

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

## Living & Leisure THE WOMAN'S REALM

For all the blessings life has brought, for all its sorrowing hours have taught, for all we mourn, for all we keep, the hands we clasp, the loved that sleep, we thank thee, Father; let thy grace our loving circle still embrace, thy mercy shed its heavenly store, thy peace be with us evermore.

A study of head colds shows that women have more colds than men and people who sit at work have more colds than those who walk around.

visitors often had to be hoisted aboard in a boatwain's chair in heavy weather and the pipe was used to signal the men handling the ropes.

Cylindrical lenses for correcting vision were seldom prescribed until the end of the 19th century.

Straw baskets, shopping bags and suit cases will last longer if given an occasional coat of white varnish.

### GIVE TIRED FEET CARE THEY NEED

Women who take time out for foot care will be able to step more spiritedly through a hectic holiday schedule of shopping tours, added housework and hostess duties.

After a day's shopping is the time to give weary feet this reviving "pick-me-up". Begin by pulling off shoes and stockings and resting feet by propping them higher than your head for at least 10 minutes. This reclining position helps to relieve the congestion of blood in your underpinnings. Next step is to plunge feet into a bath of warm water and let them soak for 15 minutes. Then dry thoroughly and smooth away any roughened skin with pumice stone. Rub on a soothing foot cream, applying it with a massaging motion. Good technique for massage is to place both hands with fingertips touching under the ball of the foot. Then pull hands upwards and backwards toward the heel and up the ankle, twisting hands in a spiral motion.

When you're finished, tissue off the cream and treat your feet to a dusting of powder. Feet that tend to perspire can be kept drier and more comfortable if powder is sprinkled on bare feet and again on the soles of stockings.

### That Body Of Yours

By James W. Barton, M. D.

### PREVENTING COLDS AND FLU IN INDUSTRY

It is only natural for us to be patiently awaiting a cure for cancer at any stage of its growth. Similarly, we look forward to the day when something may be found to prevent attacks of coronary thrombosis which carry off so many men and women in the prime of life.

What we do not consider a serious matter is the number of cases of the common cold, flu, and other infections of the nose, throat, ear, bronchial tubes and lungs. These diseases are the most important cause of absenteeism, not only among industrial workers but in offices and schoolrooms.

As these diseases start in the nose and throat, sneezing and coughing are the means by which they are transmitted to others. If the organisms which are coughed from the throat or blown from the nose into the surrounding air could be killed before being breathed in by others, then there would be less chance of a cold or other infection getting a hold in a factory, office or schoolroom.

In "Occupational Medicine," Chicago, Dr. Anna M. Baetjer discusses methods of preventing the spread of infection among workers. Paper handkerchiefs may be supplied to employees to be used when coughing, sneezing or blowing the nose and then be placed immediately into receptacles. To prevent droplet infection (these droplets sometimes remain in the air for nearly half a minute), a distance of a few feet should be allowed between workers who face one another. Oiling of floors is of value in preventing organisms which settle to the floor from rising again in the form of dust. Proper sanitation in the preparation and serving of food is essential.

"Experiments have shown that (Continued on Page 3)

**Guaranteed to Keep You "Regular" Naturally**

**Kellogg's ALL-BRAN**  
for Constipation

\*or double your money back

### Dorothy Dix Says—

### "Don'ts" For New Ma-in-Law

#### Few Helpful Rules On How To Be Popular With Son's Bride

A mother whose only son is about to be married asks me if I will give her a few never-failing rules for being a good mother-in-law. Well, the Ten Commandments are not harder to keep than the rules for being a good mother-in-law, but here are a few suggestions that may help you to make yourself persona grata with Johnny's bride.

First of all, begin preparing yourself to be a good mother-in-law when the doctor says: "It's a fine boy, Madam." Accustom yourself to the thought that some day Johnny is going to grow up and fall in love and get married and bring home a terrified little girl, with a chip on her shoulder, whom he is going to present to you as your new daughter.

Of course, this will be a shock to you, for you had hoped that Johnny wouldn't marry until he was 25 or 30 years old, but take it easy. Don't burst into tears at your first glimpse of the bride. It can't be very cheering to a girl, who thinks she is bestowing a favor on a chap by marrying him, to have his mother welcome her as if she were Calamity Jane.

Just remember that the new daughter-in-law is just as scared of you as you are of her, and the reason that she is so standoffish is because she is afraid you are trying to put something over on her, and she is determined to make you understand, at the very start, that now Johnny belongs to her, not to you. So handle the situation with gloves. (Continued on page 12)

### Household Scrapbook

By Roberta Lee

**Bedroom Slippers**  
Fluffy bedroom slippers of pile fabrics can be washed. Treat them as you would fluffy toy animals or chenille robes. Wash in lukewarm suds, rinse well, don't wring at all. Squeeze gently in a towel to remove some of the moisture and brush or shake occasionally during the drying process. Brush again when thoroughly dry to bring up the soft nap which gives warmth.

**Polishing Damp Shoes**  
When trying to polish damp shoes or slippers, add a little paraffin to the blacking and it will adhere.

**Candles**  
To remove the melted wax on the side of good candles, try dipping them in hot water.

### Better English

D. C. Williams

1. What is wrong with this sentence? "The churches have united together in one common purpose."
  2. What is the correct pronunciation of "consultative"?
  3. Which one of these words is misspelled? Ephemeral, exuberance, extasy.
  4. What does the word "embryonic" mean?
  5. What is a word beginning with me that means "of but moderate excellence; ordinary"?
- ANSWERS**
1. Omit together. 2. Pronounce kon-sul-tat-iv, and accent second syllable, not the first and third. 3. Ecstasy. 4. Rudimentary; undeveloped. "Our plans are still in an embryonic stage." 5. Mediocre.

### Cook's Corner

**SUGARLESS FRUIT LOAF**

1/3 cup dates, chopped  
1/2 cup raisins, chopped  
2 tablespoons flour  
1 cup hot water  
1/2 cup shortening  
2 cups sifted all-purpose flour  
2 teaspoons baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon cinnamon  
1 teaspoon salt  
1/2 cup nuts, chopped

Chop the dates and raisins into a saucy pulp; mix with 2 tablespoons flour. Add the hot water; cook and stir until thick. Add the shortening; stir until melted; cool the mixture slightly. Add all the sifted dry ingredients in 3 additions; add the nuts. Pour into an oiled pan 9 inches by 7 inches by 3 1/2 inches, which has been lined with waxed paper. Bake in a moderate oven until done. It's good, it's sugar-saving and it's moist.

### Modern Etiquette

By Roberta Lee

Q. Is it courteous for men to take off their hats in business elevators?

A. While this is always courteous, it most certainly is not necessary, nor is it expected. In fact, on typical crowded office building elevators, it is much better to keep the hats on to avoid added jostling of fellow passengers.

Q. Is it ever permissible to use the knife to convey any kind of food to the mouth?

A. No. The only purpose of the knife is for cutting, and then it should be done as skillfully as possible and not used as a saw.

Q. When someone compliments you on the suit or gown or hat you are wearing, what should you say?

A. "Thank you" is sufficient.

### Morning Smile

Gaskin—Isn't it going to be rather expensive entertaining your aunt for a week?

Paris—Not a bit. In our district there are three christenings, two weddings and a funeral, all on different days.

**BLUE RIBBON TEA**

For extra satisfaction

### Ellen's Diary

By an Island Farmer's Wife

Naturally, James was very well pleased with the favorable report which Link in his coming brought to us at Alderlea yesterday of the pigs' early sale. Young ones from a respected matron of ours these had been and James is always interested to hear how such stock sold from this farm have done. And never in any sale withholds his blessing. "You know, Ellen," he will say of some purchaser when the latter is on his way down the driveway, especially if it be some new beginner to farming "I do hope he will have good luck with his purchase." And sometimes there is, eventually, a good report, but again when the faces take a delight in baffling the best efforts of humans, the news is contrary and not at all heart-warming to James and me. But yesterday he—and I too, smiled. "Yes," Link said "they were select—so I got all that was in them" and then turning to me "she had great luck this year with her chickens—all made first grade. Weren't old neither but came along like a storm. Only lost two of them. Wouldn't have lost them, only a blasted old cat got them. And the pullets are laying—been laying now for a couple of months." I nodded at the same time remembering how that very morning hearing a promising cackle from the direction of our poultryhouse, I had hurried thither in hopes of gathering at least one fresh egg for James' breakfast to find our feathered friends engaged only in gossiping!

(Continued on Page 3)

### The Stars Say—

By Genevieve Kemble

For Friday, January 15

WHILE the prospects are encouraging for the successful launching of ambitious projects, with the recognition and definite support of those in influential positions, yet a show of erratic, extravagant and wild ideas, or excessive zeal, might swerve this cooperation. Any strange conduct, forced plans, or inopportune words or deeds might alienate such interest.

**If It Is Your Birthday**  
Those whose birthday it is might upon the applicant on really constructive propositions, by a reckless, impulsive and extravagant mode of conduct, in word, acts, and other erratic or irresponsible conduct, when friendly interests stand by for concrete assistance and earnest recognition. Curb all quick impulses or emotional urges to force issues, by extravagant gestures or excessive hopes.

A child born on this day while attracting support for its unique or ambitious plans and ideas, is likely to have all hopes blow up through erratic or extravagant behavior.

**Brings FAST relief for BRONCHITIS**

RUB ON MUSTEROLE

DAINTY MEDALLION

**BLUE RIBBON TEA**

For extra satisfaction

### BUYS AND WHYS BY Barbara Brent

A weekly advertising and information service for today's woman

**MONTEAL, JAN. 14th.**—When the weatherman says—"Snow... followed by skiers—be wise and well-dressed take to the ski-trails in jackets of nylon! The manager of my favourite Sports Shop tells me that more and more ski-enthusiasts are discovering the advantages of nylon jackets... the fact that they're completely windproof and water resistant—wonderfully durable, warm and always neat. What's more—they've been tested and enthusiastically approved by professional skiers... they found them ideal for the sport. That's why I for that very important label "Fabric Made of C-I-L Nylon Yarn"... on the better ski jackets in all better stores!

**HERE'S SOMETHING NEW** in the way of muffin goodness! Mouth-watering muffins made with delicious OGLIVIE OATS... Try this recipe...  
**OAT MUFFINS**  
1 cup Oglivie Flour  
1 egg  
1 tsp. soda  
2 tsp. sugar  
1/2 tsp. butter  
3 cups Oglivie Oats  
1 1/2 cups sour milk  
2 tsp. salt

**SOAK** rolled oats overnight in sour milk. Add well-beaten egg, butter (melted), sugar, salt and flour. Dissolve soda in little hot water; add last and beat all until light. Bake in greased Gem pans in moderate oven. Muffins may be made by this recipe without eggs in which case about 1/4 cup more flour should be used. (If milk is not very sour, use 1 tsp. cream of tartar and 1 tsp. soda.)

**BABIES** have their gloomy days—full of gloomy little ways, when things are broken and food goes untouched. But difficult times like these will be rare in your infant's young life when his diet is Heinz Strained Baby Foods! How he'll love them! They're so exactly and skilfully cooked to his taste they're vacuum-sealed—so easy for him to digest. And after his first birthday, when you vary his diet with Heinz Junior Foods—he'll be thrilled with those good chopped and diced meats, the able—the three desserts and the complete Vegetable Beef Dinner! Look for Heinz Baby and Junior Foods in the convenient 5 tin... and remember, they're backed by the famous HEINZ reputation for quality.

**WHEN AN OPPORTUNITY** like this comes your way, I can assure you to tell you about it! It's my pleasant privilege to be able to send you one of the best little bird booklets I've seen for many a year. You can't afford to miss ON BIRDS—and it's yours for the asking and a box of BROCK'S BIRD SEED or just 25c. Simply list the name of the bird you want or money to me, Barbara Brent, 1411 Crescent St., Montreal, P.Q. and I'll send you this beautifully illustrated booklet, simply packed with practical do's and don'ts for bird-enthusiasts and their fine-feathered friends!

**"MY WIFE** makes the best coffee in town!" says a satisfied husband I know—and I wasn't at all surprised to hear that her choice is Chase & Sanborn. She tells me she once tried a "bargain" coffee, but she always gets fuller flavour—real value for her money—in CHASE & SANBORN COFFEE. She buys it by the vacuum-packed tins that assure her of freshness... "Well worth the few extra pennies," she says. Then careful, accurate measuring and perfect timing... she serves it while it's hot... gives her that "best cup of coffee in town!"

**"HOW do you** find the time to take a little rest?" I asked a friend the other day. She has a large house and a large family and still manages to take a very active interest in community affairs. She tells me that she "makes time" by taking short cuts. One of them is via her bank. She does her banking by mail with the BANK OF MONTREAL. I look her time-saving tip to heart—paid a visit to the B of M and soon learned from the accountant how it was done. You too, will find it simple and such a good idea... Bank by mail with the B of M and count the golden hours you save!

**IT'S NOT A MINUTE TOO SOON** to begin planning your next summer's garden! Best way, I find, to have the garden-of-your-dreams is to let DOMINION SEED HOUSE help you! Send for their new, illustrated "Seed and Nursery Book" listing the best everything for the home garden, a thousand varieties of seeds alone. Simply write to me—Barbara Brent, 1411 Crescent St., Montreal, P.Q.—for your free copy of this gardener's guide—and order your favourites now!

### Needlecraft FOR THE HOME

**BEIJING CHARM**

This pretty Princess dress is destined to win a little girl's heart—and compliments, too—with the scalloped closing that's so easy for her to button herself!

No. 2125 is cut in sizes 2, 4, 6 and 8. Size 4 requires 2 yards 35-inch, 3/4 yard 35-inch contrasting.

Send 20c for each Pattern, which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state how you wish to receive your unit or zone number in your address.

Address Pattern Department The Charlottetown Guardian, Pattern No. 2125

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ Province \_\_\_\_\_

**Best-Known**

home remedy for relieving the pain of children's colds.

**VICKS**

**HEY, LADY!**  
IT'S THE WORLD'S EASIEST WAY TO CLEAN YOUR LINOLEUM!

**Spic and Span**

CLEANS LINOLEUM SHINING BRIGHT WITH HALF THE WORK!  
NO RINSING! NO WIPING!

**QUICK!**  
DIRT'S GONE IN ONE EASY STEP!  
YOUR LINOLEUM SHINES!

Great, too, for PAINTED WALLS, WOODWORK, PORCELAIN... Dozens of things

SHINING KITCHEN

GLEAMING BATHROOM

SEE THE SPARKLING RESULTS?  
RIGHT AWAY LINOLEUM SHINES LIKE THE SUN!

ONE EASY STEP... Simply dissolve SPIC and SPAN in hot water, wring out a cloth well, then whisk, whisk... dirt's gone! You don't rinse... you don't wipe dry, as you do with soap.

**BLUE RIBBON TEA**

For extra satisfaction