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

Living & Leisure
THE WOMAN'S REALM

One lesson, Nature, let me learn from thee,
One lesson which in every wind is blown,
One lesson of two duties kept as one.
Though the loud world proclaim their enmity—
Of toil unsevered from tranquility,
Of labor, that in lasting fruit outgrows
Far noisier schemes, accomplishes in respose,
Too great for haste, too high for rivalry.
—Quiet Work, Matthew Arnold.

SMALL FRY NEED TO BE HANDLED WITH CARE

Fond parents should try a little more diplomacy in bringing up their youngsters — if they want to take the nagging out of the child-rearing.

1. Expect the child to obey — never let him get the impression that you expect him to do otherwise.
2. Make few demands, but be sure that those you make are carried out by the child.
3. Mean what you say—if you ask him to do something and then do not bother to see that it is done, he will soon get into the habit of paying you no attention.
4. Have the same general rules from day to day—if you are lax with your child one day and strict the next, he is confused and consequently becomes more difficult to handle.
5. Keep your temper — the surest way to make a child sullen is to lose your temper. Either he will lose his temper too, or he will learn to hold a grudge.
6. Do not order but "ask" your child to do things — use of this method teaches the child co-operation.
7. Avoid bribery and coaxing — bribery will soon teach the child he can bargain with you. Coaxing is an admission of weakness and is an unfair appeal to the child's sympathy. He will soon tire of it.
8. Give the child suitable duties —from an early age he should be taught certain duties. In his way he will soon develop a habit of responsibility which will make it easy for him to co-operate in more important duties as he grows older.

Women's education, and adult education generally, was hardly developed at all until the latter half of the 19th century.

HAT COLORS NEW

NEW YORK — The colors in hats are new and keyed exactly to the 1880 era when shell pinks, lemon yellows, pale greens and dove grays were worn. Pill boxes have softly rounded corners, veils are lady's size, not yards and yards, nor yet a miser's wisp. The ingle roe in the flower of favor, flat loops of satin ribbon may cover a rather flat lemon-colored felt as Sally Victor presents it. Wings of doves, soft and gray, lie flat on a wide brimmed dove gray velvet hat. The big black velvet beret, an ever becoming shape, is in many sizes.

COOL COMFORT

When a person is exposed to very high temperatures, such as are found in some industries, and fails to take the necessary precautions, he may experience dizziness headache, cramps and nausea. These are the first signs of impending heat sickness and indicate that the regulatory mechanisms for controlling the body temperature are unable to cope with the situation. Immediate action should be taken to remove the patient to a cool, airy place and to summon a doctor.

MIDSEASON CLOTHES

NEW YORK — The new fashions simple and with good lines, are especially good in midseason clothes. Daytime dresses have slim skirts with pleats, banding of grosgrain or other discreet decoration Necklines are simple to allow for jewelry. The new drawstring holding back fullness is found in afternoon and dinner clothes with such cool, flattering features as capelets, drawstring necklines, cap sleeves and occasionaly insets of lace.

Morning Smile

As they were having a heart-to-heart talk over a cup of coffee, the girl in the green jumper said, with a sigh:

"I have tried everything under the sun to make him propose to me. What else can I do?"

The girl in the pink frock looked at her knowingly.

"Try under the moon," she said.

How Can I !!!
By Anne Ashley

Q. How can I judge whether a mop is good or not, when purchasing?

A. Shake the mop and see if the strings are matted; if they are, reject it. The strings of a good mop will practically stand alone.

Q. How can I wash summer cretonnes?

A. Summer cretonnes can be washed satisfactorily in warm water, in which soap and bran water have been mixed. This will remove the dirt and not affect the colors.

Q. How can I restore the crispness to cereal?

A. Place the cereal in the double boiler for a few minutes. It will be ready for breakfast sooner than if it is crisped in the oven.

That Body Of Yours
By James W. Barton, M. D.

THE NERVES AND THE SKIN

A few years ago one of the common, medical humorous sayings was, "The patient has had all his teeth removed but he still has his rheumatism." The fact that the removal of infected teeth has cleared up many thousands of cases of rheumatism, and improved the condition of thousands more, has made this saying a thing of the past.

It now seems that the most common medical humorous saying is, "When the doctor doesn't know the cause of the ailment, he blames it on the nerves." It is not known that the nerves do cause many kinds of ailments that, until recently, were believed due to single or specific causes. One of the least suspected type of ailment has to do with the skin.

Nerve specialists find that certain mental ailments due to disturbance of the structure of the nerves have certain skin symptoms. But the fact that emotional disturbances, with no change in brain or nerve structure, caused skin ailments was not known until recently. In the "Journal of the American Medical Association," Drs. T. Cornbleet and M. Brown point out that in addition to stomach and intestinal irritation, rapid heart beat and rise in blood pressure, emotional disturbances also cause skin disease.

Itching, hives and loss of sensation in parts of the skin now can be traced to emotional disturbances. Among the common skin ailments traced in many cases to emotional disturbances is eczema, which formerly was thought to be due to allergy to various substances.

"Other symptoms associated with the skin which point to mental disorders are excessive concern over the skin, which may be an expression of fear and the response to a delusion. Such, for example, are excessive washing and cleansing, fear of contracting syphilis from furniture or other familiar objects, putting paper or cloth between the skin and objects handled."

Drs. Cornbleet and Brown point out that, while it is only natural for some men and women to spend considerable time on "beautifying" their faces and hands, where too much time is spent on this, some mental or emotional disturbance often is present. On the other hand, the individual who is not concerned about skin symptoms which are serious and disfiguring also can be suspected of having mental and emotional disturbances.

NEW SHOES BRIGHT

NEW YORK —Color in shoes is important in spring and summer collections. You will see pastels, Mexican combinations, and ombres. Gold kid in no longer considered purely formal. Gold kid appears for daytime, street, and casual shoes and accessories, which is a departure. Gold and white also combine for casual wear.

Dependable Always!

KING COLE TEA

DOROTHY DIX SAYS—

Before Marriage

Engaged Girls Should Analyze Qualities Needed For Years of Happy Marriage

A young woman who is contemplating matrimony asks: "What should an engaged girl take into consideration before she takes the final step?"

The answer to that is easy. It is everything. For being a wife is the most complicated job on earth and calls for every possible gift and talent. In marriage a man can get by with a few basic virtues, but even the common, or garden, variety of wife is expected to make good as a combination beauty, fascinator, financier, diplomat, cook, laundress, baby-sitter, press agent, etc., and even then her husband wonders what she does with her spare time.

Inasmuch as no woman has ever yet been versatile enough to qualify on all of these points, it is perhaps just as well that the average girl in love doesn't bother her pretty head about them. For it certainly would put a crimp in the marriage statistics if she had any idea of what the Boy Friend was going to expect of her after they were married and he felt free to criticize her, instead of telling her how beautiful and wonderful she is before she so blithely promises "I do." For she is

Still and all, it is the wise virgin who sees that her lamp is trimmed and burning

(Continued on Page 3)

Modern Etiquette
By Roberta Lee

Q. If one is a guest at some social function and prefers to sit next to some close friend, is it all right to change the place cards?

A. No; this is ill-bred. If your hostess has placed you next to your most bitter enemy, you will just have to make the best of it.

Q. When a girl is introducing a man to her mother, what would be the best phrase for her to use?

A. "Mother, this is James Gray." If the man is a good deal older than the girl, she may say, "Mr. Gray"

Q. What would be the best refreshments to serve at a children's party?

A. Nothing is so popular with children as ice cream, cake, candies and nuts.

Household Scrapbook
By Roberta Lee

Washing Rugs

Ordinary mild soap can be used for washing the rugs. Mix up a pail of lukewarm water with rich mild suds. Soak a cloth in the suds wring out partially, and scrub a small area of the rug. Dip another rough cloth in a pail of lukewarm clear water, to which a little powdered alum has been added, and wipe off the suds.

Food Chopper

Run a piece of sandsoap through the food chopper and it will sharpen both cutters, as well as clean it. Wash the chopper thoroughly in hot water before using.

Ants

If a few drops of ammonia are added to the water when washing the pantry shelves it will avoid having the shelves infested with ants.

Better English
D. C. Williams

1. What is wrong with this sentence? "This is a distinctive feature of the play."
2. What is the correct pronunciation of "chaotic"?
3. Which one of these words is misspelled? Evaporate, eventuality, exaggerate.
4. What does the word "revivify" mean?
5. What is a word beginning with av that means "greediness"?

ANSWERS

1. Say, "This is a distinct feature." 2. Proncunce ka-ot-ik, a as in ate, o as in on, i as in it, accent second syllable. 3. Evaporate. 4. To cause to revive. "Some association may revivify it enough to make it flash, after a long oblivion, into consciousness." — Sir W. Hamilton 5. Avarice.

Ellen's Diary
By an Inland Farmer's Wife

Days are growing noticeably shorter and the season is drifting now towards Autumn. I believe that I should not have noticed either, had it no been that wondering about our farmers' return to glance to the clock, a bit startled from the having at Rob's I chanced to find that the dusk is slipping in above the fields so early nowadays, and that when down to the spring with this evening's cream I saw goldenrods putting on bright gowns on the dam and there stooping to primp in the deep pool, purple asters. Summer is passing. One might not suspect it by day when the sun beams hotly but only when the afterglow fades earlier than once into dusk. And now at the edge of darkness "serene I fold my hands and wait" for the home-coming of our men from their field work. The scene of the haying was moved this afternoon, workers and machinery leaving Alderlea in a clatter—and a cloud of dust. Grand-daughter seated then between her mother and me on the back verandah called "Good-bye!" to Jamie and added "Come again" in a grown-up manner which made us smile.

He was up on the hay-wagon then and she and the others of the women-kind, though glad of a respite from the recent busy spell were a mite wistful. It is a nice season-the haying. Altogether lovely I recall now that when the old minister in the church at "home" sometimes used to read favorite words of mine from Phillipians on a quiet Sabbath morning. "Finally brethren, whatsoever things are . . . lovely" my thoughts turned from the pews and the organ and all, to think of such delights as the haying. And now fields are shorn, but only of one glory, for presently new green verdure will appear there in the aftermath. Hay hangs in substantial festoons from bursting lofts and full mows, and stocks, mute symbols of the farmers' plenty stand up by a line fence. "Done!" I said when yesterday morning James was about to set off on a mower on the first cutting at Rob's, and he commented: "Aren't you forgetting Ellen, We still have a piece at the back to do but not until we get some of Rob's saved."

There was evidence of increased haste on this farm before the exodus could begin. Jamie and the Nell-mare and I were called to the after-raking in the meadow by lane-side, enjoying it much in the excellent haying weather prevailing. "Now, Ellen" James advised me, handing me the reins "see that you keep to your work Never mind stopping to chase frogs or talk to squirrels or watch the trout jump! We're in a hurry today." And Jamie and I interchanged knowing glances before we drove off to follow the same path as that which had been already taken by the hay-wagon and loader—he perched on a safe seat on the frame. "Frogs" Jamie commented later after we had stealthily admired one in it's green and gold coat, when disturbed by

(Continued on Page 3)

SMALL FRY . . . by Stieg

She'll thaw! He's irresistible with Kellogg's Corn Flakes!

Again in 1948, 4 out of 5 vote Kellogg's FIRST FOR FLAVOUR!

• Independent researchers asked Canadian housewives which brand of corn flakes was the most delicious. Again, 4 out of 5 said "Kellogg's."

Your family likes Kellogg's too, often eats them faster than you expect. If your last package has been opened, it's time to order more. Made by Kellogg's in London, Canada.

Kellogg's CORN FLAKES

Cook's Corner

SPICE CAKE

½ cup shortening
1½ cups brown sugar
3 eggs, separated
1¾ cups all purpose flour
½ teaspoon salt
1 teaspoon baking soda
2 teaspoons cinnamon
1 teaspoon nutmeg
¼ teaspoon cloves
1 cup sour cream.

Method: Cream the shortening and gradually cream in the brown sugar. Add the beaten egg yolks and beat until the mixture is light and fluffy.

Sift the flour, then measure and sift again with the salt, soda and spices. Add this, alternatively with the sour cream, to the creamed mixture, mixing well after each addition.

Beat the egg whites until stiff, but not dry, and fold into the batter.

Pour into a square greased cake pan and bake in a moderate oven (350 deg. F.) for about 50 minutes. Frost, if desired, with a plain butter icing or with a chocolate icing.

SPRING LAMB PIE

3 pounds shoulder lamb bone in
2 cups water
1-3 cup fat
1 teaspoon salt
1-3 cup enriched all - purpose flour
1 Teaspoon kitchen bouquet
2 cups cooked green peas
1 cup cooked small white onions
2 or 3 cups well-seasoned mashed potatoes
2 egg yolks, beaten

Place lamb on rack in dutch oven. Add water, cover and cook over moderate heat until tender about 1 1-2 hours. Or cook in pressure saucepan for 20 minutes at 15 pounds pressure. Cool meat slightly in broth. Remove meat from bones, cut in 1-inch cubes. Melt fat in saucepan, add salt, pepper and flour. Pour fat from lamb broth. Add water to lamb broth to make 3 cups. Stir into fat-flour mixture. Cook over moderate heat, stirring constantly, until gravy thickens. Add kitchen bouquet. Combine lamb peas and onions in gravy. Place in shallow greased 1 1-2 quart baking dish. Whip mashed potatoes and beaten egg yolks together Make border of mashed potatoes around edge of baking dish with pastry bag, cooky press or spoon. Bake in hot (425 F.) oven until potato is lightly browned and pie is beginning to bubble. Makes 4 servings.

The Stars Say--
By Genevieve Kemble

For Friday, August 13

IT is more than likely that congestions and crystallized situations could be rigorously attacked by direct and strenuous endeavors aided and abetted by hidden factors or clever strategies. Pursue a forthright and aggressive policy but with a subtle, perhaps secret, course of action. The element of personality, magnetism or charm, may prove the open sesame to set in motion desired objectives or uncertain propositions.

For the Birthday

Those whose birthday it is may enjoy a constructive and progressive year by not only straightforward and aggressive grasp of major openings, but with finesse and personal appeal enhancing prospects for successful achievement. Plans and projects may be aggressively pursued but with astute, subtle or deep-seated purpose or plan of action kept well under cover. The element of personality, charm or exceptional magnetism, could have material force in promoting propositions of practical scope. Stratagem and tact could be wisely combined with initiative and enterprise.

A child born on this day while energetic and progressive, is also endowed with charm, finesse and personality to advance its workaday ambitions.

Don't Make This Mistake When Child Is Constipated

Don't upset a child already upset by constipation with nasty-tasting laxatives or harsh, griping cathartics. Give Children's Own Tablets. This new corrective made especially for growing youngsters' needs is so pleasant to take—acts so gently and normally without disagreeable reactions that even the fussiest child won't object to their use. Make laxative-taking time easy on the child and yourself, mother! Get Children's Own Tablets today at your druggist. 25¢.

MOST AMAZING RESULTS EVER GIVEN BY ANY SOAP—*Anytime...Anywhere!*

New Rinso
is the only soap containing Solium
—gives the Whitest Wash!

Sensational news! Rain or shine... whether clothes are hung indoors or out . . . new Rinso with Solium gives your wash a new brilliance never known before! Results will amaze you! White clothes come whiter *than brand new* . . . washable colors get brighter *than brand new*. And these results are yours even with the hardest water. For the whitest wash, get new Rinso today!

A *LEVER* PRODUCT

SO SAFE FOR CLOTHES... SO KIND TO HANDS

Rinso with Solium

A simple twist of the wrist and out pop the ice cubes—it's that easy The little lady shown here is using a new polythene plastic tray which releases ice cubes all at once or one at a time without the need for holding under a water tap. The odorless, tasteless completely non-toxic tray has another advantage—it won't freeze to the refrigerator tray compartment.

Needlecraft
FOR THE HOME

PLANS FOR PLAY

Make playtime a gay time for your little girl! Outfit her in this shoulder stapped sunsuit that has its own bewitching bolero and big brimmed bonnet.

No. 2236 is cut in sizes 1, 2, 3, and 4. Size 2 sunsuit requires 1⅛ yards 35-inch; bolero, ¾ yard 35-inch; bonnet, ⅝ yard 35inch.

Send 20c 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. 2236

Name

Address

City Province

Stale bread can be "revived" by putting it in a dampened paper bag and heating in over at 350 degrees for about 10 minutes.

OLD-TIME PORCH

A portico is a vestibule, partially open on one side and supported by regularly spaced columns, often found in ancient Greek architecture.