

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

Living & Leisure THE WOMAN'S REALM

A SECRET OF HAPPINESS

Do bend knee each morn to pray
That you may be the liveliest day
A little light, however small,
Some radiance bright to cast o'er
all
With whom you speak, or good or
bad,
Be proud, or meek,
And so make glad they ever knew
The heart of you.

—Malvina Pasmore.

LEFT-OVER FISH

Left-over fish comes through
likely as an ingredient for a tasty,
even if quickly prepared, Lenton
Casserole.

Saute 1-2c. finely chopped celery
in 4 tbs. fat for 5 min. Add 6
tbsp. flour, blend. Add 3c. milk
slowly, cook until thick; stirring
constantly. Add 3-4 tsp. Worcester-
shire sauce, 1-2 tsp. prepared mus-
lard, 1-1-2 tsp. salt, dash of ta-
basco, 2 tbs. grated onion, 3 tbs.
minced parsley, 1-2 cooked peas
and 2 c. cooked flaked fish. Have
mixture piping hot and pour into
casserole. Arrange crisp crackers on
top and serve at once with more
crackers. Serves 6.

HINTS ON CARE OF DAIRY FOOD

There are many little hints con-
cerning foodstuffs which are ob-
vious, but often overlooked in the
life of the busy housewife. Hints

concerning dairy products in the
home are important to remember.
Make sure that a covered box is
provided for milk, cream, and but-
ter, in order to protect them from
the elements. If milk or cream is
left in sunlight for any length of
time a flavour that is a little off
may develop very quickly. Since
bacteria grows faster and more
abundantly at a warm temperature,
it is important to place the milk
and cream promptly in the refrig-
erator.

Before placing milk or cream in
the refrigerator wash bottle with
with a cloth.

Milk that is left over from yester-
day should not be mixed with
today's milk. In fact the more
times the milk is transferred from
one pitcher to another, the more
possible contamination. For this
reason it is a good idea only to
pour at one time milk enough for
the needs of the family meal.

Butter absorbs other food odors
very readily. It should be left in
its original wrappings, or in a cov-
ered dish to prevent it from absorb-
ing them. It should also be kept
in the refrigerator.

Cheese should be placed in a
covered container or wrapped in
waxed paper to prevent evapora-
tion or drying. Cheese, too, should
be kept cold in the refrigerator.

There is every prospect of exci-
tation, high tension, erratic judg-
ment and unwise behavior and
activities, in the pattern of the
stars on this major day of the year
for unbridled indulgence, hilarity
and unconventionality. There is
every sign of such compulsions
being carried to the bent of reck-
less and rash culmination for those
not stimulated to apply the same
energies to some form of construc-
tive labor or high creative effort or
purpose.

For the Birthday
Those whose birthday it is may
find themselves eager and well-
equipped for a constructive and pro-
ductive program, with much to be
gained by the developing of smart
or brilliant ideas, of innovation, in-
genuity and originality, should they
find themselves able to make a
choice of a change or really creative
and practical objective.

While mentality and energies are
keyed to high gear, yet reckless,
tumultuous moves or judgment
might prove disastrous. Take time
to consider all angles, with calm
and far-seeing wisdom, before
jumping into the fire. It is a pro-
pitious time for really creative be-
ginnings if wisely engineered. Let
mind, not emotions, hold the line.

Morning Smile

IDENTIFIED
A kindly old soul asked the seven
children of an acquaintance to tea.
The youngsters ranged from three
to fourteen. As they streamed in,
the old lady's brain reeled and her
Christian names failed her.

"And which one are you, dear?"
she asked a solemn boy of seven.

"Me?" he said, importantly. "I'm
the one with the spectacles."

QUITE COMMON
Mrs. Parvaneh: "My husband is
going to lose a life-size statue of
himself carved in marble."
Mrs. Shoddy: "Humph! That's
nothing. My husband has a bust
every Saturday night."

There are many little hints con-
cerning foodstuffs which are ob-
vious, but often overlooked in the
life of the busy housewife. Hints

Grand Relief FROM SNIFFLY, STUFFY DISTRESS OF Head Colds!

DOUBLE-DUTY
NOSE DROPS WORKS
FAST RIGHT WHERE
TROUBLE IS!

Instant relief from head cold dis-
tress starts to come when you put a
little Va-tro-nol in each nostril. Also
—it helps prevent colds from develop-
ing if used in time! Try it! Works fine!
You'll like it!

VICKS VA-TRO-NOL

GIFT MITTENS



DESIGN NO. E-801
Hand knitted mittens are a joy
to wear. They are doubly attractive
when made with figures of deer and
the trees knitted in the mitten. Pat-
tern No. E-801 contains complete in-
structions for making medium and
large size.

To order: Send 20 cents in coin
to Needlework Bureau, Charlot-
tewtown Guardian.

Design No. E-801

Name _____
Address _____
City _____ Province _____

Headaches due to... Constipation Yield quickly to... All-Vegetable Laxative

Tonight take all vegetable NR Laxa-
tive. It helps clear out thoroughly and
pleasantly intestinal wastes, often the
cause of headaches. Makes you feel
brighter. It is purely vegetable. NR
comes in two strengths, Regular NR
and NR Juniors (4 doses). Plain or
chocolate coated.

TO-NIGHT 10¢
TOMORROW ALREADY 25¢
Narrowly Ready Size

Send today for Dr. Barton's book-
let dealing with both high and low
blood pressure entitled "How Is
Your Blood Pressure?" To obtain
it just send 10 cents and a 3-cent
stamp, to cover cost of handling
and mailing, to The Bell Syndi-
cate, in care of this newspaper, Post
Office Box 99, Station G, New
York 19, N. Y., and ask for your
copy.

Modern Etiquette

By Roberta Lee

Q. When dancing, is it necessary
that the man make "small talk"?
A. Conversation during a dance
is entirely a matter of choice and
not one of etiquette. Some men can
let their dancing speak for itself,
while others should talk to cover
up the defects of their dancing.

Q. When giving a formal dinner,
should dishes be left on the serving
table, in case they are wanted for
a second helping?
A. Dishes are never passed twice
at a formal dinner. After being
passed once, they should be taken
back to the kitchen.

Q. Should an office girl rise
when her employer's wife enters the
office?
A. It is not necessary.

The Stars Say--

By Genevieve Kemble

For Wednesday, December 31

THERE is every prospect of exci-
tation, high tension, erratic judg-
ment and unwise behavior and
activities, in the pattern of the
stars on this major day of the year
for unbridled indulgence, hilarity
and unconventionality. There is
every sign of such compulsions
being carried to the bent of reck-
less and rash culmination for those
not stimulated to apply the same
energies to some form of construc-
tive labor or high creative effort or
purpose.

For the Birthday
Those whose birthday it is may
find themselves eager and well-
equipped for a constructive and pro-
ductive program, with much to be
gained by the developing of smart
or brilliant ideas, of innovation, in-
genuity and originality, should they
find themselves able to make a
choice of a change or really creative
and practical objective.

While mentality and energies are
keyed to high gear, yet reckless,
tumultuous moves or judgment
might prove disastrous. Take time
to consider all angles, with calm
and far-seeing wisdom, before
jumping into the fire. It is a pro-
pitious time for really creative be-
ginnings if wisely engineered. Let
mind, not emotions, hold the line.

Dorothy Dix Says—

Nuptial Harmony

Matrimonial Happiness Depends On Couple Cooperating With Each Other

It is a matter of common knowledge that the well-being of every
married couple depends upon their getting along amiably with each
other. The happiness of every marriage depends not upon whether a
husband and wife is rich or poor, or whether they live in a mansion
or a cold water flat, or upon their having been
brought up in the same environment and educated
in the same school, or upon both of them being fine
people with high ideals.

It doesn't even depend upon how much they love
each other, for we all know dozens of cases in which
a husband and wife, who are passionately devoted
to each other, fight like cats and dogs and make
homes in which there is never any peace or rest.

With them every word is the fighting word. There
is no subject so innocuous that they cannot get up
a bitter argument over it. They hurl the vil-
laneous at each other, and just because they know each other's vul-
nerable spots so well their stabs always go home.

One would think that intelligent men and women who realize that
their marriages are being wrecked by their senseless quarreling would
stop it, but they don't. They say they cannot help it, which, of course,
is not true, for they get along harmoniously enough with everyone else
except the ones that it is most important for them to placate.



Take this pathetic letter, which is one of thousands that come to
this column dealing with this tragic problem. A young wife writes that
she loves her husband dearly, yet she is thinking of leaving him be-
cause they cannot get along together. "We are always fighting over
nothing," she writes. "After it is over we kiss and make up, but in an
hour we are at it again, and I am getting sick and tired of fighting."

"My husband is good to me and gives me everything in the world
I want, except peace. I am good to him, too, but I just can't take it
lying down and I fight back. And there we are. Do you think that
if I left my husband for a short time that he would get some sense into
his head and not always be arguing with me, as we never fight over big
things? They are always little foolish things. Or should I just stick
out with him and let him have everything his own way?"

Could anything be sadder than the picture this wife unconsciously
draws of a husband and wife who are stupid enough to throw away
the long years of happiness they might have together for the kick they
get out of having the last word? Surely no man can think it worth-
while to send his wife to bed in tears just for the pleasure of winning
an argument with her. And surely a wife must know she has made a
dear bargain if her fight with her husband over some trifle that nei-
ther one of them cares anything about, makes him put on his hat and
go downtown to spend the evening.

No man and woman in the world are so ignorant as not to know
that it takes two people to make a quarrel, and that either a husband
or wife could stop the squabble before it really started by walking high,
wide and handsome around any subject that looked controversial. If
every husband and wife would use as much diplomacy in dealing with
the other as they do in trying to sell themselves to the veriest stranger,
it would do more than any other one thing, to stop divorce and make
every marriage a happy one.

A child born on this day is excel-
lently equipped for a creative and
progressive career, being versatile,
skillful and "sharp on the trig-
ger," but over-shooting the mark is
hazardous.

Ellen's Diary

By an Island Farmer's Wife

Yesterday witnessed a decline in
the number of Rob's live stock,
when one of his hogs was butchered
for home consumption and the
flower of the rest in the piggery,
a coarsely and much esteemed fast-
runner, topped and died suddenly.
"There goes some of our hopes,"
Rob said speaking of the latter,
and then in a commendable way
he has not stopped to "cry over
spilled milk" he added: "Well, we'll
just have to get along without
her." There was an autopsy held
last night by lantern light, while
Karolyn and Jamie attended their
district school Christmas concert,
and I took in the hall down the
river road. It disclosed what James
affirmed was "the strangest finding"
he had ever seen, which finding was
satisfactory to our farmers in
determining the nature of the
death. And if such happenings in-
cidental to farming are always a
decided loss to the owners, it is
only an occurrence which must not
be dwelt upon. Neither should the
like be considered as a discouragement
but rather as a challenge to go
on to a better day. And as we
agreed "it might have been worse
—an animal can be replaced." This,
then was a new and better day.

A noisy blue jay, like a bit of
today's sky which had fallen, flew
early from a branch of the old
rusted down in the orchard. With
him came a decided change in the
portentous, in that it is supposed
to indicate a change in the weath-
er, it winged its way in a streak
of blue to the shelter of the spruces
below the dam. "Ah, ha!" I said to
James who had just come to the
veranda, with a pall of milk, "did
you hear that? I haven't seen or
heard a blue jay for weeks."
"There's white frost too," James
nodded towards the cover of the
creamery carport — and had neg-
lected to take indoors last evening.
This shining vessel much appre-
ciated, indeed as I said to Jamie
"better than a string of pearls,"
since it is an easy solution to out-
cast drying problems, is a
among the most recent additions to
our household effects. By the way
James carried it from the car, af-
ter a shopping trip. I have an
idea it is perhaps to be consid-
ered in the light of a Christmas pre-
sent. And since for the most part,
we in this house are inclined to
give practical gifts, it may balance
things to a petty if I give James
at one of his coal scuttles,
which at the moment I have in
mind to buy! Crisp and calm and
beautiful these gracious mornings
are, delightful to come to the val-
ley, where the sun and the mill
and stream in its shelter, holding
also the echoes—even of Pard's
barks jealously as if loath to lose
the bewitching sounds to the pre-
vailing stillness.



"Mm-mm! Aylmer knows how
to capture real tomato flavor!"



Every Canadian housewife knows that "Aylmer
sure knows its tomatoes". That's why Aylmer
Tomato Soup is fast becoming Canada's favorite.

For every spoonful is brimming over with real
tomato goodness—the goodness of red-ripe toma-
toes prepared for soup while still aglow from the
Summer sun! Yes, it's Aylmer Tomato Soup for
that real tomato flavor... and better value, too.
Change to Aylmer, enjoy tomato soup at its best.

Everyone says...
Aylmer sure knows
its tomatoes
Aylmer
TOMATO SOUP
Your Family Deserves Aylmer Quality

Prince Street School Scholars



GRADE II — Miss MacDonald (Teacher)

Front row, left to right: Susan Whiteside, Shirley Arsenault, Margaret Murley, Muriel Ford,
Shirley MacKenzie, Ellen Mamy, Joan Korrey, Janet Korrey, Betty Lou Birr, Claudia Bellefont-
taine, Alvina Hobbs.

Center row, left to right: Suzanne MacLeod, Isabel Downe, Jean Harper, Donna Cudmore,
Myrna Liewellyn, Freda Beaton, Mary Larier, Ray MacKenzie, Gary Watts, Norman Haynes.

Back row, left to right: Harold Phillips, Dick Brown, Philip McInnis, Ross Webster, Ralph Rus-
sel, David Ley, Archie McPadyen, Ted Ward, Roger Worth.

—Photo by Garnhum



GRADE II — Miss Pound (Teacher)

Front Row, left to right: Hilda Chappell, Eliza Beth Anne Small, Elizabeth Jones, Sharon Mac-
Lennan, Barbara Lee Hennigar, Dale Williams, Gail Henderson, Patsy Jane MacDonald, Janet Gay,
Dianne MacNeill.

Center Row, left to right: Kenneth Ford, Gloria Belle Chappell, Gail Partridge, Austin Burns,
Billy Burns, Rebecca Nash, Patsy Shaw, Wendall MacLean.

Back row, left to right: Ellis Worth, Roy Mills, Alan Humphrey, Peter Stone, Bobby Ander-
son, Jackie MacPherson.

—Photo by Garnhum

Better English

D. C. Williams

1. What is wrong with this sen-
tence? "I dislike winter worse than
summer."
2. What is the correct pronun-
ciation of "flaccid"?
3. Which one of these words is
misspelled? Questionaire, quixotic
quadruplicate.
4. What does the word "acclama-
tion" mean?
5. What is a word beginning
with de that means "to turn aside"?

ANSWERS

1. Say, "more than summer." 2.
Pronounce flak-sid, a as in back, i
as in did, accent first syllable. 3.
Questionnaire. 4. A shout of ap-
probation; loud applause. "There
was a waving of handkerchiefs and
general acclamations." 5. Deviate.

Cook's Corner

CRANBERRY ALL-FRUIT PIE
1 cup sugar
1/4 cup fruit marmalade
1/4 cup water
3 cups fresh cranberries
2 pears, peeled, cored and diced
1 tablespoon cornstarch
Juice of 2 grated lemons
1/4 cup chopped cooked prunes
1/4 cup blanched almonds, shred-
ded.

Graham cracker crumbs stirred
together; add fruit; cook until
cranberry skins pop open — about
5 minutes. Blend cornstarch with
lemon juice; add to hot fruit; stir
in lemon rind, prunes and almonds.
Pour into crumb crust; chill. Serve
garnished with whipped cream
cheese. Makes 1 9-inch pie.

Household Scrapbook

By Roberta Lee

Suede Coats
A suede coat can be washed in
warm water with pure soap suds, in
which one teaspoon of household
ammonia is added to each gallon of
water. Rinse lightly and stretch to
the desired size to dry.

Linoleum
Linoleum will become warped if
water is allowed to get into the
seams and under it. To prevent this,
always wipe thoroughly dry after
washing.

Fie Crust
Add a teaspoonful of sugar to the
pie crust. It will not be noticeable
to the taste and will help make the
crust nice and brown.

Needlecrafts FOR THE HOME

BASQUE BEAUTY
"Bustle bowed" basque frock low-
ers its waistline... to meet its full
skirt more than half way! Try it
in a bewitching black velvet...
send scallops along the cap sleeves
and square neck for an exciting ac-
cent.

No. 2250 is cut in sizes 9, 11, 13,
15, 17 and 19. Size 15 requires 3 1/2
yards 38-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 ad-
dress.

Address Pattern Department The
Charlottetown Guardian.

Pattern No. 2250.

Name _____
Address _____
City _____ Province _____

JUST LIKE MEASLES

TAUNTON, Somerset, England —
(CP) — Call-love is like measles
— "they get over it and do not have
it again" — Rev. J. H. T. Maude-
Roxby, testifying at the trial of a
youth who swallowed 30 sleeping
tablets when his courtship ended.

