

# Woman's Realm Social and Personal Fashions Literature

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### The Stars Say—

By Genevieve Kambie  
For Wednesday, January 14  
A SUDDEN turn of the wheel of fortune, quite unpredictable and unforeseen, may prove dramatic and of far-reaching consequence, not only on the business life but in relation to romance and adventure. Sudden decisions as to moves, journeys and the formation of new ties or affiliations, call for common sense as well as thrills. Personality and charm might enhance ingenuity and skill in putting over fresh ideas, but "look before you leap."  
Those whose birthday it is may anticipate a sudden and quite unpredictable opening, in which important change, journeys or ventures might involve the personal or romantic life as well as business associations. New ties seem to be born of exceptionally bright ideas or revolutionary propositions, of far-reaching significance. But practical and sensible developments should amplify all plans for dramatic and romantic experience. Calmly consider before drastic moves or hazards.  
A child born on this day should have a fine creative or scientific urge for the unusual and should enjoy an adventurous and romantic career.

**TOMATO DRUG**  
They have made a drug from the sap of tomato leaves, called Tomadim. This drug shows great promise as a treatment for ringworm, athlete's foot and various fungus growths.

### Ellen's Diary

By an Island Farmer's Wife  
We have just returned from a visit "in the road" at the A.A. James having completed his choring in good time this evening. Softly cloud-hung the night continues to be. "Inclined to rain" I remarked to James as in our going earlier I felt a light touch of dampness on my face. "Rain!" James replied and his words time regarding sky and an accompanying whisper of wind which kept high in the tree-tops "it's snow, that's what it is, Ellen. We'll likely get another snow storm before too long." "I wouldn't doubt it!" I said making light of what was falling "but we might be storm-stayed tonight." "We could be if it snowed too much." I've seen storms come out of just such a night as this one—storms that you wouldn't dare to go out in." However, nice was our going and safe and pleasant our return. "I don't think there's going to be anything," I overheard James say to Jock about the yard with a lantern, as I came indoors. For James skies are always more promising in winter when viewed from the security of home surroundings, than those surveyed when he is at any distance from Alderlea.

Very cozy, as always it was at the A.A. tonight. When I consider that some homes may be disturbed at times over petty or greater issues within its walls, I find myself wishing that all might enjoy this peace and quiet which seems to rest in nice benediction at the house we so recently left. So friendly and pleasant one finds it there. Quiet it is, but always peaceful as though every care and intolerance and hissy word may not dare to cross the threshold. Winter a respected range keeps the kitchen warm and it seems as if at a moment's notice the tea-kettle is ready to burst into song out of respect to the company assembled. A fat mottled cat who is really one of the family and a kitten or two, well mannered animals, sleep peacefully at the strangest places. From other lands, may be as soon forgotten to return to sleep. Or perhaps one outdoors climbs to a sill to look longingly or beg for admission within. Sometimes from a Sunday evening when Mrs. A. plays familiar hymns for us on the organ and Mr. A. joins her in a duet, for both have been talented choir members at the old Kirk in the corner for many years. Then it is that one takes time to consider that even though the world, including perhaps our island which is not immune to contagion from other lands, may be setting an uneasy and often thoughtless pace in regard to "the law and prophets" here in this quiet farmhouse and of course in many another home, one can still come across the bed-rock, the fundamentals of good living and a fine considered example. Bull, I believe on a foundation of respect and kindness, a tolerance and an applying of "heartie unto wisdom" virtues which strangely enough seem to be inherent in some while to others they must come as a gift from the years.

Pard our white dog who has decided convictions of his own met us at lane's end as is often his habit. Mornings now, like today when he escorted me to the mailbox he leaps the birchen rail of the gang-way bridge and gaily pads a distance up stream on the ice. But only to the spot where, alder-fringed it bends. There his bark disturbs the head of the stream. Soon, the time passing swiftly in busy days, one will be able to catch sight of these pretty creatures of stream and sky, winging into the sunset of Spring days. No bird call came from any bush; no squirrel in friendly chatter greeted us from a lacey hemlock bough. At the mailbox at lane's end all was held in the grip of winter, this morning.

We took the old calendars down from the kitchen walls today replacing them with new ones. One takes leave of the old with some regret. Indeed they had become part of our surroundings, like the old tea canister of tin or the coffee grinder which in all our time has sat on the same shelf. Jamie and I loved many of the scenes: the pair of beavers who gnawed unceasingly at a heap of birch sticks; a castle turreted like those in his favorite stories... But James now in his amiable yawns and reminds me: "I always got to bed pretty early, Ellen, when you were away!" Until tomorrow — Diary — Good-night.

### Dorothy Dix Says—

#### Marital Negligence

#### Men Make Errors Of Omission But Wives' Are Errors Of Commission

After sitting for many years at the Listening Post and giving ear to the walls of the unhappily married, I am convinced that the sins that men commit against the holy estate are sins of omission, while the sins that women commit against it are sins of commission.  
Undoubtedly most men and women marry because they are in love with each other, or think that they are, and with the intention of making each other happy, but only too often their fine plans get side-tracked and they find themselves joining the procession to the divorce courts, or else engaged in never-ending domestic strife.  
And the poor, disappointed, unhappy husbands and wives don't know how it happened that their marriages have gone so bloody. They are honorable and upright people who have tried to do their duty. The husband has been a philanderer. Yet there it is—their home a place of torment, their marriage degenerated into being nothing but an endurance test.

And neither one of them even suspects that the reason their marriage has gone on the rocks is because of the things the husband didn't do, and because of the things that the wife did do. Each had a different conception of what marriage meant and a different plan for playing the game, and they lost out because that wasn't at all what the other party wanted.  
The man's ideal of being a good husband was for him to settle down after he was married and rest his feet. To feed her on fillet mignon, and never row over bills, and to give her a check on her birthday, if his secretary reminded him of it, and tell her to buy herself something nice because he didn't know what she wanted.  
These duties done, his soul rested in peace, and it positively never occurred to him that he was wrecking his marriage by committing the sin of omission, which is the hardest one for any woman to forgive, for it strips all the glamour of being a Lady Love from her and turns her into just a household convenience. There are thousands of women who have charge accounts at the best stores and whose husbands never say an unkind word to them, but whose husbands never give them a kiss that isn't an insult, it is so flabby, or take them stepping out an evening, or do anything to make life interesting and entertaining to them.

But if men turn many a marriage that should have been a great success into a ghastly failure by their neglect, wives do their share of sabotaging the holy estate by electing themselves supreme rulers of their homes and they—who-must-be-obeyed. Many a man, who thought he was expousing a soft, gentle, angel-child who would eat out of his hands, finds that he has married a grinding tyrant who has crushed every joy of life out of him.  
Never again will he be allowed to worship God according to the dictates of his own conscience, or eat the things he likes, or buy his own neck tie. Friend Wife will take charge of him as if he were an imbecile little boy.

And his wife will never understand why their marriage is such a dismal failure and her husband always looks so glum and depressed.

## Living & Leisure THE WOMAN'S REALM

### COURAGE

These are the little people, harassed by rodent cares, whose dawns are bleak, whose sunsets are gloomy and doom, and who go on and on in unpretentious ways. Fling their little gages in the face of doom.

No glamor lies about their petty triumphs and defeats, they live their lives in shadow, hoping for the sun—  
They seem the far light glimmering in the corner for many a day. But whether it comes or not, they travel on and on.

These are the little people, clinging to little hope, to little faith, to little pride.  
Who try to keep in night, within a pathless wood.  
The brave face of the troubled heart inside.  
—Max Preuss in the New York Herald Tribune.

### TIMELY HINTS

If your boiled icing is too runny to stay on the cake sift in a bit of icing sugar enough to thicken blend and spread on cake.  
In making icing from icing sugar and the product is too thin and you have just emptied the package shake in a little flour or corn starch, blend and spread on cake and none will ever detect the difference.

If you haven't enough sugar of any kind to spare for a generous coat of icing and still you want a topping for your cake, sprinkle sugar over the cake before setting it in the oven to bake, when baked it will have the flavor and appearance of icing.  
Are you ever disgusted with your gravy turning out lumpy. Here is a recipe which guarantees a smooth product.  
Fry a small onion in two (or more) tablespoonsful of drippings, move to back of stove and stir two tablespoonful of flour and a bit of salt into the hot (not boiling) fat, stir until smooth. Add a little hot water and stir well, add more until it seems the right consistency then set on front of stove. Stir, bring to a boil then pour into a bowl and it's ready for the table.  
Ever find yourself out of spice just when you need it? Shine up a few of your small round glass pickle jars (the kind with the enamel screws on tops) paste on an identification label and pour in your spice. A glance at the jar will let you know when it's time to order more. The colorful jars in shiny rows also greatly improve the appearance of your spice shelf.

### BUTTONHOLE STITCH

Sew on snaps and hooks and eyes with a buttonhole stitch. They will stay on much longer.

### BRILLIANT BACON

If you are broiling bacon in your gas stove, a good way to save gas is to cook the eggs under the broiler rack in bacon drippings while the bacon is broiling. Use only a medium flame.

### WOMEN FORFEIT GREAT CHANCE

We women will have to mark up to 1947 as the year we missed our big chance to assert our independence and prove to the world that nobody can tell us where to get off, says a well known writer.  
The "long skirt v. short skirt" fight was more than a fashion story. It was our opportunity to prove once and for all that we know our own minds and won't be pushed around by men.  
We liked the styles we were wearing just fine. The war years proved to us just how sensible and comfortable it was to get out from under the tyranny of quick style changes.  
And the lords of fashions sat back smugly, daring us to defy them.  
As it turns out they had a right to be smug. We are said to stick by our guns. We rushed out to buy "the new look." We let down the hems on our old garments.

### More Coming!

As soon as they were sure of the victory, the designers said, in effect, "That ain't all, girls! Come spring and the clothes you bought last fall are going to be outmoded, too. If you think you're wearing long skirts now, you ain't seen anything!"  
Yes, we missed the boat.  
So, goodbye to the year when women might have freed themselves from the slavery of fashion. It might have been our "year," but it wasn't.

### That Body Of Yours

By James W. Barton, M. D.

#### THERE IS NO SEASONABLE TIME FOR APPENDICITIS

About 20 years ago some physicians discovered what they believed to be grape stones in the appendix after operation. The result was that in certain districts the sale and use of grapes were almost in despair.  
However, these grape seeds or stones, were carefully examined, and it was found that these little hard stones were made up entirely of waste matter in the bowel. The water or moisture had all been drawn out of this piece of waste matter, leaving the little hard stone—as it appeared to be. The fact that these little hardened stones were not grape seeds soon was made known, and grape growing was restored to its former successful standing.  
That appendicitis is a "seasonal" disease was reported some years ago by Professor Rovsing of Denmark, who taught that appendicitis is comparatively frequent in September on account of overindulgence in fruit and at Christmas time on account of a whole-hearted devotion to Christmas fare.  
This theory was believed for several years, but recently Dr. Franz Sorensen counted the monthly number of cases at a hospital in Aalborg, Denmark, in the 25 year period, January 1922 to January 1947. In 2076 cases, the diagnosis of appendicitis was found correct at operation. The examination of the number of cases, according to months, shows the highest number in July and the lowest number in December. Between these two extremes (highest in July and lowest in December), the remaining months each had about an equal number. In fact, the number of cases in July and December was nearly the same as in the other 10 months.

Just why certain teachings are believed for many years without questioning is just one of those things that occur in our everyday life. It is worth knowing that appendicitis really has no seasonal occurrence and that we, therefore, should, observe the simple rules that now save many lives. Do not take a purgative or eat any food when pain starts in the stomach region of the abdomen and gradually goes down to the right lower side.

### ALLERGY

Send today for Dr. Barton's booklet entitled "Allergy" which means being allergic or sensitive to various foods and other substances. Just enclose 10 cents and a 3-cent stamp to cover cost of handling and mailing, to The Bell Syndicate, in care of this newspaper, Post Office Box 99, Station G, New York 19, N. Y., and ask for your copy.

### WEAK NERVOUS

Are you troubled by distress of female functions, nervousness, headache, dizziness, etc.?  
Pinkham's Vegetable Compound is made especially for women, and is very helpful for women troubled this way.  
LYDIA E. PINKHAM'S VEGETABLE COMPOUND

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Design No. 385  
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To order: Send 20 cents in coin to Needlework Bureau, Charlotte-town Guardian, Design No. 385



DESIGN NO. 385

### MENTAL ARITHMETIC

Father took his small son to church. At one stage of the service the clergyman announced: "We shall now sing hymn number 222. Ten thousand times ten thousand." Two hundred and twenty-two.  
The puzzled lad nudged his father. "Dad," he whispered, "do we have to work this out?"

### HE PLAYS WITH OTHER CHILDREN YET SELDOM CATCHES A COLD

Children cannot always be guarded against exposure, nor contact with other children who have colds.  
Careful mothers give their children Father John's Medicine regularly. It provides Vitamins A and D which build up resistance, and soothe throat irritation which bad weather brings.  
Get Father John's Medicine from your drug store today—keep a bottle always handy.

### FOR COUGHS AND COLDS

Made in Canada



### Smart Girl

By CHAPTER XXX  
The senator chuckled. "Well, I had to do some pretty fast thinking. Er... Shall we call in the police now?"  
"I was thinking," Eric said, "of a better plan. Why don't you and Harry take Van Arden to New York and turn him over to the police commissioner? You might call up the Associated Press and the United Press, too. And take in these photographs."  
The senator said, "Eric, that's not a bad idea at all. As a matter of fact, I had something like it in mind myself."  
Eric grinned. "I suspected you had, Dad. You can give out the complete story of your investigation. You are going to wake up Monday morning an find yourself the most famous senator alive."  
The senator said soberly, "That's fine, Eric. But there's something I must discuss with you. Harry Sefer accused Sally of being Van Arden's girl — and she admitted it. I trusted that girl, Eric, and I trusted you. And when I realized that all this time you had deliberately —"  
"But, Dad, you must have guessed the truth. That Van Arden was blackmailing her into running his errands. He had certain information about Barney's father that would have ruined Barney if it had come out — information that Barney himself was in ignorance of. Certainly you suspected that."  
"Now that you mention it," the senator said, "I did suspect some-

### Modern Etiquette

By Roberta Lee  
CHAPTER XXX  
Q. When should the dinner napkin be used?  
A. The napkin should be used to wipe the mouth before using the water glass; this will prevent smearing the glass. It is also used to dry the fingers, particularly after using the finger bowl.  
Q. When a man is assisting a girl out of an automobile, should he take her hand or her elbow?  
A. He should place his hand gently under her elbow.  
Q. Is it a cause for embarrassment when someone's name has escaped one for a moment?  
A. No; everyone has experienced this. A profuse apology would only serve to emphasize one's forgetfulness.  
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### How Can I!!!

By Anne Ashley  
Q. How can I remove fat from soup?  
A. If unable to do so with a spoon, wet a clean cloth with cold water, wipe over the top of the soup and the hot fat will adhere to the cloth. All fat should be removed from the top of soup, as it is indigestible.  
Q. How can I relieve a sore throat?  
A. A remedy for sore throat is to gargle with a warm solution of salt water, wipe over the top of the spoonful of sulphur in hot milk and sip slowly.  
Q. How can I clean nickel faucets?  
A. Try using lemon rinds, after squeezing out the juice. Rub thoroughly, then wash, and polish with a dry cloth. The faucets will shine like new.

### Better English

D. C. Williams  
1. What is wrong with this sentence. "Mr. Johnson's suggestion was followed by a dead silence."  
2. What is the correct pronunciation of "gunwale" (upper edge of a boat's side)?  
3. Which one of these words is misspelled: Alegiance, alienation, abstruse?  
4. What is a word beginning with a that means "to fascinate; to charm"?  
ANSWERS  
1. Say, "by complete silence." 2. Pronounce gun-el, the e unstressed. 3. A. legiance. 4. To remove or destroy utterly by any means. "The harsh and bitter feelings of this or that experience are slowly obliterated." — W. Black. S. Captivate.

### Household Scrapbook

By Roberta Lee  
Bed Covers  
If the bed clothing does not stay at the foot of the bed, try dividing an old blanket in half and let half be under the mattress and the other half over the other covers just under the spread. It will hold the covers firmly.  
The Nut Cracker  
Have you ever tried the nut cracker for loosening the stopper on a bottle that seems glued on? It works fine as a wrench to open bottles with stubborn screw tops.  
Tapestry Furniture  
Dust and dirt can be removed from tapestry furniture by rubbing with hot bran.

### Morning Smile

VERY TRYING  
Mrs. Knowitall — It is best for a girl to marry an economical man, you know.  
Daughter — I dare say, mother. But it's equally trying to be engaged to one.

## YOUR MONEY'S WORTH

LOOK FOR THE YELLOW PACKAGE  
Tender Leaf Tea



and no mistake!

### Cook's Corner

#### CHICKEN JOHNNY CAKE

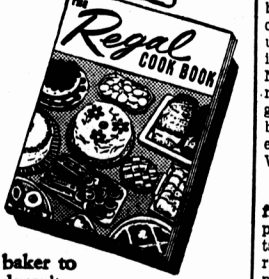
1 tablespoon chicken fat or butter fat  
2 cups diced cooked chicken  
1/2 cup corn meal  
1/4 cups sifted pastry flour  
1 tablespoon sugar  
1/2 teaspoon salt  
3 teaspoons baking powder  
1 teaspoon celery seed or celery salt  
1 beaten egg  
1/2 cup milk  
1 tablespoon minced parsley.  
1/2 cup melted chicken fat or butter fat.  
Melt the two tablespoons fat in a 12 x 12 inches baking dish. Spread the chicken evenly over the bottom of this pan. Sift dry ingredients into bowl. Add egg, milk and parsley, stirring lightly; quickly fold in the 1/2 cup melted fat. Pour batter over chicken, spreading evenly. Bake in a very hot oven, (425 degrees F.) for 20 to 25 minutes. Unmould, inverted on platter or serve from baking dish. Garnish with parsley and pimiento. Serve immediately with chicken or giblet gravy or seasoned cream sauce made with part chicken stock.

### For Superlative Baking Results DO THESE TWO THINGS:

1 Use Regal Flour



2 Use The Regal Cook Book



If you want your reputation as a baker to soar to majestic heights—and who doesn't get acquainted with the elite of Flours and Cook Books—REGAL.  
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Anyone can get superlative baking results with Regal Flour. It has that easy workability, that vitally necessary whiteness, lightness and integral goodness that makes bread tastier, cakes fluffier, pastry flakier. What's more, it guarantees success in every baking venture, big or small.  
You'll love baking with Regal Flour. It's the whitest, lightest flour you've ever seen. The real treat comes later, though, when you and your family taste your baking triumphs made the Regal way.  
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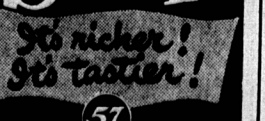
A little Va-tro-nol on each nostril promptly relieves sneezy, stuffy distress of head colds—makes breathing easier.



VICKS VA-TRO-NOL

### Heinz Condensed Bee Noodle Soup

It's richer! It's tastier!



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