

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

How Can I!!!

By Anne Ashley

Q. How can I make lighter biscuits?

A. The secret for making light biscuits is to add just enough liquid to make a soft dough. Then mix it lightly and only what is required to combine the flour and liquid. Any handling after that has a tendency to toughen the dough.

Q. How can I clean velvet?

A. Velvet can be cleaned nicely by sponging with benzine, always rubbing in one direction. Then steam over a boiling kettle.

Q. How can I get rid of silver fish on the backs of pictures and book bindings?

A. Rub the backs of the pictures and the books with oil of cedar occasionally.

ELLEN'S DIARY

By An Island Farmer's Wife

Jamie, eldest grandson of ours, a fellow of eight years past, was able to resume his studies in class this morning, after an absence of a few days, that had been given over to the miseries occasioned by a bout with a cold. It appeared, so we were told, in a desire to remain in a warm corner near the stove; it progressed in a listlessness and flushed cheeks, and it ended in a cough that has pretty well yielded to remedies given during the period of convalescence. The younger lad, mostly sympathetic to Jamie, had also picked up the malady and our first day in office at this house "in the road" from Alderlea, required that we administer various doses to the two, a duty we would gladly give over to other hands.

Perhaps this sentiment we confess to, is the result of belonging to an era when medicines were neither so pretty nor tasteful as now and when to only anticipate their receipt was to have one's spirit quail at the thought. To be more exact as we recall it, that was the "hold-his-nose-and-down-with-it" time in many a case. Remembering those incidents from "the good old days" we consider it remarkable, indeed admirable, the manner in which our grandchildren receive any dosage.

"And now your cod liver oil, dear," we may say to the younger boy here, who gets his daily requirement in liquid form, and as a baby robin opens its mouth to take most willingly the titbit it's mother offers, so he receives it with apparent relish and like some that must administer corporal punishment to their small fry, we find the rite "harder on us than the child" since once we catch a whiff of the oil, no matter how well disguised it may be, we hear at once a stern voice that once upon a time said "Ellen, it's your turn now!" a situation there was no gain-saying, and which in the act, shrivelled our very soul.

So Jamie — his cod liver oil capsule tucked along with his cereal and toast in the depths of a stomach — set off to school this morning, not at all "with lagging steps and slow" but blithely, riding happily in the truck with his father and looking pleasurably to the day ahead. Added now to the happy interests of the classroom, he expects presently to discard his old reader, and graduate to one that is fresh and new in matter and appearance. This is always a rare delight. To open the shining covers, and explore within, the bewitching pictures that adorn the clean pages, is an experience similar we always thought, to setting foot into a strange and exceedingly lovely land. Or we used to compare it with the delight we owned when by way of a birthday anniversary we entered a new year — and status, which offered only pleasant possibilities for us for the days to come. So Jamie must be in school he declared, to farewell the last pages of the old book, and hear any tidings of the new.

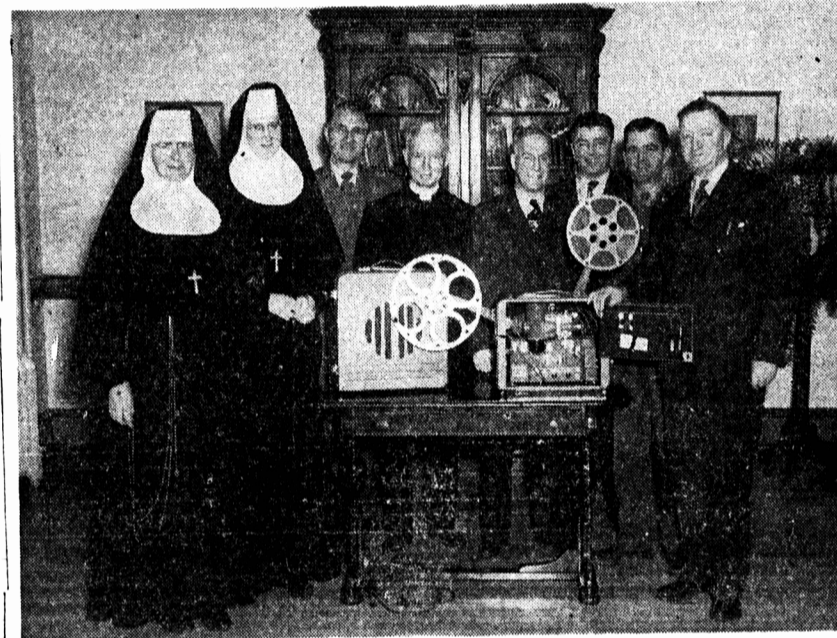
The clearing away of the breakfast things was of course delayed while we helped him off, the occasion returning to us scenes out of bygone days. Again we saw small fellows setting out along the short-cut through the front meadow, which leads past the mill door, and presently out beyond the hilltop. We packed his lunch to find that it is much easier for us to theorize about the foods a child should carry for the mid-day snack than to have him actually take any of these. This is, we are of the opinion, about as the average farm-home, supplied with stores of milk and eggs, meat, vegetables, apples, the basic foods that contribute to wholesome eating. From

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Kiwanis Club Present Orphanages with Projectors



Photographed following the presentation at Mount Herbert Orphanage the Trustees and members of the Orphanage Board, members of the Kiwanis club look over the new British Gaumont Projector before its initial performance for the Mount Herbert children. Left to right Major T. E. MacNutt, Mr. Lawson Jenkins, president of the Kiwanis club; Mrs. W. A. Henry, Mr. E. S. Burley, Mrs. W. Bruce, Mrs. H. S. Henderson, Mrs. H. H. Horne, Mr. Heath Strong, Mr. W. A. Stewart, Garnhum Photo.



A similar presentation was made to St. Vincent Orphanage and after a dinner honouring the members of the Kiwanis club and distinguished visitor His Excellency Bishop James Boyle the children of St. Vincent's staged a splendid program. Later the projector was used in a showing of children's films. Left to right are Sister Mary Henry, Sister Isabel Clare, Mr. Fred Nash, His Excellency Bishop Boyle, Mr. Charles Praught, Mr. Jack Trainor, Mr. Joseph R. MacMillan, Mr. Lawson Jenkins. Garnhum Photo.

Timely Notes

On Nutrition

By Marjorie G. Hill
YOUR SMILE

A smile can be a wonderful thing, or it can make your very heart ache. It depends a lot on how your teeth smile when you do.

A child's teeth start to form before he is born. By the time he is two and a half or twenty of his "baby" or foundation teeth have usually appeared. The appearance of these baby teeth may start at three months or one year. The average baby gets his first one around seven months. Usually, it is a matter of pattern of development. Four more permanent teeth come in between the ages of twelve and fourteen and the last four — or "wisdom teeth" — come in between seventeen and twenty-one.

What makes good teeth? Well the crowns of the teeth are made from what the mother eats during her pregnancy. Foods which are especially important for this formation are milk and cheese, oranges, raw cabbage and tomatoes, cod liver oil and sunshine. After birth, the babies diet of milk, fish liver oil and orange juice will be all important to ward good permanent teeth, and all through the years of growth an abundance of milk, fruit, vegetables, whole grain cereals, meat, cheese and eggs will reduce tooth decay and give the child "a smile that lasts."

Too often tooth decay or poor tooth formation can be traced back to a faulty diet or eating of wrong foods. By wrong foods I mean sweet, sticky foods — especially between meals. These foods invite acid-forming germs and do not contribute to good nutrition and healthy growth.

Of course there are other factors besides food to be considered. To go back to the beginning, when the baby's teeth start to come through, you will find he wants to put things in his mouth and chew on them. Give him a rubber, plastic or wooden object that is reasonably clean and dull enough not to do damage should he fall with it in his mouth, and don't fret too much about the germs on this "teething item." For the baby needs to chew on something when he is first cutting teeth just the same as he will need some foods which require chewing all through his life to keep his teeth and gums in good condition.

What care should be given to the teeth? Teeth should be brushed within ten minutes after eat-

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The Stars Say --

By Genevieve Kemble

For Thursday, February 2

MATTERS of a purely personal nature may engage the attention with sentimental, romantic and social affairs in a crisis, possibly such interests calling for particularly astute manipulation. The



Mother's 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 take it with a smile. There's no "bottle 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

DOROTHY DIX SAYS -

Contrary Fiance

Man Who Argues Constantly Is Bad Matrimonial Risk

DEAR MISS DIX: Is there any cure for arguing? I have been going with a man for some time and like him very much, except that he has a passion for arguments. This is bad enough when we are alone, but it embarrasses me to death when we are in company, and causes my friends much annoyance. He will sit by the hour and argue and argue. Can anything be done to break him of this habit and show him how foolish he is at times? M. B.



ANSWER: Marry a drunkard, or a phillanderer, or a Weary Willie if you are bound to gamble on matrimony, but never, never marry an arguer. In all matrimony, but never, never marry an arguer. There is no other such bore. He can ruin any party. He is no other such bore. He can ruin any party. He is no other such bore. He can ruin any party. He is no other such bore. He can ruin any party.

can take the pep out of any occasion. He is a killjoy and an irritant wherever he is, and any girl who knowingly marries one is simply out hunting for trouble and deserves what she gets.

CAN'T BE CURED

And don't delude yourself with the idea that you can cure any one with the arguing habit. It can't be done. It is an incurable mania.

Whether arguers argue because of some contrary streak in their nature that never permits them to agree with any one or whether it is because they think that to differ with every one makes them appear brilliant and original, or whether it is just because they love the sound of their own voices, nobody knows. But, whatever the reason, they are the most tiresome creatures on earth, and all of us flee at their approach as we would from one afflicted with the plague.

There are plenty of wives who have what should be a happy life spoiled by their husbands' arguing. The men are good and kind and really don't begrudge their wives anything. They have been taken off. They argue about the food at dinner. The argue about the way the children are being raised. They argue about their wives' clubs. They argue over the bills. They argue about what movies they shall go to see. Until the poor exhausted wives are ready to give up and die.

Once a man is an arguer he is always an arguer, but a wise woman doesn't make a fireside companion of him.

DEAR MISS DIX: I married a widower who is good and kind to me and professes to love me. But he is always reminding me that when he dies he wishes to be buried by the side of his first wife. Do you think I am just a

SECOND FIDDLE?

ANSWER: You should worry about where your husband is buried! Why does it matter? The thing that concerns you is not where your husband's dead body will lie, but how he treats you while he is still in the flesh. If he is good and kind and tender and affectionate to you, enjoy that and forget his funeral arrangements. Don't let something that may never happen in your lifetime spoil your happiness.

Of course, your husband is stupid beyond belief not to keep his plans for the disposal of his remains a secret between himself and his executor. But many men are like that, and it is just lack of realization of how cruel they are, that makes them brag continually to their second wives upon the charms and perfections of their first wife — charms and virtues which grow brighter as they fade. For many a man canonizes a wife after she is dead with whom he quarreled while she was alive.

Perhaps some flavor of the romance of early love always hovers around a man's first wife, but as a matter of fact he is generally fonder of his second wife. So wipe your eyes and call your sense of humor to your aid and recollect that if you should die and your husband would marry again he would doubtless demand of No. 3 that he be buried between you and No. 1.

DEAR DOROTHY DIX: We are six girls, working in an office, and we have been having an argument about refinement. Will you tell us if you can discern by merely looking at a person if he or she is refined?

SIX GIRLS

ANSWER: I suppose you mean by refinement a certain delicacy in appearance and thought and action. This can express itself either by one's appearance, or by one's language and conduct, or by both. It is not always possible to judge a person's refinement by his or her appearance because this look of fitness may be merely the result of one's physical build or taste in dress.

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

mind may be in a dubious or unsettled state, with inclination toward mistaken judgment. Weigh all matters seriously, that decisions may be reliable and of long-range benefit. Sound progress caps a solid crisis.

For the Birthday

These whose birthday it is should take time for sound study and reflection before arriving at conclusions. Matters of a romantic social or cultural nature come up for decision, while the judgments seem beclouded or liable to error. The breaks may come for responsible and dependable crises, with far-reaching results and security. This creation and precaution could promote exceptional progress and satisfaction.

A child born on this day, while

WAKE UP YOUR LIVER BILE—

Without Calomel—And You'll Jump Out of Bed in the Morning Rarin' to Go

The liver should pour out about 2 pints of bile juice into your digestive tract every day. If this bile is not flowing freely, your food may not digest. It may just decay in the digestive tract. Then gas builds up your stomach. You feel sour, sick and the world looks punk.

If you're thin, mild, gentle Carter's Little Liver Pills to get these 2 pints of bile flow. Get a package today. Effective in making bile flow freely. Ask for Carter's Little Liver Pills, 35¢ at any drugstore.

Needlecraft

FOR THE HOME

PLENTY OF PLEATS

Two versions of a pretty little pleated dress — in one pattern! One with puff sleeves and baby-collar, the other with butterfly sleeves and sweetheart neck. Panties included.

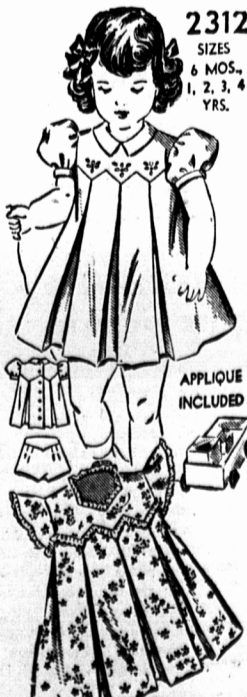
No. 2312 is cut in sizes 6 months, 1, 2, 3, 4. Size 2, puff sleeve dress, 1 1/2 yards 35-inch; butterfly sleeve dress, 1 1/2 yards 35-inch; panties, 1/2 yard 35-inch.

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.

Pattern No. 2312

2312
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WALKING PITPROP

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Cleans BABY'S BATH Safely

Baking Soda on a damp cloth removes greasy films. It's the safest, mildest cleanser for the nursery.

• Contains no grit.
• Dissolves completely.
• Costs only a few cents.

COW BRAND BAKING SODA

PURE BICARBONATE OF SODA



DESIGN NO. E-773

Lily of the valley, daisy scroll, star bouquet and twisted vine flowers are dainty embroidery on pillow cases or towels. Hot iron transfer pattern No. E-773 contains 8 motifs about 2 by 15 inches with complete instructions.

To order. Send 20 cents in coin to Needlework Bureau, Charlottetown Guardian.

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THE BEST BREAD EVER!

Local Bakeries have almost everything you can ask for. At Stewart Bakeries alone you can buy 8 types of bread—Island Maid White, Sliced White; Whole Wheat; Raisin; French White and Whole Wheat; special home made and Hovis. This Add inserted for the benefit of all local bakeries by

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Training Panties, Sleeping Gowns, Vanta Towels, Bed Sheets, Disposable Vests and Bands, Complete Lavette Sets.

Moody's

Better English

By D. C. Williams

1. What is wrong with this sentence? "We suspected that they were there."
 2. What is the correct pronunciation of "irrevocable"?
 3. Which one of these words is misspelled? Resiprosity, resilience, residue, restitution.
 4. What does the word "palliate" mean?
 5. What is a word beginning with ob that means "a bow, or curtsy"?
- ANSWERS**
1. Say, "We suspected that they were there." 2. Pronounce i-rev-ka-b'l, i as in it, e as in red, o as in no unstressed, a as in ask, un-stressed, and accent second syllable not the third. 3. Resiprosity. 4. To cover with excuses; as, to palliate faults. (Pronounce first a as in it). 5. Obsequance.

Modern Etiquette

By Roberta Lee

Q. Should a birthday greeting card received from a friend who lives at a distance be acknowledged in any way?

A. Most certainly. Thank the friend for remembering your birthday in a note, written promptly.

Q. Is it considered improper for a bridegroom to see his bride on the wedding day before the ceremony?

A. There is nothing improper about it. There is merely an old superstition that this is bad luck.

Q. When giving a formal dinner, should the carving be done at the table?

A. No; it should be done in the kitchen. At an informal dinner, the carving may be done at the table.

HERDSMAN'S FRIEND

Pan was known to early Greeks as the god of flocks and shepherds.

LAME SHOULDER?

If your shoulder is painfully lame because of piercing, stabbing pain, do what thousands have done successfully. Take T-R-C's, specially made to give quick relief from Rheumatism, Arthritis, Neuritis, Sciatic pain; also Lumbago, Neuralgia. Don't suffer needlessly. Get T-R-C's today. 60c, \$1.25 at drug counters. 7-85

That Body Of Yours

By James W. Barton, M.D.

NEW TREATMENT FOR BRONCHIAL ASTHMA

For many years the treatment for an attack of asthma has been the injection of 10 to 15 minims (drops) of adrenalin (epinephrine) under the skin. Lately we have been hearing and reading about the satisfactory results obtained in both asthma and hay fever by use of the drug benadryl, of which I have written several times.

As most of us are aware, it is the histamine in the body that causes us to be sensitive or allergic to various substances such as food, feathers, furs, pollen of plants and house dust. For this reason research physicians have been using newly discovered antihistaminic preparations to overcome the histamine in the system. Among these antihistaminics is benadryl.

In "The Southern Medical Journal," Dr. L. L. Friedman reports that acute attacks of bronchial asthma were easily stopped, reduced in frequency and severity or prevented entirely by aerosol benadryl administered by means of a hand bulb nebulizer. Each aerosol treatment consisted of 10 to 15 drops benadryl solution (sterilized Benadryl). The 12 patients studied ranged in age from four to 43 years. Nine patients had previously been treated with systematically administered antihistaminics and in seven cases treatment had failed. The other two patients had obtained decided relief from both aerosol and benadryl taken by mouth. These patients, including one who had suffered from asthma for 25 years, had had no previous antihistaminic treatment of any type.

All of the 12 patients benefited from treatment with nebulized benadryl aerosol. Acute attacks of asthma were stopped with as little as seven to eight minims of the aerosol. Treatment by this method either prevented attacks of asthma entirely or lengthened the time between attacks. When attacks did occur, they were milder.

The attack is usually stopped within 10 minutes, and difficult breathing and wheezing is promptly stopped. Mucous plugs become more watery and a useless, exhausting cough becomes looser and brings up the mucous plug much sooner.

It is now a fact that benadryl has attained high standing in the treatment of asthma.

Cook's Corner

CHOCOLATE CIRCLE CAKE

(Quick Mix Method)

1 1/2 cups sifted cake flour
4 teaspoons baking powder
1 teaspoon salt
1 1/4 cups white sugar
1/2 cup cocoa
2-3 cup vegetable shortening
1 cup milk
2 eggs, unbeaten
1 teaspoon vanilla

Sift flour and measure; sift again with baking powder, salt, sugar and cocoa. Add the shortening and 2-3 cup of the milk. Beat well for 2 minutes either by hand or electric beater at low speed. Add balance of milk, unbeaten eggs and flavoring, and beat again 2 minutes.

Pour into two lightly greased 8-inch layer pans and bake in a moderate 350° oven for 30-35 minutes.

Morning Smile

He Had

Having played for the first time for his school rugby fifteen, a boy returned home more than usually elated, particularly as his team had been victorious.

His elation left him when his fond mother, opening the bag that contained his sports kit, withdrew from it his mud-stained jersey and shorts and exclaimed, "Gracious you must have fallen!"

Household Scrapbook

By Roberta Lee

Eyeglass Frames

Celluloid eyeglass frames that have broken can be repaired as follows: Apply a drop of glacial acetic acid to the broken ends of the frames, and then after a few minutes press them firmly together, and allow to dry.

Lime

Lime can be prevented from forming on the inside of the tea kettle by placing an oyster shell in the bottom of the kettle. The lime will collect on the shell instead of the kettle.

A Tasty Dressing

A very good dressing for fruit and cottage cheese salads can be made of equal portions of lemon juice and honey, well blended.

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