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

Living & Leisure

—THE WOMAN'S REALM—

KEEP BUSY

If contented you would stay,
Keep busy!
If you'd drive dull care away,
Keep busy!
If you'd banish vain regret,
Cease to worry and to fret,
If your troubles you'd forget,
Keep busy!
If you face a dismal day,
Keep busy!
If the skies above are gray,
Keep busy!
If you wake at morning sad,
Missing joys which once you had,
If you think your luck is bad,
Keep busy!
If your fondest plans go wrong,
Keep busy!
If you fancy hours are long,
Keep busy!
If you're lonely, if you're blue,
Find some useful work to do,
Joy will soon be yours, if you
Keep busy!

—Edgar Guest

Hints on Etiquette

If you are invited to a small party and find another person whom you dislike also is a guest, forget your personal feelings and be as polite as if you were the best of friends.

OLD BELIEF

The ancients believed the tides were caused by a great hole near the edge of the sea from which water rushed at intervals to fill the ocean and flood its beaches.

LONG DAYS AND NIGHTS

If we lived on the moon, each day would be equal in length to two weeks on earth, and the nights would also be two weeks long.

To cook green peas and help keep the natural color start in just enough briskly boiling water to cover. Salt may be added at the start or end of the cooking.

SPECIAL CARE AIDS EYESIGHT

TORONTO — Young Jimmie had failed to pass his examinations. His teacher complained that he fidgeted, wouldn't pay attention, teased his classmates. But it wasn't Jimmie's fault. His eyesight was so poor he couldn't even see the blackboard.

When the school nurse advised that he be sent to a sight-saving class, his mother at first objected, fearing that it might make Jimmie feel cut off from the normal activities of boys of his age.

"How wrong she was," said Miss Edna Bogart, teacher of the sight-saving class at Jesse Ketchum School here. "A child with Jimmy's eyesight has to have a special desk—he can't compete with youngsters with normal eyesight—he falls behind. In the sight-saving class he is with children who are having similar difficulties. He learns how to ignore his handicap and become skilled at what he can do best."

Unsung heroes and heroines of the classroom are the teachers in Canada's 10 sight saving classes in Vancouver, Toronto, Ottawa, London, Montreal and Halifax.

At present the classes only stretch from primary to second year high school; but one day it is hoped to place them in the vocational schools.

In Ontario, even children in rural schools are receiving the sight-saving class advantages. Nearly 200 special sight-saving units have been sent out to country schools.

"But we're not afraid for them in traffic," Miss Bogart said "They know they must keep a sharper lookout for cars than other children."

They sit at moveable desks, so they may push them right up to the blackboard if they can't see clearly. They are free to move around the room as they please and seldom do book work for more than 15 minutes at a time. Special lights over the blackboards eliminate any glare and the room is bright on the dullest day.

Bright pictures decorate the wall, all done by the children. Miss Bogart's wicker wastepaper-basket was woven by one of the pupils. Such hand-work is taught during eye-rest periods. Their books are special large print copies of the standard texts.

STORING MILK REQUIRES CARE

Storage of food when the weather is warm is always a problem when there is no means of refrigeration. Those sharing accommodation and living in one room have great difficulty in keeping even small amounts of perishable foods.

Milk is the essential food but also a temperamental one since it sours so easily. It must be pampered, kept clean, cold, covered and if possible in a dark place. Many people are in the habit of pouring at room temperature for some time, left-over milk from the picture back into the partly filled bottle. If the milk has been in the pitcher room temperature for some time, spoiling organisms may become active in it, and returning it to the bottled milk may hasten the souring of the rest of the milk. It is much better to leave the small amount in the pitcher and store it closely covered.

Even with the best of care milk sometimes turns sour before it can be used. Sour milk is not spoiled food but a different food. It should never be wasted. Many good cooks prefer sour milk in biscuits, scones and cakes. It gives a softer, richer texture. Soup made with sour milk is a favorite in many European countries and could well be used more often on Canadian tables.

HOW TO CONSTRUCT A MILK-COOLING TANK

Spoilage of milk is almost invariably the result of bacterial action. While the number of bacteria in freshly-drawn milk depends chiefly upon the care taken in cleaning and sterlizing the utensils and equipment with which the milk comes in contact, the length of time milk will remain usable is also dependent upon the temperature at which it is held. Hence the importance of prompt and thorough cooling of milk on the farm.

Various methods of cooling milk have been advocated, but for the fluid milk trade it is generally accepted the best results are obtained by placing the cans in a well-insulated tank filled with ice water, and circulating the water to speed up the cooling process. While the ice may be placed in the tank in blocks, the greater convenience of mechanical refrigeration units is leading to their widespread use. Whichever form of refrigeration is used, it is important that a well-insulated tank be provided, otherwise heat will leak into the tank so rapidly as to decrease its efficiency and increase the cost of operation.

In co-operation with the Division of Bacteriology and Dairy Research, Science Service, and Architect at the Central Experimental Farm, Ottawa, has prepared detailed plans for the construction of an insulated milk cooling tank which may be used either with natural ice or with mechanical refrigeration. Copies of the plans may be obtained free of charge by writing to either the Architect or the Division of Bacteriology and Dairy Research, Central Experimental Farm, Ottawa.

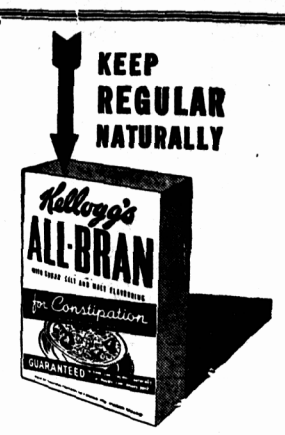
It's fighting among ourselves to save prestige that keeps us from fighting together to save the world.

COOK THE HEALTH WAY

Authorities of several specialties combine to advise Canadians how to save food values at this critical period in the world's food supply situation. Nutrition experts say that the value of vegetables, for instance, is enchanced if they are cooked in their packets, in very little water, with the lid on the saucepan. They are against peeling vegetables, claiming that this wastes not only food itself but takes away something from the food quality, too.

PAINTING SOLD FOR $172,000

LONDON, July 12—(CP)—The painting "Stratford Mill," done by John Constable in 1820, sold for £43,000 ($172,000) at auction today. Walter Hutchinson, publisher and race horse owner, bought it from Lord Swaythling's collection.



Household Scrapbook

By Roberta Lee

Grease Spots on Paper

Grease spots on papers, books, or engravings can be removed by applying French chalk, pulverized, to each side of the spot. Close the book or put a weight on the engraving. Rub off carefully the next day. Repeat the operation if necessary. Lay a blotting paper over and apply heat if necessary. Common chalk can be used, but is not nearly as successful.

Blisters

Do not break sunburn blisters, as this only ads to their discomfort. A new layers of skin will form under the blisters and they will break of their own accord.

Stemming Berries

It is much easier to stem strawberries, raspberries, or any other kind if the berries are poured out on a table, or other flat surface.

Modern Etiquette

By Roberta Lee

Q. Is there any difference between a wedding invitation and a wedding announcement?

A. Yes there is quite a difference. Should you receive a wedding invitation, it means that the bride and bridegrom will be pleased to have you attend — and this requires that you send a gift. Should you receive an announcement, it means that for some reason you are not invited to the wedding—and naturally a gift is not obligatory.

Q. When a man is walking along the street with a girl and she bows to some acquaintance whom he does not know, should he also bow?

A. It is not necessary for him to bow, but he should always lift his hat.

Q. Are olives, radishes and celery passed from time to time during the meal?

A. Yes; they are not included among the regular courses.

How Can I!!

By Anne Ashley

Q. How can I relieve the itch of prickly heat?

A. By sponging with equal parts of vinegar and water. Dry the skin thoroughly and then powder with one part of boric acid to two parts of cornstarch.

Q. How can I remove mildew from garments?

A. Soak the garment in buttermilk, then rinse in warm water, and wash lightly with soap and water. Rinse again clear water and hang out to dry.

Q. How can I prevent homemade marmalade from becoming moldy?

A. Soak the waxed paper with which it is covered in milk. Seal the tops of the jars securely.

Better English

D. C. Williams

1. What is wring with this sentence? "He didn't come but once."
2. What is the correct pronunciation of "Rio Grande"?
3. Which one of these words is misspelled,, Pince-nez, pinafore, pinacle.
4. Wha does the word "contiguous" mean?
5. What is a word beginning with par that means "frugal to excess; stingy"?

ANSWERS

1. Say, "He came but once." 2. Pronounce re-o gran-da, e as in me, o as in no, a as in ah, second a as in day, accent first syllable of each word. 3. Pinnacle. 4. Touching; adjoining. "A picturesque house contiguous to the churchyard."—Winter. 5. Parsimonious.

DOROTHY DIX SAYS—

Wives and Fortune-Tellers

Soldier Upset by His Mate's Belief In Crystal-Gazers' Stories

DEAR MISS DIX: I have been in the Army three years. Am married and much in love with my wife, but trouble is brewing over something that just seems crazy to me. My wife's mother, who is a constant patron of fortune-tellers, comes to my wife with the report that one of these crystal-gazers has told her that I have been having an affair with a girl in Texas, and that finally I sent for her and that she is now here in my own home town on the Q.T. and that I go to see her every chance I get.

When my wife told me that I had to laugh it was so absurd, but she takes it seriously and says that my laughter showed that I was guilty. That if I was innocent I should have blown by top and denied emphatically these charges. Now I can't leave the house even for a minute without her, and she hardly speaks to me.

How can I prove to her that all of that stuff is just a lot of "boloney" and that there is no one anywhere who can look into your future or your past? Please try to answer my question as soon as possible as I am to report back to camp very soon and I would like to get out of the doghouse before I leave. FIDO.

TOUGH FUTURE

ANSWER: Well, Fido, I am afraid that if you are married to a girl who is going to let a fortune-teller run her life and shake her faith in you you are doomed to a permanent residence in the doghouse. For any woman who can believe any such twaddle as these frumpy and ignorant and self-elected prophetesses hand out is beyond all reason, and there is no hope of ever making a satisfactory life companion of her.

Evidently your mother-in-law is a very bad influence over your wife, for she is filling your wife's mind with baseless suspicious of you and destroying her affection for you, and my advice to you is to separate the two as soon as you can. Apparently your wife is of a weak and credulous character and if you leave her to the machinations of her mother and a fortune-teller while you are in the Army, you will find her so obsessed with belief in all sorts of occult phenomena when you come back that she will depend upon an Indian spirit guide instead of you and she will be unendurable to a sane and sensible man.

That these mediums are all fakes goes without saying, for nobody has ever penetrated the future; nobody knows what is going to happen. We are all like the poet who wrote: "There was the veil through which I could not see. There was the door to which I had no key."

The final proof that the fortune-tellers have no more knowledge of the future than the balance of us have is the fact that practically all of them are poor and shabby, when they could have millions if they only knew what the stock market was going to do tomorrow.

DEAR DOROTHY DIX: Is it a disgrace to kiss a boy on a first date? I have been very much in love with a boy. I met him four months ago, but he never asked me for a date until recently. When he did, I was so overcome that I kissed him. My mother saw us and she said that kissing a boy was the worst thing a girl could do if she wanted him to think much of her.

I am more than willing to take your advice. BONNIE.

ANSWER: Well of course, it is no disgrace to kiss a boy on a first date, but it is terribly bad technique. It makes you look too anxious, and with boys it is the peach that hangs highest on the tree, not the one that is over-ripe and drops into their mouths, that they crave. Your mother has it right. Better listen to her.

DEAR MISS DIX: My husband and I have been married a year and he still hasn't had his insurance ($10 000) changed to me instead of his mother. She has plenty money of her own, while we are just getting started. I am not thinking of myself, but of the children I might have to support some day if he should die.

Do you think he is giving me a fair deal? B.E.

ANSWER: No, I don't. A husband's first duty is to make his wife secure. She comes before his mother, and especially in this case where the mother is financially independent herself.

Cook's Corner

SOUR MILK DROP COOKIES

This dough spreads out and makes a flat cookie of very good flavor. Do test one or two cookies before you bake the batch, to make sure that the amount of spread is just right.

2 cups once-sifted pastry flour or 1¾ cups once-sifted hard-wheat flour
1 teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
1 cup seedless raisins, washed and dried
1 cup crisp oven-popped rice cereal
1 tablespoons shortening
⅓ cup fine granulated sugar
1/3 cup corn syrup
1 egg, well beaten
1/3 cup sour milk
1 teaspoon vanilla
½ teaspoon orange flavoring.

Measure and sift together twice, the flour, baking powder, baking soda and salt; mix in raisins and oven-popped rice cereal.

Cream the shortening and gradually blend in the sugar; cream well together, then mix in corn syrup. Add the well-beaten egg, a little at a time, beating well after each addition.

Combine the sour milk, vanilla and orange flavoring.

Add dry ingredients to creamed mixture alternately with the flavored milk and combine after each addition.

Bake 1 or 2 cookies first — if they spread too much, mix in a little more flour before baking the entire batch.

Drop by spoonfuls onto buttered baking pan and bake in a moderate oven, 350 degrees, about 15 minutes.

Fashion Horoscope

by Colette

If you want to be pretty through summer—

Do be ultra-fastidious about groomina.

Don't be slip-shod in hot weather.

Chicago Sun Syndicate

Does anything look hotter than stringy hair hanging limply around your ears? Is anything more wilting than odor-soaked clothing? Of course, this couldn't happen to you. You know there's nothing like ultra-perfect grooming and so you will never, never neglect that daily warm bath in warm weather. And a cool bath will give you almost that glorious tingling sensation that comes after a quick dip at the seashore.

Ellen's Diary

By an Island Farmer's Wife

"They have their washing out already" I remarked complacently to Rob, when I had caught sight of more than one freshly laden clothes line, on our way to the city this morning. It is quite pleasant to be able to sit back comfortably and regard the work-a-day world with folded hands. And yet even there the serpent rears his ugly head. It did this morning when all at once I recalled that mine was not sunning on the line but had been postponed to await a more convenient season. For Dame Opportunity had knocked a gentle knock on my door today—when we were barely past breakfast. And a wind that had brought ill to Rob had blown me only good. This trip which had come to light so unexpected was the result of Rob's car being serviced, when he found that an indispensible extra was needed, before this best friend of his could return to the road. It was the exact turn of events that I needed—one that would help me and at the same time not inconvenience any member of the family at this busy season. Perhaps when I had raised mine eyes to the still maples outside the old Kirk's windows yesterday morning and the thought of one of my troubles crept unbidden to my mind in place of my devotions The Good Lord heard an unspoken prayer. "Before ye call upon Me" . . . and my answer came. The stubborn typewriter which had refused to continue along the page in the quiet of Saturday evening could today be taken along for repairs. "And you've got to go to town?" I overheard James say to Rob, when I was gathering up the breakfast dishes, and then "I guess your mother may as well go too—Here Ellen" and I was at the 'phone in a minute.

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Jamie came as well. And Mr. W., Rob's faithful handy-man and neighbor across the way. Jamie sat on my knee and wonderful were the entertaining sights we viewed on that jaunt to the city this morning. He was "pressed" and shining. Karolyn saw to that. Tweed coat and mannish cap, blue sailor suit, matching socks and brown shoes. We saw calves in a pasture-strange calves-tethered there; we saw birds teeter on a wire and line-men put a great post in place. We glimpsed a squirrel on a fence and trim motor boats riding at anchor near a bridge. We sighted herds of cattle and a man taking his fleeces of wool to market. We met a small venturesome lad "not much bigger'n me" driving a tractor, drawing an attached trailer and we picked up two interesting lads of fellows en route on shank's mare towards the gates of the city. Rob's stay in town was so brief that Jamie had I had only lunched and done a little of our shopping, when he was ready to return. I quite fell in line with his suggestion that I remain in and return by bus in the afternoon.

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But even that extension of time slipped away too soon. I shopped here and there, hurriedly in places but more leisurely when I came to a book store. And as I went from store to store I found many to chat with: another farmer's wife, who had chosen this morning when a light mist hid the sun at times, to come to town for a hair-do and I saw the light of happy anticipation in her eyes. There was another lady whose "pullets are laying" and who had fetched her chickens in to market this very day. The weight of them at once conjured up visions that were quite teasing to my gastric juices. "And did you know Ellen" she asked me in a busy down-town store, while a steady stream of humanity came and went about us "that one can raise piglets successfully on baby-food? Yes, I did this Spring and had the best of luck". There was the young matron I chatted with, who had parcels of decorations "for a shower at the next house" and the happiness for some maid that would be in the offing. I had to hear all about this matron's small son and it surprises me to find that in these often maligned times, a care-free and apparently thoughtless lass can develop in no time into a wise and capable mother.

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I visited, for the first time the travel bureau and for the sake of the tourists that are attracted to our shores was proud that it has an understanding staff. No, I had no requests but while I leafed through an Island travel folder (which er-ah, if I may say so, is a little out of date but none the less attractive reading) I listened in to polite and helpful replies to some of the traveller's questions in regard to routes and lodging places. One thing, I am told is required above all others by the strangers who choose to linger within our gates, be they as rich as Croesus or of only modest means, and that, is common courtesy. Only the genuine old-fashioned variety. A smile which helps to ease every disappointment; a pleasant word in season; and time out for any needed explanations. This is an important factor in bringing tourists year after year—good folks who will learn to love our Island and appreciate its people in this pleasant "Home away from home."

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"You needn't hum such words as Home Sweet Home to me Ellen" James tells me on a doleful note. "Where have you been all this day? That's the worst of you—you never care how the one left at home makes out." He has only come in from his farm-work and the moon is right at the tip of the old white birch. He unlaces his boots slowly, removes them and settles back in his old armchair. Then he asks "And what are the farmers at today? Did you see anyone at the hay? How are the potatoes doing that you saw on your travels?" James and I are going to have a pleasant chat.

Until tomorrow — Diary — Goodnight.

NURSES!!

This fine medicine is very effective to relieve pain, nervous distress and weak, "dragged out" feelings, of "certain days"—when due to female functional monthly disturbances. Worth trying!

LYDIA E. PINKHAM'S Vegetable Compound

Schwartz excels in ROASTING!

IN custom with their Dutch ancestors, W. H. Schwartz & Sons have always set great store by their coffee roasting. Lately they have installed the Thermalo low-temperature system of roasting—which creates wholly new standards of coffee excellence.

The Thermalo roasts the coffee bean evenly RIGHT TO THE CENTER. The resu · is a more uniform roast and a richer beverage. There is more body—a deeper, winey color. Even when the cup cools the fine flavor is still there.

Do try a pound of this more fragrant Thermalo roast. Get it in the Schwartz vacuum-packed tin and follow the directions. Then you'll truly have "the cup you can't forget!"

But say Schwartz and be Sure!

Morning Smile

Barber (looking over the young man's hair) — Do you want it cut or do you just want the oil changed?

TAKE YOUR CHOICE

Mose, charged with theft, was on the witness stand, and the judge sought to discover if he knew the value of an oath He said:

"Mose, if you tell a lie under oath, do you know what happens?"

Mose said: "Yassuh, Jedge. I goes to hell."

"And if you tell the truth?" persisted the judge.

"I goes to jail," said Mose.

Asparagus although a highly perishable vegetable lends itself to many dishes and menus. Its flavor changes rapidly after picking. If necessary to keep for a day or overnight after purchasing, untie bunch, trim ends and rinse in water. Dry thoroughly. Put in covered dish or wrap in wax paper and place in refrigerator. Never put asparagus away wet as it becomes slimy and decays easily.

Needlecraft

—FOR THE HOME—

TRIM HOMEFROCK

Busy women will appreciate this trimly cut homefrock with cap sleeevs and the minimum amount of button holes. It is especially designed for easy sewing, and it comes in a large range of sizes.

No. 2669 is cut in sizes 12, 14, 16, 18, 20, 40, 42 and 44. Size 36 requires 3¼ yards 35-inch, 2¾ yards ric rac.

Send 20 cents for PATTERN which includes complete sewing guide. Print your Name, Address and 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.

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WHY SUFFER PILES

Grateful users praise quick results. Relief from Pain—and soothing comfort—from Mecca Pile Remedies. Two kinds—Number 1 for protruding Piles. Sold in tube with perforated pips for internal application, 75c. Number 2 for external Piles. Sold in Jar, 60c. Order by number from your Druggist.

MECCA PILE REMEDIES

Little Duane Bradley, of Grenfell, Sask., has a shadow that is larger than himself in this bronze turkey, which follows him around wherever he goes. However, just give Duane a few years and he will be master of the situation

HEINZ Condensed Cream of Green Vegetable and Cream of Green Pea Soup

Now! A fresh pack of two summer favourites

You'll enjoy the garden-fresh flavour of choice vegetables—the smoothness of rich, sweet cream . . . blended to perfection the Heinz sweet-batch way!

57

HEINZ Condensed CREAM OF GREEN VEGETABLE SOUP