

# Woman's Realm Social and Personal Fashions Literature

## Happenings of The Week

Princess Margaret, herself an expert in Scottish Highland reels, English folk dances, and the French can-can, has become president of the society nurturing Britain's ballet — the Sadler's Well's Foundation. Besides running its own opera and ballet theatre, the foundation provides a training ground for Sadler's Well's ballet company, which returned recently after setting the United States and Canada agog with its brilliance and fire. The ballet company's new world success electrified its people at home.

People slept all night outside the box office to be first in line for tickets to the company's reopening here after Christmas. The late admittance Lillian Bayliss established the foundation in 1931. She already was running the Old Vic Theatre. Miss Emma Cons, who founded the Old Vic as a place to give poorer people good clean entertainment with coffee for refreshment instead of gin. The Old Vic's full name is the Royal Victoria Coffee and Music Hall.

Princess Margaret's interest follows that of the Royal forebears, who have patronized all of Miss Bayliss' interests. Margaret has seldom missed an opening either of the ballet or the opera, and her cousin, the Earl of Harewood, is one of the foundation's greatest enthusiasts, especially on the opera side. It is a non-profit society.

This appointment makes Margaret, at 19, the president of five organizations, the other four being children's welfare societies. She is the patron of five others, including an English folk dance and song society. She is also a commodore, a commandant-in-chief, and colonel-in-chief of three infantry regiments, the latest being the Highland Light Infantry of Canada.

Sincerest sympathy is extended to Misses Mary and Margaret Irving on the death yesterday of their sister, Miss Katherine C. Irving, who for so many years, and until recently, edited so ably this column of social news.

Mr. and Mrs. Robert A. Borden, of "Sunset Acres Farms" arrived in Montreal to visit Mrs. Borden's mother, Mrs. John Malcolm Mackinnon for the holiday season after which they will proceed to New York where they will spend some time before returning home.

On Boxing Day the members of the United Services Officers' Club entertained at the cocktail hour for their friends.

Mr. and Mrs. George Buntain entertained before the Ball given by the Naval Officers' Association at H. M. C. S. "Queen Charlotte" on Monday evening.

On Thursday evening the Gerald Hartlens, Gordon Fosters, and Irlene MacNutt entertained at a progressive dinner party.

Mr. and Mrs. Orin MacGregor, Halifax, spent Christmas week with Mrs. W. E. W. Owen, Pownal St.

On Tuesday Mrs. Dora Campbell was hostess at a luncheon party at the Charlottetown. Miss Barbara Rogers whose marriage is taking place early in January.

Miss Rogers was guest of honour on Thursday at the tea hour when Miss Elizabeth Martin entertained at a "kitchen shower" for her.

Miss Alberta Bryant of the Edgell teaching staff, who is spending the Christmas term holidays with her parents, Mr. and Mrs. Stanley Bryant, entertained at afternoon tea on Tuesday.

Miss Janet Miller of Dumbarton, Scotland, and a member of the Edgell teaching staff is visiting with Miss Alberta Bryant.

Miss Ann Duffy entertained at a buffet supper and bridge on Thursday evening.

Mr. and Mrs. C. Craswell who are holidaying in Ottawa will return to Charlottetown early in February.

Miss Joan MacDonald of the Laboratory staff of the Royal Victoria Hospital, Montreal, and Mr. Douglas MacDonald, a medical student at Dalhousie University, Halifax, are spending the holiday season with their parents, Lt.-Col. and Mrs. W. J. MacDonald, Richmond Street.

Mr. and Mrs. Maurice Weeks, Mr. and Mrs. Allan MacMillan, Mr. and Mrs. Arthur Peake and Mr. and Mrs. Andrew Likely, entertained for friends on Thursday evening at a progressive dinner party.

Miss Avis Higgins and Miss Eileen Higgins entertained at afternoon tea on Tuesday prior to Miss Avis Higgins' return to Goose Bay, Labrador on Friday.

Miss Elaine Porter, R.N., Montreal, flew home to spend Christmas with her mother, Mrs. Helen Porter.

Miss Nan Shaw, Toronto, is spending the Christmas holidays with her parents, Mr. and Mrs. D. H. Shaw.

Dr. C. P. Martin, Professor of Anatomy at McGill University, and Mrs. Martin, are spending the New Year holidays with their daughter and son-in-law, Principal and Mrs. Frank MacKinnon, Cumberland Street.

Miss Lorraine McNeely, who is attending the Maritime School of Social Work, Halifax, spent the holiday season with her mother, Mrs. M. J. McNeely, Water Street.

Mrs. Robert Large entertained at the tea hour on Friday afternoon.

## Ernst-Prowse Wedding



Mr. and Mrs. William Alan Ernst photographed as they left Saint James Church following their marriage on Tuesday. Miss Sylvia Chandler was maid of honour and Mr. Kenneth Dauphinee was groomsmen. Other bridal attendants were Mrs. Donald Hutton and Mrs. Harold MacLeod and the ushers, Dr. Lemuel Prowse, Messrs. Frederic Munro, Maurice Blake and Gordon Wellner. The bride is the daughter of Mr. and Mrs. T. W. L. Prowse, Charlottetown, and Mr. Ernst is the son of Mr. and Mrs. W. A. Ernst, Halifax.

## That Body Of Yours

By James W. Barton, M.D.

## CONTROL OF DIABETES BY QUARTERLY VISITS TO PHYSICIAN

It has been interesting to see how diabetics of all ages, old men and women, and young children, have learned how to give themselves the injections of insulin which control the symptoms and keep them alive. Of course they all have been carefully instructed in the dosage and preparation of the syringe before and after use. However, we can't across some diabetics from time to time who wonder why insulin cannot be taken by mouth and why they can't eat all the starch foods they desire.

When protamine zinc-insulin was discovered, one large step forward was that with this type of insulin, the number of injections necessary to enable the blood to handle starch foods safely was greatly reduced, so that instead of three injections daily, the number was reduced to one daily or even fewer.

That another advance has been made in making the treatment of diabetes easier for diabetics, is reported by Dr. L. Vargas, London, in "The British Lancet." Dr. Vargas reports on earlier investigations by himself and associates which proved that pellets of protamine-zinc-insulin complex mixed with cholesterol gave up their insulin slowly when implanted in normal rabbits. He then reports results obtained in the first seven patients treated by this method.

It was proved in these 7 patients that pellets of protamine-zinc-insulin-cholesterol, implanted under the skin, are absorbed slowly as fat-soluble hormones. The dose used in the implant varied from 20 to 92.7 units of insulin per kilogram (2 pounds) of body weight, except in one case in which 460 units were given.

After careful investigation it was found that the daily absorption of the implant was about 1 per cent. This means that the activity of the implant is good for 100 days.

## Cook's Corner

### CASHEW TARTS

Plain rich pastry  
1 cup dark corn syrup  
2-3 cup light brown sugars  
2 eggs  
1/2 cup butter  
Pinch salt  
1/2 teaspoon vanilla  
2-3 cup cashew nuts, chopped.  
Make tiny pastry tart shells, chill, but do not bake. Combine

## DOROTHY DIX SAYS -

### Unsuitable Marriages

#### Parental Opposition Increases Determination Of Young People

Every day I get letters from agonized fathers and mothers asking how they can break off unsuitable marriages that their infatuated children are determined to make. They see their fine, upright, honest John caught in the toils of some silly little girl without heart or brains or principles, and they know that if he marries her it is bound to break his heart and wreck his whole future.

They see their petted and adored Mary fascinated by some ne'er-do-well, and they know that if she marries him she will bring down lifelong misery on her head. But they are powerless to save their children from the catastrophes they are about to precipitate upon themselves. John and Mary turn a deaf ear to their parents' warnings and entreaties, and father and mother wring their hands in futile anguish and ask what can they do to prevent the tragedy.

First, I should say, quit opposing the match. Not even propinquity is such a matchmaker as is opposition, and there is no other quicker way to rush young people into a hasty and ill-advised marriage than to forbid it.

Yet that seems to be the idea that parents have of breaking off an unsuitable marriage. Mary has a beau of whom they disapprove, and they forthwith forbid him to come to the house, and threaten her with dire penalties if she so much as looks at him or speaks to him again. Perhaps Mary and the boy are not really in love with each other and, if left alone, the affair would simply simmer out and amount to nothing.

The contrariness of the human heart has thrown a magic halo about multitudes of commonplace girls and boys, and made other boys and girls determined to marry them just because their families opposed the match. It is the eternal lure of the forbidden fruit.

The next move in breaking off a match is to quit criticizing the boy or girl your children think they are in love with. There is no other way so potent for enhancing the charms of a girl or boy in Mary's or John's eyes as to force them to become his or her champions.

Almost any unsuitable match can be prevented by stringing an engagement out from year to year. For, after all, love isn't totally blind. It merely suffers from a temporary astigmatism, and sooner or later it focuses its vision on the blemishes that would make the man or woman a misfit husband or wife.

## ELLEN'S DIARY

By An Island Farmer's Wife

Now that it is passing, we stop to consider the old year, to look back upon the months, the weeks, or more narrowly, the days that have been ours. We recall with some amusement and also a measure of regret the resolutions we made, when the year was fresh and young, perhaps to keep faithfully though of course not trusting to our own strength of mind or purpose, or to be followed religiously for a time, only to lapse back and to float along the more indolent stream of an old routine. We talked of this today with James our adviser and confidant, a rather busy fellow, when we sat down to dinner.

Granddaughter was our guest as was Jamie, who a strange frosty wind on his cheeks came along the morning fields to again spend a day with us at Alderlea. "It won't be long now until we're into the New Year!" James remarked, beaming at the two. "That's right," Jamie nodded, "when we go back to school, it will be a brand new year!" "We'll have to make some resolutions," we chuckled, and granddaughter picked up the new word as eagerly as Pard does a fine bone. "Your grandmother," James explained, "will be promising to mend her ways. She will resolve to do . . . oh well, things like coming on the run when I call her . . . or having my dinner right on the table when I come to it, instead of having to wait extra minutes while the tea steeps." He chuckled to the company. "And will you make some too Granddaddy?" Jamie laughed.

"Oh, yes, I suppose I will! Let me see now — I guess I'll have to resolve to step in on time when your grandmother is into her afternoon nap. Perhaps too I had better take over the filling of the wood-box. And I reckon I may just as well resolve to take her out for little walks to be sure that she gets her exercise." It is we think apparent, why we'll have to have to coax our grandchildren to visit us. They must enjoy their entertainment. "But supposing, James," we queried on an earnest note, "a person were to make a good resolution at the beginning of the year, and kept it, say for a month or two only, would he be any the better for it?" He stopped to consider our question. "Well, at least he should be credited with trying," James replied. "There must be some merit for having good intentions. He might be the better for it . . . and then again he might only sink deeper than ever into the old ways. You see, Ellen," James continued, "one never knows when they're reckoning with human nature."

"Strange elements are in the make-up, that can't be charted or determined. Now with machinery you know what you have — even with animals, but when you're dealing with humanity you have something unaccountable," and there's no saying what might be. Oh, yes, there are rules but we must allow always for the exceptions. So I couldn't say. However there's nothing to be lost in trying — and much could be salvaged. What have you in mind?" "Oh nothing at all — just wondering about someone 'going on his smoking.' My New Year is a good time to make resolutions." He grinned sheepishly. "Well to tell you the truth, Ellen, I've seen some give up tobacco for a while only to go into it deeper than ever. In that case," he said reaching for his cap, "I think it's just as safe to leave well enough alone!"

The year, old and weary with its fetching and carrying is passing. It has been a good year to the folks at Alderlea, busy perhaps, yet filled to overflowing with the small precious things that make the hours fly . . . seasonal interests, seedtime, growing, harvest, rest. And interwoven in these, greetings, partings, laughter, tears, hope, dismay . . . so many a perfect year can hold. "When we come to the end of a perfect year", it is to recall many a kindness to us, on every hand and from far places as well. We remember how indebted we are at the moment for all the expressions of goodwill that with James and as a family we received, during the season at hand, from many we know and esteem and from those whom we know only by name. It makes us grateful to know that in a world, which is supposed to be growing more careless and callous, there are still a host of friendly hearts. . . . And now gratefully . . . and very humbly, we smile back to an old year we have known and loved. And not certain of the one step ahead, yet assured by the very sparrows which drift about the lawn and yards that we, we turn to greet the New Year with outstretched hands. So while the old rings out and the new

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## Better English

By D. C. Williams

1. What is wrong with this sentence? "The meeting convened at one o'clock."  
2. What is the correct pronunciation of "prairie"?  
3. Which one of these words is misspelled? Accomodate, accolade, accompaniment.  
4. What does the word "labefaction" mean?  
5. What is a word beginning with "re" that means "bearing upon the case in hand"?

## ANSWERS

1. Say, "The people convened (assembled)," or, "The meeting took place." 2. Pronounce prairi, as in care, i as in it. 3. Accommodate. 4. A weakening; ruin. "There is in it such a labefaction of all principles as may be injurious to morality."—Johnson. 5. Relevant.

## Modern Etiquette

By Roberta Lee

Q. When someone makes some remark that you know is not founded on fact, haven't you the right to contradict him?  
A. It is much better to let his remark pass unchallenged than to risk entering into an argument.  
Q. When the band is playing the college "Alma Mater," should those who did not attend that college stand up with the others?  
A. Most certainly. To remain seated would be conspicuously rude.  
Q. How should a man at a dance introduce his partner to another couple?  
A. "Miss Crawford (his partner) this is Miss Miller and Mr. Franklin."

## Household Scrapbook

By Roberta Lee

**Yellowed Handles**  
The bone handles of cutlery can be whitened considerably if they are rubbed with a cloth wet with peroxide of hydrogen. Rinse in clear water and dry with a soft cloth.

**Broken Fingernail**  
Apply a small quantity of nail repair over the broken nail, cover with tissue paper, and then apply a second coat. After it has dried thoroughly, cover the mended fingernail with some polish, and it will look as good as new.

**Nutritious Dish**  
A nutritious dish can be effected by stripping scalloped corn with bacon slices and baking for twenty minutes in a moderate oven.

## The Stars Say - -

By Genevieve Kemble

**For Sunday, January 1**  
SHOULD there be any tendency to meditate on serious matters, and dwell on stability, prospects and security for the future, the sidereal promises are excellent for such retrospection, with outlook for fresh ideas, plans, goals and aspirations under benign rule for worthwhile success and long-range promise. While change or new associations in consideration of basic accomplishments. Under sway of Holiday excitements there is emphatic need for precaution and conservatism in festivities.

**If It Is Your Birthday**  
Those whose birthday it is are on the brink of a year of splendid progress, with sound insight, heightened ambitions, sustained by plans, initiative, enterprise and determination to put over cherished objectives. Long-range and basic security are in sight for careful analysis, shrewd management, fortified by sound tactics, secure practical aid from high places where sturdy character and dependability are assets. Forge ahead with proper preparedness, faith in easy beckon, and sagacity in reaching for future emoluments. A child born on this day is bounteously endowed with sterling qualities, character, serious and dependable objectives, to secure a productive and pleasant life, of enduring blessings.

**For Monday, January 2**  
MONDAY'S astrological forecast is strong in an urge to carry over the festive spirit of the double holiday, to the postponing of insistent obligations, to make important domestic with a forthright analysis of fundamental prospects. There may be an urge to move forward with vim, courage and initiative, and there are excellent prospects for desired change, fresh contacts and commitments. But far-reaching consequences, demand many-sided contemplation before drastic changes.

A child born on this day is talented, versatile, energetic, aggressive, with an urge for expanding, new routines and changing scenes, but these hold some hazards and uncertainties.

## How Can I!!!

By Anne Ashley

Q. How can I prevent a bruise from swelling?  
A. Apply immediately a cloth about five folds in thickness, dipped in cold water. When the cloth becomes warm, renew the wetting.  
Q. How can I easily remove the seeds and pulp from green peppers, when preparing them for stuffing?  
A. The seeds and pulp can be taken out easily with a pair of scissors. Kitchen scissors have many such uses.  
Q. How can I clean an elder-down garment?  
A. Rub it thoroughly with cornmeal, allowing it to stand for a few days, and then shake thoroughly.

## Morning Smile

The captain of a steamer took on two hands—one a Kirkcaldy man without a written character reference, the other a man from Dundee possessed of abundant documentary evidence as to his honesty.

"They had not been long at sea when they encountered rough weather, and the Dundee man, when crossing the deck with a bucket in his hand was swept overboard. The Kirkcaldy man sought out the captain.

"Do you mind you mon from Dundee," he said, "that ye engaged w' the fine character?" "Yes," said the captain. "What of it?" "He's awa' w' yer bucket," was the reply.

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## Needlecraft

FOR THE HOME

**THE SEPARATE SKIRT**  
Typical new skirt in two smart versions — topped with real, round pockets or fake-pocket flaps. A wonderful wardrobe stretcher, whether in wool or in corduroy. No. 3506 is cut in waist sizes 24, 26, 28, 30, 32 and 34. Sizes 28, 24, yards 35-inch with pockets; 1 1/2 yards 34-inch with flaps. 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. Address: Pattern Department, The Charlottetown Guardian.

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**3506**  
SIZES 24 - 34

**REGAL FLOUR**  
Takes The Spotlight FOR BEST BAKING RESULTS

**Coca-Cola**  
NOTHING TO PREPARE. NOTHING TO CLEAN UP.

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