

Woman's Realm Social and Personal Fashions Literature

Timely Notes On Nutrition

By Marjorie G. Hill
PIE FROM THE PICKIN'S

I suppose it is the same at your house as at ours—there is nothing left of the cold sliced turkey but the pickin's on the bones. Don't throw them out yet, because if a cup and a half of turkey can be cooked off the bones, that's enough to make a hot turkey pie for dinner for four people. Besides the cup and a half of chopped, cooked turkey, you will need 1-4 cup cooked, sliced celery; 2 tablespoons of finely minced onions; 3-4 cup of cooked sliced carrots; 1-4 cup of canned peas; 1-2 cups sauce (thickened broth made from the turkey bones), and some unbaked pastry. Now then, place turkey, vegetables and sauce in layers in a shallow baking dish, or in four individual baking dishes. Place in a hot oven (425 degrees) for twenty minutes or until not through. Meanwhile cut the pastry into four circles or other designs, then bake 12 to 15 minutes on a baking sheet. Place baked pastries on top of pie and serve. If you do not care for the idea of the pastry tops on your pie, then a ring of seasoned mashed potatoes placed around the edge of the pie before baking may be used.

Here is an idea which might appeal to the young in heart. Sometime between now and 1950 why not surprise your friends with an early morning sleigh ride. (Although at the time of writing there is still no snow there just might be some when this goes to the press). Invite your guests back to your house for brunch, but do remember appetites. You should serve the food on a blue cloth-covered table. All the way down the centre alternate silver bells or balls of various sizes, tied with white ribbons, and all white candles in low holders. Serve the brunch buffet style and have plenty of Hot Cider, Eggs, Bacon or Sausages, Hot Biscuits, Honey, and Coffee.

May the year that stretches before us be one of peace, happiness and bright promise. Best wishes to you all.

Morning Smile

Wife (paying an unexpected call at the office): "You told me, John Henry, that your new stenographer was an old maid."

Employer (flustered): "That's right, my dear; she's away, ill today, and sent her granddaughter instead."

Household Scrapbook

By Roberta Lee

Cleaning Upholstery

Vacuum cleaning is without doubt the best and most efficient way to clean upholstery. But, as soon as this will not remove spots. For removing these, try using some fuller's earth, Carbona, or like preparation, is also good for removing spots and brightening upholstery.

Ironing Hint

The result of clothes that are not ironed dry is easily creased garments, too unsightly to be worn more than once. The clothes should not be dampened so much that it is hard to iron them completely dry.

Burned Food

If food has been allowed to burn in an aluminum cooking pan, place it dry over a fire. As soon as the food has become charred, it will loosen. Remove immediately.



USES TOY PISTOL IN HOLD-UP—

When Max Palmerston, 36, of St. Thomas brandished a gun and escaped with \$2,811 bills in her husband's store at Aylmer, Ont., Mrs. Hugh Shaw raced to the police to sound the alarm. At the same time the thief, trying to escape from town, headed straight for the back door of the police station by mistake. Constable Ray Johnston made a flying tackle at the man and brought him inside. Gun was later found to be a toy pistol like the one held above by Mrs. Shaw and daughter.

Ernst-Prowse Marriage At St. James Church

WILLIAM ALAN ERNST WEDS FAIRLIE CHRISTINE PROWSE

Saint James Presbyterian Church was the scene of a pretty wedding yesterday morning when Fairlie Christine Prowse, daughter of Mr. and Mrs. T. W. L. Prowse, became the bride of William Alan Ernst son of Mr. and Mrs. W. A. Ernst of Halifax. Rev. T. H. B. Somers officiated against a background of spruce and baby mums. The bride, given in marriage by her father, was gowned in white velvet, designed with Queen Elizabeth collar, and edged in seed pearls. The bodice of the gown was fashioned on princess lines with a full skirt, which extended into a long train. Her veil of tulle illusion was caught by a cap of Rose Point lace, and she carried a bouquet of white roses.

Miss Sylvia Chandler, maid of honour, and bridesmaids, Mrs. Donald Hutton and Mrs. Harold MacLeod, were gowned in camellia red velvet made with empire waistlines and full skirts. They wore matching velvet bonnets, with white ostrich tips, and carried colonial bouquets of white roses.

Kenneth Dauphinee was groomsmen and Dr. Lemuel Prowse, Frederic Munro, Maurice Blake and Gordon Wellner ushered.

At the Charlottetown, the bride's mother received in teal blue crepe, navy accessories and corsage of pink carnations, assisted by the groom's mother in gray crepe, black and silver wearing with it a French model hat.

The toast to the bride was proposed by Lt.-Col. A. W. Rogers.

For their honeymoon to the Laurentians the bride wore a coffee gabardine suit with British tan accessories and corsage of yellow roses. They will reside in Halifax.

Modern Etiquette

By Roberta Lee

Q. After bridge has been played, and the hostess is setting the bridge table for salad and dessert, requiring only a fork and spoon, where are these two pieces placed?

A. The fork on the left, the spoon on the right, as always.

Q. Is it really necessary that the mother of a man who has just become engaged pay a call on the girl's mother?

A. Yes, and this should be done the day after she is told of the engagement. Failure to do so within a very few days would indicate rudeness.

Q. What would be a good toast for a man to propose to his wife on her birthday?

A. "To my wife: May we love as long as we live, and live as long as we love."

Better English

By D. C. Williams

1. What is wrong with this sentence? "Your assertions are contrary with reason."
2. What is the correct pronunciation of "Houston" (Texas)?
3. Which one of these words is misspelled. Infinite, inflexible, inflammatory, insurrection.
4. What does the word "prestige" mean?
5. What is a word beginning with lg that means "disgrace or dishonor"?

ANSWERS

1. Say, "are contrary to reason." 2. Pronounce hus-tun, first u as in use, not house-tun. 3. Inflammatory. 4. Influence or importance based on past success or reputation. "Defeat would mean a tremendous blow to his pride and prestige." 5. Ignominy.

A Country Garden

By Mrs. Gordon Macmillan

"For the precious things of Heaven, for the dew and for the deep that courseth beneath, and for the precious fruits brought forth by the sun, and for the precious things put forth by the moon, and for the chief things of the ancient mountains and for the precious things of the lasting hills"

Looking back over the year that is almost gone, we are full of thankfulness, and we remember many happy gardening days. Garden visitors were interesting and appreciative and much was learned from them of their gardens and homes in far away places. All in all it was a busy, happy year in the garden. If you have received a gift plant this holiday season and you wish it to grow and thrive, remember that almost all homes are too hot and dry for plants. This can be overcome by placing the plants in a fernery or window box on pebbles or small stones with water underneath. Porous pots need this treatment. Of course those that are not porous need special care in watering as they have not any way of draining.

Several times I have had to tip the plant out to let the surplus water escape, but if care is taken this is not any need of this. Some plants will benefit by a careful cleansing of the leaves with a small brush or syringe.

Plants need fresh air just as humans do, but a direct draught is not good. My pansy Geranium is in bloom! The Pelargonium domesticum commonly called Show Geranium, and Pansy flowered, or Lady Washington. These are not perpetual bloomers like the other Geraniums in this group, and they usually bloom at Easter, but are all the more welcome at this season of the year. The show flowers are often marked with dark colored blotches and the blooms come at the tips of the shoots rather than than several inches back as is the habit of other Geraniums.

Am very fond of these house plants and have seen some very large lovely plants covered with bloom that lasts a very long time.

Cuttings may be taken after flowering and grown outdoors until September when they should be brought indoors and kept in a sunny window. Keep cool through the winter and be careful in watering. After flowering they may be placed outdoors and rested, but trimmed to short and re-potted in good rich earth.

In apple blossom pink (Gardener's Joy) to Amaranth Red (Easter Greeting) we have a good range of color. The bloched varieties are Mme. Loyal and Schwaben Maid reddish carmine.

A fragrant red tea rose is also blooming for the Christmas season. This was given to me by a dear Island lady as a slip from her own rose tree, and it has grown into quite a good sized plant with rose buds to continue the blooming through the months.

This is the time to order your garden diary for nineteen hundred and fifty. I have been doing this for twenty years and find it a great help in my gardening and have a record of the planting and the flowering through the years.

These sunny days have brought more blooms to the violas and pansies and it is fun to pick these fragrant flowers at this time of the year from the garden.

When Daisies go, shall Winter time
Silver the simple grass with rime;
Autumn frosts cement the pool
And make the cart-ruts beautiful;
And when snow bright the moor expands,
How shall your children clap their hands!

To make this earth our hermitage
A cheerful and a changeful page,
God's bright and intricate device
Of days and seasons doth suffice.

Robert Louis Stevenson.

The Stars Say --

By Genevieve Kemble

For Thursday, December 29

PREPARATION for some sudden and quite unpredictable upset or reversal of plans, desires, hopes and wishes, may have power to meet an abrupt experience with some degree of equanimity, composure, perhaps resignation or philosophic attitude. Although cherished plans or objectives are original and ingenious, there is hope of finding thrill and excitement in the surprising. Composure, ability to appraise such drastic event in an impersonal way, may ultimately bring assistance.

For the Birthday

Those whose birthday it is, may find some modicum of calm and composure, by taking an unlooked-for and revolutionary event or situation with clear insight, philosophically, with a calm vision of the circumstances. Fresh plans, certain dynamic objectives, may ultimately take a surprising turn for the better, or reveal obscure benefits. Defer judgment on superficial or obvious factors.

A child born on this day, may have sudden reversals in life, strangely upsetting ambitious objectives, cherished hopes for adventure and romance.



DOLLY GOES TO CHURCH --

After a little girl came to the vicar of St. Botolph's Church, Northfleet, England, and asked him to have her doll "christened", he thought it would be a good idea to hold a service especially for children and their dolls. Here is the first "Doll Sunday", with the dolls sitting sedately in the pews as their young mistresses pray.

DOROTHY DIX SAYS--

Adopted Children

Foster Parents Should Always Tell Them Truth About Birth

DEAR MISS DIX: We are adopting a little boy and girl, both under 5 years of age. These children are not related to one another and were both born out of wedlock. Now it is vital that these children shall be told the truth about their parents as they grow older? Will it make them bitter about their birth? Why should they not grow up believing us to be their own father and mother? They love us and we love them as dearly as if they were our own, but we want to do what is best for them to build their lives into happy ones.



P. E. W.

ANSWER: Whenever people adopt children the one thing they should surely do without fail is to tell them that they are adopted as soon as they are old enough to understand, and before they are old enough to get a shock from the revelation.

FEELS TRICKED

Sooner or later every adopted child is bound to find out the truth about itself, and if this revelation comes to it after it is grown it seems to shatter it. It makes it feel that it has been tricked, deceived, and it can't forgive the foster-parents for lying to it. Somehow, it appears to wipe out all the love it has felt for its parents, all the gratitude for years of kindness it has received. Perhaps this is because children trust their parents as they do God and when they discover that those they believe were their fathers and mothers are not their fathers and mothers it takes away their faith in everything.

I get many letters from perfectly frantic youngsters who have suddenly found out that they were adopted children and their resultant feeling is one of great bitterness against their foster-parents. They will speak in one breath of how devoted their foster-parents have been to them and of all they have done for them, and in the next they will say: "I am going to leave 'these people' and find my own mother. I don't care what she is," which is perhaps a natural reaction of a childish mind smarting under the blow of a blighting revelation that has shaken its little world to its foundations.

DEAR MISS DIX: I have been married for about six months (Continued on Page 8)



Proud parents with problems ahead are Mr. and Mrs. Bud Townsend of Totfield, Alta., who are seen with the healthy Siamese twins recently born to them. At birth babies weighed nine pounds, 12 ounces. Totfield community is near Edmonton, Alta.

ELLEN'S DIARY

By An Island Farmer's Wife

It was James who first brought it to our attention — a James who can always find time to attend to details of his work, and manage it so that he is usually able to keep it pretty well in hand. Indeed it often comes to mind that if we were to change places with him, and he were to come by even our mediocre ability to perform women's tasks about the farm home, he would not be one to make excuse. There would be no need. He would not be likely to look across the table to remark: "I'm sorry that I can't offer you any cake for your supper. I intended to make one, but there didn't seem to be any time for it!" Neither would he be obliged to call down from the room above the kitchen to the earlier riser, with some dismay: "Kindling? Oh dear! I'm afraid you'll just have to get some chips from the woodshed. I was so busy yesterday, I really had no time to bring it!" Oh no, James would have found time to have every last turn done before he would be satisfied to come to his rest. "No time, Ellen," he has remarked, "you can always find time — if you want to!"

"Listen to this, Ellen," he said, looking up from some reading this evening. Jock had been in to talk of the market trends, and to discuss the present muddy state of the roads, "for December," with his father and had gone to the lantern house across the lane, the lantern making a star of light in the darkness. Rain fell all night, and a wind was whinnying with a low moaning sound about the eaves. It continues to make the dark a bit eerie, the black of the rain-swept night still crowds the windows. "If it was a woman who wrote this," James offered, glancing along the lines "and it was — Mary Roberts Rinehart — she agrees with my sentiments entirely." And he began to read. It is a pleasure to listen, since he is one who apparently digests every word himself, before he is content to let it drop. Some read with the lips, and it is lost to the listener, while others read with the heart. The children love to hear him, and we sometimes marvel at the spell he casts over Mr. C. from the house on the hill, as he makes some article of common interest, come alive for the two.

He read: "Many women of today lack leisure simply because they lack system. The woman hardly exists in these days of simplified living ('that means, Ellen') she stopped to explain "when instead of baking your own bread you can buy it — already sliced" who cannot spare an hour or two a day, for the thing she goes through life lamenting that she cannot do. Not lack of time but sheer wanton waste of time lies behind the disgruntled letters I receive, the thwarted men as well as women I meet: waste of time and often natural indolence."

"Now there, Ellen," James commented nodding his approval "are (Continued on Page 3)



MR. AND MRS. GABLE--

Clark Gable and his bride, the former Lady Sylvia Ashley, smile at each other following their surprise wedding at the ranch of a friend near Solvang, Calif. It is the fourth marriage for both the screen actor and the widow of Douglas Fairbanks, Sr.

That Body Of Yours

By James W. Barton, M.D.

DETECTIVE VISION MAY CAUSE BACKWARDNESS AT SCHOOL

I have spoken before of the boy considered backward by his school teacher. Later it was found that the eyesight was poor. In those days children were seated according to their standing in class studies, so that the backward or "slow" children were seated in the back or rear seats, and the bright ones in the front seats. Today, fortunately, the backward students are seated in the front where they can see and hear best. The teacher noticed that this youngster not only screwed up his face to see the blackboard, but tilted his head also. Eye examination revealed that one of his eyes was getting little or no use, the other doing all the work.

In a bulletin issued by the American Optometric Association, Dr. Darrell B. Harmon blames lighting and other factors in the schoolroom for most eye disturbances. Dr. Harmon states: "Often a child must wiggle into an unnatural position in his efforts to see. He may tilt his head because he relies on only one eye. He may twist his body to get the light to fall on his book or to use his body to shield the eye from glare. If he encounters the same conditions daily for a year or two at the same desk, while he is growing rapidly, his posture may be permanently affected."

What is known as proper coordination and accommodation of the eyes is the ability to make the two eyes work together like a team of horses. In severe cases, this lack of coordination causes crossed eyes. Today, while corrective glasses are still the greatest help in correcting faulty vision, eye exercises which develop muscles and nerves directing the eyeball and lenses, orthoptics as they are called, are helping these children.

One of the most noted authorities on orthoptics, Dr. Samuel Renshaw, professor of psychology, Ohio State University, points out that defective vision is responsible for some children becoming "behavior" problems and that this could be prevented by proper correction of vision through glasses and eye exercises.

If your youngster is not progressing normally at school, remember that about 80 per cent of a child's school work depends on his vision.

How Can I!!!

By Anne Ashley

Q. How can I facilitate the work of crocheting an edge on any article?

A. First pull a thread through the linen, about one-fourth inch from the edge of the material. This line can be easily followed by the needle, simplifying the work and making it perfectly even.

Q. How can I remove a fruit jar top that is stuck?

A. If the top of the fruit jar sticks and will not turn, set the jar upside down in hot water for a few minutes and the top will come off without difficulty.

Q. How can I remove rain spots from suede shoes?

A. Rubbing the spots gently with an emery board will usually remove rain spots.

Cook's Corner

KRIS KRINGLE COOKIES

- 2-3 cup shortening, part butter, is possible
- 2 eggs, beaten
- 1 1/2 teaspoons salt
- 1 1/4 cups granulated sugar
- 3 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon vanilla
- Cream shortening, add sugar gradually, then the beaten eggs. Blend well. Sift together flour, salt, baking powder; add to cream mixture. Add flavoring and mix thoroughly.
- Chill dough. Roll out on lightly floured board (if the dough is too soft to cut into figures, add little more flour). Cut cookies into appropriate shapes. Bake in moderate oven (350 F.) for 12 to 15 minutes. Yield: 8 dozen.
- To decorate cookies: Lift cookies on to greased baking sheet, brush with slightly beaten egg white and sprinkle with colored sugar or decorate with finely chopped citron or bits of candied cherry.

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