

Woman's Realm Social and Personal Fashions Literature

Living & Leisure THE WOMAN'S REALM

INVOCATION

Build these more stately mansions,
O my soul,
As the swift seasons roll
Leave thy low-voiced past!
Let each new temple, nobler than
The last,
Shut thee from heaven with a
dome more vast,
Still thou art length art free,
Leaving thine outworn shell by
Life's untrusting seal

—By Oliver Wendell Holmes.

DENTIST OFFERS RULES FOR KEEPING TEETH

ST. LOUIS —Want to have a full set of teeth (natural) when you're 60?

Just follow the four rules laid down by Dr. Henry F. Westoff, of St. Louis, before the Mid-Continent Dental Congress.

They are:

1. Early and frequent dental examination.
2. Immediate treatment of small cavities, long before they start pain.
3. A nutritious diet with a minimum of refined sugar.
4. Brush your teeth after each meal.

Most dental failures, the congress was told, are due to disregard of one or all of those basic rules.

ELEGANT ACCESSORIES

The current season in Paris is marked by a vogue for elegant trifles. Tiny hats of grey pearls, silver or gold, delicate lace jabots and neckties of black velvet ribbon strewn with spangles or diamonds, jet coloured pearls or gold cord are used to complete dress-up fashions. Novelty gloves and bags are being shown, the latter with initials engraved on their clasps or embossed in the leather. Velour is widely used for bags. Scarves of tissue thin wool or heavy silk are more popular than ever, as is Balmain's square kerchief of mouseline de soie, in colours that match or contrast with five to midnight dresses and often edged with pearls, rhinestones or other stones.

TAKE TIME TO LIVE

Take time to work—it is the price of success.
Take time to think—it is the source of power.
Take time to play—it is the secret of perennial youth.
Take time to read—it is the fountain of wisdom.
Take time to worship—the latter with reverence.
Take time to be friendly—it is the road to happiness.
Take time to dream—it is hitching your wagon to a star.
Take time to love and be loved—it is the privilege of the gods.
Take time to look around—it is too short a day to be selfish.
Take time to laugh—it is the music of the soul.
Take time to play with children—it is a joy of joys.
Take time to be courteous—it is the work of a gentleman.

HAIRLINE SETS OFF BEAUTY

The teen-ager striving for skillful make-up should know there is only a hairline's difference between top-notch grooming and merely a passable job. A hairline

Beset With a Grippy Cold Had Chills and Fever Nostrils Filled With Mucous

"I discovered the easiest way to help end a Grippy Cold is to take deep breaths of Catarrh-o-sons."

1. It is a harmless vapor.
2. It attacks a cold instantly.
3. It helps to destroy the germs that cause the cold.
4. It opens the breathing organs to the free passage of fresh air.
5. The irritated membranes are soothed and healed.
6. Inflammation in the upper nostrils, throat and bronchial tubes is rapidly reduced.

"To help drive out a cold in one night, I strongly recommend Catarrh-o-sons." Follow the advice given by the writer of this letter, a Montreal business man. All druggists sell Catarrh-o-sons in 25c and 50c sizes.

THE TEA OF GOOD TASTE RED ROSE TEA

RED ROSE TEA

RED ROSE TEA IS GOOD TEA!

Ellen's Diary By an Island Farmer's Wife

And so yesterday in a belated ceremony due to the absence from Alderlea during the first days of the year we took down from the walls the old calendars, that through the passing months had grown a dependable friends of ours. And new ones, bright and engaging we hung in their stead. Attractive scenes are pictured on these for Jamie's and my own enjoyment and interest in the days to come and we shall find in them subjects for conversation. Beautiful they are and restful and perhaps it is no coincidence that in times of unrest and hustle and bustle, the views and titles are so chosen. Now, that which came with the compliments of the folks at the corner store I find enchanting. "Quiet comfort" it is titled and beside a picture of a peaceful scene, which could be a dream of a cottage, in a background of white birches and spruces. Truly there, one would suppose he might be "away from the world with its toils and its cares" so delightful it appears.

Yet I suspect the charm of its suggested isolation might pall eventually and one would wish for a neighbor's step at the door and certain of the mailman's comings along a hill. "Tranquillity" also beguiling and not so lonely shows a quaint village set close to a bridged stream. One can easily fancy its friendliness and the peace of its ordered ways. Another, and how prized it is, found its way "from sea to sea" to us at Alderlea, gathering atmosphere for us in its wide travels. Jamie is still there in blues like a Summer sky and silver like a fairy princess's gown and lighting the mountain tops the rose of gold—it might be sunset though again it could be the sunrise. And one holds hunters in a birch bark canoe on a quiet stream. "In golden hunting grounds" and one fancies the glint of the rich sunset lightens the kitchen on a day like this one when low grey clouds persist in caressing our horizons. Yes most fetching our new calendars are, and given time will prove quite as friendly as the old.

Our farmers have gone this evening to a spell of seed-potato grading. Not in our own cellars but lending a hand to a neighbor at the work. Jamie and I were much as it is repaying a debt, paying in kind for a similar good turn received. A belated payment when one remembers that all such obligations should have been settled before the death of the old year! By lantern light the grading will be done, in the shelter and warmth of a farmhouse cellar and yet one usually comes from one's chilly kitchen to draw the kettle nearer the heat. Jamie will be cold when he returns and besides he will look at the clock to remark with much suggestion, "It's been a while since we just ate. Though perhaps you hadn't noticed—in here comfortable and idle by the fire." Meanwhile a stillness guards the place broken only by Jamie's bark, which is disturbed by a passing sleigh following the Winter road along the fields, or perhaps with ears attuned to catch his sounds he answers a distant bark.

I have an idea that Pard like James finds the Winter season trying, and perhaps suffers from its monotony. Else why when he slip up stealthily behind Link when he call! today on a matter of business with James, the minute the man set foot on the veranda to grab a pipe, he said "Well, blast that dog!" Link said kicking off frantically but missing Pard "I owe you a good one—that's the second time you did the like to me!" But James came along then and scolded Pard and presently talking shop indoors the episode was forgotten.

The Stars Say— By Genevieve Kemble

For Thursday, January 15

AN adverse, disruptive and turbulent state of affairs is forecast from the ruling astral forces. Rash, aggressive, over-strenuous and vindictive behavior could defeat and scatter all constructive plans and efforts, inciting to strife, unhappiness and vengeance. Physical injury, accidents, fire and fractures also come under this perverse impulse, besides loss of possessions and reputation. Sidelstep all sorts of calamity.

Those whose birthday it is may not enjoy a harmonious or gratifying year, since an undercurrent of the disruptive, turbulent, reckless and hectic, are bound to culminate in loss of possessions, endeavors, plans, and peace of mind. As well, accident, falls, fire and other unfortunate visitations might undermine all constructive efforts. Maintain calm, reason and control under all excitement.

If It Is Your Birthday

A child born on this day may have a turbulent, aggressive and wayward tendency, and should be given early training and discipline.

Dorothy Dix Says— Bossy Mothers

Widow, 39, Complains Parent Still Tries To Rule Over Her

DEAR DOROTHY DIX: I am a woman of 39 and have been a widow for four years. All my life my mother has dictated to me, except for the short time I was married, and the main reason I married was to get from under her thumb. She has always decided everything for me, including my religion and vocation.

I do not live with her, but I am under her constant authority. She demands to know where I go after working hours and for me to spend every evening with her before I go home for the night. Also, I am obliged to tell her of every single move I make, whom I see, what they said and what I said.

I am not dependent on my mother financially, nor on me. My whole life is sacrificed to her, but nothing I do ever pleases her. Can you tell me what to do?

A PERPLEXED WOMAN

TYRANNICAL COMPLEX

It is a very common thing for mothers who have a tyrannical complex to take out their mania for bossing on their daughters. There is nobody else whom they can trample over and so they make doormats of Sally or Susan or Maria. If you will think over all the poor, weak, frustrated old maids you have ever known, you will realize that practically every one of them was the victim of a mother who was a female Hitler.

From the time they were born until their mothers died they never had a breath of freedom. Mother dictated every act of their lives. She selected their friends, bought their clothes, laced out their boy friends, if any, opened their mail and read their letters before they did, and otherwise kept them reduced to the status of a moron.

It is, of course, right and proper that a daughter should be dutiful to her mother, but there are degrees in even domestic virtues. And when Mother's happiness consists in her riding roughshod over her daughters, it is time for the girls to stage a rebellion and demand a right to their own personal freedom. And take it.

In my opinion, any woman over 21 years of age who earns her own independent living is a pitiful weakling if she lets her mother boss her.

DEAR MISS DIX: I am 17 years old and I have a 23-year-old sister who has been cruel to me ever since I can remember. She is now engaged to be married and seems very happy over it. Once I made a vow that I would hurt my sister like she has hurt me. I can do it by taking her Boy Friend away from her. I am sure that he would fall for me as I have noticed how much he admires me.

Miss Dix, don't you think I would be justified in taking my revenge on my sister?

MISTREATED.

ANSWER: No. You would make the mistake of your life and one that you would bitterly regret if you paid your sister back in her own coin by treating her as badly as she has treated you. Revenge is always a boomerang that flies back and annihilates the one who throws it.

From your letter I infer that your sister's cruel treatment of you has been inspired by jealousy. She is older, lacking in the beauty and attraction for men which you have, and she just can't take being passed over. She can't vent her anger and hurt pride on the men who neglect her, so she empties the vials of her wrath upon you, which isn't fair nor right, but it is something that happens very often in life.

It will be easy enough for you to revenge yourself on your sister by breaking up her marriage, but making her unhappy wouldn't make you happier. On the contrary, there wouldn't be a minute in which your conscience would not reproach you and when you wouldn't hate yourself for the scurvy trick you played upon her.

Don't forget that the one person you have to live with is yourself and you can't be happy unless you can look yourself in the face.

Cook's Corner

BUTTER SPREAD
(With Custard Mixture)

1 cup scalded milk
2 egg yolks
1/2 lb. butter
Salt to taste.

METHOD: Scald the milk in the top part of a double boiler, over boiling water. Beat the egg yolks slightly and add a little of the scalded milk to them and stir well. Then turn into the remainder of the scalded milk. Cool until the mixture is thick enough to coat a spoon and then remove from heat immediately. Cool the custard until barely lukewarm.

Have the butter soft, by allowing it to stand at room temperature for a while. Cream it well and then beat in the cooled custard, adding only about one tablespoon of it at a time. When the custard is all added, salt the mixture to taste.

Pack into a bowl or into a refrigerator butter dish and chill. When you wish to use this, you will find that it will spread to better advantage if allowed to stand at room temperature until softened a little.

"NEW LOOK" JEWELRY

"New Look" in jewelry follows the trend of fashion with designs inspired by turn-of-the-century brooches, clips, earrings and necklaces. Modernized versions of these antiques are often worked in wadlium, which lends itself to elaborate and intricately wrought pieces that are light in weight.

BLOSSOM OF CANADA FLOUR

The Hour that blooms in the oven

FOR LIGHTER BREAD, CAKES AND PIES

That Body Of Yours

DANGER OF DELAY IN DIAGNOSIS AND TREATMENT OF CANCER

Despite all the advances made in the diagnosis and treatment of cancer in the last 25 years, it is a fact that the reduction of the death rate in cancer, which now is possible, hardly has begun.

Now the failure to reduce the death rate in cancer is not because cancer is not curable with radium, X-ray, and surgery. I am quoting Drs. John E. Leach and Guy F. Robbins, New York in the "Journal of the American Medical Association". Why is the death rate in cancer not being greatly reduced, now that it can be cured?

The reason is the long delay between the appearance of early symptoms and the patient's first visit to a physician to report his symptoms.

Public Health figures show that there are 300,000 new cases of cancer annually in the United States. Each year 150,000 persons die of cancer. Also, the figures show that of all patients in whom a diagnosis of cancer is made, about one-third die within one year. On the other hand, the figures show that five years after the patients have been treated for cancer, 75 per cent are still alive. It is the well established fact that cancer is curable when treated early, but cancer organizations are trying to make known to all of us.

While some individuals dislike answering all the questions asked by the physician, they must remember that answering these questions is of great help to the physician in his effort to make sure about cancer being present. Thus, in a series of 1,000 cases investigated last year, the questions were those usually asked in a complete history of any illness: When did you first have symptoms? When did you first consult a physician? How soon after you first consulted a physician was treatment started? Was a piece of tissue removed for examination (biopsy)? Of what did the treatment consist?

The investigators then placed the blame for delay in treating the case as follows:

1. The patient was to blame or at fault if: (a) He waited three months or more after the first symptoms before he consulted a physician or (b) he refused to follow accepted advice such as a biopsy or being referred to a specialist or institution.
2. The physician was at fault if he did not arrive at a diagnosis in one month or refer him to a cancer specialist for correct diagnosis.

CANCER: IT'S SYMPTOMS AND TREATMENT

We never should forget that cancer is curable if discovered early. Send today for Dr. Barton's informative booklet entitled "Cancer: It's Symptoms and Treatment". To obtain it, just send 10 cents and a 3-cent stamp to cover cost of handling and mailing, to The Bell

INFANT'S KNITTED SACQUE

DESIGN NO. E-811

A fine knitted sacque for a new baby 6 to 15 months is an ideal expensive gift. Pattern No. E-811 contains complete instructions. Needlework Book 20 cents.

To order: Send 20 cents in coin to Needlework Bureau, Charlotte-Town Guardian.

Design No. E-811

How Can I!!!

By Anne Ashley

Q. How can I retain the sparkling appearance of decanters?

A. In order to do this the decanters must be cleaned even if not used. The work can be made easy by using a solution of a little vinegar with a handful of salt. Place in the decanter and shake thoroughly, then rinse in cold water.

Q. How can I overcome the difficulty of pouring catsup from a bottle?

A. All necessary is to push back the thickened portion that congeals around the top. The catsup will then pour easily.

Q. How can I clean white kid gloves?

A. By rubbing gently with bread crumbs after each wearing. In this way they will keep clean for a long time.

Baby's Cold

Clear Baby's head and nose with gentle Mentholatum. Quickly relieves nasal distress and soothes inflamed nostrils. Helps Baby breathe freely again. Jars and tubes 30c.

MENTHOLATUM
Gives COMFORT Daily

BRONCHITIS COLDS VICKS VapoRus

FOR LIGHTER BREAD, CAKES AND PIES

For the real ENJOYMENT of all the family

BUY BUTTERNUT BREAD

Eastern Bakeries

Household Scrapbook

By Roberta Lee

Cold Feet

When bothered with cold and damp feet and legs, exercise will promote circulation. Also massage every night with rubbing alcohol, mentholated cream, or camphor cream.

Teakettle Knob

If the knob on the teakettle lid is hollow, try pressing a cork into the hollow space. It will keep the knob from becoming so hot and enable one to handle the lid more comfortably.

Next Day's Salad

The vegetables that are left from dinner, such as beets, peas, or celery, can be utilized in the next day's luncheon salad.

Better English

D. C. Williams

1. What is wrong with this sentence: "All members must conform with these rules."
2. What is the correct pronunciation of "eugenics"?
3. Which one of these words is misspelled? Heliotrope, helighth, heless.
4. What does the word "ignominious" mean?
5. What is a word beginning with cor that means "to confirm"?

ANSWERS:
1. Say, "conform to these rules."
2. Pronounce u-jen-iks, u as in, u as in gentle, i as in lick, accent second syllable. 3. Height. 4. Deserving public disgrace; dishonor. (Accent is on third syllable). "The thief crine to an ignominious end." 5. Corroborate.

Needlecrafts FOR THE HOME

Timely ThreeSome

Nothing could be nicer for winter days ahead than this smart skirt... high-necked, lumbert-jacket... jaunty jerkin. Make the skirt and jacket of one fabric, the jerkin of another... then mix and match to form several outfits!

No. 2711 is cut in sizes 10, 12, 14, 16, 18 and 20. Size 16 skirt requires 1 1/2 yards 54-inch; lumbert-jacket, 1 1/2 yards 54-inch; jerkin, 1 yard 54-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 some number in your address.

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