Q. Is it proper to send cut flowers to a man who is a patient in the hospital, or are flowers considered an effeminate gift?

A. It is just as proper to send flowers to a man who is ill as to a woman.

Morning Smile

On The List

"How did you get on with Ann?" asked John.

The ardent young lover sighed.

"I started off well," he replied. "I said I was knee deep in love with her."

"Sounds all right," said John. "What was her reaction to that?"

The young suitor grimaced.

"She promised to put me on her wading list," he replied.

For Business

"It's an absolute scandal," said the first woman, "that we still can't get our house back." With emotion, she added: "Our house is the only bit of England that's our very own."

"What," her friend asked, "would you do with the house if you did get it back?

"Why," said the first woman, "sell it of course!"

This Clears Nostrils of Nasty Discharge

Even though Catarrh affects your throat, nose and ears — you can treat it effectively with soothing Catarrh-o-zone. Many recoveries from sneezing, colds and Catarrh are reported every day from Catarrh-o-zone. When you breathe in the soothing vapor of Catarrh-o-zone you send helpful medication to those remote places in the breathing organs where germs can cause you trouble. You treat your entire breathing apparatus when you inhale Catarrh-o-zone Vapor. You should get help quickly from this medicated vapor. Let Catarrh-o-zone assist you on the road to recovery from coughs, colds and bronchitis. 35c and 75c sizes at all druggists.

Better English

By D. C. Williams

1. What is wrong with this sentence? "I shall follow after you."
2. What is the correct pronunciation of "coupe"?
3. Which one of these words is misspelled? Supportable, immutable, permissable, resistible.
4. What does the word "blatant" mean?
5. What is a word beginning with cap that means "to surrender on conditions agreed upon"?

ANSWERS

1. Omit after. 2. Pronounce koopay, oo as in cool, accent second syllable. 3. Permissible. 4. Brawling; clamorous; noisy. (Pronounce first a as in lay.) "The voice of the speaker was drowned by the blatant mob." 5. Capitulate.

Cook's Corner

CHOCOLATE FARINA DESSERT

A light and fluffy pudding, in which it would be difficult to identify the wheat base if you did not know what it was. Quite sweet and chocolatey, it is good with pouring cream. Yield—7 servings.

4 cups milk
1-3 cup farina
4 tablespoons granulated sugar
¼ teaspoon salt
4 tablespoons cocoa
¼ cup corn syrup
½ teaspoon vanilla
¼ teaspoon almond flavoring
2 egg whites

Measure milk into upper pan of double boiler; cover and heat to scalding point over boiling water. Combine the farina, 2 tablespoons of the sugar, salt and cocoa; gradually stir in the scalded milk; return to upper pan of double boiler; stir in corn syrup.

Cook over direct heat, stirring constantly, until mixture begins to thicken and comes just to the boil—about 5 minutes. Cover and cook over boiling water, stirring occasionally, 30 minutes.

How Can I ! ! !

By Anne Ashley

Q. How can I iron men's ties without leaving marks of seams?

A. Cut a piece of cardboard the shape of the necktie, slip it inside the tie, cover with a cloth, and press. There will be no marks left by seams and hems.

Q. How can I stop hiccoughs?

A. A remedy which usually proves very effective is to take a teaspoonful of granulated sugar and vinegar. If this doesn't give relief, repeat the dose.

Q. How can I improve the looks of powdered sugar cake icings?

A. Add a few drops of lemon juice. This makes the icing very white.

Needlecraft

— FOR THE HOME —

CLASS LEADERS

The team of the school season! Jaunty jumper with wing shoulders pointing the way down to hip pockets. Casual collared blouse. (Both in one pattern).

No. 2001 is cut in sizes 6, 8, 10, 12, 14. Size 8 jumper, 1⅞ yards 35-inch; blouse, 1½ yards 35-inch.

Send 25 cents for each Pattern which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you want. Include postal unit, or zone number in your address.

Address Pattern Department The Charlottetown Guardian.

Design No. 2001

Name

Address

City Province

BLACKHEADS

Blackheads simply dissolve and disappear by this one simple, safe and sure method. Get two ounces of peroxine powder from any drug store, sprinkle on a hot, wet cloth, and apply gently —every blackhead will be gone.