

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

Living & Leisure

THE WOMAN'S REALM

TO THE SPARROW
John Vilks

You cannot match the robin when summer comes along. Yet winter would be empty without your brisk, bright song.

Your wings hold naught of color which makes the oriole glow. But courage lends you beauty to shine against the snow.

Sometimes when I feel lonely, I listen as you sing; And then the bare, bleak winter seems like another spring.

SIMPLE TESTS IDENTIFY WOOL

If you're in doubt about garments that claim to be "all wool," there are identification tests, for wool that will prove the validity of the boast.

Giving the burning match test to a few fibres is one way to determine the presence of wool. For this test, pull a few loose threads from the seam edge of a garment—if possible from both lengthwise and crosswise directions. Twist

lengthwise threads into one strand; crosswise threads into another and test separately. Ignite one strand. If the strand is wool, it will burn slowly and have the acrid odor of burning hair. The ash will be crisp and will tend to curl up in a ball. The alkali test will also identify wool. This is particularly useful in determining whether cotton, linen or rayon fibres are mixed with wool. To test, boil a small sample of fabric for 15 minutes in a solution of one tablespoon of lye to one pint of water. Wool fibres will dissolve in the strong alkali solution leaving the other fibres intact. This test is ineffective in the case of silk and wool mixtures because silk will also dissolve.

AND STILL DECORATIVE

The tomato was originally grown in Peru for ornamental purposes but it is now one of our most versatile foods.

Leftover cooked tongue may be used a number of ways: in a combination salad of lettuce, tomatoes and Swiss cheese; cut in thin strips

and added to omelette or spaghetti sauce; chopped for a sandwich spread or as a stuffing for mushrooms.

"KNOW YOUR MAN" TEST INTRIGUES MANY WIVES

Tip to men: If you come home some night to a wife who looks at you with an "I've got your number" look don't start worrying about what you've done.

Chances are she has come across an article in some woman's magazine which tells her she can find out what type you are, writes Ruth Millett. She's answered a few questions about you, and has discovered that you fit into a classification she would have avoided if she had known.

Women's magazines are forever printing these "know your man" tests. And women take a strange delight in sitting down with magazine and pencil and judiciously answering such questions about their husbands as: "Does he think you are entitled to a mind of your own and does he give you an opportunity to express your own opinions?"

Then when the questions are answered, John is no longer just John. He's type A or Type B or Type C.

That's where the trouble begins. The meddlesome magazine whose test indicates John is Type D advises John's wife: "Always keep him guessing. His interests are spotty so you must work to maintain his interest in you."

With all this amateur analyzing that the magazines are sponsoring, a husband has no way of knowing whether this week his wife regards him as Type A (moody and hard to live with) or Type B (responsible, loyal to a fault, kind and generous).

A breadboard may be kept from skidding on a smooth table when kneading dough if jar rubbers are glued to its under surface.

NOVEL EFFECTS FOR YOUR NAILS

The "new look" that nails are wearing is as bejeweled a look as base coats and glittering polishes can produce.

Nails that rate all of this shining up need something to boast of in the way of length. The best way to keep them from snapping off is to keep the file away from the base of the nail. When you allow square slides to remain in "square," you give the tip support and protect it against breakage.

Try using three instead of two coats of tinted polish for "raised medallion" effects on nails. This is a way to achieve a "new look" of lacquered perfection. If three coats give too deep a colour effect, use a pale shade of polish for the first coat that you apply.

There is only one rule you need to heed when choosing nail-polish colour. Choose one that's keyed in tone to lipstick and costume. New nail shades designed to whoop up nail brilliance are keyed to fashion's fabric chart and to the season's make-up colours.

That Body Of Yours

By James W. Barton, M. D.

PSYCHOSOMATICS — HOW EMOTIONS AFFECT BODY PROCESSES

One of the subjects taught in medical schools today received little or no attention until World War I and II. That subject is psychosomatics, behavior, emotions. Even today it consists of but a course of lectures during one session only in many medical schools.

However, so important is psychiatry considered today, especially as physicians now are studying the effects of the emotions on the various organs and processes of the body, that the new word psychosomatics (psycho-mind, something) is now in common use.

In the "Journal of the American Medical Association" Dr. Edward A. Sretcher of Philadelphia, the noted psychiatrist, suggests that the real beginning of a study of psychosomatics must be made in the first years of the medical course instead of, as with psychiatry, in the final years. Courses in anatomy should run parallel with the course in psychosomatics.

In anatomy there are livers, hearts, and spleens so, too, is there anatomy of physiology to be studied—consisting of normal emotions, consciousness, memory and the like. There is a physiology which teaches how organs work. So, too, should there be taught a physiology of how mental functions work.

And just as a close study is made

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Dorothy Dix Says—

Derelict Fiance

Domineering Widow Warned Against Marrying Man 6 Years Younger

DEAR DOROTHY DIX: I am a widow 43 years old and I am fixing to marry a man who is six years younger than I am and whom I have only known for six weeks, but my friends warn me against doing it for the following reasons:

- (1) The man's age and our brief acquaintance.
- (2) The man hasn't worked for some time.
- (3) Drinks to a certain extent.
- (4) Has no money saved, but I am willing to share what I have with him.
- (5) Has broken his engagement to a girl much younger than I am because he was very much in love with her.
- (6) My friends say that he is marrying me on the rebound to spite this girl.
- (7) I am a very dominant person and sort of bossy, while this young man is very sensitive and at times very critical.

I am trying to bring out these little items so that you can judge and let me know whether I should take a chance on marrying him, because I might not get another proposal on account of my age. What are the chances of the success of such a marriage, and what would happen if we tried it?

BEWILDERED WIDOW.

MORNING SMILE

"Whenever I look at you," said the young man to his fiancee, "I think of those marvelous glamour girls you see on the pictures."

"Do you really," said his fiancee, highly gratified.

"Yes, but what's the good. A fellow like me has to be satisfied with what he can get!"

REAL REASON

While in the United States Navy, Author Rex Stout was assigned to the presidential yacht, the Mayflower. A short time after he assumed his duties, he was lifted from the enlisted men's ranks and appointed warrant officer. Puzzled cronies could not understand this rapid promotion.

"How did you get it?" asked one. "Were you a personal friend of the President?"

"No, it wasn't that," explained Stout. "The officers needed another hand in the kitchen. I couldn't play with them as an enlisted man, so they promoted me."

MODERN ETIQUETTE

By Roberta Lee

Q. What is considered formal wear for fourteen-year-old boys?
A. A dark blue suit, starched collar, and plain dark blue tie. Boys of this age are much too young to wear tuxedos, unless they are unusually big for their age.

Q. Is it correct to address a wedding invitation to "Mr. and Mrs. Bruce McDonald and family."
A. No. Mr. and Mrs. McDonald receive a joint invitation, and every other grown member of the family receives an individual invitation.

Q. When writing to a woman, and one does not know whether she is married or single, how should she be addressed?
A. "Dear Madam."

HOUSEHOLD SCRAPBOOK

By Roberta Lee

Bed Spreads

The bed spread will wrinkle and can be kept off the floor by beginning at the top and folding it in half towards the foot. Then fold from each side of the middle in this way making a triangle with its base at the foot of the bed. Fold the point over the footboard.

Fur Collars

The fur collar can be cleaned by dipping a Turkish towel in a good cleaning fluid and wiping over the collar. Brush it about once a week and it will keep free from dirt.

Removing Rust

Rust can be removed from the kitchen stove by rubbing thoroughly with sandpaper.

COOK'S CORNER

HOME MADE LAUNDRY SOAP

5 1/2 lbs. Fat (10% cups)
1 can Lye
2 quarts Water
Method—

- 1. Empty contents of lye can into a basin, pour the cold water over this and stir with a small stick until lye is dissolved.
- 2. Cool until lukewarm (110 degrees F.).
- 3. When both mixtures are the same temperature add the lye mixture to the fat mixture gradually. If there is any difference in the temperatures the fat should be the warmer of the two. Stir constantly until mixture is the consistency of honey or salad dressing.
- 4. Pour out quickly into a mould lined with a clean white cotton wrung out of cold water.
- 5. Put into warm place to harden for 24 hours.
- 6. Turn out of mould, remove cloth and cut into uniform sized pieces and place in the sun or in a warm room to dry out.

Ammonia and Borax may be added to the above recipe. 1/4 cup Ammonia and 1/2 cup Borax. Add the borax to lye before adding the water and the ammonia to this mixture after it has cooled.

NAPTHA SOAP

To Home Made Laundry Soap add 1/4 C. Kerosene and 1/2 C. Washing Soda dissolved in 1/2 C. b. 19 water.

Method—Make as Laundry Soap and after combining the Lye and melted fat and heating it for 5 minutes add kerosene and washing soda solution and continue to heat until it has a pouring consistency.

Ellen's Diary

By an Island Farmer's Wife

We had herring for supper this evening. I am still reminded of this by James helping himself at present to a drink at the pump. Neither is it his, nor my first, since our meal. "The fish are floating" I tell him, remembering the saying from days which often persist in returning fancifully to me from out the bygone years. I suppose perhaps there are methods of cooking herring other than by scraping off the scales, cutting in three—or two if appetites be healthy, soaking in cold water for a period to be arrived at by "trial and error" and finally boiling in one or more waters. Up to the present I have heard of only one other. James is bound to speak of it such times as I cook these tasty tidbits for him. He mentions it with no uncertain longing and with a measure of wishfulness, using the same tone of voice as when he mentions some

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BETTER ENGLISH

D. C. Williams

1. What is wrong with this sentence "The people congregated together at the church."
2. What is the correct pronunciation of "antipathy"?

3. Which one of these words is misspelled? Superficial, supercilious, superintendency.
4. What does the word "precept" mean?
5. What is a word beginning with H that means "lawless"?

ANSWERS

1. Omit together. Congregate means to meet together. 2. Pronounce o-top-si, first o as in of, second o as in top, accent first syllable.

3. Supercilious. 4. Any commandment; instruction; or order intended as a rule of conduct or action. My precept to all who build is that the owner should be an ornament to the house, and not the house to the owner.—Cicero. 5. Licentious.

HOW CAN I!!!

By Anne Ashley

Q. How can I freshen day-old rolls?
A. Place them in a paper bag and twist the end shut. Dip the bag in water and remove immediately, then put the bag in a hot oven and by the time the paper is dry the rolls will be just right.

Q. How can I renovate black satin slippers that have become shabby at the toes?
A. By giving them an application of wood alcohol, rubbed the same way as the satin. This applies only to black or very dark slippers.

Q. What is the best thing to use for lightening the tiny screws in eye-glasses?
A. Try using a small steel pen as a screw-driver.

THE STARS SAY--

By Genevieve Kemble

For Thursday, January 22

AN explosive and unpredictable event of far-reaching consequences may have power to interrupt ambitious plans or projects well under way and having solid indications of gratifying achievement. Under the sway of this sudden disrupting influence aimed at the roots of growth, progress and aspiration, it is obviously futile to waste assets, energies and enthusiasm on what may prove to be "Dead Sea fruit." Conserve all kinds of substance, patiently and philosophically wait until the squall subsides. There could be "a silver lining" at hand soon.

FOR THE BIRTHDAY

"Those whose birthday it is are in line for some sort of sudden visitation, a shake-up or deep uprooting from environs, associations, plans and purposes. Unforeseen circumstances, estrangements, an explosive and unpredictable factor may have power to upset all hopes and objectives that seemed to have far-reaching prospects. Conserve funds, labor, energies and postpone plans until the storm blows over.

A child born on this day may have erratic, turbulent and curious impulses, with inclination to indulgent, extravagant and rash behavior, given to sudden change.

GIRLS!!

after entering WOMANHOOD

Are you troubled by distress of female functional monthly disturbance? Does this make you suffer, feel so nervous, tired, weak—at such times? Then do try Lydia E. Pinkham's Vegetable Compound to relieve such symptoms. Pinkham's Compound is very helpful for women troubled this way.

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

"Be Lovelier Tonight!"

LUX TOILET SOAP

Phyllis Calvert

"My Beauty Facials bring quick new Loveliness!"

Lovely British Actress

Starring in UNIVERSAL PICTURES

Give your skin the same gentle, beautifying care that Phyllis Calvert does. Then see if his eyes don't tell you you're lovelier tonight!

Don't let neglect cheat you of romance! Lux Active-lather facials will make your skin clearer, smoother, more romantic. See the difference after just one treatment!

So Quick and Easy... I cover face generously with the rich, creamy lather... work it in gently. Then I rinse with warm water, splash on cold.

It Really Works... As I pat gently to dry, skin takes on new loveliness. Give your skin this gentle beautifying care!

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

Household Scrapbook
By Roberta Lee

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Needlecrafts FOR THE HOME

TAKE A NEW LOOK

A basque blouse with a flair for fashion... will give you that new look! Make the blouse in a returning rich fabric... cut the skirt in either the ballet or ankle length. (Two separate patterns.)

No. 2413 the blouse, is cut in sizes 10, 12, 14, 16, 18, and 20. Size 16 requires 2 1/2 yards 39-inch.

No. 2391 the skirt, is cut in waist sizes 24, 26, 28, 30, 32 and 34. Size 28 ballet length requires 2 1/2 yards 39-inch; longer length, 2 1/2 yards 39-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 wish. Include postal unit or zone number in your address.

Address Pattern Department: The Charlottetown Guardian.

Patterns Nos. 2413 and 2391.

Design No. 796

Name _____

Address _____

City _____ Province _____

GOOD BREAD
is all useable.
There is no waste.

It is sensible to be thrifty.

Eastern Bakeries

BUTTER-NUT BREAD

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To Relieve Bad Cough Quickly, Mix This at Home

Here's an old home mixture your mother probably used, and for real results, it is still a most dependable medicine for distressing coughs. Try it once, and you'll swear by it.

It's no trouble at all. Make a syrup by stirring 2 cups of granulated sugar and one cup of water a few moments until dissolved. No cooking is needed. (Or you can use corn syrup or liquid honey, instead of sugar syrup.) Any-one can do it.

Now put 2 1/2 ounces of Pinex into a 16 oz. bottle, and fill up with syrup. This gives you 16 ounces of really fast relief.

Pinex is a special compound of proven ingredients, in concentrated form, known for its quick action on throat irritations. Money refunded if it doesn't please you in every way.

Pinex Is-Fast Relief. Easily Mixed. Saves Money.

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