

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



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**How Can I!!!**  
By Anne Ashley

Q Is it wise to use cracked dishes?

A No. Dishes with cracked dishes, even if they are used merely to hold leftovers. The cracks collect germs that are drawn out by the hot foods placed in these dishes.

Q How can I judge the quality of potatoes when buying a large quantity?

A Cut a potato into halves, then press them together. Unless the halves are juicy enough to stick together, do not buy them.

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Put a few drops of Vicks Vapo-r-nol in each nostril. It flushes out mucus and makes breathing easier. Try it.

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**Cook's Corner**

**APPLE BREAD**

Two cups sifted all-purpose flour, one-quarter teaspoon salt, one tea-spoon baking powder, one-third cup shortening, one-half cup sugar, one cup grated unpeeled raw apple, one-half-cup wheat germ, one-quarter cup sour milk.

Sift dry ingredients. Cream fat, add sugar and cream well together. Add apple and wheat germ. Add dry ingredients alternately with sour milk. Bake in a greased loaf pan, four and one-half inches by ten inches, in a moderate oven, 350 degrees F., for about 45 minutes.

## Ellen's Diary

By an Island Farmer's Wife

And now in a continuing mildness that is really unseasonal weather, the old year picks up his belongings and prepares to take his leave. If as humans we know that we bring nothing into this world at our coming and as certainly can take nothing out at our going, the same can not be said of the succeeding years. For the little New Year ever brings renewed faith and hope, and what a gigantic load the aged one bears away with him, the fruit good or bad of the living in the hours between.

Perhaps it was because we should like to have delayed the passing of these precious last hours that made them seem to slip by so fast. Some of us now very few remain. Personally we have only the kindest regard for the tired old year. If some of the things we had hoped to accomplish in its days, have been done, or even the beginning of it, we had envisioned them, it is our own failure. Fresh and new it came to us and clean in its January snow. Hour upon hour of it stretched away, ours to make good use of, or fritter lazily by. The reckoning, of course is beyond us, the time that has counted and that which has gone into life's discard. But by our own measure, it has been a good year for us at Alderlea, and at Rob's.

"Good!" James repeated my query at supper this evening, "why, Ellen, would we have asked for better?" The way I look back through the old year so pleasantly to know that it has been good—and even exceptional is not an account of any cash return from our farming, though certainly that too must be considered, but in other ways. Haven't we been blessed with good health? A little slower of step perhaps, but what can we expect? I nodded, and smiled recalling James' brisk ones such times as I try to match them.

"And again isn't it a great satisfaction to know that we have such an abundance of feed for the stock—there never was such a hay crop, and the grain laid and roots yielded well. There'll be no scarcity here, nor I suspect on any farm where folks were able to gather their crops, even if we do get a late Spring. It's been a wonderful year in that way—couldn't have been better." And this old year, will you be sorry to see it go? I had asked last evening, and Mr. C. from the house on the hill hesitated before replying, and James chuckled and said: "Well, you see its something like trading your wife. A fellow knows what he has, and wouldn't be too sure of what he might get." That's the way I feel about the old year's going.

The crowning (temporal) blessing of the passing year was then the good health of the family, which allowed us to go happily to our daily duties. Humble tasks ours are in the main, but exalted in the delight of congenial work. Humdrum rarely and mostly enhanced by the breaking of "roostly ointment" that allows an enriching beauty and fragrance. Moulding loaves in tune to the singing tea-kettle; spreading the wash to bird-song; scrubbing a place with a tiny breeze laden with rose incense stole in at an open door; laying a fire in the radiance of sun-up or bringing the cows from pasture in the loveliness of its recent repose.

Yes, 1948 has given us much. It

## DOROTHY DIX SAYS—

### Husband's Faults

#### Lack Of Sufficient Love-Making. No Appreciation In Wives

DEAR MISS DIX: I am about to be married. As I would like to be a good husband, will you please list a few of the faults and shortcomings in which husbands ordinarily fall, in order that I may avoid them?

ANSWER: Of course, practically every man who gets married is burdened himself with the expense of a family. Also, practically every man goes into matrimony with the desire to make the woman he marries happy, and when he fails he is amazed and bewildered and doesn't know how to do it. He has fed her and clothed her and she has had the felicity of being married to him. What more could any sane woman desire?

So if you would avoid the mistakes of these dumb brothers, make it an ironbound rule to tell your wife every day that you love her more and more. Don't cut out the love-making just because you love her more and more. Don't cut out the love-making just because you love her more and more. Don't cut out the love-making just because you love her more and more.

**JOLLY WIFE ALONG**

Show your wife some appreciation. Very few men ever give their wives a compliment on their thrift, their cooking, or their management of the home. That is why so many wives ask themselves what's the use, and go along doing their duty in marriage just because it is their duty and without getting any joy out of it. So if you want to keep your wife thinking that marriage is worth while, jolly her along.

Finally, don't make the mistake of excluding your wife from your business. Let her have her part in helping with your plans and ambitions. And give your wife a square deal about money. Don't humiliate her by making her come to you like a beggar for the money she has earned by her own labor.

DEAR MISS DIX: Why is it that you do not like long engagements?

ANSWER: A short engagement is probably the happiest time of a woman's life. It is full of excitement and romance and thrills. A long engagement wears all of this out and gets to be a strain on the nerves and the emotions. It is filled with baffled desire with heart-breaking waiting and hoping and planning that comes to nothing. It is filled with jealousies and suspicions, because it enforces an unnatural relationship between a man and woman because they have indefinite claims and rights upon each other. Very few couples have really lost their taste for each other before the wedding day arrives. Many a man outgrows a girl during a long engagement and only marries her as a matter of honor. And many a woman only marries a man she has been engaged to for years because she has let all other chances go by. So that is why I think it is far better to wait until you are in a position to marry and then make your choice.

DEAR DOROTHY DIX: Can you think of any way by which a lazy, sleepy man can be made to get up and get his husband a decent breakfast? Every morning I start off to work hungry and mad. I have talked and begged without any results. Is there any invention that will get her out of bed?

ANSWER: There seems to be no mechanical aid for making a woman a good wife. The only thing for you to do is quit bringing home anything to eat. Perhaps when she gets really hungry she will see that it is only a fair division of labor for the husband to provide the bacon and the wife to cook it.

gave James and "ours" their earthly furrows and crops, and increased about the only thing for you to do is quit bringing home anything to eat. Perhaps when she gets really hungry she will see that it is only a fair division of labor for the husband to provide the bacon and the wife to cook it.

We recall our outings, none more enjoyable than those taken with James along our own fields and woodlands, to "watch of clover." We remember as well the pleasure of first trips, without and with him, away from The Island and the new scenes, the kind of old friends—and then the rare delight of Pard at the gateway hailing our home-coming. It has indeed been a good year to us at Alderlea—the old one now leaving.

Until tomorrow... Diary... Good-night.

## Legends

### Of P. E. Island

By Uncle Joe

#### THE FAIRY QUEEN

That remarkable little lady known as the "Fairy Queen" lived many years ago in the district now known as Cardigan Head. Tradition says the Fairy Queen was a native of Ireland and came to Prince Edward Island aboard the same vessel that brought to these shores a party of Irish emigrants.

Of course she was not listed among the passengers. Indeed, it is a matter of question whether the captain even noticed her presence aboard his ship. Those who did know kept the secret to themselves. To be voyaging with a fairy was considered a good omen; but when a fairy was none other than the Queen herself—well, that certainly was something to keep under one's hat, as the saying goes.

We have no knowledge about the place where this dainty, beautiful little soul laid her head during the long voyage; nor are we told how she came by food. But, judging from her height, a mere two and one-half inches, one could almost picture her presence in any part of the vessel, even in the captain's stateroom if you like.

Upon the arrival of the settlers the Fairy Queen took up residence in a grassy meadow near the spot where the present 48 Road Station now stands. Her home was in the hollowed stump of an old pine tree, from where she carried on her missions of mercy and good will.

In times of tribulation this good and kind creature was sure to be on hand, though often not visible. No sick room was left unvisited and through her influence the poor and needy of the district were rendered aid. This loyal little lady never passed up an opportunity for doing good, and our legend says that on many occasions she guided the staggering feet of drunkards to their homes.

We are told that the Fairy Queen lived to be very old, older than any of the others who sailed from the Land of the Shamrock that eventful day long ago.

When she died her tiny remains were placed in a pint bottle and buried beside Fat O'Shay, who always claimed that she was the guardian angel of the O'Shay family.

The next story: The Strange Miller.

## God Is Nigh

Softly fall the evening shadows  
From the high, celestial sky  
And the sun sinks slowly westward,  
God is nigh.

Breezes light have ceased their sighing,  
And the whole earth wonders why  
Till the angel voices answer:  
"God is nigh."

Now the darkness is upon us,  
But the day will soon come by,  
Through the night a vigil watches,  
God is nigh.

Softly breaks the morning sunrise  
And the breezes once more sigh,  
We awake to words of wonder,  
God is nigh.

—Betty Jean Beers, Charlotte-town, in The College Times. This poem was awarded first prize by the Student Council.

## Morning Smile

RUBBING IT IN

An impoverished junior reporter was sent to a special service at a cathedral. A silver collection at the door had been announced, and he had a half-crown and a half-penny to last until the next payday. Conscience and prudence waged war, and prudence won. To the undisguised disgust of a chair-boy holding the plate he placed his halpenny upon the mountain of shining silver and left.

Relief at his escape changed to a feeling of discomfiture when he suddenly realized that he had left his hat in the cathedral and would have to go back.

The boy was still in the doorway, "What's up?" he asked. "Come back for your change?"

In making custard, pie the crust may be baked on the bottom side of a pie pan; the custard may be

## That Body Of Yours

By James W. Barton, M. D.

### SIMPLE ANEMIA—LACK OF IRON IN THE BLOOD

When an individual is pale and tires easily, the first thought is that his blood is thin and that he needs to eat more meat and green vegetables to supply more iron to the blood. In addition to meat—especially liver and green vegetables, egg yolk and whole grain usually are given to build up the hemoglobin (iron) in the blood.

Where the blood cells are normal in number but the amount of hemoglobin is low, it is called simple anemia. Where, however, the number of red cells is below normal, it is called pernicious anemia.

In simple anemia, the first thought is to give iron directly in pill or liquid form or injected under the skin. While this is good treatment to build up the blood, it is more important that the cause of the hemoglobin being low should be found.

If in a case of simple anemia there is a history of a recent operation, loss of blood by injury or recent loss of appetite, the physician builds up the blood by giving iron directly and also by foods rich in iron.

Where there is no history of recent loss of blood, the physician first looks for infection somewhere in the body—teeth, gums, intestine. Any infection, however slight, calls on the blood for more red and white corpuscles—the red corpuscles for iron and oxygen, and the white corpuscles to help fight off the organisms of infection.

Sometimes the skin, instead of being pale, will be slightly yellow, showing that the liver and gall bladder are sluggish and not getting rid of the wastes or poisons in the blood.

The thought, then, in simple anemia—not enough iron in the blood—is to immediately take iron, but with no history of loss of blood, the physician should try to discover if any infection is present. In severe cases of simple anemia, transfusions of whole blood or red cells may be necessary.

## Modern Etiquette

By Roberta Lee

Q. Is it rude for a woman to accept a seat from a man in a public conveyance without thanking him?

A. It is very rude to do so. The distinguishing mark of a well-bred person, man or woman, is the gracious manner in which he acknowledges any courtesy.

Q. What arm should an usher at a church wedding offer a woman as he escorts her down the aisle?

A. Whichever arm is the more convenient.

Q. Is it correct to acknowledge an introduction with "Glad to know you?"

A. No. When in doubt, you can never go wrong with "How do you do?"

## Better English

D. C. Williams

1. What is wrong with this sentence? "There isn't but one left."

2. What is the correct pronunciation of "baptism?"

3. Which one of these words is



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## Household Scrapbook

By Roberta Lee

**The Washing Machine**

To keep the enameled wash machine clean wipe it with a clean cloth dampened in kerosene each week after doing the laundry. Finish by washing off with hot soap-suds and drying with a soft cloth.

**Muffin Pans**

Any compartments in the muffin pans that do not hold batter should be filled with water. This will make the muffins better and will also prevent scorching.

**Dyeing**

Before dyeing or tinting colored materials the dye should be strained, to insure the material covering evenly.

misspelled? Evergreen, seventeen obscure.

4. What does the word "romantic" mean?

5. What is a word beginning with "p" that means "false to trust"?

ANSWERS

1. Say, "There is but one left!"

2. Pronounce "bap-tiz'm"; not "bap-tis'm." 3. Obscene. 4. Pertaining to the power of recalling past experiences. Such things are reminiscent of slavery. 5. Perfidious.



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## The Stars Say--

By Genevieve Kemble

For Saturday, January 8

ALTHOUGH difficulties and complexities still obtain, with some hard knots to untie, and strange urges to control, yet, according to benefic aspects of the stellar forces, a sudden breaking away of such stringent and strenuous predicament may be assisted by a happy, pleasant and potent use of social, sentimental or creative aids or possibly by the abrupt intervention of a peculiar, unorthodox or dramatic event. A bright original idea, a sudden friendship, or contact with new and ingenious talents, and skills, could turn the tide with thrilling effect.

**For the Birthday**

Those whose birthday it is, may prepare for a year of active, progressive, novel and dynamic, with some stroke of originality or genius. This may lead to strange or sentimental contacts in which change, romance and progressive adventures, may give pleasure as well as prove inspiring and incite to conspicuous achievement. Home ties, business and public relations prove dramatic. Wrong tactic, false attitudes and mistakes yield to soft, words or acts.

A child born on this day has a progressive as well as versatile nature, aggressive and strenuous as well as socially, romantic and amiably disposed. Unexpected events may bring change and thrills into its turbulent life.

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FOR THE HOME

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