

Woman's Realm :- Social and Personal :- Fashions :- Literature

The HOUSEWIFE and HER ACTIVITIES

I've shut the door on yesterday— It's sorrow and mistakes; I've looked within its gloomy walls...

No thought shall enter this abode That has a hint of pain. And Envy, Malice and Distrust Shall never entrance gain.

The bright eye of vengeance sees and punches the wicked; if you have committed iniquity you must expect to suffer; for vengeance with its sacred light shines upon gain.

There is no service like his that serves because he loves.—Sir Philip Sydney.

Nature never provides for man's wants in any direction, bodily, mental, or spiritual, in such a form that he can simply accept her gifts automatically.

As we advance in life we learn the limits of our abilities.—Froude.

Let us, if we must have great actions, make our own. All action is of infinite elasticity and the least admits of being inflated with celestial air, until it eclipses the sun and moon.

The foundations of learning are—seeing much, suffering much, studying much.—Catharine.

Dreams, indeed are ambition; for the very substance of the ambitious is merely the shadow of a dream. And I hold ambition of no airy and light a quality, that it is but a shadow's shadow.—Shakespeare.

The mind ought sometimes to be amused, that, when it returns to thought and to itself.

TABLE QUALITY IS VEGETABLE TEST

The time spent in raising a vegetable garden is easy to justify. Some gardeners spend hours with hoe and rake to help out with the family budget.

There is nothing, however, that compares with the seat of the gardener who grows his vegetables because he wants the real thing for his table.

Even with our modern methods of refrigeration, it is impossible to improve on nature's manner. Any chemist will tell you that the corn even a very few hours out from the stalk will lose its sweetness, and

who wants to eat limp lettuce or bitter radishes? Even in an efficient market, vegetables are a day out of the ground, thus losing much of their inherent goodness.

Many people think that good cooking methods are the answer to this problem. But without utilizing the cook's abilities in the least, it should be understood that no vegetable that has already lost much of its freshness and food value can be resurrected with a dash of seasoning.

Plan your garden this year in advance, so that only such much produce may be harvested as your table can accommodate at the time, but also plan it so that each day from May to September you can have a fresh supply.

A carnival spirit is abroad and has invaded evening fashions. Can you imagine anything daintier than different colored sequins scattered on a net background?

It opens up a delightful prospect; one pastel blue and pink that we are going to wear, embroidered with reds, blues and other colored sequins, will have quite an "April and May" appearance on the dance floor.

It is as if a shower of confetti had descended on the net. You'll love this vogue, blonde and brunettes alike, whether the confetti note appears only on the net edge or whether it goes farther and scatters its bright carnival note on the skirt.

Black with silver or gold will have the air of being star-spangled; in fact, why not stars as well as the confetti? They will have the same glistening effect.

A picture book of this kind does not date quickly, which is always a relief to those whose feet twinkle often upon the dance floor, and confetti net in bright and paler hues will add its brilliant note of color to the 1935 fashion.

Many would-be-silms forget that they run the risk of falling seriously ill unless they either get expert advice as to slimming diets or go to their doctors for orders, and remember that one cannot undo without any warning or preparation. That way lies trouble.

Start dieting slowly. For a week or two cut down the item that you know is increasing your weight, and remember that one cannot undo the weeks of self denial.

Snacks between meals are the

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Nature Builds Your Body—but you supply the materials. Health suffers if you run short of iron. Your food and drink are the only materials Nature gives to maintain your bodily strength and well-being.

40 out of 45 people in a recent test were short of iron. One month's treatment helped them back to health and vigour. A tiny drop of blood from each individual in the above group was examined under a powerful microscope.

Rich supplies of iron for 30 days had greatly improved their health. Blood tests proved value of the treatment. When an authority counts the number of red corpuscles and tells the exact amount of iron in the blood...

Why try to remove eczema by external applications? Go straight to the root of the trouble—purify the blood stream by taking Burdock Blood Bitters. The herbal ingredients of this well known Blood Purifier will help Nature refresh your system and clear your skin troubles.

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CHAPPED SKIN. To quickly relieve chapping and roughness, apply soothing, cooling Mentholatum.

MENTHOLATUM. Gives COMFORT Daily.

THE COOK'S CORNER. Baked Ham Slice. 1 slice ham, 1 1/2 inches thick. 4 tablespoons brown sugar. 2 teaspoons mustard. 12 whole cloves.

THE COOK'S CORNER. Nut-Apple Whip. 1/2 to 1 cup thick sweetened apple-sauce. 1 egg white. Few grains salt.

THE COOK'S CORNER. Butterscotch Cookies. 1 cup butter or butter and shortening. 2 cups brown sugar. 2 eggs, unbeaten.

THE COOK'S CORNER. A few minutes later they were both sound asleep.

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NOTICE

All accounts owed to Daniel R. Jay, Winlock, must be arranged to be paid by April 15 or will be handed into my Attorney for collection.

For Sale By Tender

VALUABLE HOTEL PROPERTY, CHARLOTTETOWN. Sealed Tenders will be received by the undersigned until the 15th day of March 1935.

HEADACHE, BACKACHE?

FOR young girls growing into womanhood, the women in middle life going through the "change," or those who suffer from headache, backache and nervousness, Dr. Pierce's Favorite Prescription is just the vegetable tonic needed.

An Important Duty For Parents

Really modern parents take no chances with so important a matter as the vision of their children, because they know that neglect in this respect is extremely unwise and may be harmful. Neither do they wait for a child to complain of the way he sees. They have their eyes attended to before that.

Professional Cards

McLEOD & BENTLEY. W. E. BENTLEY, K. C. J. A. BENTLEY, K. C. Barristers and Attorneys-at-Law. MONEY TO LOAN.

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Chas. H. Black, Chairman. Charlottetown. Jas. B. McDonald, West St. Peter. John Simpson, Hamilton.

NORMAN W. LOWTHER

Barrister & Attorney at Law. 88 Grand George Street. Charlottetown, P. E. I. MONEY TO LOAN.

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BARRISTER, SOLICITOR, ETC. Money to Loan. Collectors. Office: 140 Richmond Street.