

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

Needlecraft

FOR THE HOME



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Cook's Corner

CREAM OF BEAN SOUP

1 cup dried white (navy) beans
6 cups boiling water
1 tablespoon fat
1/2 cup chopped onion
1 tablespoon flour
1 quart (5 cups) hot milk
2 teaspoons salt
1/4 teaspoon pepper

Soak beans, in water to cover, overnight. Drain, add the boiling water and simmer until tender, about 2 hours. If a pressure cooker is used, cook the soaked beans in water to barely cover, for 50 minutes at 15 lb. pressure. Fry onion in fat until clear, add flour and blend well. Add hot milk, cooking and stirring until slightly thickened. Add drained, cooked beans and season with salt and pepper. Reheat and serve hot. Yield: six servings.

Modern Etiquette

By Roberta Lee

Q. When eating in a public place, and a mistake is made in your order, should one call the headwaiter and complain?

A. This is not necessary. Merely call the waiter's attention to it pleasantly. It is only when the waiter becomes rude or abusive about it that one should call the headwaiter.

Q. Don't you consider it rude for a bride to wait until she returns from a month's honeymoon to acknowledge her wedding gifts?

A. Yes; unless it is a formal affair.

ELLEN'S DIARY

By An Island Farmer's Wife

Urged by this morning's wintry aspect, yet well pleased with the progress of the plowing in recent days, the farmers went early to finish an end of it before the frost then creeping up threateningly should stay the plows in "mid-furrow". . . At this moment and in a queer contradiction to the weather then prevailing, rain teems on the roof and washes out in gusts, that moan about the eaves before they are spent. We close the stove-drafts, for if ever, this is a time when fires should be under control, and James' smile is rewarding as he "cuddles doon" for a nap on the couch. His day has been busy. In the wake of the choring, he too was off with the younger farmer, his set chore to take care of a matter of encroachment in that far field at the other farm. A happy company of spruces have been stealthily moving in to take possession of a corner, reclaiming it follows such there. Choice little along a hedgegrow, or in no time at all, in an undisturbed pasture, of a size which presently Jamie and other small lads will carry home to make fetching Christmas decorations. These then, James must clear away from the path of the approaching plows.

With granddaughter mittened and scarfed against the morning's biting wind and the snowy surroundings, we stood a minute in the yard to watch the out-going procession, as it moved along the lane and entered the roadway, on what seemed to be an unseasonal excursion. Pard, our alert and very knowing white dog, was in the lead. We called to him to return knowing well that this would only serve to make him stuck more steadfastly to his original purpose. Then laughed as he continued to run lightly, obviously happy in the very joy of accompanying the workers and horses, as he scampered along in advance of the team. As his choice of travel, James rode "our own mare," she that was raised on the farm, and is consequently much esteemed, as can be the lads and lasses one

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DOROTHY DIX SAYS -

Parasites In Marriage

Reader Claims Women Seek Only Material Advantages

DEAR MISS DIX: In regard to women's rights to propose marriage to men, haven't women always picked out their husbands? Isn't woman's love more material than man's? Do you ever hear of men selling themselves to girls for the sake of luxury and good times? Haven't men always shown that they loved more than women? Haven't men always written all the songs, poems and stories about love? Isn't it women who are the parasites in marriage?

JOSEPH

ANSWER:

Well, Joseph, giving women the right to pop the question to man doesn't compel him to marry her. He can always say "no."

Personally, I think that men have a better chance to escape marriage when women pursue them in the open than they have when it is done by stealth and under cover.

Perhaps women do marry often for position and money than men do, but that was a necessity forced upon them in the past by their inability to get the comforts of life in any other way. Now when any woman can make a good living for herself very few sell themselves for lucre.

MEN ALSO GUILTY

But if you think men are indifferent to such sordid considerations as a bank account, you are vastly mistaken. Every well-to-do widow can tell you that the line forms on the right of the men who want to share in her insurance money and hang their hats up permanently in her front hall.

Nor can you substantiate your theory that men love better than women do. You know what the poet says: "A man's love is of man's life a thing apart, 'tis woman's whole existence." Far more men are unfaithful than women. A man seldom loves an erring wife enough to forgive her, but thousands of women love their husbands well enough to take them back after they have betrayed them seventy and seven times. You have known dozens of women who have nursed sick men with a love and patience that never faltered through the years; women who waited outside of penitentiary gates to take back the men they loved when they were set free, but a man's love seldom survives invalidism or disgrace.

DEAR MISS DIX: We are told that every man is susceptible to the charms of some woman who can flatter him and exploit him and make him like it, but I wonder if you realize that there are men who understand women as well as women are supposed to understand men? Sometimes a man, realizing that a girl is in love with him will marry her because he does not have the heart to make her miserable. I believe that I understand women thoroughly. Do you think that some day I will meet a woman who can fool me?

JACK

ANSWER: Probably. I think most women can fool any man if they want to, but few women desire to, because women have sense enough to know that no lasting bond between a man and woman can be woven of deceit.

If a woman meets a man whom she desires for a husband, she naturally makes every effort to attract him. First, by making herself as good-looking as possible in order to catch his eye and then by making herself agreeable to him by jollyng him along and letting him know that she admires him.

You can use your judgment in sizing up her motives and exercise

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Timely Notes

On Nutrition

By Marjorie G. Hill

COD LIVER OIL VS. RICKETS

I want to speak very seriously to all of you today about a disease that is more prevalent on this Island than most of you are aware. This disease is a disease of infancy, attacking nine babies out of ten - and it is called rickets, a name derived from the old English word "wrikken" - to twist awry. You might well ask what proof I have for saying your child might have rickets. Every year Dr. Acker holds several clinics for crippled children - every year a high percentage of the children reporting at these clinics are treated for rickets. Frequently I hear mothers complaining that their babies suffer from convulsions, or that their babies are irritable, restless, and pale. These could be early symptoms of rickets.

Another early symptom is profuse sweating of the head and neck. Defective teeth, low legs, hunchbacks, knock knees, pigeon breast, all may be traced to rickets. It is entirely up to you, if we are going to stamp out this disease in Prince Edward Island. Fortunately, rickets is easy to prevent, and easy to cure.

The same factors that help prevent the disease, also cure it. Proper diet, a good diet, and out-of-door life with plenty of sunshine. We cannot do much about the latter from November through to April in Prince Edward Island. Milk, eggs, vegetables, fruit, and cod liver oil are necessary for an antirachitic diet. Most of you include the first four of these foods in your own and your children's diet. But are you accepting the fact that cod liver oil is a food and should be included in your daily intake of food?

Last winter a survey was made of the eating habits of school children in the Southport Women's Institute district convention area. One of the findings of the survey showed that the children were not getting any Vitamin D in their diets. This Vitamin D is a substance needed in the body to form strong bones and teeth. If it is absent, the body is unable to utilize the calcium and phosphorus gotten from milk, and so necessary for the formation of bones and teeth. Vitamin D is found in Cod Liver Oil and in sunshine when it hits bare skin directly. It is also gotten from salmon, irradiated, evaporated milk - foods which we rarely use.

The Red Cross saw that there was a vital need to make vitamin D available to children throughout the province. We are meeting this need by making it possible for organizations, such as the Junior Red Cross Branches, Women's Institute, Church Groups, School Boards etc., to purchase Cod Liver Oil capsules from us. These capsules are put up in bottles of 100 tiny pills at a cost of \$5.00. A school child needs one every second day - this costs the family two cents a week. A pre-school child should take one every day.

Many districts have purchased these capsules already, but there are many yet to realize the importance of this food for their children. It would be a wonderful thing indeed if we could say that every child on the Island is getting Cod Liver Oil - in other words that we, the people of Prince Edward Island, are determined to stamp out rickets from our Province.

Some day I will tell you about the role Vitamin D plays in prenatal diets.

That Body Of Yours

By James W. Barton, M.D.

VARICOSE VEINS

Although "New Look" dresses are still with us there seems to be a tendency to shorten women's dresses, which means that some women will again be embarrassed because of one or more varicose veins.

In "Health" Canada's National Health Magazine, Dr. Josephus G. C. gives us some of the latest information on varicose veins. All of us are born with two main sets of veins running in the fatty tissue of the leg just beneath the skin. These upper or surface veins must not be confused with the veins in the deeper tissues of the leg. The veins of the legs have little valves, like cups, to prevent the flow of blood downward when the individual is standing on his feet.

Dr. Luke points out that the reason some men and women get varicose veins is because of hours at a time without developing varicose veins and others develop varicose veins with the same amount or less of standing, is because the latter inherited weak veins, just as we can inherit weak or poor arteries. While many with varicose, and even unsightly varicose veins, have no symptoms, others have a heavy, full, tired and aching pain in the leg below the knee. Some also have cramps in the legs at night.

In examining recruits for World War I, we rejected those with varicose veins because we felt that if they developed varicose veins in civilian life, they would be even more likely to develop them in military life. As the injection treatment in order to be accepted for service, unfortunately they did not get enough rest before going on full duty and so other veins broke down.

The present day treatment as outlined by Dr. Luke is (a) the use of an elastic stocking which squeezes the dilated veins, an effective method but a nuisance to the wearer in warm weather, (b) the injection treatment in certain selected cases, (c) surgery and injection methods.

If varicose veins are present, your physician can make tests to find out if the deep veins will carry the blood back toward the heart should the upper or surface veins be removed by surgery or injections.



MIRACLE - Isaac Allard, 11-year-old French speaking refugee from North Africa, resided in an Oslo, Norway, hospital after being found alive in the wreckage of a plane that crashed near Oslo, killing 34. The only one to survive, he had an injured arm and a scratched nose. He said it must have been a miracle.

How Can I!!!

By Anne Ashley

Q. How can I remedy a sweater that has become unsightly because its pockets are stretched and sagging?

A. Sew a strip of elastic inside the top of the pocketbooks and tack the wool to it in a few places. It will draw the pocket back into position and stop the sagging.

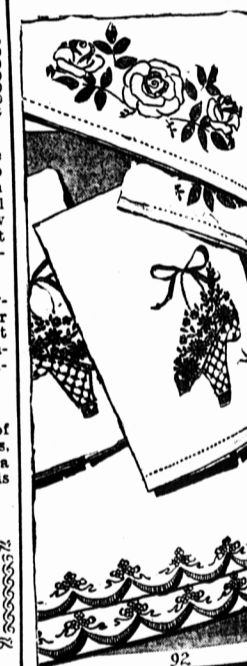
Q. How can I remove candle grease that has splattered over black suede shoes?

A. Take a piece of brown paper and cover the candle grease with this. Then hold a warm iron over the paper. The spot will soon be absorbed.

Q. How can I prevent chapping when hanging out clothes on a cold day?

A. Rub a little cornstarch on the hands, and this will keep them from chapping.

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9 out of 10 Screen Stars use Lux Toilet Soap—Lux Girls are Lovelier!

Morning Smile

By Genevieve Kemble

A business man called at a friend's office. After a glance round he asked: "How's your new office boy getting along?" "Fine, he's got everything so mixed up that I can't get along without him!"

The Stars Say - -

By Genevieve Kemble

For Thursday, December 1

A BRILLIANT idea, a sudden coup, exceedingly clever and dramatic, may turn the tide of defeat or crashing fortunes. It might be well to give heed to a fugitive thought or stray plan floating about in the ambient. This should be summarily captured and developed along rational and logical efforts to put it on a workable basis, with an idea of convincing the capital and influence for promotion. Dynamic thoughts and actions may prove radical and breath-taking, may work toward great ends.

For the Birthday

Those whose birthday it is are urged to concentrate their talents, training and versatility upon seeking out new ideas and initiative, in the hope that some sudden inspiration or smart basis for a coup may prove spectacular and win from ready sources the proper ways and means for development and promotion. Such may be from highly interested and willing sources providing surprising or dramatic denouement, if dynamically grasped.

A child born on this day is bountifully endowed with originality, inventive genius, creative urges, with the power to advance to conspicuous place in life.

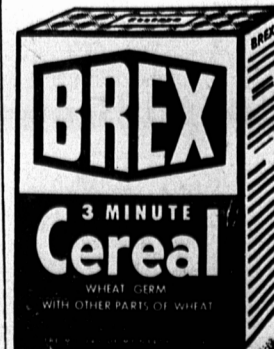
Better English

By D. C. Williams

1. What is wrong with this sentence? "From hence we shall go to Mexico."
2. What is the correct pronunciation of "hoop?"
3. Which one of these words is misspelled? Auxilliary, automaton, autumnal, auricle.
4. What does the word "monosyllabic" mean?
5. What is a word beginning with inv that means "incapable of being seen"?

ANSWERS

1. Omit from. Hence means from this place or from this time.
2. Pronounce the oo as in too, not as in cook.
3. Auxilliary.
4. Pertaining to words of one syllable. "He was very reticent; even with intimates he was monosyllabic."
5. Invisible.



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WHAT A FLAVOUR

