

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

Living & Leisure The Woman's Realm

IT WOULDN'T SEEM FITTING ENOUGH FOR ME

Without a shining Christmas tree, Proudly bearing up to the stern That beckoned the Shepherds and guiding them To the manger far away, With soft-lit candles than heap and glow, Like a star of long ago Putting dim light on the scene below, Where Wise Men worshipped a Babe in the hay —
—Marian F. Sigbjornson-Sanatorium, Saskatoon.

CHRISTMAS DAY

It is not definitely known when Christmas was first celebrated. The institution of the festival is attributed to Telesphorus, who flourished in the reign of Antoninus Pius (131-161 A. D.). The reason for the final choice of December 25 cannot now be determined. As Christmas spread the feast of the winter solstice the time when the day begins to increase and light to triumph over darkness, was changed into the feast of Christ, the Light of Life.

SPIRIT WITHERS

The saddest thing about Christmas is that the good fellowship of the day inspires too often withers with the Yule tree and is tossed out of doors.

Why is a rumour like a kiss under the mistletoe? Because it goes from mouth to mouth.

THREE CELEBRATIONS

Three Christmases are celebrated every year in the Nativity at Bethlehem. The first occurs in the Roman Catholic section on December 25; 13 days later the Greek Orthodox church hold their celebrations to be followed by those of the Armenian church in another 18 days.

DRIPPING CANDLES

To keep table candles from dripping stick a pin in the candle alongside the wick and leave it there. It keeps the wick upright, the candle burns longer and more steadily and decorations and tablecloth are kept free from grease.

DEVONSHIRE CLOTTED CREAM

Allow whole milk to stand 24 hours in winter 18 hours in summer in pans—then put pans over very low heat and remain there until milk is 160 degrees F.—it on no account should boil. The required varies—but the more slowly the heating process goes on the better is the resulting cream. When small rings and undulations appear on the surface of the milk it is sufficiently scalded. The pan should be kept in a cool place till the following day, when the cream is skimmed off and put in porcelain pots.

KEEP SECRETS

Bomber crews returning from night raids now are telling the "secrets" of their operation to women in the interrogation room. The women do this highly important work in the R. A. F. are W. A. A. F. officers who have been specially trained to receive intelligence officers thus releasing them for overseas service.

RUSSIA'S SOUTH

Even in the warmest part of Russia, near the Black and Caspian seas, winter temperatures of 18 degrees above zero are common.

HANKIES FOR HER — SOCKS FOR HIM

Smart Girls always carry **PARADOL** in their Handbags

Dr. Chase's PARADOL For Quick Relief of Pain

DESIGN NO. 109 and 180

There is nothing quite like needlework for gifts — a pleasant task good for the nerves, economical, certain to be appreciated, lasting and does not go "out of date."

Any man would be glad to receive these knitted socks for a gift. Pattern No. 109 contains complete instructions. Hankies with dainty edgings are always useful. Pattern No. 106 contains instructions for making four different edgings.

To order pattern: Write, or send above picture with your name and address with 15 cents in coin or stamps to Needlework Bureau, Charlottetown Guardian, Needlework Department.

Designs No. 109 and 180

NAME _____

CITY _____

STREET ADDRESS _____ PROVINCE _____

MEAT GOES FARTHER

With Quaker's Delicious "Extender" Meat Loaf!



QUAKER OATS Helps Replace Meats PROTEINS and VITAMIN B₁

Stretch your meat dollar two ways. First, Quaker Oats makes the meat go as much as 40% farther. Second, it supplements the proteins and vitamin B₁ of meat in thrifty, practical fashion.

TRY THIS RECIPE TODAY!

- 1 1/2 pounds ground beef
- 1/4 cup pepper
- 1/4 cup ground pork
- 1 tsp. mustard
- 1/4 cup chopped onion
- 1/4 cup tomato ketchup
- 1 cup Quaker Oats
- 1 egg, well-beaten
- 1 cup water

Combine ingredients in order given. Turn into greased loaf pan. Bake in moderately hot oven, 375°, for 1 hour. Serve hot or cold.

Quaker Oats Provides Proteins for the Diet. Serve Quaker Oats for breakfast... include it in cookies, muffins, etc.—and to add proteins (and also Vitamin B₁) to your diet.

Dorothy Dix Says— Brothers, Sisters Can Ease Burden of "Family Goat"

Second Wife Has No Call on Estate
First Mate Helped Accrue

DEAR DOROTHY DIX: I am a "family goat" and there is nothing that can be done about it. The dear of the family married and I supported him and his wife after marriage. There are three things that produce the family goat. The churches that teach child obedience and duty to their parents. Secondly, the economic situation in the home. Thirdly, the conscientiousness of the poor goat.

There are more nannies than billy goats because usually it is the girls who are caught in the trap of obedience and duty until their hearts and souls and minds have twisted and tortured beyond repair. They become the quiet, efficient office workers, beauty shop girls, clerks in stores, and so on. They go home at night, add housework to their business work, and think, and think, and think.

In my case I'm a goat because I have my mother to support, and because I am an efficient goat she cannot get a pension and no support from the married children because "they can't afford it and have their own families to think of."

The poor goat has a conscience. She is torn by the desire to have a little money in the bank, to buy war bonds, to get into the WAACs or WAVES or something else, but she has a duty to perform and her conscience won't let her go. Also, a mother's tears can make quite as bitter a crown to wear as the crown of thorns and every day for her a day of crucifixion.

Does the goat deserve pity? Yes. Does she want it? No. What does she want? What is she seeking? Perhaps there is an answer, but she doesn't always find it. So sometimes she runs amuck, but not all goats do. Not many of them. The others just sit and think, and when they have thought long enough and there are no more tears and the heart has ached until it is numb and lifeless, they find an answer.

So they go on working, month after month, year after year, until one day it happens. And sometimes they help it to happen. Such a simple thing. Death. Perhaps you don't think they look forward to it, but what else have they to look forward to? Solomon couldn't answer that.

LUSTY KICK BY GOAT WOULD HELP

ANSWER: Solomon might not be able to tell by what means one member of the family gets elected as the family goat. Sometimes it is an appointive office, in which case the mother chooses the victim, which is usually the oldest girl who is deputized to take care of the babies Mother brings into the world. Often it is just the bad luck of the youngest girl who is left to take care of Mama or Papa, or both, after all the other children have married and gone about the business of life for themselves.

But certainly it doesn't take even the wisdom of Solomon to tell what the remedy for the situation is, and that is for the family goat to refuse to be the beast of burden for the whole family, and to force her selfish brothers and sisters to contribute their quota to the support of the dependent parents. Of course, they will protest against it, but if the goat will be firm enough she can make Bob's wife give a few less parties, and Tom not buy a new automobile, and Sally do without a fur coat or sending the children to expensive schools and camps.

Only, and here is the catch in the whole matter, poor little Nanny hasn't the nerve to do it. She hasn't the strength to stand up against her selfish family, especially when she is softened down by Mother's tears. For Mother is always willing to sacrifice the family goat to the others.

But, anyway, I hope a lot of the wicked brothers and sisters will read this pathetic and beautiful letter that Nanny has written with her heart's blood, and will be moved to help her a little.

DEAR DOROTHY DIX: For several years I have been going about with an attractive woman and we have been thinking about getting married. We have both been married. Both are over 50. And each of us is comfortably fixed financially. She has all along been agreeable to marry me, but has insisted on a financial settlement on which we have not been able to agree. She, being childless, and I having married children who are not too well-to-do, have insisted that we make a prenuptial agreement in which we would go 50-50 on the support of the home, but that we would not participate in the other's estate after death. She will not agree to this proposition, so our affair is no more. What do you think about the fairness of this proposition?

CHILDREN SHOULD SHARE FATHER'S ESTATE

ANSWER: It seems to me that nothing could be fairer than your plan, and that the lady must be of a grasping nature if she insists on annexing your estate to her own should you die before she does, and thus depriving your children of the money they need and she doesn't. Furthermore, the arrangement you propose is the one usually made in such cases. Your children's mother helped you make your money and they should have it when you die, instead of the woman who has had no part in building up your estate and who has an ample and comfortable living of her own.

DEAR MISS DIX: I have heard the phrase used that "children are a pleasure." I would like to know just when they are a pleasure, as I am a young mother of three little ones and I get no pleasure out of them at all. It is nothing but work from the time I am out of bed in the morning until I fall exhausted in the bed at night, with work waiting for the next day am just worked to a bundle of nerves. Please tell me where the pleasure is.

ANSWER: Pleasure is where you find it. It is seeing fun in doing work instead of drudgery. It is in loving someone so much that service to him becomes a joy. No one can deny that motherhood, when

(Continued on page 6, Col 7)

How to Make a Splendid Cough Syrup at Home

A Big Saving, and It's So Easy! No Cooking!

Cough medicines usually contain a large quantity of plain syrup—a good ingredient, but one which you can easily make in your own kitchen. Take 2 cups of granulated sugar and 1 cup of water, and stir a few moments until dissolved. No cooking! No trouble! Or honey, instead of sugar syrup. Then get from your druggist 2 1/2 ounces of Pinex, pour it into a 16 ounce bottle, and add your syrup. This gives you 16 ounces of really splendid medicine for bad winter coughs. It makes a real saving for you, because it gives you four times as much cough syrup for your money. It lasts a long time, never spoils, and children love it. To the average, effective, dependable, quick-acting cough medicine for the whole family. Quickly, you feel its penetrating effect in the air passages. It loosens the phlegm, soothes the irritated membranes and makes breathing easy. You will be delighted with its quick effect in clearing up coughs. Pinex is a special compound of proven ingredients, in concentrated form, a well known reliable soothing agent for winter coughs. Money refunded if it doesn't please you in every way.

Send 20c in coin for your copy "Beauty" to Charlottetown Guardian and Home Service. Be sure to write plainly your name, address and the name of booklet.

NAME _____

STREET ADDRESS _____

CITY _____ PROVINCE _____

By Geoff Hayes

A Morning Smile

Sunday School Teacher—Can any of our little girls tell me who lived in the Garden of Eden?

"Yes teacher—the Adamites."

NOT HIS VILLAGE

"Didn't you hear the alarm?" asked the A. R. P. warden advising an old countryman to take cover. With a shrill, droning over-head the man was still strolling about the streets, puffing at his pipe.

"Yes, I heard 'em," said the old man, "but that baint nothing to do with me. I lives at —" giving the name of his village, five miles away.

FAIRVIEW SCHOOL

Following is the report of Fairview school for October and November.

Grade X (Sr.)—1. Marguerite MacMillan.

Grade X (Jr.)—1. Clifford McIsaac. 2. Mary Cavanagh.

Grade IX—1. Leona Cavanagh.

Grade VIII—1. Audrey MacMillan. 2. Lauretta Alchorn.

Grade VII—1. Mary McIsaac.

Grade VI—1. Roma Cavanagh. 1. Chesley MacDougall. 3. Edison Burdett.

Grade IV—1. Gloria Burdett.

Grade I (Sr.)—1. Lyman Alchorn.

Grade I (Jr.)—1. Jean McIsaac.

Perfect Attendance:—Marguerite MacMillan, Audrey MacMillan, Mary McIsaac, Jean McIsaac.

Percentage of Attendance 81.5

Freda Burdett—Teacher

NEW UNDER-ARM Cream Deodorant

Stops Perspiration

ARRID

1. Does not rot dresses or men's shirts. Does not irritate skin.

2. No waiting to dry. Can be used right after shaving.

3. Instantly stops perspiration for 1 to 3 days. Prevents odors.

4. A pure, white, greaseless, stainless vanishing cream.

5. Awarded Approval Seal of American Institute of Laundering for being harmless to fabric.

ARRID is the largest selling deodorant

39¢ a jar

Also in 15¢ and 59¢ jars

ARRID

Santa Rides Again— A Sad Little Girl



As they came down the chimney into the dark, bare room, they heard crying.

Then they saw a thin little girl sitting in an old chair sobbing softly.

"What is the matter?" asked Santa. "Mummy and I are hungry," said the little girl.

"Stop crying," said old Santa, "and we will fix up a nice surprise for your Mommy."

THE COOK'S CORNER

TURKEY STUFFING

- 1 cup butter
- 6 tablespoons chopped onion.
- 3 cups soft bread crumbs.
- 1-2 teaspoon salt.
- 1-4 lb. chicken liver.
- 1 teaspoon poultry seasoning, sage or thyme.

Melt butter, add onion and cook over medium heat four minutes until onion is yellow but not brown. Add bread crumbs which have been mixed with seasonings. Cook two minutes stirring constantly. Yield: about eight cups stuffing, enough for an eight-pound bird.

Note: If a moist stuffing is desired, add stock water or heavy beaten egg after stuffing has cooked two minutes.

SAVORY STUFFING: Cook two tablespoons chopped green pepper and one-quarter cup chopped celery with the onions. Add one tablespoon chili sauce after stuffing has cooked two minutes.

PARSLEY STUFFING: Add one-quarter cup chopped parsley with the bread crumbs.

CHESNUT STUFFING: Substitute one cup sliced quick-cooking chestnuts for one and one-half cups of the bread crumbs.

OYSTER STUFFING: Add two cups (one pint) drained chopped oysters and one-half cup chopped celery with the bread crumbs. Yield: six and one-half cups stuffing enough for an eight-pound turkey.

BRUDENELL SCHOOL

Honor Roll for Brudenell School for November.

Grade X—1. Jean MacIntyre.

Grade VIII—1. Charles Dewar. 2. Abner Dewar and Margaret Dewar. 3. Phyllis MacLean.

Grade V—1. Charles Fraser. 2. Annie Stewart.

Grade IV—1. Shirley Beers.

Grade I Sr. (A)—1. Vera Dewar.

Grade I Sr. (B)—1. Verma MacLaren. 2. Milton Fraser.

Grade I Jr. (A)—1. Lindsey Shaw.

2. Blanche MacLean.

Grade I (B)—1. Jimmy Dewar.

Over 95 per cent attendance: Margaret Dewar, Vera Dewar, Shirley Beers, Annie Stewart.

Teacher—Lila M. Jenkins.

Home Service

Easy Exercise Routine Corrects Hip Measurements



No Need to Remain Unattractive

It's so embarrassing, when you must bend over, to know your hips look even bigger—but what can you do?

Lots! The right exercises reduce other women's hips (making matrons look like debutantes) and there's no reason why exercises shouldn't reduce yours.

The exercises shown in our sketch is part of a simple hip-reducing routine that fits easily into your daily schedule. It forces you to move the seldom-used muscles on the outside of your thigh and around the joint where your thigh bone fits into your pelvic bone.

1—Sitting, place hands on mat behind hips. 2—Pull first one knee, then the other, back to abdomen; then let legs fall forward onto mat. Repeat this 14 times and rest. Do it 23 to 36 times altogether.

Exercises work youth-making miracles on other parts of your body, too—bust, waistline, chin, arms, shoulders.

Our 32-page booklet has exercises to reduce fat in all these places, as well as on calves and thighs. Also has exercises to correct posture, foot ailments, constipation, nervous tension, as well as a general exercise routine for the entire body.

Send 20c in coin for your copy "Beauty" to Charlottetown Guardian and Home Service. Be sure to write plainly your name, address and the name of booklet.

Buy BEST YEAST

Best for Baking! Best for Health!

FRESH FROM MARITIME PLANT

MY HUSBAND AGREES WITH YOU, MRS. BROWN...

LIPTON'S NOODLE SOUP MIX

IS LIKE THE BEST SLOW-SIMMERED SOUP!

The soup sensation of the nation! Every package gives you 4 big servings of delicious, golden, chicken-flavoured soup.

You'll welcome its new stand-up and convenient package. Just add contents of package to 4 cups of boiling water... and cook for 7 minutes... and you're all set to enjoy a delicious, appetizing soup. Women everywhere agree that Lipton's Noodle Soup Mix is just like the best slow-simmered soup ever made at home.

And remember, there is no shortage of Lipton's Noodle Soup Mix. You can buy at many grocers for several packages today.

2 PACKAGES FOR 25¢

A PRODUCT OF

LIPTON'S

The Packers of

LIPTON'S FULL-FLAVOURED (Small Leaf) TEA

Needlecraft For The Home

WONDERING WHAT TO GIVE

For a Christmas Present? Perhaps for someone special who makes more than you like to spend. Why not put the money in fabric, make this lovely gown and add that something that comes from the personal touch.

Style No. 3436 is designed for sizes 14; 16; 18; 20; 36; 38; 40; 42; 44; 46; 48; 50 and 52. Size 36 requires 6 yards 39-inch fabric.

To order pattern: Write or send picture with your name and address with 20 cents in coin or stamps to the Needlecraft Bureau, The Charlottetown Guardian, Style No. 3436.



Best for Baking! Best for Health!

DELICIOUS DESSERTS within the budget of CANADA'S HOUSEHOLDERS

Delightful desserts can be made at little cost with pure, high quality Canada Corn Starch. It's so easy to prepare a variety of delicious puddings that make the whole family call for more—caramel, butterscotch or chocolate blanc mange, strawberry or lemon snow.

Canada Corn Starch, with its even grain, gives each dessert the smooth creamy texture so much to be desired.

FREE! Send for the excellent Recipe Booklet "12 Desserts". Write enclosing one-top or complete label from any Canada Starch product. Address Dept. R16, Canada Starch Home Service, Box 129, Montreal.

CANADA CORN STARCH

The CANADA STARCH COMPANY Limited, Montreal, Toronto

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