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

Happenings of The Week

Princess Elizabeth and Prince Philip gave their first official reception Tuesday greeting representatives of counties, towns, and organizations which gave them wedding presents. The royal couple were "at home" in the state rooms of Buckingham Palace.

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The marriage of Princess Elizabeth to Prince Philip, Duke of Edinburgh, brought a revision in Britain's rules of etiquette last night. Hereafter, the Duke of Edinburgh's name will be included with the other members of the Royal Family in all loyal toasts. The first toast for all official and public dinners will be to The King. The second toast will be to Queen Elizabeth, the Queen Mother Mary, Princess Elizabeth, the Duke of Edinburgh and other members of the Royal Family in that order.

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The Governor-General and the Viscountess Alexander of Tunis will spend Christmas Day quietly with their family at Rideau Hall. They will attend divine service in the morning at St. Bartholomew's Anglican Church. They will have a few house guests, names to be announced later.

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President and Mrs. Truman played host Tuesday night to Washington's huge press, radio and photographic corps at the annual press reception. The Truman save-food program was in evidence. The only refreshment consisted of two kinds of fruit punch—red and yellow. This was in line with Mrs. Truman's cancelation of state dinners this year in order to conserve food.

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After a short visit here Mrs. W. A. Miller returned to her home in Sackville on Monday.

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Miss Marylea Boswall was among the visitors attending the Mt. Allison Christmas dance in Sackville, returning over the week-end.

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Home friends will be glad to hear that Mrs. (Dr.) W. Harper of Selma, Alabama, who recently underwent a very serious operation is now making good progress toward renewed health. Mrs. Harper is a daughter of Mrs. Isabel Gordon, Rochford Street.

• • •

Miss Joyce Coffin from Acadia University and Miss Phyllis Coffin from Horton Academy, Wolfville, N. S., are home with their parents, Mr. and Mrs. E. S. Coffin for the holidays.

• • •

A new portrait of the Earl of Athlone, former Governor-General of Canada, will shortly be presented to Government House in Ottawa as a gift from the Earl, it was learned here from Henry Carr, the British artist who painted the picture. Mr. Carr came to Canada to do a portrait of the present Governor-General, Field Marshal Alexander, commissioned by the Guards Club of London. The picture is temporarily on view in the National Gallery in Ottawa. Lady Alexander also sat for Mr. Carr.

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Mr. and Mrs. H. M. Simpson are leaving this morning to visit their daughter, Mrs. Warren and the Rev. W. T. Warren in Morrisville, Penn., for the holiday season.

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Mrs. H. J. Gordon, Fitzroy Street, is leaving Tuesday for Longmeadow, Mass., where she will spend the holiday season with her daughter, Mrs. Olmsted.

• • •

Group Captain H. Ronald Stewart arrived in the City yesterday called home by the serious illness of his father, Mr. D. B. Stewart.

• • •

Elizabeth Smellie, C.B.E., whose name is very familiar to P. E. Islanders has been guest at the Ritz Hotel, Vancouver, since her recent appointment as the western regional nursing consultant of the D. V. A. Formerly she was superintendent of the V.O.N. for 23 years and is now also matron-in-chief of the R.C.A.M.C. . . . "The important thing is to spell my name S-m-e-l-l-i-e," she said. "It's just a little too smelly with a 'y.'"

• • •

Miss Barbara Bowles of the Provincial Sanitarium staff is leaving by plane tomorrow to spend the holidays with her parents in Toronto.

• • •

Rev. E. Melville Aitken and Mrs. Aitken, former Charlottetown residents who have recently moved into their new parsonage, 266 Delaware Avenue, Hamilton, Ont., were at home to their friends and members of the First United Church of which Mr. Aitken is the severed pastor, on Wednesday last.

• • •

Maintaining their reputation as one of the world's best-dressed couples, the Duke and Duchess of Windsor arrived at a New York movie premiere this week, the duchess in an ankle-length evening gown and the duke in a form-fitting, fur-collared overcoat.

• • •

Mr. and Mrs. O. F. Charbonneau are leaving this week to spend Christmas and New Year's in Montreal.

The indisposition of Mrs. J. P. Hillion in the P. E. I. Hospital is regretted by her numerous friends.

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Mrs. J. J. Trainor, Prince Street, left Thursday to spend Christmas with friends in Boston.

• • •

Senator J. P. McIntyre and Miss Reta McIntyre are arriving home from Ottawa tonight. Miss Rita was widely entertained during her visit to the Capital for the opening of Parliament.

• • •

Jack Morris is home from Rothesay Collegiate to spend the holidays with his parents, Mr. and Mrs. T. Morris at the Regent.

• • •

Miss Felice Arsenault, McGill student is home from Montreal with her parents, Mr. Justice and Mrs. A. E. Arsenault for the holidays.

• • •

Miss Rosemary Rogers arrived home from McGill, Montreal, last night to spend the happy holiday season with her mother, Mrs. George Rogers.

• • •

Miss Beryl DeBlois and Miss Audrey DeBlois, McGill student, arrived home last night from Montreal to spend the holiday season with their parents, Mr. and Mrs. N. H. DeBlois.

• • •

Miss Marilyn Rupert who is a student at the Saint John Vocational High School is spending the holidays with her parents, Mr. and Mrs. R. J. Rupert at 52 Greenfield Ave.

• • •

Miss Louise Murphy of the Vogue is suffering from a painful accident having fallen on the ice Thursday breaking her thumb.

• • •

Miss Agnes MacQuaid of the Library staff left Thursday for Baltimore, Md., to spend the Christmas season with her brothers.

• • •

The East End Bridge Club had a most enjoyable evening at the home of Mrs. J. Wilfred Lecky, Summerside.

• • •

Congratulations are being extended to Dr. and Mrs. B. W. Tancember 16th. in Vancouver, B. C.

• • •

Mrs. R. S. Hinton was hostess to her bridge club on Monday evening at her home in Summerside.

• • •

Mr. Stanley S. Carnegy, B. A., returned home on Wednesday evening to spend the Christmas vacation with his parents at the Manse, Summerside.

• • •

Mr. and Mrs. Carl Crockett entertained their mixed bridge club on Thursday evening.

• • •

University students who arrived in Summerside this week for their Christmas holidays include the Misses Sally Schurman, Annabel Allen, Frances Walsh Paula Schurman, Messrs. Lowell Allen, Howard MacFarlane, Alan Lecky, Louise Coles, D. R. Morrison, Allison MacDonald, Alan Stewart and Jack MacFarlane.

• • •

Washington Society which long has been bored and even tortured by protocol's arbitrary seating system is wondering if the rules of precedence are on the way out in this post-war era of freedom and equality. Several brave hostesses already have dared to scramble their official guests by seating them by chance instead of protocol. The idea seems generally popular because only a handful of the top rank have much to lose, and even they would rather sacrifice their prestige than face certain boredom with the same dinner partners every night. Flowers, playing cards, cigarets and even numbers are being used to settle the delicate question of seat locations. As a result of chance arrangement, a general may find himself in the delightful company of a junior officer's bride or a cabinet wife may draw a handsome man-about-town. "People like the element of surprise, even if it doesn't always turn out to be pleasant," explains one hostess, "because they can at least hope for a next time."

• • •

To Mrs. Kenneth Royall, wife of the Secretary of the Army, goes the credit of introducing the card trick to dinner-table society. According to the story Adm. Chester W. Nimitz, retiring Chief of Naval Operations, enjoyed the results so much, he followed suit at some of his parties. The card system works like this: the male guests draw black cards, and the women guests the red ones. The division in colours insures that the couples will be of the opposite sex. Then, the cards drawn are matched with those on the tables.

• • •

"If you go by protocol," Mrs Royall pointed out, "you have to sit next to the same people all the time. This way, more people get to know each other better." Unless she entertains "very officially," Mrs. Royall and her husband both prefer the friendly arrangement of chance dinner companions. The Southern-styled Mrs. Royall says brought the card trick from her native North Carolina, where entertaining is very informal.

That Body Of Yours

By James W. Barton, M. D.

SPASTIC CONSTIPATION

The majority of cases of constipation can be helped by rough foods—cabbage, lettuce, cauliflower, fruits, apples, whole wheat bread. This is because their type of constipation is caused by a lazy bowel or a lazy liver and gall bladder. These rough foods could cause irritation of the bowel in the type of constipation due to nervousness and emotional disturbances.

During and since World War II there has been an increase in the percentage of cases of nervous or spastic constipation because of the tenseness of nerves, muscles and blood vessels. This tenseness causes the little nerves and muscles in the lining of the blood vessels to tighten, making the blood vessels smaller across, resulting in spasm—hence, the name spastic constipation.

This means that the wastes in the lower bowel are prevented from moving downward into the bowel, much more moisture is at first poured out to keep these wastes in a soft condition—mucous colitis — and then less is poured out, moisture that is in the wastes is drawn out into the blood, and wastes become dry and are hard to remove, even by laxatives and purgatives.

In this spastic form of constipation, there is usually much gas, distress in abdomen from gas pressure, and the spasms (cramps) are painful. There is often dizziness in spastic constipation, which is blamed on a sluggish liver and gall bladder or on a disturbance of the balancing canals in the ear.

Unfortunately, many of these nervous, high-strung individuals think the bowels should move after every meal or not less than once a day, and should they not do so take a purgative or eat the rough foods mentioned above. Instead of rough foods they should eat soft foods, cooked fruits, green vegetables, cooked celery, buttered beets, strained carrots, and meats (roasted, broiled, steamed, baked), with plenty of liquids. Acquiring calmness of spirit, trying to remember that sufficient unto the day is the evil thereof, will relieve tension and prevent spastic constipation.

CONSTIPATION

It has been estimated that there are more persons with constipation than there are without it. For information on this subject, send today for Dr. Barton's helpful booklet entitled "Constipation." 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, N. Y.

LADIES! READ THIS:

Unwanted hair removed instantly from face, arms, legs with Flash Hair Remover. Actually destroys the 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.'s — Postage extra.)

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

PINEAPPLE APRON

DESIGN NO. E-241

A lovely crocheted apron is an inexpensive gift. Easy to make in the old favorite pineapple design. Pattern No. E-241 contains complete instructions. Needlework Book 20 cents.

To order: Send 20 cents in coin to Needlework Bureau, Charlottetown Guardian.
Design No. E-241

Name

Address

City Province

Living & Leisure

THE WOMAN'S REALM

GOOD NEWS!

Good Christian men, rejoice
With heart and soul and voice!
Give ye heed to what we say:
News! News! Jesus Christ is born today.
Ox and ass before Him bow,
And He is in the manger now:
Christ is born to-day.

Good Christian men, rejoice
With heart and soul and voice!
Now ye hear of endless bliss:
Joy! Joy! Jesus Christ was born for this.
He hath op'd the heavenly door
And man is blessed for evermore.
Christ was born for this.

Good Christian men, rejoice
With heart and soul and voice!
Now ye need not fear the grave.
Peace! Peace! Jesus Christ was born to save;
Calls you one and calls you all
To gain His everlasting hall,
Christ was born to save.

John Mason Neale.

CHRISTMAS CARDS

Origin of a World-wide Custom

Christmas cards were first printed in London more than ninety years ago, but did not become popular until seventy-three years ago.

The first Christmas card was only a visiting card on which was written the greeting, "A Merry Christmas," or "A Happy New Year." Snow scenes, holly branches and robins appeared later on embossed cards, probably picturing English Christmas scenery, as the robin is known in England as the Christmas bird, and also as "The Saviour's bird," because of the legend of its red breast. This bird is still seen on Christmas Cards, but not so often as formerly.

LEARN FACTS ON GOLD JEWELRY

Christmas shoppers who are interesting in gold jewelry will be better judges of its value if they know about the precious metal.

"Gold" jewelry may be made of gold alloyed with other metals to give hardness; or it may have an alloyed gold shell over a less expensive metal base. It is seldom "solid gold" because pure gold is considered too soft to use for making commercial jewelry.

Learn the descriptive terms of the jewelry as your clue to the percentage of gold used, advises the U. S. Better Business Bureau.

Karat marking on jewelry indicates the amount of gold in the alloy. Pure gold is 24K. A "12K" marking tells you that the alloy contains 12-24's or one-half fine gold; 14K means 14-25's is pure gold.

In "gold-filled" or "rolled gold plated" jewelry, a sheet of alloyed gold is secured mechanically by soldering, welding or brazing to a less expensive metal base. Descriptive terms for these pieces will tell you the karat fineness and, in fractions, the proportionate weight of the gold shell. For example, an article advertised as "1-10 12K Gold Filled" means that one-tenth of the weight of the piece is an alloyed gold shell containing one-half pure gold.

OLD AND NEW

The first hand-made food cans were turned out at the rate of 60 containers per day; modern up to 400 a minute.

Modern Etiquette

By Roberta Lee

Q. When you have given someone a gift, and he expresses delight over it, is it all right to say, "I am glad that you like it"?

A. This is a very appropriate expression.

Q. Is there any kind of suit worn by the well-dressed man that is considered appropriate for all informal daytime occasions?

A. Yes; the business suit, when immaculately clean and neatly pressed.

Q. What are the gifts that a well-bred girl should accept from a man?

A. Books, candy and flowers.

Dorothy Dix Says—

False Love Fancies

Woman Finds Husband Real Ideal After View of Old Suitor

One of the tragedies to which many women are susceptible is the lost love complex. Young and romantic girls are its chief victims; but older women, who should have enough sense to be immune to it, also have cases of it from which they never recover. The attack comes on when they meet some man who fires their fancies, but whom they cannot marry because he already has a wife, or because he is a philanderer with a roving eye and a wandering foot.

So the poor, forsaken maiden makes a cult of her affliction. She nurses her broken heart and weeps over a few mushy letters and takes pride in being one of the women who never gets over things. Generally her attack of lovelornness is fatal, but if she does recover sufficiently to marry, her bridal feast is a warmed-over dish without much flavor to it. She is always comparing her husband invidiously with her lost love.

One of these sad, sweet women, who had wasted her youth in coddling her secret sorrow, writes me the following interesting account of it and of her cure. She says:

I was desperately in love with a man and our wedding plans had been announced in the papers when a girl, who was about to bear his illegitimate child, arrived on the scene. He still protested that he loved me but, of course, I sent him away. But, instead of realizing the actual truth that he was a heel, I made of him a figure of romance who was the victim of a very human mistake.

SECRET WORSHIP

"Years afterwards I met a man—kind, honest, generous and sincere—and enarried him. But regardless of my respect for him I could not forget my old love, and unconsciously I built a shining altar in my heart for him and, in reality, I continued to worship at it.

"Eight years have passed and recently I accidentally met the man of my dreams, my old love, my knight, my wonderful tin god, and he was the worst-looking, bald-headed, shapeless, self-centered man I have ever seen. No doubt he was always that way, but I had never seen him clearly before.

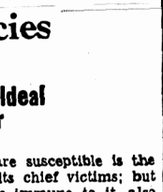
"We stepped into a tea shop so as to be able to chat a few minutes over old times, and the expression in his eyes and face made me feel nude. When a woman passed our table he would smirk and devour her with his eyes. His supposedly witty conversation was vulgar and uncouth, and I was so disgusted that I could not get away quickly enough.

"And that evening as I sat across the room from my husband and saw his cleanness and decency I kept saying to myself: You fool! You awful fool! Just think of the years you have wasted in idealizing a man who never really existed except in your fancy and whom you would not now wipe your feet on."

I offer this woman's letter as a sure cure to the many married people who are still grieving over their lost loves. If they still think that their hearts belong to their childhood sweethearts, instead of to their husbands and wives, let them go back and get a close-up view of them as they look as of today.

It is a drastic remedy, but it never fails to work.

Wake Up And Sing Start The Day Right



Those who suffer from jumpy nerves, restlessness, irritability or a general run-down condition may need a good tonic to help build up the system. Milburn's Health and Nerve Pills have been regarded as such a tonic for more than 50 years. They contain the purest of ingredients and are made under the supervision of experienced chemists and pharmacists.

You'll find Milburn's Health and Nerve Pills a real help in stimulating the nervous system and improving your general condition. Sold at drug counters everywhere, look for the trade mark the "Red Heart."

The T. Milburn Co. Limited, Toronto, Ont.

Ellen's Diary

By an Island Farmer's Wife

I am confident that when James stopped in the yard this evening at the dark edge of the afterglow, over a shoulder he was wishing the same old wish on the new moon which then was swinging so low it barely escaped touching a dark tree-crowned hill. "For health and strength" this James' wish. There was no mention of it when he came indoors to supper except to say "this moon will likely bring colder weather — and the stars are thick and seem far away." However December stars seem to sparkle more clearly than those of other months and regarding them one invariably remembers that others scanned the skies to find one out of history which led them to a Babe in a manger.

• • •

The bread so late mixed, and rather carelessly, did it rise? It was with my usual anxiety I lifted the cover from the pan this morning because always on such occasions James' words relative to this staple item in our daily fare are bound to return to me. "Now, speaking about cooks" James will say "if they can't make good bread, they can't cook at all, for if the bread's bad, well, it's pretty hard to make a meal." Never, I think, have I opened any message, any letter or parcel with more interest or concern than that with which I bring to the opening of the bread-pan in the twilight of early day to determine at first sight if the fates have been kind or not to James and me in the most recent setting.

• • •

I hummed in tune with a familiar air on the Radio as I knead

(Continued On Page 3)

Morning Smile

SO HE DID

An American who has just retired made his fortune by repairing silk stockings. He started at the bottom of the ladder.

NICE FEELING

The manager of the local telephone exchange was aroused from his slumber by the ringing of the telephone.

"Are you the manager of the telephone exchange?" asked a voice.

"Yes," answered the manager. "What can I do for you?"

"Tell me how it feels to get out of bed at two o'clock in the morning to answer a wrong number."

The Stars Say--

By Genevieve Kemble

For Sunday, December 21

SUNDAY'S horoscope is a decidedly critical and challenging one with a basis of the sudden, startling and unpredictable. It may prove dramatic and thrilling, yet a slight misjudgment or mistake might exact unpredictable penalties. Unforeseen and baffling events having far-reaching climax, call for poise, perfect composure, and restraint of the emotions and impulses.

For The Birthday

Those whose birthday it is may prepare for a year of exciting and sudden events, with radical uprootings or changes, difficult to foresee or anticipate. Disruption and abrupt change may have long-range consequence; therefore all decisions should be based on profound and deep-seated values, and not grasped on foundations of the emotional erratic, temperamental. Be "slow but sure" before running head-on to a crisis. Physical dangers some times follow such astral indications. Keep poised and calm.

A child born on this day may be to jump at conclusions, which is a dangerous, impulsive, and unpredictable course of action. Rigid self-control should be inculcated, with reason and not emotion as being "in the saddle."

For Monday, December 22

MONDAY'S astrological forecast encourages an energetic attack on well-organized plans in the development of propositions and objectives of more than passing importance. Under a highly-stimulated and constructive plan of action there should be wise cooperation from superiors, elders and influential persons, with the idea of placing finances and security on a sound basis for future progress and good fortune. New endeavors for such benign purpose are under splendid auspices.

For The Birthday

Those whose birthday it is may look for a very constructive year in which new and important projects and plans are in line for the generous support and approbation from influential persons. Seek these well-organized and productive ideas sustained by hard work, determination, ingenuity and skill. Such plans should have far vision, with the determination to put the future and its fortunes on a solid foundation for long-range growth and expansion.

A child born on this day will have excellent creative energy and initiative for carving for itself a practical and enterprising career, winning support from high places.

SPECIAL

FLEXEES

YEAR END GOODWILL

SALE

15 Girdles Reg. $6.50 For 3.98

45 Brassieres Reg. $1.75 For 98c

S. A. McDONALD

PHONE 808 QUEEN STREET

Cook's Corner

SELF-FROSTING LEMON PIE

1 cup sugar
2 tablespoons flour
¼ cup melted butter
3 egg yolks
3 tablespoons lemon juice
Grated rind 1 lemon
1 cup milk
3 egg whites
Pastry

METHOD: First line a pie pan with a pastry shell and bake in a hot oven (450 deg. F.) for 10 minutes.

Meanwhile mix together the sugar and flour and stir in the melted butter. Beat the egg yolks until light and lemon-colored and fold into the sugar-flour mixture. Add the lemon juice and the grated rind, then the milk and fold in the egg whites, which have been beaten until stiff.

Pour the lemon mixture into the partially baked pie shell and bake in a moderately slow oven (325 deg. F.) for about 45 minutes. Cool to serve.

How Can I !!!

By Anne Ashley

Q. How can I keep the window sills in good condition?

A. If all the window sills are waxed it will protect them from rain and dust. Wax them once every three months, dust them every day, and they will always be in excellent condition.

Q. How can I prevent salt from clogging in the salt shaker during damp weather?

A. Try putting one or two of the small jacks which children play with in each salt shake. The prongs keep the salt stirred during damp weather.

Q. How can I clean velvet flowers?

A. By using dry bran. Rub on the soiled parts, then brush off. Repeat if necessary.

Household Scrapbook

By Roberta Lee

Medicine Stains

When medicine has stained white fabric, it can be removed by painting the stains with tincture of iodine. Then soak in a strong solution of ammonia for thirty minutes, and wash thoroughly.

Pantry Shelves

When paper is used to protect the pantry shelves, try using three thicknesses. They can be removed one layer at a time as they become soiled.

Fats

All cooking fats and drippings should be kept in the refrigerator to prevent their becoming rancid.

Better English

D. C. Williams

1. What is wrong with this sentence? "The letter was dated from Detroit."
2. What is the correct pronunciation of "linguist"?
3. Which one of these words is misspelled? Impetus, hiatus, gratus
4. What does the word "clientele" mean?
5. What is a word beginning with sy that means "shapely; well-formed"?

ANSWERS

1. Say, "The letter was dated at Detroit." 2. Pronounce ling-gwist both i's as in it, and not ling-gu-ist 3. Gratis. 4. A body of customers as of a theater, hotel, etc. (Pronounce kli-en-tel, i as in ile, last syllable as tell, accent last syllable). "The clientele of the theater was known for its culture." 5. Symmetrical.

Needlecrafts / FOR THE HOMES

TWO IN ONE

Lovable little girl and boy rag dolls . . . to dress up in their own pleated skirt, bib top trousers, and blouse! They take only a small amount of fabric . . . make perfect play pals for the younger generation.

No. 205 is cut in one size, 14 inches tall. Each doll requires ¼ yard 12-inch white fabric and ¼ yard 35-inch flesh colored fabric for the body. Blouse, ¼ yard 20-inch; skirt, ¼ yard 35-inch; trousers, ⅝ yard 27-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 wish. Include postal unit or zone number in your address.

Address Pattern Department, The Charlottetown Guardian.

Pattern No. 205

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