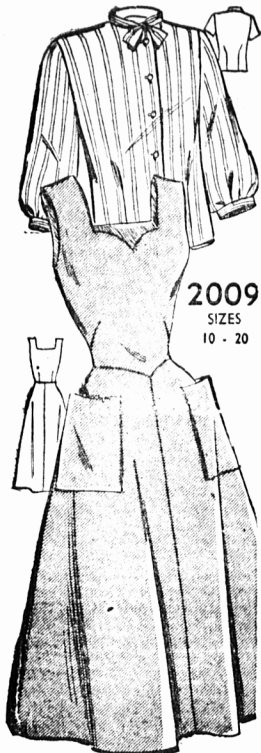


Woman's Realm/Social and Personal/Fashions/Literature

Needlecraft

— FOR THE HOME —



2009
SIZES
10 - 20

JUMPER GEM

Your winning Winter team! First, a smooth fitting basque jumper with fashion's favorite pocket detail. Then, a tidy tie-collar blouse. (Both in one pattern.)

No. 2009 is cut in sizes 10, 12, 14, 16, 18 and 20. Size 16 jumper, 3 3/4 yards 35-inch; blouse, 2 1/4 yards 38-inch.

Send 25 cents for each Pattern which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you want. Include postal unit, or zone number in your address.

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Household Scrapbook

By Roberta Lee

Button Technique

Often the place where a button has been sewed is worn out. A good way to sew on a button again is to remove a button from an old garment with enough cloth attached, squared or rounded, and larger than the worn-out spot from the back. The added cloth on the button will make a good patch, which can be worked out very neatly.

Apples

If a pinch of salt is added to the water in which apples are being washed before peeling, they will not turn brown as quickly as they usually do.

Whiter Clothes

Try slicing a rind of lemon into the boiler of clothes. This will induce whiter clothes and remove the stains out of pocket handkerchiefs, underwear and table linens.

Cook's Corner

FRUIT WHIP

Ingredients: two egg whites; one-quarter to one-half cup sugar; one cup canned fruit pulp; two teaspoons lemon juice.

Beat egg whites until stiff, but not dry. Gradually beat in sugar. Fold in fruit pulp and lemon juice and whip lightly in individual dishes. Serve cold with custard sauce. Yield: six servings.

OUSTARD SAUCE

Ingredients: two tablespoons sugar; one teaspoon cornstarch or two teaspoons flour; dash of salt; 1 1/2 cups milk; two egg yolks or one whole egg; one-half teaspoon vanilla.

Mix sugar, cornstarch, salt and one cup of the milk. Add slowly to the hot milk, stirring constantly. Cook until mixture coats spoon about five minutes. Remove from heat, add vanilla. Yield: six servings.

(If desired, one-third cup chopped maraschino cherries or raisins may be added to the sauce.)

Modern Etiquette

By Roberta Lee

Q. If you have sent a gift to someone and have received no acknowledgement after a reasonable time, would it be all right to ask this person if he received it?

A. Yes, you are perfectly justified in asking, as the gift may have gone astray. And if the person really did receive it, maybe your question will remind him of his extreme rudeness.

Q. Is it proper for a woman to consider her brother's widow her sister-in-law, even though she has remarried?

A. Yes, as long as she wishes to consider her as such. This is a matter of personal feeling, rather than rule.

Q. Is it proper to use the expressions "girl friend" or "boy friend" when making an introduction?

A. No; such expressions should not be used in introductions, nor are they ever in the best of taste.

How Can I...

By Anne Ashley

Q. How can I make a good vegetable salad?

A. Mix one cup of cooked diced carrots with one cup of cooked peas and 1/4 cup of chopped celery. Add 3 or 4 tablespoons of broken nut meats and 1 tablespoon of finely chopped pimientos. Mix with French dressing and serve on crisp lettuce.

Q. How can I clean the soiled leaves of house plants?

A. Apply equal parts of milk and warm water. Use a sponge, and rub gently to prevent breaking the leaves.

Q. How can I restore the gloss to a steamed material?

A. Use borax water when washing these garments, and it will help restore the gloss.

That Body Of Yours

By James W. Barton, M.D.

INSULIN TO QUIET ANXIETY PATIENTS

It is now more than 25 years since Drs. Banting and Best discovered insulin, which prevents death from diabetes. It would seem that ever since the discovery, not a year passes but some other use is being found for insulin.

The first shock treatments for mental ailments were given by insulin, then came metrazol and later electric shock treatment.

One of the outstanding symptoms in many mental cases is fear and anxiety in which treatment by insulin shock has given excellent results. There are, however, many individuals suffering with anxiety symptoms whose physician do not find their symptoms severe enough to require insulin or other shock treatment. To allay or lessen their anxiety symptoms, which symptoms are spoiling the life of patient and family, giving just enough insulin to quiet the individual and reduce his fear complex is suggested by Dr. G. J. Martin in "Journal of Nervous and Mental Disease."

Dr. Martin treated 210 patients with anxiety neurosis with insulin. A control group of 170 similar cases who received no insulin was studied. Only the more easily observed symptoms of anxiety, such as tremulousness, restlessness, fear or apprehension, excessive perspiration, sleeplessness and loss of appetite, were considered in the study of the two groups. The 210 patients given insulin received an average of 55 units daily and the average number of treatments given each case was about 28, most patients receiving 30 and 40 treatments. As long as the patient improved on the 55 units, this dose was maintained and was stopped when improvement stopped. Besides the insulin treatment both groups were given the usual ward treatment for anxiety symptoms.

The group given the insulin showed the greatest amount of improvement. Patients less predisposed to nervousness and anxiety and those who had anxiety symptoms for the shortest time, responded best to insulin treatment. Dr. Martin states that insulin is only a "part" of anxiety treatment but helps so much that out-patient clinics should be established so that patients could attend without need of special care.

The Stars Say --

By Genevieve Kemble

For Friday, January 6

WHELE the energies and initiative are keyed up to dynamic performance in advancing important projects, with excellent incentive for attaining constructive ends, yet the judgment is not entirely reliable and could blunder into a losing impasse. It would be wise to take time to make adjustments, to change plans or routines on a basis of logic and reason not impulse.

For the Birthday

Those whose birthday it is may develop a constructive and aggressive plan of action, with energies, forces and initiative keyed to fine purpose, possibly to important new propositions. Yet there is hint of obscurity in thinking processes, of mistakes through lack of reason and logical decisions, which might react on productive techniques. Changes and readjustments may assist to ultimate high achievements and security. Careful analysis of tactics may be vital. Shun snap judgments.

A child born on this day is bountifully equipped with energy, initiative and constructive ability, but may jeopardize its success by jumping at conclusions or by other obscure mental insight.



USES HER HEAD TO SAVE HER LIFE —

Heather McDonnell, nine, broke through the ice on the Rideau river near her Ottawa home while crossing the river to sleigh on a nearby hill. She kept her head through the 20 minutes she clung to the ice while a passerby, Oscar Cyr of Eastview, crawled along the ice and threw the straps of an army haversack and drew her to safety. She was cold and wet but otherwise unharmed.

DOROTHY DIX SAYS —

Unfair To Wife

Husband Gives Needed Cash To His Wastrel Brother

DEAR MISS DIX: I am a married woman with two children. I have a husband who is good in every way except for one fault. He gives money that we cannot afford to his brother whenever he asks for it. We are poor, working hard trying to pay for our own home, and I save every nickel I can to help. I have brothers and sisters who are worse off than his brother, but I do not think that I would be doing right if I gave his hard-earned money to them, and he would be furious if I did. My husband admits that his brother is a waster. Do you think it is fair for my husband to do this, or am I selfish in objecting to it?

ANSWER: You are perfectly justified in resenting your husband's impoverishing you for the sake of his brother. He has no right to take the money that you have helped earn and that you have saved to give to any one else, and when he does so he is giving you a rotten deal.

THINKS IT'S HIS

Of course, he thinks that the money belongs exclusively to him because he brings in the pay envelope, but the wife who cooks and washes and scrubs to make a comfortable home, and who does without all the pretty things that a woman loves in order to help her husband get along, has earned the money just as much as he has and has just as much right to say what shall be done with it. No man has a right to sacrifice his wife to his family. When a man marries a woman the Good Book says that he should leave father and mother and sister and brother and cleave only unto her. Her well being and her safety should be first with him and he should not let the support that rightfully belongs to her to give to his family unless there is a helpless old father or mother. Certainly he should not make his wife slave and economize to support able-bodied sisters and brothers.

Yet many men who think they are good men and who really love their wives are so obsessed by their families that they never consider the cruel injustice they do their wives when they let their families bleed them of every cent.

DEAR MISS DIX: A few years ago our parents moved to the country to live, going to a place where there are practically no young men. Our father and mother are as kind and considerate as possible to us, but we spend our time knitting and reading, and that is no way for a girl to pass her evenings. I have had a few dates, but my younger sister, who is well on in her teens, has never had a date. Do you think our parents have given us a fair deal in taking us to a place where we have no chance of every marrying?

TWO GIRLS

ANSWER: No, I don't think that your father and mother have given you a fair deal. I think it is just as much a father's and mother's duty to help their daughters make good marriages as it is to help their sons get into good trades or professions.

And, obviously, a girl can't catch a husband unless there are eligible young men roaming around loose. Yet parents often seem to forget this. They will take a girl to some Adamless Eden to live and then expect some miracle to occur and a man to rise up out of the earth and descend from the skies to lead her to the altar.

In your case the best thing to do is to persuade your parents to send you to some coeducational school, where you can study some

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ELLEN'S DIARY

By An Island Farmer's Wife

"I'm never too fond of a high wind" James observes of that which now blows gustily about the roof especially at night. To me, it always sounds more threatening after dark. "We have come along the hours of the day very pleasantly to sit comfortably by the fire, up to this moment each taken up silently with his or her own interests—and thought James has drawn his armchair nearer the hearth and has been we suspect looking upon fascinating visions in the smoke-wreaths from a cigar-extravagant delight!—which the younger farmer produced from a pocket before he left for a spell of shopping at the corner-store and in the neighborhood meat-market. Tea and such other staples as sugar and baking powder we must have, and a roast or other more modest cut for tomorrow's dinner."

Guided somewhat by the recent trend of lowering prices for agricultural goods, we naturally give our list more careful scrutiny than before, perhaps, parsing it down a bit, and substituting in mind at the same time, menus to include more of the items produced on the farm: eggs, milk, cream, vegetables, fruits, raw and preserved, and pork-bacon and ham, which after all are an integral part of every good diet, thought as Aunt Kitty Mahoney used to say about her everlasting knitting "It does tend to grow monotonous!" "And you might bring..." we said to Jock of a luxury item, then withdrew the request, while James smiled and commented, with truth in his words: "You needn't commence to save now, Ellen—the time for that, was when farm prices were at their height!"

We think that in his smoke-wreaths, James sees grain waving goldenly, approaching its harvesting, and sleek cattle eating it heartily when it comes to the mangers, as a sequel to the woods' work being carried out daily and diligently back in the stump-field. One must see visions like these to pursue many a labor on the farm. Thither we came with them this afternoon, and granddaughter, in the family machine as a first step on an outing which carried us two farther, to visit at Rob's and another farmhouse "in" the road, wherein other youngsters dwell.

On invitation and with pleasant anticipations we must come there to view and admire their respective Christmas trees before shorn of their glory they would be discarded to end a season of joy and delight. Leaving the machine and workers in the stump-field, we faced into today's bitter wind of the North, and matching steps, continued our way along the frozen fields. Would you see us the woman with the dark cloak and bescarfed whitening hair and the small girl, that marched together into the cold?

She is a sturdy resolute little girl, the counterpart or perhaps it is a smaller edition of her mother. Fair and blue of eye, cheeks fanned to a rose-glow by the nipping breeze, a face happy in anticipation, and framed by escaping golden curls. She wore her warm and favorite coat, a tidy made-over of Jeanie's fashioning; a blue hat, off-the-face, and faded from constant wear; red plaid scarf and snow-trousers; easy to slip into white boots and warm mittens of natural sheeps' gray. These letters are inscribed in large letters with the name she will claim in the new year as she makes her way along these pages.

Presently eyes shone with delight at the visible tokens of Santa's recent visit to those houses "in" the road, and it was with some regret that we must eventually come away when the car came to Rob's to bear us home. All in all, it was a delightful trip we

You will be delighted by its fragrance and flavour

"SALADA" ORANGE PEKOE

The Morning Is Near Us

By Susan Glaspell

She turned and faced the other way, where there was a grave to which a woman had carried secrets. "Why couldn't you ever tell Mother? Wouldn't it have been better to have told? Why were you—to yourself, as your old friend said? You're to yourself now. Need you have been that way in life?"

Twilight was dimming the day. Another night for the living and the dead. "Oh, Mother," breathed Lydia, compassionately.

"These people who are here now," she said, continuing her thoughts after Henry joined her. "They were once like that"—mouthing to the children ahead. "Racing and screaming and playing with a puppy. Then they grew up—most of them, and there were things that were very important, I was just wondering—how many of the things that were important then would they think important now? If they could tell us it might be—helpful," she laughed.

"I suppose many of them went through something all alone," she said, as Henry did not speak. "And that made them alone then as they are now. I wonder..."

"Wonder about something happier, Lydia," he said.

"I wonder what my grandmother and grandfather were like," she said after they had walked a little way in silence.

"I expect they were all right said Henry. "Most of these old-timers were."

"I never knew them. They died before I was born. I never even heard much about them. We didn't talk much at our house. Did your folks talk Henry?"

"Mother was quite a talker," he laughed.

Lydia walked on alone, thinking about these grandparents. They were there too—behind it. They had taken Mother when she was a beautiful eleven. How did it happen to do that—and how did they get on with her? Did they know where she came from? They must have.

Hans dominated the early evening. There was little place for grandparents in her thoughts. But last three happy little animals were asleep—sleep that would restore for another day's play.

As Lydia went downstairs she was thinking that she and her grandparents had something in common. They had both taken children not born to them.

She had the old album and found the pictures of that man and woman who had taken into their home a girl named Herta. They looked as if a child would be all right with them. One might not say they had a friendly look, but people didn't look too friendly in those old pictures. They seemed conscious of being dressed in their Sunday best and having their pictures taken. Her grandfather looked as if he might have been a rather silent man; those pressed

lips didn't suggest opening for much unnecessary talk. Yet the eyes seemed eyes of a just man. Grandmother had lace round her throat and fashioned down the front of her dress. Perhaps it was that made her face look softer than her husband's, as if she would be the one a child would turn to.

They had three children of their own, and the first two died. More children were lost in those years than now. Father was the only one who grew up. Here was a picture of a little boy taken. He had died of diphtheria soon after that grin, for he died at five. And the little girl they lost in infancy. So much her father told her when once she asked him about his brother and sisters.

Here was a picture of Father when he must have been around thirteen, and next that a place where a picture had been taken out. Another of Father as a young man, and again a picture had been removed—the edging torn, as if it were done hastily. In those places, she surmised, had been pictures of her mother, and she also suspected Mother herself had withdrawn her pictures. There was no picture of her mother in the album. There was the one she found by

Better English

By D. C. Williams

1. What is wrong with this sentence? "You ought to read that book."
2. What is the correct pronunciation of "Elysian"?
3. Which one of these words is misspelled? Consanguinity, conscientious, conspirator, consequential.
4. What does the word "esoteric" mean?
5. What is a word beginning with the letter "accuse"?

ANSWERS

1. It is better to say, "You should read that book."
2. Pronounce "Elysian" as in the unrhymed, 1 as in it, accent second syllable.
3. Conscientious.
4. The intrinsic nature of anything; that which makes a thing what it is. "Self-trust is the essence of heroism."
5. Incriminate.

Morning Smile

HER METHOD

"I hope," said one wife to another, "that you never nag your husband."

"Only when he is beating the carpets," said the second one. "When he is thoroughly irritated he makes a much better job of it."

THE TRUTH

At the breakfast table he was relating to his wife an incident that had occurred at the club the previous night. The chairman had offered his bowler hat to the member who could stand up and truthfully say that during his married life he had never kissed any woman but his wife.

"And would you believe it, Mary, no one stood up!"

"George," said Mary, "why didn't you stand up?"

"Well," he replied, "I was going to, but I look so awful in a bowler hat."

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Capping Ceremony at Charlottetown Hospital



The Capping Exercises of the preliminary students of the School of Nursing of the Charlottetown Hospital were held on December 22nd. This simple but beautiful ceremony took place in the chapel. The students carrying lighted Nightingale Lamps made a pretty but impressive picture as they returned from the altar rail where each was presented with her cap by Reverend L. Landrigan, Moderator of the Student Sodality. The newly-capped nurses then recited the Nurses' Pledge after which Father Landrigan gave an inspiring sermon. He stressed the importance of imitating the Divine Model closely in order that His influence in their lives might be felt by their patients.

(Back row) left to right—Leona Fisher, Tracie; Noreen Shreeman, Kinkora; Teresa Cash, Emerald; Ann Campbell, Charlottetown; Teresa Gaudet, Saint John, New Brunswick; Glenna Curley, Clermont; Marjory Murphy, Ebbesford; Dorothy Whit, Emerald; Jean Aylward, St. Louis; Betty Fisher, Tracie; Stephanie Gaudet, Summerside.

(Front row) left to right—Heleen Lannan, Charlottetown; Lorena Rooney, Iona; Mary Callaghan, St. Louis; Margaret MacKinnon, Kensington; Alicia Mullally, Souris; Helena Morrison, Summerside.

During the ceremony and Benediction of the Blessed Sacrament which followed, the singing of the choir was enriched by the assistance of the Reverend Bernard Gillis, Chaplain of the hospital.

Garnham Photo.

Kidney-Trouble—Backache; Could Hardly Get Out of Bed

—mother of four is overjoyed at marked improvement only ten days after starting to take Sarnak.

When you have four small children depending on you to get up every morning and attend to their needs, a nagging backache can make life seem a weary, discouraging, hopeless affair!

That's why Mrs. Weldon Simmons, 169 Enterprise Street, Moncton, New Brunswick, was so delighted to discover in Sarnak a remedy which relieved her condition that had bothered her, off and on, for five long years. She writes:

"I can hardly believe that I feel so much better. Sarnak has certainly been good to me. I feel more like working and living now than I have for a long time and about 'For five years I suffered backache which was due to a kidney condition. At times it was so painful that I could hardly get out of bed in the morning and life seemed useless to me. But with four small children I had to be up and about. 'I tried many kinds of pills and remedies without success. Then I started taking Sarnak and within ten days I noticed a marked improvement. Now I feel like my old self again—and it's all thanks to Sarnak.'"

Mrs. Simmons, however, is only



MRS. WELDON SIMMONS

one of thousands in Canada who have found relief by taking Sarnak after being kept in bed, unable to move, by the stomach, kidney and liver upset, constipation of rheumatic, arthritic and neuritic pains. Sarnak acts fast to relieve this type of pain because it is in liquid form; no tablets or pills to dissolve in the stomach. And the analgesic properties of Sarnak are compounded in the medicine to bring you effective relief from the moment you swallow the first dose. So get Sarnak today and give it a chance to help you, too.

At All Drug Stores \$1.35

PAY AS YOU DRIVE —

The coin meter system of meeting payments, used successfully on refrigerator and television sales, has spread to auto sales. Lila McCauley, above, shows how the meter plan, devised by a Chicago auto agency, works. Drop a quarter in the meter; the gadget releases enough gas to the carburetor to keep you going for a spell. When your next quarter is due, a loud buzzer sounds a warning. Ever so often a collector comes around for the quarters. For emergency use, four slugs a month are supplied by the dealer.