

Woman's Realm Social and Personal Fashions Literature

Happenings of The Week

Princess Elizabeth rose early Wednesday to share a special 22nd birthday breakfast with her handsome husband, Prince Philip. Breakfast with Philip opened a day of quiet observation of the anniversary. It was far different from a year ago, when Elizabeth became of official age to succeed to the Throne. On that occasion the Princess made an Empire-wide radio broadcast in which she said she would dedicate her life to official service.

Philip, a navy lieutenant, had to race away to his studies at the Greenwich Naval College. But he was expected home in this evening to join the family celebrations.

An intimate family luncheon party which has been a feature of Elizabeth's birthdays since her nursery years was held, as in former years at Windsor Castle.

The guests included besides the King and Queen, Queen Mary and the Duchesses of Kent with her children. There was a cake with 22 candles, made in the Royal kitchen. "The family luncheon was strictly a private affair and we are not able to discuss it," a Buckingham Palace spokesman said.

When the Queen and Princess Margaret went shopping in Windsor Monday they bought a large, ivory-topped handbag which was one of the Royal Family's gifts to the Princess.

Five of the bridesmaids who attended the Queen at Westminster Abbey 28 years ago will join in the King and Queen's Silver Wedding celebrations April 26. The former bridesmaids are: Lady Mary Cambridge (now the Duchess of Bedford), Lady Mary Cambridge (Lady Abel Smith), Lady Katherine Hamilton (Lady Katherine Seymour), Miss Elizabeth Margaret Cater (the Hon. Mrs. Michael Bowes-Lyon), and the Hon. May Elizabeth Elphinstone. The former Lady Mary Cambridge, a close friend of the Queen for the last 30 years, will also celebrate her Silver Wedding this year.

Dr. David W. MacKenzie and Mrs. MacKenzie who have been visiting in Monrovia, California, left last week to spend two weeks with their son, Dr. and Mrs. D. W. MacKenzie, Jr. in Montreal before coming on to their summer home in Eldon.

There was quite a round of private parties Tuesday night prior to the bridge and dance in the Nurses Home, which was so much enjoyed.

Mr. and Mrs. Heber Large and Mr. and Mrs. W. E. Cotton spent the weekend visiting in Halifax.

Dr. David Wallace MacKenzie, F.A.C.S., F.R.C.S. of Montreal and Eldon celebrated his 73rd birthday this week.

Mr. C. H. Black has gone on a visit to members of his family in Ottawa and Toronto.

Mr. and Mrs. A. G. Putnam returned Tuesday from a holiday visit to Montreal.

Mr. and Mrs. B. Roy Holman are being welcomed home after an extended honeymoon. This afternoon Mr. Holman's daughter, Mrs. J. A. Lewis is entertaining at a reception at 20 Brighton Road, so that their friends will have an opportunity to meet and congratulate Mrs. Holman and make her welcome to Charlottetown as their stay this time is brief.

Among the Summerside hostesses this week entertaining their bridge clubs were Mrs. W. M. Mellis, Mrs. W. P. Callaghan, Mrs. Harry Lee, Miss Betty Sinclair, Mrs. R. A. Horne, Miss Helen Mills and Mrs. Albert Silliphant.

Mrs. V. M. Halsey, Wolfville, N. S., is the welcome guest this week of her daughter, Mrs. Clarence Mercer and Mr. Mercer, Summerside.

A jolly party was held on Wednesday afternoon when Jane's daughter of Mr. and Mrs. R. A. Horne, celebrated her tenth birthday at her home in Summerside with a number of her young friends. Games were played and movies were shown by Michael Schurman, after which all sat down to a delicious supper when a sandal lighted birthday cake was the centre of attraction.

Mrs. Ernest L. Walker and Mrs. Herbert B. Schurman were joint hostesses at the former's home, Victoria Road, Summerside, where they entertained their bridge club. High score was held by Mrs. J. Lloyd Gorrill.

The illness of Mrs. (Dr.) R. H. Barrett who has been confined to her home for the past few weeks is regretted by her friends.

Mrs. (Dr.) I. Crokes, who has been spending the winter with her sister in Glass Bay returned home Wednesday to take up residence in the Home Apartments, Elm Avenue.

That Body Of Yours

By James W. Barton, M. D.

A METHOD OF TREATING VARIOUS TYPES OF ARTHRITIS

As a small boy I watched a physician climb a neighbor's steps backwards because he had rheumatism (arthritis). My older brother laughed and said it was funny to see a physician limping badly from rheumatism.

In defense of the physician, I said the physician at least could walk around while the patient could not walk and had to remain in bed. A few years later my brother came home with the news that a new drug had been discovered that would cure rheumatism. The drug (acetylsalicylic acid) was aspirin.

While the aspirin does not cure all cases or kinds of rheumatism, it gives relief from pain and relaxes tightened muscles. It is considered the best single remedy for rheumatoid arthritis, the commonest kind of rheumatism.

In the "Ohio State Medical Journal" Dr. M. M. Szusc reports his study of the effects of calcium succinate or succinic acid and aspirin (acetylsalicylic acid) in 336 patients with various forms of arthritis. The average dosage used was 34 grains of calcium succinate and 45 grains of aspirin daily divided into 4 equal doses. In rheumatoid arthritis, gold salts were added to the succinate-salicylate treatment.

Among 208 cases of osteoarthritis (arthritis deformans), where the ends of the bones forming the joint are enlarged from extra bone formation (hypertrophic), or wasted away (atrophic), improvement occurred in 95 per cent. Seventeen cases of acute arthritis from infection (teeth, tonsils, gall bladder) with pain, redness and swelling improved immediately.

Twenty-two of 27 cases of rheumatoid arthritis (chronic inflammation of the joints) showed improvement with an apparent stop in the activity of the arthritis.

In arthritis of the spine (spondylitis), improvement was noted in the majority of the 95 cases.

The explanation of the success of the succinate-salicylate treatment of the various types of arthritis is that it makes the body processes work faster in the region of the joints.

CHRONIC RHEUMATISM AND ARTHRITIS

Sufferers with chronic rheumatism and arthritis will find many helpful suggestions as to diet, heat, massage and other aids in Dr. Barton's booklet entitled "Chronic Rheumatism and Arthritis." To obtain it just send 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.

and family. Although residents at the Capitol for some years Gordon Capt. and Mrs. Stewart are as ever, enthusiastic over the charms of their native Province and are continuing instrumental in sending summer visitors to the Garden of the Gulf.

Mrs. Harold Schurman, Summerside, had as week end guest, Mrs. Sinclair MacKay of Charlottetown who was entertained by Mrs. R. A. Horne and Mrs. Anthony Williams at afternoon teas.

Mr. and Mrs. A. B. L. Horne and Mr. and Mrs. J. LeRoy Holman are being welcomed to their homes in Summerside this week after an enjoyable two months' vacation in Florida.

Mr. Jack MacFarlane, student at Acadia University, spent the weekend at his home in Summerside. He was accompanied by his student friend, Mr. Roy Battersby.

Flying Officer and Mrs. L. J. Corbett left Summerside by motor on Wednesday for Toronto, Ontario.

The Duke of Windsor, after 23 years, played a repeat performance Saturday night with the Greenbrier Hotel orchestra at White Sulphur Springs, W. Va. He sat in at the drums, using a pair of sticks presented him by leader Meyer Davis, as the musician played How Are Things in Giocca Morra? Davis called the duke to the orchestra stand during an intermission in a diamond ball held as feature of a gala week-end party attended by more than 300 leaders of business, government, society the motion picture world and sports.

The group, described by veteran society reporters as the largest gathering of the so-called "top drawer" in their experience, were the guests of the Chesapeake and Ohio Railway, owners of the Greenbrier. Davis, dean of society orchestra leaders, recalled that the duke, then the Prince of Wales and "a gay young blade," sat in with his orchestra as a drummer on his first visit to the Greenbrier in 1919. The Duke of Windsor looked on with obvious delight as the former King first tested the bass drum foot pedal by giving it several vigorous thumps.

Mrs. J. M. Rattenberry, after several weeks hospitalization, returned to her home this week to continue her convalescence.

Mr. Ivan Reddin, Jr., arrived in the city last night from Calgary to spend the summer months.

The indisposition of Mr. Hooper Burns in the P. E. I. Hospital is regretted.

Lieut. Col. Bill Reid spent a very pleasant evening while in Ottawa with Group Capt. H. B. Stewart

Dorothy Dix Says—

Self-Sufficient Wives

Girls Should Be Taught Early In Life Principles Of Housework

Every girl should be taught two trades so that she will have a way of supporting herself should the necessity arise. Also, because it will give her a sense of security that nothing else will, and will add immensely to her pleasure and happiness and pride in herself.

"Along with her A B C's, every girl child should be taught the basic principles of housewifery for, no matter what else a woman is going to need in life, she is going to need to know how to cook and sew and make a comfortable home. Especially is this the case now when competent servants are a vanishing race, and when even penniless servants are a vanishing race, and when even millionaires have to do their stint in the kitchen.

In reality, the success of practically every marriage depends more upon the wife's skill as a homemaker than it does upon any other thing. The thrifty wife helps her husband to make his fortune. The wasteful wife keeps her husband always on Poverty Lane. The woman who feeds her family on good, nourishing, well-prepared food keeps them well and strong. The woman who never puts a decent meal on the table slays her husband and children with her cooking. The first disillusion that many a man gets about his beautiful bride is when she sits him down to a dinner of burnt meat and soggy vegetables and pie that would give an ostrich dyspepsia.

On the other hand, there is nothing that binds a man to his wife with such unbreakable bonds as for her to be a crackjack cook and manager. He sees her always as surrounded by the income that rises from what's cooking in her pots and pans, and wild horses couldn't drag him away from her. And not only does the domestic woman keep her husband, but she has safeguarded her independence. If need be, she can always get a well-paying job as a cook, or a seamstress.

Every girl, whether she is rich or poor, should learn a trade by which she can be self-supporting, and she should practice it for a year just to prove to herself that she can stand on her own feet. It does more to strengthen a girl's character and cure her of petty faults and weaknesses than anything else in the world, and it is an invaluable preparation for marriage. For when a woman does a man's work, she gets the man's point of view and that saves a lot of friction.

The girl who has earned her own living respects money. She doesn't see a dollar as something to throw at the birds. She sees it stained with the sweat and weariness of labor that makes her use it with care, instead of wasting it in senseless extravagance. The girl who has held down a job for a year has learned to control her temper and to pack her feelings where they won't be trampled on by harried bosses. And that would save many a marriage from going on the rocks, and keep many a tired business man from having to spend his evenings listening to his shrewish wife's reproaches because he doesn't make as much money as some other man does.

And not the least of the advantages that make the working girl a preferred risk as a wife is that she has learned to take criticism, and profit by it. She doesn't fly into a rage, or burst into tears when attention is called to some mistake she has made, or a rough employer calls her down unjustly. She doesn't argue, even when she knows she is right. She just smiles sweetly and hands him a neat little compliment, and all is well.

Lucky the man who gets a wife who has had office training.

SAFEGUARDS INDEPENDENCE

(Continued on Page 3)

Living & Leisure THE WOMAN'S REALM

PREAMBLE TO SPRING

Season of mud and slime, of sludge and muck, Roads that are swamps by day and glazed by night, Season of snow befoiled and spoiled for kids, Of lumpy ice defying skate and puck.

Winter's delights are done—summer's delay, The sodden gap would stoutest heart dismay, But the wet world reflects each lingering day, A newly radiant sun—Spring's on the way!

By Jane Johnstone in Ottawa Citizen.

TIPS

If you are using the whites of several eggs and have no immediate use for the unbroken yolks, put them in a cup or a bowl and carefully pour over enough water to cover. This will keep them from getting dry or crusty on the top.

Try squeezing a little lemon juice over lamb chops before cooking them; it improves the flavor. Soak egg stains on table linen in cold water before putting tablecloth or napkins into the wash. Hot water sets egg stains.

An atomizer or small spray should be used when watering seeds planted in the house. The spray keeps the soil just moist enough and does not bury the seeds as water sprinkled from a watering can is likely to.

Early flowering shrubs should not be pruned until after blooming except to remove dead or injured wood.

If your perennial border was straggly and barren in spots last year, plan ahead of time for annuals to fill in the dull places. Hydrangeas and spirea bushes may be pruned now if they were not pruned in the Fall.

BEWARE OF POISON

Examples of medicines commonly found in the household cabinet



BAKER'S CHOICE VANILLA FLAVORING 25¢ PER 1/2 PINT

COOKED DRESSING

Grown-ups and children who don't like some vegetables cooked plain, often can be lured into eating them if they are blended with other vegetables and tossed with dressing. Here is a cooked dressing—Ingredients: three tablespoons butter; three tablespoons flour, one tablespoon sugar; one teaspoon salt; one-quarter teaspoon paprika one cup milk; one egg; three-quarters cup vinegar. Combine and cook the first six ingredients the same as for a white sauce. Beat the egg and then gradually add the cooked sauce to the egg, stirring well. Cook until the mixture thickens, stirring continually. Add vinegar and cool.

COMFORTABLE SLIPPERS

Crocheted slippers are inexpensive and easy to create. They make lovely gifts. Pattern No. 1006 contains complete instructions. Needlework Book No. 100 20c ea. Crochet Knitting Book No. 101 20c ea.

BETTER ENGLISH

D. C. Williams

1. What is wrong with this sentence? "I walked a short piece down the road."
2. What is the correct pronunciation of "chariotte russe"?
3. Which one of these words is misspelled? Defendant, dependant, combastant.
4. What does the word "diminutive" mean?
5. What is a word beginning with ve that means "actual; true"?

ANSWERS

1. Say, "a short distance down the road." 2. Pronounced shah-roose, as in sh, o as in lie, un-stressed, oo as in root, accent first and last syllables. 3. Defendant. 4. Very small. (Accent follows the n). "The diminutive chains of habit are seldom heavy enough to be felt until they are too strong to be broken."—Johnson. 5. Veritable.

LONDON—(CP)—Capt. Henry Reynolds, 67, who won the V. O. in 1917 for, among other exploits, capturing an enemy pillbox under heavy fire, is dead.

Ellen's Diary

By an Island Farmer's Wife

Blue wings caught the sunlight in the old russet tree in the orchard this morning and a call fresh and inspiring was tossed back into the silence from the woodlands beyond, where often such delightful echoes dwell. On the lawn, at the time, grand-daughter's white cat was attempting to tree a lad-of-a-sparrow, though she should have known better. He swayed uncorcerned on the topmost branch of the forsythia, well out of reach. Then it was, one noticed the sweating buds on the shrub, soon to burst into a glory of sunny bloom. Delightful the morning was then, before the chill wind of day came blustering along our valley, whipping the mill pond into cold waves and tossing the branches of the trees, even those of the sturay dark evergreens along the river side below the mill, above which the gulls wheeled and dipped and soared on ever restless wings. "It's below freezing now, Ellen," James tells me.

Night is here, and James has just returned through the cold moonlight from a trip to the corner store. He takes off his fur coat that is rather unreasonable wearing and yet lent much comfort during his drive thither. "It's pretty winterish, for the time of year," he comments taking down his pipe now to fill from a new packet before settling down to weave pipe dreams in his old arm chair. A wind complains gustily about the house and yard but only to point out the warmth and delight of indoors, and the nice leisure now that week's work has come to an end.

One recalls now how busy it has been, and making allowances for April's variable weather, how pleasant. Indoors, Susan and I cleaned and dusted and scrubbed in an effort to have the basic house-cleaning done before she left for her home in a neighboring Province. She had as she said "made up her mind to" visit or perhaps to remain in her native city there, after an extended absence on The Island. "Home" Pat observed, speaking of Susan's going "shure an' there's, no place

(Continued on Page 3)

Morning Smile

"Tell me: Who was braver than Lancelot, wiser than Solomon, more honest than Lincoln, wittier than Mark Twain, and more handsome than Apollo?"

BACK SEAT DRIVER

The prosecuting solicitor shook his finger at the witness. "Was or was not the defendant alone in the car?" he asked. "No, he wasn't alone," said the witness; "there was a lady with him."

COOKED DRESSING

Grown-ups and children who don't like some vegetables cooked plain, often can be lured into eating them if they are blended with other vegetables and tossed with dressing. Here is a cooked dressing—Ingredients: three tablespoons butter; three tablespoons flour, one tablespoon sugar; one teaspoon salt; one-quarter teaspoon paprika one cup milk; one egg; three-quarters cup vinegar. Combine and cook the first six ingredients the same as for a white sauce. Beat the egg and then gradually add the cooked sauce to the egg, stirring well. Cook until the mixture thickens, stirring continually. Add vinegar and cool.



DESIGN NO. 1006 Crocheted slippers are inexpensive and easy to create. They make lovely gifts. Pattern No. 1006 contains complete instructions. Needlework Book No. 100 20c ea. Crochet Knitting Book No. 101 20c ea.

ISLAND MADE BREAD... BY ISLAND BAKERS



SUPPORT HOME INDUSTRY START TODAY BY BUYING OUR DELICIOUS ISLAND MAID LOAF BREAD. It will stand the test with any like product on the market today.—TRY IT AND BE CONVINCED. WHITE - WHOLE WHEAT - HOVIS and RAISIN STEWART BAKERIES LTD.

Household Scrapbook

By Roberta Lee

Cork Cleaner The best thing to use for cleaning and polishing knives and forks is a cork. Grasp the cork by the large end, dip the small end into the polish or powder and rub. The cork gets down into the lines of the forks better than a cloth, and makes the whole job easier.

Curtains When making new curtains for the kitchen, make about three-inch hems at both top and bottom. This will take care of shrinkage and also permit reversing the curtains.

A Dark Room Light-colored walls and woodwork will make a dark room much lighter, and also make it appear larger.

LADIES: READ THIS!

Unwanted hair removed instantly from face, arms, legs with Fleish Hair Remover. Actually destroys entire hair above and below the skin surface. Harmless—leaves skin soft and smooth. You can't lose. Money promptly refunded if hair grows back after third application with no questions asked. Price \$2.00 postpaid. (C. O. D.—Postage extra).

KAPEX PRODUCTS (Dept. 55) Box 22, Station B, Montreal, Que.

Cook's Corner

OATMEAL BREAD

One and 1/2 cups all-purpose flour, four teaspoons baking powder, one and 1/2 teaspoons salt, 1/2 cup brown sugar, one and 1/2 cups fine oatmeal, two cups milk, one tablespoon melted fat. Mix and sift flour, baking powder, salt and sugar. Add oatmeal and stir well. Add milk and melted fat and beat until smooth. Pour immediately into a greased loaf pan, eight by four by three. Bake in a moderate oven, 350 degrees F. for one hour or until done. After removing from the oven brush the top of the loaf with melted fat. If loaf is to be cut in thin slices, let it cool in the pan.

A Quick Meal

Ask for VAN CAMP'S

Needlecraft FOR THE HOME

Young Style Stories Pretty pleated dresses like these are easy to make for a little girl's Spring time! No. 2732, topped with puff sleeves, gives a choice of a contrasting collar or square neck. No. 2732 can be cut with wing sleeves and square neck or puff sleeves and contrasting collar... plus matching panties. (Two separate patterns.) No. 2732 is cut in sizes 6 mos., 1, 2, 3 and 4. Size 2, 1 1/2 yards 38-inch. No. 2732 is cut in sizes 6 mos., 1, 2, 3 and 4. Size 2, 1 1/2 yards 34-inch; panties, 1/2 yard 35-inch. Send 20c 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. Address: Pattern Department, The Charlottetown Guardian. Pattern Nos. 2732 and 2733

