

Woman's Realm Social and Personal Fashions Literature

Happenings of The Week

Socialites in Malta are looking forward to a bumper Christmas party season with the arrival of Princess Elizabeth to join her husband. During the visit of the Princess the Royal couple will head the island's guest lists. Malta's British navy wives described the Duke of Edinburgh as "nice and ordinary" following a dance at which he was the centre of attraction. The Prince left early after dutifully dancing with the hostess and the wife of his commander. It was one of the few social functions he has attended since his arrival a week ago for a tour of active duty as a lieutenant aboard the destroyer Chequers. Meanwhile, Philip plans to take polo, sailing and other sports as soon as his baggage, sailing yacht and new car arrive from Britain.

The Earl of Harewood and his countess, the former Marion Stein, will live at St. James's Palace after their honeymoon—but they will have to share it with 30 other families. Most of the palace is divided into suites and apartments and the Harewoods will occupy a large apartment on the second floor. Some of their neighbors will be private secretaries, comptrollers and other employees of the Royal Family and who have their living quarters in St. James's. Others are accommodated there in return for long and loyal service in royal households, many are pensioners of the King who have held high positions.

The atmosphere of the palace is usually described as "friendly," and as the Harewoods stand closer to royalty than any of their neighbors, it is likely they will receive a warm welcome. Tenants at St. James's are fortunate in having one of the loveliest parks in London at their front door. They also live in an atmosphere of historical romance far exceeding that of Buckingham Palace.

Brig. and Mrs. John H. Price and their daughter, Miss Joan Price have arrived from Quebec to take up their permanent residence in Montreal. They will be the guests of Mrs. Price's mother, Mrs. H. B. MacDougall in Cartierville, until their residence at 3525 Ontario avenue is ready for occupancy.

The principal of Prince of Wales College in Montreal, Miss MacKinnon entertained at her new home, 140 Cumberland Street, at buffet suppers on Wednesday and Thursday evenings for members and retired members of the faculty of the college and their wives. Tapers and snapdragons provided the decorations. On Wednesday evening Mrs. (Dr.) G. D. Steele poured coffee. Miss Lily Seaman cut the ice cream. Mrs. F. Connolly and Mrs. M. MacEachern assisted in serving. On Thursday evening Mrs. (Dr.) S. N. Robertson poured the coffee. Mrs. (Dr.) J. B. Balfour, Mrs. E. G. MacEachern and Miss Helen Yeo and Miss Doris Anderson assisted in serving.

Commodore and Mrs. Geoffrey M. Hibbard, who are leaving soon for Halifax to spend the winter, entertained at a cocktail party, their summer home, at Kinloch on Wednesday evening.

Hon. George deBlois is at present in Montreal.

Mrs. Hugh Simpson, Sr., is in Bryn Mawr, Pennsylvania, visiting with her daughter, Mrs. Warren and Rev. William Warren.

Mrs. Murdoch MacKinnon is entertaining at bridge this afternoon.

Miss Mary G. Williams and Miss Lavina Bonnell left on Wednesday for Calgary before leaving the staff of the Unemployment Office entertained at dinner for them at the Queen Hotel and presented each with a going away gift.

Mrs. A. R. Wise and Mrs. R. E. Mutch left on Thursday morning for a holiday in Boston and the New England States.

Mrs. A. G. Peake is spending the winter in Montreal and at present is visiting with Mrs. E. E. Spencer. Later she will visit with her daughter, Mrs. C. N. Bissett.

Mrs. Robert A. Borden has arrived in Montreal to visit her mother, Mrs. John Malcolm MacKinnon. Miss Aline MacKinnon, who has been visiting her brother-in-law and sister, Mr. and Mrs. Borden, in Charlottetown for five weeks, after a stay of four months broad, has returned home, having accompanied her sister.

Mrs. Gordon Dillion who was spending brief holiday in Charlottetown returned to Montreal by plane on Tuesday.

Miss Mollie Lewis, who is leaving soon for Toronto has been guest of honour at several parties this week. On Tuesday evening the staff of DeBlois Bros. gave a dinner dance for her at "Sandy's" and presented her with a gift.

The members of Saint Paul's A. T. P. at their Halloween dance and party on Wednesday evening, presented Miss Lewis with a going-away gift.

Mrs. George Ives entertained in Miss Lewis' honour at bridge on Thursday evening.

Mrs. Barrie MacLaren had dinner in the late supper and

That Body Of Yours

By James W. Barton, M.D.

CONSTIPATION DUE TO FAULTY HEALTH HABITS

There is no doubt that constipation is a very common complaint, but the idea that poisons in the waste matter in the lower bowel get absorbed into the blood in sufficient quantities to poison the blood is now true. Some years ago, Dr. Walter Alvarez, Mayo Clinic, showed that the tiredness and listlessness of the constipated individual was not caused by poisoning of the blood (auto-intoxication) but by the pressure and "dragging" effect of too much waste in the lower bowel. As a matter of fact, the lower bowel is not supposed to be empty at any time. It is just a sewer or reservoir containing wastes. An empty bowel is not really a healthy bowel; there should be always some wastes which, as they accumulate, press on the sides of the bowel. This pressure stimulates the nerve supplying the muscles and these muscles then squeeze the wastes downward and out of the body.

In the Mayo Clinic number of "Medical Clinics of North America," Dr. Phillip W. Brown, Associate Professor of Medicine, states that constipation is not disease. It is a habit resulting from wrong habits of living. "It is true that patients often complain of headache, tiredness and constipation but these complaints are merely the expression or signs of nervous tension or nervous fatigue. People must understand that the by-products or results of tense and faulty living habits are fatigue and headaches. This same underlying tension causes a "slowing" action on the lower bowel through the nervous system. Dr. Brown suggests that physicians should observe the following points in instructing a patient suffering with constipation:

1. The effect of nervous tension, slowing effect on the bowel.
2. The neglect of the patient to always and immediately answer the "call" to stool.
3. About 2 quarts of fluid should be drunk each day, and more if there is loss of fluid by perspiration.
4. Lack of exercise, changing to a sit-down job; going away to school, inadequate toilet facilities may help cause constipation.
5. Proper diet—milk, meat, eggs, whole grain cereals, vegetables, fruit and butter—and the meals about equal in size or amount.

Princess Margaret May Visit Canada

LONDON, Nov. 4.—Buckingham Palace sources have announced that Princess Margaret may visit Canada and the United States next summer.



The trip, if approved by the King, will start as an official state visit to Canada and wind up as a private visit to the United States, these sources said.

Margaret may go first to Canada in July to attend official celebrations of the Highland Light Infantry of Canada. She is a colonel-in-chief of the regiment.

An invitation asking the 19-year-old Princess to attend a ceremony in which the regiment will receive the Freedom of the City of Preston, Ont., was received early this year. The ceremony will be held next July.

It was understood that the King and his counsellors now are considering granting Margaret permission to attend.

No official announcement regarding the Princess's proposed visit is expected to be issued from Buckingham Palace until early next year.

Sources said the palace will continue to deny any reports that plans for a royal visit are under consideration until the visit is announced officially.

It was understood that Margaret toured Italy earlier this year, is keen to go to Canada and the United States.

It is certain that Margaret, if she does visit North America,

will spend part of her time at the Arizona ranch of U. S. Ambassador Lewis Douglas and his family. Sharmar Douglas, the Ambassador's pretty blonde daughter, is one of Margaret's best friends. Sharmar has been pressing Margaret to go to America ever since the two girls became fast friends. And Margaret in turn is pressing her father for permission.

Margaret in recent weeks has been taking a lively interest in politics, official ceremonies and state procedure. Observers said this indicates she is preparing for an important date in the future.

Cook's Corner

COFFEE PECAN CHARLOTTE

Instead of using a large mould, you can put this dessert into individual moulds. In either case, the sides may be lined with split lady fingers or thin fingers cut from a delicate kind of cake.

You can garnish these desserts—or your large mould—with a border of centre mound of whipped cream, if you like, but the charlotte is rich enough without that. If you use the cream, sweeten and flavor it delicately.

Yield—Eight to 10 servings.

1 tablespoon plain gelatine
3 tablespoons cold water
1 cup milk
3 tablespoons regular grind coffee
2 egg yolks
1-3 cup granulated sugar
Few grains salt
1/4 teaspoon vanilla
1/2 cup chopped pecans, toasted
Lady fingers or fingers of sponge or other light cake
1/4 cups whipping cream

Combine the gelatine and cold water.

Measure milk and coffee into upper pan of double boiler; cover and heat to scolding point over boiling water, stirring occasionally.

Strain coffee-flavored milk through a sieve lined with wet cheesecloth.

Add softened gelatine to milk mixture and stir until gelatine is dissolved.

Beat egg yolks slightly and stir in sugar and salt; gradually stir in milk mixture and add vanilla.

Chill, stirring occasionally, until beginning to thicken.

Prepare the toasted pecans.

Line a mould (6 or 7 cup size) with lady fingers, or fingers of sponge or other light cake.

Measure whipping cream into a chilled bowl and whip until stiff.

When coffee mixture begins to thicken, place in a pan of ice water and stir constantly until it becomes the consistency of very thick pouring custard; stir in prepared pecans. Gradually fold coffee mixture into the whipped cream.

Turn into prepared mould and chill until set.

Unmould for serving.

Living & Leisure

— THE WOMAN'S REALM —

COAL VERSUS OIL

I sit and read the coal men's ad; It tells of high oil prices—Are not and some explosions worse The house, with oil, like lee is.

I sit and read the coal men's ad; It leaves me feeling certain That coal smut never sticks as fast As oil soot to a curtain.

I sit and read the coal men's ad; For if I change to oil I may Die in the first explosion.

I've read the ad, and now I put This question to all thinkers—Are soot and some explosions worse Than ash, smut and clinkers? G.E.F.S.

BRIGHTEN DULL MENUS

If she likes experimenting with little-known foods, the housewife these days will find temptation lurking around every vegetable stall in the market.

Chinese cabbage is appearing in quantity along with broccoli, eggplant and leeks. Now that autumn's here, there is no excuse for dull menus.

Leeks, which resemble giant onions, also exude a strong onion odor in cooking. However, they have a most delicate taste.

Home economists suggest serving the white stalks of the leeks as a vegetable, and the green leaves in soup.

The leek stalks should first be cooked in boiling salted water until tender. They may be served plain with a little melted butter and a sprinkling of chopped parsley with French dressing.

They also make an interesting casserole. Place the boiled leeks in a greased baking-dish with alternate layers of grated cheese. Bake in a hot oven until the cheese has melted.

Leeks also may be braised. The white stalks are cut in even lengths, tied and boiled in salted water until tender. Then they are fried in butter and seasoned with salt and pepper. A little water or bouillon is added, and the leeks then are covered and cooked slowly until tender (about 40 minutes).

expressions for autumn 1949

hats are demure—berets, turbans, rich in fabric and color. Daytime hats are soft, tiny and oh-so-feminine. Gently scooped bonnets, many with chin straps, bows of tulle and veil, are the go-with-everything suit and dress hats.

Casual hats for fall suits and tailored costumes also follow the curving, irregular silhouette that softens their basic severity.

Profile flattering turbans and draped-dramatically berets follow the headlines closely and are shaped well down over one ear.

Black velvet facings, satin linings, silk cords and tassels trip the perennial black hat.

Casual hats, such as coo, orchid, make-believe bird of paradise are used for gracious accent to the after-five headdress.

The Stars Say -

By Genevieve Kenble

For Sunday, November 6

SUSTAINED energy and initiative, with originality, novelty, freedom and means are due for surprising climax in honest, purposeful and practical operation. Slightly centered on affairs in hand. While sound tactics and aggressive attack promise rich results based on concrete and sound foundation, there is a case of "going it alone," since there is scant promise of collaboration with influential sources. Safeguard divers interests.

Those whose birthday is falling into a strenuous and enterprising state of affairs, in which innovation, originality, creative energy and determination hold sway, must not be counted on concentrated plan of action, even though with ingenuity, skill and puny labor, originality, creative energy and determination hold sway. Be sure in protecting your own interests, and undertake, business, personal.

A child born on this day, may be highly creative and talented, and aggressive and concentrated purpose. It will build on its own original and enterprising ideas, and self-support.

For Monday, November 7

MONDAY'S astrological forecast is for an illuminating day, with the energies, forces and facilities kept to high purpose and originality of thought on projects outside the customary and orthodox. It is a good day for putting over unique, novel or experimental ideas in which sound and long-range objectives may attract attention. Serious purpose could count on exceptional benefits of enduring worth.

If It Is Your Birthday

Those whose birthday is falling into an encouraging to forge ahead into new fields for experimental ideas or projects on which originality and cooperation from high places. This with the assurance of long-range and enduring benefits as well as pleasant relations or adventure. Stable, perhaps romantic. The materiality is spurred to exceptional active effort, perhaps with adventure or ingenuity in "far away" places. A child born on this day is endowed with intellectual talents, or active and revolutionary operating perhaps in distant places or unusual circumstances. Much benefit from intensive application is shown.

DOROTHY DIX SAYS -

Star Boarder

Mother Forced To Live With Children Can Make Self Welcome In Household

A woman said to me the other day: "I am in my late 50's. I have been just a housewife and am not trained in any special occupation by which I could earn my living. My husband has recently died, leaving me without any money, and I am compelled to go and live with my married daughter since I cannot support myself and she is not able to provide for me outside of her own home."

"My daughter is a good daughter and loves me dearly. Her husband is a fine man and has extended a cordial invitation to make my home with them. But I know that in his heart he does not want me. He is very domestic and fond of his home and he would find it happier if no third party were thrust into it."

"I would be far, far better for all concerned if I could have stayed on in my own little house, or could go to some boarding house or hotel to live, but since this cannot be, how can I handle the situation in which we find ourselves so as to avoid as much friction as possible and get the most peace and happiness out of it?"

BEHAVE AS GUEST

"Well," I replied, "It has always seemed to me that when a mother goes to live with her married children the proper role for her to assume is that of guest, and to demean herself accordingly. She would follow the rules laid down for the conduct of guests as religiously as she can. Let her run her own life as she wishes, but she will generally find out that from having been looked on as a pest who was wished on them, she has become the star boarder."

"The very first requisite in a successful guest is to maintain an attitude of pleasant admiration of everything her hosts have and do. When you go to visit the A's you do not make sour comments on their home, their manner of living and their personal habits."

"Still less would you be guilty of such a breach of etiquette as criticizing your hosts to each other. You would refrain, that since they are other's faults, the better for them, and that, anyway, there was nothing you could do about it."

"If Mr. A. telephoned that he had to stay downtown for a conference and would be home to dinner you wouldn't dream of suggesting to Mrs. A. that he was probably taking that stenographer of his out to a night club. Nor would you suggest to Mr. A. that Mrs. A. spent too much money and played too much bridge."

Household Scrapbook

By Roberta Lee

The Bread Box

Rust is difficult to remove from the inside of a bread box. The best thing to do is to paint it. Use two coats of flat paint with the coat of enamel. Allow to dry thoroughly before using.

Cleaning Vases

Vases may be cleaned, and the old water mark removed by filling with water to which the juice of part of a lemon has been added. The acid of the lemon cuts the encrustation.

Whitewash

The task of applying whitewash can be made much easier if some salt is added to the whitewash. This makes it stick.

Modern Etiquette

By Roberta Lee

Q. Should a man's wife ever give him directions while he is carving the meat at the table?

A. Not unless she wishes to encourage a dark look from her husband, or conjectures among the guests as to who is "boss" in her family.

Q. If a woman acquaintance speaks of her husband (whom you do not know) as "Tom" (whom you also refer to him as "Tom")?

A. No; you should refer to him as "Mr. Nelson" or "your husband."

Q. Should the family of an honored speaker sit in the audience and register applause for what he is saying?

A. It is quite all right for them to look pleased and happy over what he is saying, but their applause should be soft and brief.

Better English

By D. C. Williams

1. What is wrong with this sentence? "I'm feeling kind of poorly today."

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

3. Which one of these words is misspelled? Domination, domineering, dominic, dominion.

4. What does the word "stole" mean?

5. What is a word beginning with "st" that means "to feign; or imitate"?

Morning Smile

LONG MINUTE

Husband (shouting upstairs to wife): "For the last time, Mary, are you coming?"

Wife: "Haven't I been telling you for the last hour I'll be down in a minute?"

BE CAUTIOUS

Always look on the bright side of things, but if you are buying them, it is as well to look on both sides.

Hillsboro, N. B., to visit her parents.

Miss Lillian Cudmore, Summerside, entertained the office staff of the Prince County Hospital at bridge at her apartment on Tuesday evening.

On Tuesday the Okto Club, Summerside, held a luncheon meeting at the Queen Hotel.

BE PRESS AGENT

"You press-agent the A's to each other until you make each feel that he harmony instead of discord."

"The next rule for being a successful guest is not to throw a monkey-wrench in the domestic machinery. Keep your own house and your fingers out of the A's, B's, and C's, and their own houses and their own husbands and children the way they want to without any advice or comment from you."

"If you were visiting the B's, you wouldn't feel it your sacred duty to reorganize their whole household or to supervise their morals or manners. No more it is your business to meddle in your children's affairs."

"Half of the time when children dread having mother come to live with them it is because she can never play, smoke a cigarette or drink a cocktail without having a row with her, and that she and the children will be in perpetual conflict because girls and boys didn't tear around in automobiles when she was young."

PAY FOR BOARD

"Next, remember that a guest pays for her board. Make yourself a pleasant and agreeable companion instead of being a whining and complaining old woman who is just about as cheering to have around the house as a barrel of tears would be."

And, lastly, bear in mind that a wise guest does not give her hosts so much of her society that they get fed up on her. She cultivates her own interests and amusements and friends and gives her hosts a chance to go off alone together, or have a conversation on which she is not listening in.

"These are some of the rules for making yourself a welcome guest. Try them out on your in-laws and see if they don't work."

DOROTHY DIX cannot reply personally to readers, but will answer problems of general interest through her column.

How Can I

By Anne Ashley

Q. How can I make a good green dye for wool and silk?

A. Take equal quantities of yellow oak and hickory bark, make a strong yellow bath by boiling, and shade to the desired tint by adding a small quantity of extract of indigo.

Q. How can I use walnuts and figs as a filling for sandwiches?

A. Grind and mix one cup of walnuts, one cup of dried figs, and one large apple. Add a tablespoonful of sugar and moisten with a little butter.

Q. How can I make a good dustless mop?

A. One good way is to cut old stocking legs into strips, and then saturate with cedar oil.

Nostrils Choke Up Due to CATARRH

"I discovered the easiest way to help end a cold in to take deep breaths of Catarrh-o-sons."

1. It is harmless.

2. It attacks a cold instantly.

3. It helps to destroy the germs that cause the cold.

4. It opens the breathing organs to the free passage of fresh air.

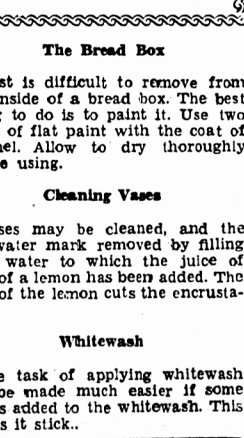
5. The irritated membranes are soothed and healed.

6. Inflammation in the upper nostrils, throat and bronchial tubes is rapidly reduced.

"To help drive out a cold in one night, I strongly recommend Catarrh-o-sons." Follow the advice given by the writer of this letter, a Montreal business man. All druggists sell Catarrh-o-sons in 50c and 75c sizes.

FOR BEAUTIFUL LINENS

DESIGN NO. 799



DESIGN NO. 799

Floral initials are beautifully embroidered on towels, pillow cases, etc. Hot iron transfer pattern No. 799 contains set of initials about 2 1/2 inches high with complete instructions.

To order: Send 20 cents in coin to Needlework Bureau, Charlottetown Guardian.

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ELEGANCE OF THE RENAISSANCE

The elegance of the Renaissance period is called in the millinery

Start now to sew for Christmas! Tee aprons like these—always an excellent gift item—are easily made from a minimum of material. No. 2728 is slashed and gathered to form a clever yoke effect. No. 3822 is surrounded by rippling ruffles. (Two separate patterns.)

Send 25 cents 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, Pattern No. 2728 and No. 3822

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Two spoons, nailed to the wall, make a perfect broom holder. Just hang the broom upside down between them, and it will stay in good condition longer.

Needlecraft

— FOR THE HOME —

CHRISTMAS IS COMING

Start now to sew for Christmas! Tee aprons like these—always an excellent gift item—are easily made from a minimum of material. No. 2728 is slashed and gathered to form a clever yoke effect. No. 3822 is surrounded by rippling ruffles. (Two separate patterns.)

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