

Woman's Realm Social and Personal Fashions Literature

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OUR STOCK IS COMPLETE AT PRESENT SO SHOP EARLY WHILE THE SIZES ARE STILL UNBROKEN.

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THE Gloria

"WHERE SMARTER WOMEN SHOP"

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That Body Of Yours

By James W. Barton, M. D.

THE IMPORTANCE OF STOMACH MUSCLE

When I was a youngster, my mother never was up to the top of the family had a vomiting spell. She had us miss one or two meals, and calmly stated that a "good" stomach would "throw up" anything that we should remain quiet for the rest of the day.

That the muscles of the stomach, which churn the food and mix it with the stomach juice, are important to digestion and health is stated by Dr. Janet Lindsay Greig, Melbourne, Australia, in "Medical Journal of Australia."

"It seems that, as in the heart, where strong muscles are essential so in the stomach a strong healthy stomach muscle is of the utmost importance to the well-being of the patient." Thus when the tone of the stomach muscle is good, not only are patients who suffer with a nervous stomach relieved of their symptoms, but also as monthly pass patients who have been suffering with migraine — one sided headache — find that migraine attacks have stopped.

As stated before, the best single remedy known for migraine is ergotamine tartrate injected into the muscles or placed under the tongue. In most cases the injection is rapidly followed by vomiting, frequently accompanied by gas coming up from the stomach. Complete relief soon follows. While this result on the stomach is generally believed to be caused by the nervous system, bringing about a contraction of the spiral arteries in the brain and the covering of the brain, Dr. Greig believes that the speed with which ergotamine tartrate acts in migraine seems more like direct action on the smooth muscle fibers of the stomach, similar to the action of another ergot drug (ergotamine) on the arteries.

The tone of the muscular coat of the stomach can be kept at its best if meals are regular, well spaced, food not eaten when the body is tired or if under strong emotion. By lying on the right side after meals, and avoiding all food not out of the stomach then flows or syphons into the small intestine, allowing the stomach walls to contract instead of being distended when the next meal is eaten.

Dorothy Dix Says—

Thoughtless Divorces

Many Women Live To Regret Shedding Good Provider As Mate

If husbands and wives counted the cost of a divorce before they got one, it would do more than any other one thing to put a crimp in the home-wrecking industry. But they don't. They figure it out in their books to be all gain. You swap off a husband or wife, who has gotten on your nerves and of whom you are tired, for a glamorous new mate. Your divorce absolute works a miracle that makes you young and gay again, and there you are, tra-la, tra-la, singing a merry roundelay.

Thousands of men and women are sold to the belief that a divorce is a sure cure for all of their matrimonial ills, and as it is so easy to get one, why put up any longer with Jane's nagging and John's grumpiness? Why bother with a mate for whom you have lost your taste any more than you would with an old model automobile or a hat that no longer hit your fancy?

Of course, we all recognize that there are marriages in which divorce is a sad necessity. It is the surgeon's knife that cuts the cancer away in cases where the husband is a brute and the wife a virago, but such instances are comparatively rare. The great majority of divorces are the result of married couples longing for freedom, and their belief that they wouldn't have a care in the world if they were rid of their present mates.

WOMEN, GREATER OFFENDERS

This is especially true of women, who are the chief patrons of the divorce courts. I get thousands of letters from wives who write: "I hate to break up my home, for I have such a beautiful house, but I want to go to Hollywood and be a movie actress." Or: "I hate to break up my home for my husband is such a good provider and so kind, but he never takes me out to places of amusement." Or: "I hate to break up my home because my children are so fond of their father, but I might as well be married to a dummy for my husband never talks or tries to entertain me."

And so on and on, and it is appalling to think how many women who are married to men who are kind and generous and good providers, divorce them because they are not glamorous. They never stop to count the cost when they throw their meal tickets into the discard and try to live on grudgingly given alimony. Still less do they appreciate the deadly wrong they do their children in depriving them of a father's love and care and money.

These divorcees, who expect to be so blithely happy when they have taken the children and gone back to Mother, are due for a rude awakening. Parents give a cold welcome to the daughters who come back and dump a bunch of kids upon them. Old friends look down their noses upon them because they think they were such fools for giving up a good home and shopping ticket because their Johns or Johns bored them. Not many men are looking for brides who bring along a ready-made family. And many a many a once-pampered wife finds out that the only freedom her decree absolute gives her is the freedom to go out and earn her living, very much the same as women's applications for divorce is because they let the onus of breaking up the home fall on Georgina. But many a husband secretly rejoices in being delivered from a nagging wife until he finds out that alimony comes high and that nothing on earth pays him for the loss of his children.

Ellen's Diary

By an Island Farmer's Wife

The March thaw that James and I have been expecting since the time wore towards mid-month is here. A wild wind that holds a balminess in its breath is blustering now about the house and one fancies in its complaint a sign of continuing showers, such as we have had today. At times and in a low rumble like the sound of far off thunder one is aware of the tumult of water flowing through the opened gates on the mill dam. This is a strange sound now after the silence of Winter. Jamie our guest while Rob was to the city today left his snow-shovelling and came to press a nose against a pane to ask me: "Can you hear the water through the waste gates?" And when I shook my head he called "well you should — its getting louder and louder!" An old affliction which after all would not amount to the pain of only one of Job's boils had returned before that, to trouble an ear — one that fortunately is usually of brief duration. It descends so suddenly that one is puzzled to determine the cause.

One is well and busy and all at once that unmistakable ache is there. James is sure "its from a draft, Ellen" though one is unable to recall the circumstance of any particular one. It might come as a result of standing moments without protecting head-scarf on a verandah, lost in the wild glory of the setting sun or perhaps again forgetful of time, watching the twilight which settles first on the hills, tops, come silently across the valley to meet one. Or perhaps from stopping too long on the path between this and the house across the lane arrested by the haunting call of an owl or the bark of a fox from the piece of densely wooded land just beyond our line — bewitching voices in the immensity of night.

From whatever, mostly careless source, the condition persisted throughout today though Jamie came with healing drops and Jamie more than once to inquire hopefully: "And is it any better now?" There were many delights in this spell of weather that had to be foregone. However he shovelled snow until cheeks were rosy, working near to my window and then leaving it to help our farmers at adult interests. New ones came to them today. There must be trenches cut about the buildings and yards to lead to them safe channels, the stream or pond. From the thawing snow on the slopes and heights came charming brooklets that rippled presently along the cleared courses and were naturally intriguing to a small lad who sent chips boating in the clear water. I suspect that situated along the rise of a valley as we are at the Auld-man one is more aware of thawing snows than those whose buildings top a summit.

In the dusk that dropped swiftly this evening James and his namesake joined Rob returning from the city, down at lane's end, and accompanied him home. As James said with Jamie all night, tell Jack to keep an eye on things just might. "Now if I had a need of passing along the word, a lantern now about the yard in the darkness tells a story of a farmer working well into over-time, attending to the comfort of his stock. A last handful of grain of feed for the two on the hill, and a fore retiring to the well-shut door, who after a feeding shutter to close tightly against a sudden change in weather; an extra pall of water emptied to a lowering trough and certainly a visit to "that next heater", before he is satisfied that all is well for the night. A light on the dam indicates that not a crown, uneasy" but that wears whose property includes a mill and dam. Mr. C. from the house on the hill is concerned with the increased flow of water there.

The wind continues to mourn lonely about the house and in the lamplight there is rain on the pane — a dampness that is strange after a Winter of Frost. In the discomfort and darkness of outdoors tonight, His armchair is vacant; the kitchen strangely still. No smoke wreaths. No companionable rustle of newspapers. James is away. But now a light step is on the porch and there is Jeanie . . . to administer more of the healing drops.

Until tomorrow — Diary — Good-night.

ISLAND MAID

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Extra good because of the rich, pure ingredients and baking care—extra good for you because it's packed with energy building vitamins

YOU CAN'T BUY BETTER BREAD

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Modern Etiquette

By Roberta Lee

Q. What is the best way to go about making up the list to whom wedding invitations are to be sent?

A. The preferable way is for the bride and bridegroom to make up this list together, consulting the parents of both families, of course.

Q. Is it correct to tip a chambermaid when one has been staying for some time in a hotel?

A. Yes; this is usually expected.

Q. Isn't it permissible to use the telephone to accept an invitation?

A. Only when the invitation is extended over the telephone. Otherwise, it should be accepted by letter.

Household Scrapbook

By Roberta Lee

Hard Sugar

Dark or light brown sugar is often difficult to measure. In this case, heat the sugar in the oven, and then measure it quickly while soft. If the sugar is kept in the refrigerator or breadbox, it will remain soft.

Whiter Woollens

If the white woollens begin to acquire a yellowish tinge, use three ounces of peroxide to two gallons of water in washing them, and dry them in direct sunlight.

A Disinfectant

Use chloride of lime as a disinfectant. It is cheap, clean, and will kill all germs.

Better English

D. C. Williams

1. What is wrong with this sentence? "Frank asked if anyone was at home, or mandamus?"

2. What is the correct pronunciation of "mandamus"?

3. Which one of these words is misspelled? Potatoes, tobaccos, pianos.

4. What does the word "circumlocutory" mean?

5. What is a word beginning with ret that means "inclined to keep silent"?

ANSWERS

1. Say, "Frank asked whether anyone was at home." 2. Pronounce mandamus first a as in man, second a as in day, accent second syllable. 3. Tobaccos. 4. Roundabout. (Pronounce third syllable lock, accent third syllable.) "Such methods would be circumlocutory." 5. Reticent.

The Stars Say—

By Genevieve Kemble

For Wednesday, March 24

WHILE there is a definite sign of a productive, pleasant and profitable state of affairs, affecting the career, ambitions, possessions and especially personal relations, yet, as well, there is sign of an irrational, erratic and abrupt or impetuous move or course of conduct, upsetting the "apple cart" with violent and unpredictable disturbance. Some rapid desire, jealousy, and unexpressed urge stemming from a purely personal urge, could have unhappy and spectacular climax.

If It Is Your Birthday

Those whose birthday it is may have a year in which its success and happiness depend upon its own conservative, reasonable and considerate conduct, in which business, finance, possessions, career, and home life and felicity, have utmost significance. It is probable that some unruly passion or desire, enmity, ill will, or emotional crisis could react with dire result on a promising and highly auspicious situation. Personality is a matter of prime importance in all relations.

A child born on this day while having an attractive and pleasant disposition and charming personality, yet may be subject to erratic, rash or wayward impulses, undermining promised success.

CARDIFF, Wales — (CP)—At 101, John Williamson, retired undertaker, still does crossword puzzles.

RIGHT ANSWER AND ITS EFFECT

The housewife who was telling the story was indignant. It seems that, after she had hunted up and pushed around a week's supply of groceries, totalling over \$30, the dour-faced woman checker in the serve-yourself style grocery was annoyed because the shopper, remembered one last thing she needed and had to go back for it.

"Is that all?" the checker snapped when she returned.

The story reminded me that only recently, when the same thing happened to me in another grocery, the checker had smiled and answered my apology with: "Oh, that's all right; we like to have our customers decide to buy one more thing."

Which is all by way of leading up to this: stores would do well to impress on their clerks the importance of a soft answer.

"We like to have our customers think of one more thing" to the harried shopper who may not be as businesslike as the clerk would wish, but is a good customer, nevertheless.

"I'm sorry that we haven't what you want, but come back again" to the customer who leaves without buying anything.

The difference between a curt and courteous answer is usually slight in every way but one — its effect on the one who receives it.

Cook's Corner

JAM BRAN MUFFINS

2 tablespoons shortening
¼ cup sugar
1 egg
1 cup sour milk
1 cup sifted flour
1 teaspoon baking powder
½ teaspoon soda
½ teaspoon salt
Jam

METHOD: Cream the shortening and gradually cream in the sugar. Add the egg which has been well beaten, and the milk, along with the bran, and allow this to stand for a while.

Sift the flour, then measure it and sift again with the baking powder, soda and salt. Add to the first mixture, stirring just enough to blend in the added ingredients. Fill greased muffin pans two-thirds full with the batter. Place 1 teaspoon jam on top of each muffin, and bake in a moderately hot oven (400 deg. F) for about 20 to 25 minutes.

CHEESE CAKE

Cheese will not become dry so quickly or mold if you wrap it in greased paper, or muslin or cheesecloth damped with vinegar. Keep it in a covered dish in a cool, dry place.

DIG IN FOR WARMTH

Many people living in Arctic regions build houses that are partly underground as protection against winter temperatures.

Clear Your Sore Nostrils Soften Clogging Mucous Relieve Catarrhal Misery

Instead of lying awake at night wasting your strength with sneezing and coughing, why not act now, and break up your cold today?

By inhaling the germ-destroying vapor of Catarrh-o-sone you stimulate the linings of the throat so that they may throw off the irritating secretions — then, as the congestion passes away, you get real relief.

Catarrh-o-sone releases into the bronchial tubes, nose and throat, a powerful antiseptic that helps to keep the breathing organs clean and free from disease germs due to cold. Get Catarrh-o-sone today! Complete outfit, 50c; small size, 25c. Sold by all dealers.

36 MEXICAN DESIGNS

DESIGN NO. 575

All colors of floss from the sewing basket are used to embroider Mexican designs on place mats, towels, children's clothing, etc. Hot iron transfer pattern No. 575 contains 36 motifs with complete instructions. Needlework Book 20c. To order: Send 20 cents in coin to Needlework Bureau, Charlottetown Guardian.

Design No. 575

How Can I!!!

By Anne Ashley

Q. How can I prevent starch from blowing out of drying clothes?

A. Add a little salt to the starch and it will prevent the starch from being blown out of the clothes when drying them on a windy day.

Q. How can I clean siderdown?

A. An siderdown garment can be cleaned by rubbing it thoroughly with cornmeal, allowing it to stand for a few days, and then shaking thoroughly.

Q. How can I impart a different flavor to steak?

A. Squeeze the juice of a lemon over the steak and onions just before serving, and it will add a delicious flavor.

Living & Leisure

THE WOMAN'S REALM

Blessed is the man that beholdeth the face of a friend in a fair country; The darkness of his heart is melted in the dawning of day within him.

It is like the sound of sweet music heard long ago and half forgotten.

It is like the coming back of birds to a wood where the winter is ended.

—Henry van Dyke.

IRISH INNOVATION

The tea bag was invented by an Irish-American storekeeper who put tea in small silk bags as samples, but they soon became popular as an easy way to make tea.

A small zippered kit which contains hair brush, clothes brush, comb, mirror and a "mad money" pouch is ideal for packing in the corner of your travelling case or for putting in your office locker.

Make your eyes look larger by starting eye shadow near the lashes on the middle of the upper lid. Then draw the eye shadow along the edge of the lid to the outside corner, keeping it close to the lashes all the way. Blend it in toward your eyebrow and out toward the outside corner of the eyelid and eyebrow.

CUT FLOWERS

Cut flowers will last a long time if they are taken care of properly. A half inch should be cut off the stems each day, the stale water thrown out and fresh put in. Leaves should be stripped from the flowers if they are low enough to be below the water. The vase should be sufficiently large to allow the stems to breathe and take in the water. Any strings and wires should be removed before arranging the flowers. When the flowers begin to show signs of fading an aspirin tablet placed in that day's fresh water will frequently prolong their lives.

Scotch plaid rubbers are something new in rain tops. They are of waterproof fabric and made in a wraparound design that snaps close to the foot.

COFFEE-FLAVORED

Add two teaspoons of left-over coffee to chocolate frosting and use it on cinnamon cake for a real treat.

FASHION MISCELLANEY

Slender styles . . . Now-a-days it is the smart trick to have two little sisters dressed alike. Each little girl wears an own matching curly-head-

BETTER BISCUITS

When using new cake pans, better results will be obtained if they are greased lightly with an unsalted fat and tempered for an hour or two in a moderate oven, 350 degrees F, before they are used.

THE COAT PICTURE SUIT NEWS

Pick your Spring coat for color, shape, material — the choice of silhouettes seems endless, varying from the brief little boxer top to the long, sweeping greatcoat or cape. In fact, you're going to want more than one coat when you see the dressy fitted styles for redingote ensembles and the vivid colors in high quality wools for the wardrobe refresher. Plan your entire wardrobe after your coat and you can't go wrong on accessory colors. Among the combinations in the lead are: bright red over dark quiet blue or grey; intense yellow over muted grey. A variance of plain shades with blending checks. Your coat or cape can complete the handsome team with the suit you've planned for Easter morn.

This Spring, both wide and colorful slim skirts will define the new suits, along with pleated-all-round skirts. The difference will be more noticeable in jackets. They fit snugly and slim around the ribs, many ending abruptly at the normal waistline. Longer, fitted jackets give the classic tailored look. Brief little boxer and bolero styles are everywhere. In all suits, the shoulders are softer and more natural. Jackets with little capes and jackets that fold in sheath snugness bring still more variety to the dresser type of suit. Whatever you choose, the coat you plan to wear must be considered in harmony with the lines of your Spring wardrobe scheme.

SPRING SYNONYM

The rustle of taffeta is whispere through all dress collections for Spring. Taffeta fashions bright gay peplered dresses. Taffeta is used in handbags, pous, bows, aprons, insets and ruffled trimming on straight-line dresses. Many of the darker prints are inspired from colors and designs of stained windows. These designs are particularly noticed in tones of amber with black or amethyst with black.

Dresses featuring the high or Empire waistline are accented with curving belts. For evening delicately embroidered organdies swirl out in ballerina fullness over pastel or vivid underskirts with matching sashes and boleros. Bouffant skirts over crinolines hal the return to courtly days of another era.

Returning to the daytime mood, the woman who cannot wear the short bolero may choose long-line jackets with slenderizing stem-slim skirts. Navy or grey offers the popular basic shade for accessory-drama. One-piece dresses are flattering to the figure with corsetlike shaping and tucking.

Heinz Soups

CONDENSED

Great to start a meal. Delicious in soups and casseroles.

57

Morning Smile

"Now, Johnny," said the teacher, "can you tell me what a hypocrite is?"

"Yes, Miss," replied Johnny. "It's a boy what comes to school with a smile on his face."

TOO HEALTHY

The old gentleman had just arrived at the hotel and was peering the reception clerk with all sorts of questions.

"Are you sure this is a healthy spot?" he asked anxiously.

"Healthy," echoed the clerk, smiling. "I should say it is! Why, a few weeks ago an old fellow came here in a bath-chair, and after staying a month, he ran away without paying his bill!"

Children's COUGHS

Relieved Quickly

Wise mothers know that early treatment is the important factor in ridding a child of a cough or cold. The medicine must be pleasant to take and give fast relief.

With the first sign of a cough, train your children to ask for **POLSON'S COUGH SYRUP**; it brings faster relief. To young and old alike, **POLSON'S COUGH SYRUP** is highly dependable and very efficient for Coughs, Colds, Irritable Throat, Bronchitis and kindred ills due to cold. Sold by all Dealers in Medicine in 35c bottles.

POLSON'S COUGH SYRUP

Needlecraft FOR THE HOME

THREE-PART HARMONY

This tricky trio teams up a full skirted jumper with a round colored blouse and bewitching bolero . . . to give a little lassez the well-put-together look!

No. 2417 is cut in sizes 2, 4, 6, and 8. Size 4 jumper and bolero require 1 1/2 yard 54-inch blouse, 1 1/2 yards 35-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 want. Include postal unit or some number in your address.

Address Pattern Department, The Charlottetown Guardian.

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SLEEP FOR STUDENTS

Health authorities remind pupils that study and classroom work tenses the mind and body. Students should take care to get enough sleep and relaxation if their minds are to be fit for study.

GOOD EATING!

Spicy tomato flavor cooked right through.

Van Camp's BOK BEANS

2417