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

Living & Leisure

— THE WOMAN'S REALM —

A SHIP PASSES AT SEA

Good glasses these, but I make
out no face,
Nor flags, nor where she came,
nor destined port;
Of men about her decks I find
no trace;
Yet with the waves her churning
screws make sport;
Her wake runs milky green, her
thing grey plume
Now parallels the wounded sea,
her wheel
Guides firm and true, she keeps a
decent room.
Between our heaving, throbbing
flanks of steel.
We have no fear of her, nor she
of us;
Our voyage prospers, and we wish
her well;
Our simple prayers have deep
roots, generous
Her own, we know with hearts
that surge and swell,
Careless of gathering mists that
on us crowd
And fold the stranger in a little
cloud.

—By John Ackerson in Montreal Gazette.

CLEANLINESS BASIS OF SKIN BEAUTY

The basis of all skin beauty is immaculate cleanliness and freshness. Your skin can look its youngest and best always if you follow a basic beauty treatment twice a day.

First, wash your face with Aqua-marine soap, using a soft wash-cloth and lukewarm water. Second, rinse well. Third, work up a rich, creamy lather between your hands and smooth it over face and throat, using palms of hands in firm upward and outward strokes. Fourth, fill wash-bowl with scalding hot water and steam your face over bowl for 3-4 minutes. Fifth, wring wash-cloth from warm (not hot) water and press firmly to face and throat for 10 seconds, again with upward pressure. Last, rinse thoroughly with lukewarm, then cool water and pat dry.

BRITISH MOTHERS HAVE THEIR TROUBLES

Diapers are a mother's headache in Britain today.

The government used to subsidize their manufacture. Now it doesn't and there just aren't enough to go around. Most stores have long waiting lists against future supplies.

Manufacturers say they cannot afford to make them unless the Board of Trade raises the present ceiling prices.

Ninety per cent of the diapers are utility, made to certain standards and sold at fixed prices.

Manufacturers say the rise in cotton prices leaves them with no profit margin.

And they don't see much likelihood of an immediate improvement in the situation.

"If the Board of Trade increases the ceiling price, some manufacturers may be able to produce more. But another reason for the shortage is that wholesalers cut their production schedules when the government subsidy on nappies was taken off and prices increased about 50 per cent.

Cook's Corner

PUFF PUDDING

1 cup jam
1-3 cup shortening
¼ cup sugar
¼ teaspoon vanilla
1 egg yolk
1 cup sifted all-purpose flour
Or 1 cup plus 2 tablespoons sifted pastry flour
¼ teaspoon salt
1½ teaspoons baking powder
1 egg white

Place jam in bottom of six greased custard cups. Cream shortening and sugar ,add vanilla. Add egg yolk and beat until fluffy. Mix and sift flour, salt and baking powder and add to first mixture alternating with the milk. Fold in stiffly beaten egg white. Pour the batter over jam in custard cups and bake in a moderately hot oven, 375 degrees F., for 30 minutes. Turn out and serve with cream or pudding sauce. Yield: six servings.

Morning Smile

The rector prided himself on his oratorical powers. He was describing the downward path of a sinner, and used the metaphor of a ship drifting and going to pieces on the rocks. A sailor in the audience was deeply interested.

"The waves dash over her!" bellowed the rector. "Her sails are split! Her yards are gone! Her masts are shivered! Her helm is useless. She is driving ashore! There seems no hope! Can nothing be done to save her?

The sailor rose in his seat, his eyes wide with excitement.

"Let go the anchor, ye lubber!" he roared.

GRANDMA MADE A HIT WITH
Extra-Soapy Sunlight

THE SOAP THAT MAKES ALL WORK EASIER

WHITER
YES, ALL-PURE SUNLIGHT GETS WASHES WHITER

BRIGHTER
YES, ALL-PURE SUNLIGHT GETS DISHES, POTS AND PANS BRIGHTER

LIGHTER
YES, ALL-PURE SUNLIGHT MAKES WORK LIGHTER

Gets out more dirt—FASTER!

• Watch those Sunlight suds go to work, Miss Bride-to-Be! They're so fast-acting, they make light work of any washing or cleaning job. *All-pure* Sunlight's gentle on hands, too. Get a cake of Sunlight today.

A LEVER PRODUCT

Pioneer Days In P. E. I.

By F. H. MacArthur

Many of my older readers may recall those days when soap was made for family use by the pioneer families of this Island. Indeed, homemade soap was used by some folk up until recent years, and this scribe can remember having seen it made by his grandmother.

She would save every bit of fat in her old-fashioned soap-box, and when enough grease had been collected she'd set aside a day for turning this into hard and soft soap.

Grandma always made her soap when the moon was in first quarter, for, as she used to say, 'it would surely shrivel to nothing if made when the moon was beginning to wane."

Many of our forefathers firmly believed that the moon had a great influence over crops. They believed, for instance, that no crop would achieve its maximum yield unless the seed was sown in the dark of the moon.

* * *

But to get back to the business of soap-making. I don't suppose many of the younger group ever saw an ash-leach. Let me tell you about it. An ash-leach was nothing more than a piece of hollowed log set on end and nailed to a board about two feet above the ground. At the base of the leach was placed a layer of straw; then a thin coating of lime was spread over the straw and this in turn was covered with hardwood ashes. Several times each day the leach was given a generous sprinkling of water, or until the alkali in the ashes was thoroughly dissolved. A crock or pan, placed at the bottom of the gadget, caught the lye as it ran down the groove.

* * *

And now we come to the second step in this fascinating process, the boiling of the brew.

I still can picture the great iron pot, usually called a "soap-kettle," sitting astride a stout pole and puffing and snorting like some restless monster after grandma bade me strike the flame, and the heat had reached the heart of the grease. When the mass began to bubble furiously it reminded me of a witch's brew, and in fancy I could see little imps dancing in the flames.

When sufficient boiling had taken place, grandma would place the soap in shallow vessels to harden. This she called "Soft soap." Her hard soap was made by adding a little salt and resin to the fat, and then allowing it to boil a bit longer.

Soap-making was a hot, hard task that took the best part of a day to complete.

That Body Of Yours

By James W. Barton, M.D.

ALL MOVEMENTS OF BODY STIMULATE BODY PROCESSES

Now that patients who have undergone operation are allowed up on their feet the same day or a few days afterwards, we are all getting used to the idea of early rising after operation or illness and early return from hospital.

The idea behind early rising and moving about the room within such a short time is to keep all the organs of the body—heart, lungs, organs of digestion and movement of wastes from the body—active. Not only do all the organs and body processes work better when we are up and around but we feel better mentally when we are a part of our surrourdings instead of remaining motionless in bed.

As there are a number of cases in which it would be unwise, even unsafe, to have the patient up and around, a means was sought by which the patient could receive the benefit of motion or movement of his body without danger. Thus in "The Journal of Medicine," New York, Drs. G. D. Whedon, J. E. Deitrick, and E. Short report their investigation as to the favorable influence of a specially designed oscillating bed on the body processes of individuals who had to remain in bed for long periods of time.

Three healthy young men were studied on a constant food intake before, during and after a five-week period lying motionless in plaster casts in oscillating beds. These three young men had all taken part in the immobilization experiment (on standard hospital or fixed beds) previously reported. Data on nitrogen, calcium, phosphorus, total sulfur, sodium and potassium balances, together with other measurements of interest, carried out under rigidly controlled conditions, are given in detail.

The results show that the oscillating bed may be useful in the management of disorders in which the individual has to lie motionless in bed.

Research workers on sleep state that a healthy individual moves his body from 30 to 50 times during a normal night's sleep. We can see that any movement of the body, whether we move ourselves or are moved, stimulates safe and healthful action of all the body processes.

We should all try to "keep going."

Development of an apple-flavored ice and ice cream has been announced by the New York State Agricultural Experiment Station. A new apple juice concentrate are the basis of the ice cream

DOROTHY DIX SAYS-

Stenographer's Problem

Should She Wed Employer, Whom She Watched Deceiving Former Wives?

DEAR MISS DIX: I am a stenographer, making a good salary. My employer is a married man more than twice my age. I have accepted his attentions, going out to dinners and shows. He has two living wives, but he promises to get a divorce so we can marry. Would he dupe me as he has his other wives, calling over the phone and giving fictitious names to find out if his wife is at home so he can make his getaway; leaving with his friends for nearby resorts over the week-end without going home; mailing letters out of a designated town when he is elsewhere, etc.? Purely from a selfish standpoint, would you advise me to marry this man if he ever gets a divorce?

F.

ANSWER: I think if you marry this man you will get a punishment that will fit the crime for having done your part in making a sister woman miserable and breaking up her home. For I presume, as she has not 'eft this rotter, that she still has some affection for him, though Heaven knows why any woman wouldn't consider that he is bad rubbish that she is glad to be rid of.

GETS WHAT SHE DESERVES

No one can pity a woman, no one can have anything but contempt for a woman and feel that she gets what she deserves when she marries a man that she knows beforehand has betrayed the trust of two good women and who has been dishonorable in all his dealings with them.

This man has given you his measure, F. You will know exactly what to expect of him. You know him for a liar and a cheat. You know perfectly well that he will be unfaithful to you as he has been to his other wives. So what happiness can you promise yourself with him?

Just remember this, that the man who won't deal honorably with one woman won't deal honorably with another, and that rotters don't change. Their yellow streak goes all the way through.

DEAR DOROTHY DIX: There seems to be a hankering on the part of all old spinsters and young girls for matrimony. My advice to them is DON'T. My husband has all the virtues and none of the vices, yet life with him bores me to death. I married him six years ago when I was 21 and he 32. I have danced exactly three times since I was married. I am fond of the theatre. My husband never takes me to see a play. He never talks at home. After dinner he reads his paper, listens to the radio, then goes to bed. I used to be pretty, but there is no use in dressing up for a man who doesn't notice you. So count your blessings, spinsters. You get out and see people and go places and do things, instead of being tied down to a husband who thinks that all the pleasure that a wife wants is to sit up and look at him listening to the radio of an evening.

M. C. D.

ANSWER: There you are girls, in case you have the bad luck, like Mrs. M. C. D., to draw a husband who thinks that just being married to him is picnic enough for any woman.

There are plenty of husbands like that, who forget that when a lively young girl gets married she doesn't automatically lose her fondness for dancing or going to places of amusement. As a matter of fact, every husband owes it as much to take his wife out and give her some pleasure as he does to provide her with food and clothes and shelter.

As for the woman who is married to a stick-in-the-mud who will never go anywhere of an evening, the only thing she can do is to arrange for some diversion in the afternoons, unless she can persuade him to give her a fair deal and combine some diversion with domesticity.

DEAR DOROTHY DIX: I am the mother of three little girls. I work very hard trying my best to start them along the right path in life, but at times I get so discouraged because people tell me

(Continued on Page 8)

Household Scrapbook

By Roberta Lee

A Shampoo

You can make a good economical shampoo by melting small pieces of castile soap with a little water and putting away in a bottle. after adding a few drops of olive oil.

Grease Spots

You can remove a grease spot on the wall paper by patting fuller's earth. French chalk, or plain talcum powder on it and allowing it to remain for several days. Then brush off.

Mold

Cheese will not become moldy if the cut part is rubbed with butter and then covered with waxed paper

Modern Etiquette

By Roberta Lee

Q. What is the correct order for the wedding party to proceed down the church aisle?

A. First the ushers, according to height, the shortest leading; then the bridesmaids, according to height; then the maid of honor; then the flower girl; and last the bride on her father's arm.

Q. Should the whole hand be dipped into the water when using a finger bowl at the table?

A. No; dip only the fingertips, and one hand at a time. Then dry the fingers with the napkin, on the lap.

Q. Is it correct for a woman to offer her hand when she is being introduced to a man?

A. It signifies friendliness when she does, but she may do as she wishes about this.

ELLEN'S DIARY

By An Island Farmer's Wife

Our days at this house "in the road" from Alderlea, where for an interval we have taken over the care of the household, have resolved themselves now into an orderly routine that fills comfortably the hours as they come. We suppose that for the family here these are often slow in passing in Karolyn's absence, and that much once familiar and enjoyable is missing from their daily round However when we stop to look back to review our day as is our custom, weighing each one impartially to try to find out wherein we have been "found wanting" it is to be satisfied that this has been the best of them all. For example, today held no tears, nor sign of unhappiness, for even two as attached as these are, can have their differences, their skirmishes and retreats.

* * *

To all, and it is likely more especially to the younger lad, the days have fallen into three distinct parts — Jamie's departure for school in the morning, the hours of his absence, and finally as a reward for spells of watching, Jamie's return. This takes place in a quaint ceremony when two fellows have reached a parting of their ways at Mr. A.'s gateway. After a brief leave-taking one takes a path that angles the field in a short-cut to his home across the road. Rob observing them with a smile commented, "What keeps those two so long on the road, I'll never know!" We fancy" the squirrel with a stripe on his back, we saw when coming home this evening "was one among the many delaying and interesting items, that Nature gives small lads like these to read.

* * *

Last pages in a reader were duly learned tonight in a voice that was awed over the happening. What a surprise to have finally reached "this hour!" "Just think" Jamie breathed, as though he could scarcely believe it "we've come to the very last lesson in the book!" "And what do you intend to do with this old one?" we were curious to know, recalling how neglected and forgotten these usually are in the delight of the new. "I'll just put it up on a shelf where I can get it when I want it" he replied. "It was always a nice book — I liked it, and I know I'll be wanting to read it again."

* * *

Gage, nearing three years now, remains blissfully unaware of lessons or alphabets, nor does he know so far as we can find out even one nursery rhyme. But he sits fascinated as he pores over illustrations in books and periodicals and "the funnies" with much interest and understanding. He also begs to be read to and is learning the numerals. He is a sturdy boy of forty-five pounds, quick and mostly willing, likeable and good. Brown-eyed, dark-haired, he is quite chatty, though he still entertains some suspicion of our efficiency as a substitute for his mother. Any unfamiliar sound about the dishes or sigh of dismay will bring him running with the query: "Well, what's happened now?" We shall find it interesting to compare his progress with that of granddaughter's once school claims them, because looking back we fancy that she was born with some engaging rhyme on her lips.

* * *

Bread was placed in the pans to rise when the sun was scattering the gray clouds and the frost commencing to confine the mud of morning. The sparrow-birds, Jamie feeds, flitted gaily about the shrubbery, and close by, the aged, gaunt apple trees on the incline to the east stood proudly against the fresh blue of the sky. Washed clean all had been, by yesterday's showers. Out of one, James came to visit, to brighten and revive our day. "In the woods" he was this afternoon of a new week, "cutting hardwood" at a far line, a lonely place where a number of "lairds" farms meet . . . But Jamie has a new rent in a knee of his trousers, and aware of it, a voice questions: "Are you no his Granny?"

Until tomorrow — Diary—Good night . . . .

-Needlecraft-

— FOR THE HOME —

SUBTLY SLIMMING

The dress with two silhouettes—see the way the diagonal front peplum, always flattering, falls over the new slimmer skirt! Nice in crepe now — and later on in a Spring print.

No. 2083 is cut in sizes 12, 14, 16, 18, 20, 36, 38, 40, 42, 44. Size 18. 3⅞ yards 39-inch.

Send 25 cents 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.

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Better English

By D. C. Williams

1. What is wrong with this sentence? "There isn't but one apple in the box."
2. What is the correct pronunciation of "entree"?
3. Which one of these words is misspelled? Proof, proove, groove, soothe.
4. What does the word "volatile" mean?
5. What is a word beginning with ame that means "quality of being agreeable"?

ANSWERS

1. Say, "There is but one apple in the box" 2. Pronounce an-tra. first as as in ah, second a as in tray, accent first syllable. 3. Prove. 4. Light-hearted; airy; hence fickle. "Love without esteem is volatile." — Johnson. 5. Amenity.

How Can I ! ! !

By Anne Ashley

Q. How can I remove dirt from leather?

A. Before attempting to polish the leather seats of chairs, or other similar articles of leather, wipe the surface thoroughly with a cloth dipped in sweet milk. It is surprising the amount of dirt often removed Then polish in the usual way.

Q. How can I keep sliced bananas from turning black?

A Pour a little orange, lemon, or grapefruit juice over the bananas. This same method will prevent peeled apples from discoloring.

Q. How can I make candies burn for a longer time?

A. By placing the candies on ice for twenty-four hours before.

The Stars Say - -

By Genevieve Kemble

For Tuesday, February 7

SUDDEN and dramatic events may make this a day long to be remembered. Personal, romantic, domestic and business affairs are involved, moving at high tempo, but possibly not in the direction planned, anticipated or chosen. Sudden upsets may try the temper as well as the wits, but since advanced goals are at stake it is advised that strategem and subtlety rather than fury and force be employed to smooth over rough places. Great gain and pleasure may climax conservatism.

If It Is Your Birthday

Those whose birthday it is, may look forward to this as a climatic year, with much happening outside the chosen schedule, with plans disrupted, upset or revised. Meet opposition with cleverness, or emotional appeal rather than by attempt to gain objectives by force. A dynamic and dramatic as well as romantic period, graciously to be grasped and enjoyed, but discreetly.

A child born on this day has qualities and drives for classic success or dismal failure, according to the manner in which it directs its superb talents and abilities.

BOYS! GIRLS! 13 to 18
don't put up with a
BAD COMPLEXION

Do this: Cleanse with Cuticura Soap—it's different, medicated. Then apply Cuticura Ointment to help clear up pimples, rashes and blackheads. Cuticura often succeeds when others fail. Buy at your druggist today.

CUTICURA SOAP AND OINTMENT

Expelled By Czech Gov't, Glad They're Back

Two Canadians expelled from Czechoslovakia for alleged espionage reached Ottawa last week. "terribly glad to be back in Canada." Group in cludes: Cpl. J. G. Vanier, Mrs. Reginald Danko, wife of Sergt. Danko pictured on right, Ralph, th ree, and Brian, fice

THE MOST WONDERFUL BABY IN THE WORLD IS *Yours!*

The best that Canada grows is prepared especially for Canadian Babies by Aylmer

AYLMER is the only canned baby food sold in Canada that was developed exclusively for Canadian babies—under the guidance of leading Canadian Baby Specialists. The Aylmer guarantee of quality is backed by the largest canners of fruits and vegetables in Canada.

Your Baby will thrive on Aylmer

AYLMER BABY FOODS

YOUR BABY DESERVES AYLMER QUALITY