

Woman's Realm Social and Personal Fashions Literature

Living & Leisure THE WOMAN'S REALM

How Well Do You Know Your Island

By Uncle Joe

The first inhabitants of which anything is known were Soule-quois Indians. Their descendants, the Micmacs, are now wards of the Government, living on a reservation at Lennox Island. Their chief and council, chosen by themselves, continue to indicate their constitutional aspirations.

The small tribe has made progress in education, religion and the pursuits of agriculture and fishing; but love of wandering among the wide open spaces lures not a small number to become trappers, their trap lines often extending for miles across country.

The Benevolent Irish Society of Prince Edward Island had its birth at the Wellington Hotel in Charlottetown on Monday, the 18th day of April, 1825. This society has an unbroken history extending back to that time.

Prince Edward Island got its present name in 1799. We are one of the smallest self-governing Provinces in the British Empire, the smaller ones being Jersey, Guernsey and the Isle of Man. Each has a Lieutenant-Governor and a Legislature.

The history of Freemasonry in this Island dates back to 1797, when the Island bore the name "Island of St. John." In that year members of the Society living in Charlottetown applied to the provincial Grand Master of Nova Scotia for a warrant of constitution. The warrant was issued at Halifax the 9th day of October, 1797, and was signed by Richard Bulkley, Grand Master, and associate officers.

The first lodge meeting was held at the house of Alexander Richardson, Charlottetown. Ebenezer Nicholson was appointed Worshipful Master; Will Hillman, Senior Warden; and Robert Lee, Junior Warden. Among its first members were such distinguished names as Lieutenant-Governor Fanning, Thomas DesBrisay and Alexander Richardson.

The Masons had the honor of laying the corner stone of the old Queen's County Jail and the Provincial building.

Great shale beds suitable for road building exist near Pownal, Orwell, Nine Mile Creek, Tea Hill, Belfast and at East Point, while a more pebbly material—probably of drift origin—may be found near North Cape, Alberton and Cardigan.

How many of us know that a fossil, in the shape of a large carnivorous reptile, was discovered many years ago at New London? This fossil was purchased by the Academy of Natural Sciences of Philadelphia. It was the second authentic discovery of saurian bones in the new red sandstone of North America, a species differing from any found elsewhere.

Sand dunes may be seen along the North Shore, often rising to a

N. B. Lt. Gov. Ball Brilliant Social Event

The annual ball given by His Honor, the Lieutenant-Governor of New Brunswick, Hon. D. L. MacLaren in the Legislature building Friday night was a fitting climax to the most brilliant social season held in Fredericton in many years. Representatives in provincial life as well as hundreds of Fredericton citizens gathered in the Legislative building. The ground floor was thronged with dancers and the balcony was filled to capacity with interested spectators. The Lieutenant-Governor received his guests with Mrs. MacLaren and the premier of the province, Hon. J. B. McNair. Attending the governor were his aides, Lt.-Commander F. K. Fowler; Lt.-Col. Philip W. Oland; Flying Officer Gordon M. Manning and Major William A. Schofield. Present also were Mrs. Fowler, Mrs. Oland, Mrs. Manning and Mrs. Schofield. Major C. Barker, A. D. C., announced the many guests while musical selections were rendered by Walter McGinn and his orchestra.

Mrs. MacLaren wore a Maggy Rouff model gown of navy and royal blue shot faille, with royal blue stripes, and her accessories were royal blue.

height of forty feet. These are one of our natural wonders, proving quite an attraction for tourists.

At Hog Island in Bedeque Bay may be seen traces of volcanic rock which was spewed from the bowels of the earth centuries ago in a molten state.

And believe it or not, iron ore, manganese and copper exist at Gallas Point and St. Peter's Island. It is just possible that valuable natural resources yet remain to be tapped right under our feet.

The record for longevity in this Province was that of Mrs. Donald Graham, who, at the time of her death, lacked but fourteen days of being one hundred and eleven years old. There can be little doubt as to the correctness of the chronology in this case, as the baptism of the woman in her childhood is recorded in church records.

The first newspaper published here was the Royal American Gazette and Intelligencer. The publisher was James Robertson. The year was 1787. There was not even a post-office from which to distribute it, or a regular mail carrier to take it to the scattered, isolated districts.

Morning Smile

"Do you think that stimulants would hurt me, doctor?"
"Not if you leave them alone."
"My old man's nerves are that bad," Mrs. Robinson said to the druggist, "he's afraid to ask for a pay increase. Would it do any good to give him a dose of them aspirin tablets?"

That Body Of Yours

By James W. Barton, M. D.

TIREDDNESS A CAUSE OF NECK, SHOULDER AND ARM PAIN

Shortly before and during World War I a number of cases of painful neck, shoulder and arm were found to be caused by what was called an extra cervical (neck) rib. This short piece of bone was found to be pressing on one of the nerves coming out from the spinal column in the neck region. By removing this short or cervical rib, and thus removing pressure, pain disappeared.

During the past few years conditions other than cervical rib have been found to be causing this neck, shoulder and arm pain, such as abnormal insertion or attachment of a muscle, arthritis of joints of the spine and a crushed disk (cushion between bones of the spine). By correcting these conditions insofar as possible, excellent results have been obtained.

It is now known that another condition, simple tiredness, by causing the shoulders to droop, can cause pressure on the same nerves and cause the pain in the neck, shoulder and arm. In the "British Journal of Physical Medicine" (using heat, baths, exercise, massage), Dr. K. N. Lloyd states that the sagging of the shoulder or shoulders puts pressure on the nerves and muscles of the neck. Shoulders droop when the muscles that hold the shoulder up in position lose tone because of overuse, strain or aging.

It can be seen that while rest might be necessary part of the time, the real treatment is to develop the muscles that lift and hold the shoulders erect. One exercise known to all physical directors, rolling the shoulders upward and backward (shrugging the shoulders), is an effective method of holding up the shoulders. All exercises done with

(Continued on Page 3)

Cook's Corner

DE LUXE PRESSED CHICKEN

- 1 large hen
 - 1 cup small English peas
 - 3/4 cup chopped almonds
 - 2 cups diced celery
 - 1 cup mayonnaise
 - 1 1/2 cups chicken broth
 - 5 teaspoons tomato catsup
 - 4 hard-boiled eggs
 - 1 box unflavored gelatin
 - Salt
- Boil hen until tender. Remove meat and cut in small pieces. Mix all dry ingredients and add salt to taste. Add 1 cup broth and the catsup to the dry ingredients, add mayonnaise and gelatin which has been dissolved in the remaining broth. Mold and chill. When ready to serve, slice and serve on lettuce.

DOROTHY DIX SAYS—

Matrimonial Duties

Wife Must Do Equal Share To Make Marriage Work

DEAR MISS DIX: Love is love, but marriage is a business also, and you will be doing a lot of good in the world if you can only make these young wives see what their duty is towards their good, working husbands. Certainly if a man is willing to earn the meal ticket, the least a wife can do is to get up in the morning and make him a good breakfast, put up his lunch, if necessary, and see that he has a decent dinner.

I am telling my sons to expect just that much service, complete with necessary darnings and buttons, from their wives, and that if they don't get it, to leave such poor sticks of women. A bargain is a bargain in marriage just as much as it is in business, and husbands should stand on their rights and demand their just due. There wouldn't be so many divorces if there were not so many trifling wives.

INDIGNANT MOTHER

ANSWER: Probably the greatest surprise that any man ever gets is when he discovers that he has married a deadbeat instead of a helpmeet, and that he not only has to bring home the bacon, but he has to cook it, no matter how tired he is after his hard day's work. That isn't what he expected, for practically all men have the delusion that women are domestic by nature and that there is nothing they enjoy so much as whipping up dainty meals for their husbands and polishing up the knob of the big front door.

Of course, the great majority of wives do regard making a comfortable home for their husbands as a duty, not as a favor. But you would be surprised at how many women there are who marry for a meal ticket and who make slaves of their unfortunate husbands. To this column there comes a never-ending stream of pathetic letters from men who write that they are married to women who are so lazy and inert that they refuse to do a hand's turn towards making a decent home for their families.

SHIRK RESPONSIBILITIES

They turn over and take another snooze in the morning instead of getting up and preparing breakfast. They won't even get their children off to school. They won't even change the baby's diaper. And the poor frantic man who has to wrestle with all the problems of domesticity, in addition to being the bread-winner, is one of the most piteous figures in the world.

What should be done with these lazy, conscienceless, selfish women who wreck the lives of so many good men, and who are responsible for so many delinquent children, is one of the bitter problems of our day. But woe to them when they come up before the Judgment Bar.

DEAR DOROTHY DIX: I am a young man 23 years old and this is my problem: Everything I do I have to tell my mother and father, even when I kiss a girl. If I don't tell them, I feel guilty. But it doesn't seem to do me any good to be frank and honest, because when I tell my mother and father the ways girls and boys act when they go out, it starts a big fight in our home. If I could only keep my mouth shut, I would be all right.

BEWILDERED BOY

ANSWER: There is an old axiom that says that a gentleman never tells when he kisses. That is considered a strictly private matter between the man and the girl, and it certainly can't make for your popularity for you to run and tell Mama and Papa all about it.

Of course, parents are always curious about everything their children do, and say, and hear, and fathers and mothers, as a rule, pump all the gossip that their youngsters have accumulated out of them. This, Pop and Mom account unto themselves for righteousness, for they think it shows how their children love them and depend on them, but, in reality, it is a cruel and dishonorable thing to do, because boys and girls hear things they do not understand and they often innocently tell tales that start scandals that ruin lives.

But tattling is a vice common to us all, and a lot of us would be, like you, all right if we could only keep our mouths shut.

DEAR DOROTHY DIX: I am a woman of 35 years and have been in love with a married man for the past two years. I recently met his oldest son, who is 20 years old, and now I am in love with the son.

WORRIED LOVER

Should I marry the son and hurt his father, or marry the father and break up his family?

ANSWER: You must have a crush on the entire family if you are in love with both the son and the father, but as the father-son relationship clutters up things so badly, I think you will be wise to clean your slate and take a fresh start in husband-hunting.

You see, the cards are all against you. Fifteen years difference in age between you and your boy friend make an awful break, and there are not many lads of 20 who can stand the strain. Some pretty girl in their own age class comes along and Sonny Boy just fades out of the picture. Nor are older men likely to make marriages if they involve the tragedy of a father and son being rivals, and breaking-up of a family.

Household Scrapbook

By Roberta Lee

Feather Pillows
A bright windy day should be chosen for washing feather pillows. Fill the tub with water and plunge the pillows in feathers and all. Then put through several waters, shake briskly, and hang on the line to dry. During the day, shake several times so that the feathers will dry. They should be replaced in the fresh air every sunny day for a week following this treatment.

Salad Dressing

The addition of a little French dressing to the salad dressing will make it thinner for serving over fruit, fish, meat or vegetable salads.

Nose Bleed
You can often stop nose-bleed by applying cold compresses. Or, wrap a piece of ice in a cloth and place it at the back of the neck.

The Stars Say--

By Genevieve Kemble

For Tuesday, April 26
It may take some very rigorous rationalizing to sidestep snafus, pitfalls and strange adventures or contacts on this day, beset with dangers from hidden sources. Fraud, duplicity, curious entanglements may undermine honest performance, largely because of susceptibility to schemes, to over-sensitiveness, emotions or idealism. Meraising situations call for level-headed and realistic performance, with sound tactics, tangible efforts.

If It Is Your Birthday

Those whose birthday it is are urged to build up a sane, realistic and practical program if strange, subtle or intriguing circumstances are to be sidetracked. Such under-currents or hidden factors demand an open, shrewd and straightforward course of action, since there are curious conditions, in which it might be easy to be toppled over by idealism, peculiar leads, eccentric emotions, feelings or drives, in which duplicity, betrayal and schemes could prove a delusion and a snare. Beware all forms of subtle temptation, however beguiling.

Better English

B. C. Williams

1. What is wrong with this sentence? "I have heard that it is a sickly climate."
2. What is the correct pronunciation of "debauchery"?
3. Which one of these words is misspelled? Balast, balustrade, balbrigan.
4. What does the word "lineage" mean?
5. What is a word beginning with ul that means "beyond what is manifest or avowed"?

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Modern Etiquette

By Roberta Lee

Q. When two men and a girl are getting into the back seat of a car, how should they proceed?
A. One of the men should open the door for the girl, who enters and sits in the middle. One of the men enters first at her right, the other goes around the car and takes the seat at her left.
Q. Is it good form to type a signature on a business letter?
A. Not unless it is supplemented by a pen signature. Sometimes this is advisable when a person's signature is very illegible.
Q. Does a woman rise when she is being introduced to another woman about her own age?
A. Not unless a much older woman is making the introduction.

OUT OF THE SCRAP BOX

Q. How can I store blankets properly when winter is over?
A. Do not put blankets away in a soiled condition. Wash them in lukewarm suds, and then rinse in the same temperature water. After they are dry, wrap in paper with plenty of camphor, and then packing in newspapers, before packing away, to prevent moths.
Q. How can I easily skin tomatoes?
A. By placing them in a basin, pouring boiling water over them, and allow them to stand a minute. The skin can then be removed without any trouble.
Q. How can I make a jewelry cleaner?
A. A good cleaner and polish can be made by mixing one ounce of aqua ammonia with one-eighth ounce of prepared chalk. Bottle this solution and keep corked when not in use.

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Ellen's Diary

By an Island Farmer's Wife

ENCOURAGEMENT

How far one cheering word will go, is never given us to know. The hammer blows on steel or wood may not result in lasting good. But who, at proper time, is heard To utter just one heartening word May change the life of him who hears.

And be remembered down the years. A youth with dreams of enterprise, With courage to his task may rise. He'll tell, in his declining days: "Because I heard a word of praise I am what I have grown to be, Knowing one man had faith in me."
—Edgar A. Guest.

POLKA DOT SHOES

An American shoe company that

that puzzles his elders. "If smelts spawn in Spring, why do trout lay their eggs in Fall?" And "Why does the male woodpecker wear a red cap?" We chuckled over the answer to that one while the bird eyes us this morning from the top of a telephone pole in the lane, an ancient weathered one along which he had been tapping. We were on our way then, sauntering, since we found so many items en route to view and discuss, to a spell of fishing down at the stream. There were three of us—and the "yaller" pup. Jamie carried the tin of worms preserved in a handful of earth since Friday and the pair of rods, and grand-daughter, obviously well pleased with the privilege of shadowing him, carried a small basket for any takings. It was a great moment for all of us—at long last our trouting day was at hand. We chose a sunny sheltered haunt and Jamie cast the first line.

It was an ideal morning for angling. Jock our best angler assured us of this, with wistful tones as he went out on his way to the other farm—agreed that in the fascination of winding and rippling, that grist must be taken to the mill, stables must be cleaned, a creep built for an early litter of piglets, and a farrowing rail installed in a pen for "that there one." "Wouldn't you like to stay with us?" I called. "Sure, I would," he replied, "but business is too pressing today! But you should have lots of luck, if they haven't all gone out in the freshets!"

Jamie had cast, nicely. There was a moment of intense concentration and silence; the float bobbed in the sunlit ripple - - - danced and disappeared - - - and then with a mighty draw, what did Jamie land? Certainly. A first trout of the season! And so, forgetful of every caution of winding and rippling, the privilege given us by the day that was here, we continued our angling. Good fortune attended our hooks, though Jamie had an idea that some favorable opportunities were lost to me. Once he commented: "I don't think that you've fished many times—you leave them to nibble too long, and they get away!" "But how am I to know when to haul the line?" I inquired. "I can't tell you how, but," he nodded, "there's a certain time, and when it comes you don't have to be told—you just know it yourself!"

Her role it was when she found the fishing-rod too heavy to hold, to admire our takings, and on occasion to fetch the tin of bait for the angler. We had birdsong for music and the squirrel in the old hemlock in the woodland nearby to make conversation for us. - - - but dear me, how sleepy we find/ourselves!

Until tomorrow - - - Diary - - - Good-night. - - -

How Can I!!!

By Anne Ashley

Q. How can I store blankets properly when winter is over?
A. Do not put blankets away in a soiled condition. Wash them in lukewarm suds, and then rinse in the same temperature water. After they are dry, wrap in paper with plenty of camphor, and then packing in newspapers, before packing away, to prevent moths.
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puts out high-style footwear for

fashionable young feet announced recently that it is going into polka-dot shoes as most sensational new trend for summer.

Officials of DeLiso Debs said: "Polka-dots are a natural footwear complement to the new solid colors in summer dresses and suits. They act as 'pick-up' for those costumes."

The outstanding silhouette in this new fashion is expected to be the open-toed pump with a large froutrow bow—but there will be polka-dots also in sling and opera pump styles.

All the shoes are in linen fabric. And polka dot shoes can be matched up with handbags, blouses, hats and scarfs this summer. But don't overdo it. Too much of a dotted effect can give spots before the eyes—unstylish ones.

The silk manufacturers are now introducing newweave fabrics which will blend with new colored shirts, yet maintaining varied patterns. The men will now vie with the women in combining color combinations.

A shoebag is a versatile item. It's a good travelling companion. Before starting out on a long auto trip wear a child, fasten a shoe bag to the back of the front seat. Then use it as a storage spot for toys, fruit, cookies, tissues and other travel needs that you'll want to have available.

Hang one near your baby's crib. You'll find it a convenient holder for toys, medicines, tissues, diapers, and a lot of other things. And then there's Scotch tape. You've probably figured out a lot of uses for the sticky stuff—but perhaps you haven't roamed as far afield as some folks have with it. You can use it to fasten wrist corsages—it works better than ribbon, which is apt to get untied. Use it to mend galoshes and to mend decorative glass and china pieces, broken windows and mirrors until they can be repaired.

It'll also do a mending job at umbrellas on window screens, on lamp shades and will fix broken slats on a Venetian blind. A short length of Scotch tape will hold dollies and dresser scarfs to tables and dressers—and will also stop runs in hosiery.

LITTLE TOP LEAVES...

TENDER LEAF Tea Balls

FAMOUS FOR FLAVOR

You'll find the rare flavor and fragrance of finest Orange Pekoe in the new improved Tender Leaf Tea Balls... at your grocer's now.

Needlecraft FOR THE HOME