

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

Season your meat "stretchers" with this spicy sauce



HEINZ 57 SAUCE

for fish, fowl, meats and economy meals

Ellen's Diary

By an Island Farmer's Wife

St. Patrick's Day came to us this morning calm and beautiful, and trees, James shook his head, however when we came to the outdoors and remarked: "It's fairly cool this for St. Patrick's," then added with I fancied some insinuation which I allowed to pass "it was cold last night, real cold for the time of year." Instead of the frost, which after all was only enough to be invigorating and the light and sparkling coverlet of snow on the surrounding hillsides, I think we looked for the mildness and coursing streamlets usual to the day at hand. As we breakfasted we went back in memory to other St. Patrick Days, and the names of many were on our lips who had walked through our former years, but have since entered into rest. As it usual, and I believe mainly on account of a birth in James' family that day, he mentioned "a horse show in town" he had attended "that would be—let me see—yes it's thirty-two years ago today. How the time does fly, Ellen!"

And today, I found a pot of "shamrock," that had been neglected in its Winter quarters up the back stairs, had greened freshly and is now covered with a wealth of emerald leaves. Three hearts that some one has said are faith and hope and charity joined at the tips in to each leaf, and strange plant that it is, all snugly asleep at present. All day too while indoors I kept the Radio going, so that I would not miss one of the lovely Irish airs. I like the London-derry air perhaps the best of all but they are all beguiling for they have a way of transplanting one on the wings of music to the Green Isle. "Shure an' there's no other grass that's so green" Pat has told me "a quare, pretty green." Nor Fivers so fair, nor mountains so intricately fog-tipped. A land of beauty and of bewitching legends that I'm sure those who have been longed there or who have visited it, would find most difficult to leave behind. "Mind, Ellen, I don't

(Continued on Page 3)

FOR A CUTE LITTLE MISS



DESIGN NO. E-1117

An adorable dress and dutch bonnet for a little girl 2, 4 or 6 years old, is crocheted in a lovely shell stitch. Pattern No. E-1117 contains complete instructions.

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Living & Leisure — THE WOMAN'S REALM —

THOUGHTS ON MARCH

All in the wild March morning I heard the angels call; It was when the moon was setting, and the dark was over all; The trees began to whisper, and the wind began to roll; And in the wild March morning I heard them call my soul. —Tennyson.

Chocolate colored, sugar coated pills and tablets attract children because they look like candies. They should be kept where children cannot reach them and thus prevent children taking toxic or deadly medicines warn health authorities.

The aquamarine which is often confused with light blue sapphires, topaz, tourmalines and emerald, is usually a blood sister to the emerald being a variety of the gem mineral beryl, according to the American Gem Society. It is not surprising that the aquamarine is so often mistaken for these other gemstones since its blue varies from light blue to light bluish-green, darker blue, bluish-green and light greenish-blue.

Clean and polish shoes regularly. Polishing keeps the leather soft and makes the shoes more resistant to water, dirt and wear.

COLOR HEALS JANGLED NERVES

Color, long the prerogative of the artist, interior decorator and amateur painter now is being studied by modern physicians and surgeons as a practical therapeutic agent. Scientific experiments in chromo-therapy indicate that color is a positive force affecting the human nervous system and has important healing powers.

The most important color in the spectrum, red, has had interesting psychological effects on mankind since the dawn of time. It suggests blood, fire, danger and seems to induce muscular tension and mental awareness; whereas green, the most acceptable of all colors, suggests nature, the out-of-doors, coolness, peace and relaxation.

Blues and Yellows

The strongest color by measure of luminosity is yellow, the color of the sun. It has been used as a stimulant in the treatment of eye and nerve disorders. Blue is the coolest of colors, suggestive of cloudless skies and deep still lakes. Blue seems to decrease muscular tension, and when used in therapy for high blood pressure is said to induce lower pressures and slow down rapid respiration and pulse rates.

Modern hospitals have found that color combinations of tans and beiges with ivory used in conjunction with a little red tends to induce more rapid recovery for surgical patients.

A POWERFUL LAMP

Chicago has what is believed to be the most powerful lamp in the world. Its beam is so strong and brilliant that passengers in an aeroplane were able recently to read newspapers by its light twenty-seven miles away. The light can be seen one hundred miles off, and it is reported that even one hundred and forty miles away the lamp may be detected, shining like a star.

REMEMBERING

The remarkably good memory of Walter Scott and a few of his contemporaries is worthy of notice. Scott's remembrance of what he had read and heard came largely into use, and by saving the time often expended on going through books of references, enabled him without any apparent effort, to write one hundred volumes of fact, fiction and poetry.

He had repeated, with unerring accuracy, a ballad of ninety lines, which had been once read to him by its author.

It is said that Lord Byron could recite, without a single error or omission, every line of his own that had ever been published, and was almost as faithful with respect to the poetry of Pope, Scott and other authors whom he admired.

Great Thoughts

When a family has different breakfast hours for different members, it is difficult to have the coffee at its best for each person. One housewife solved this by making the entire quantity at once and then pouring it off into a vacuum bottle. Each member gets good coffee in this way.

EXERCISES FOR A DOUBLE CHIN

The best resistance against a double chin is to hold your head up. Calories come to full bloom under the chin only when your head droops forward like a limp peltunia. Keep as straight a line as possible at the back of the neck, and a clear-cut right angle where the chin and throat meet, and your chin can't slip downhill.

But if it's a bit late for preventive measures, exercise is the correction. Chinstraps, nourishing creams and stimulating astringents are all surface measures. But the right exercises will put the gimp back in those folds of loose muscle sagging under the skin and take up the slack. The particular throat

muscles we're concerned with are those that support the skin on the front of the throat. It doesn't take much exercise to restore the tones to these muscles, but they must be done regularly.

Before getting up in the morning, slip both pillows under your shoulders and slowly lower your head backward to touch the bed, bring it forward to touch chest and slowly lower again, three times in all. To turn this into a general streamliner, pull up snugly with the girdle muscles as head is lowered and contract these muscles as head is raised.

To add resistance to that exercise, place heel of hand under your chin and as you raise head slowly, resist with hand, then reverse, pushing gently with heel of hand and resisting with throat muscles as head is lowered. The resistance part makes the exercise twice as effective. But take it easy; three times will be plenty.

Some of you didn't understand the "knuckle massage" to erase the break wrinkles along the jawline and asked to have it repeated. We'll try again first, turn your rings around so the stones come on the palm side. Now clench fists and place against jawline, with the space between knuckle and first joint flat against the jawline, then knead deeply along that line, working up toward ears. Or, if it seems easier do this kneading with heel of the hand, working up the jawline very slowly. Use right hand on right jaw, left on left side. But again, take it easy.

Back up these beauty measures by holding your head squarely on your shoulders. If you slump anywhere along the line, that affects head posture, for after all, your head rests on top of the spine. Thus it pays to stand up and keep your chin up.

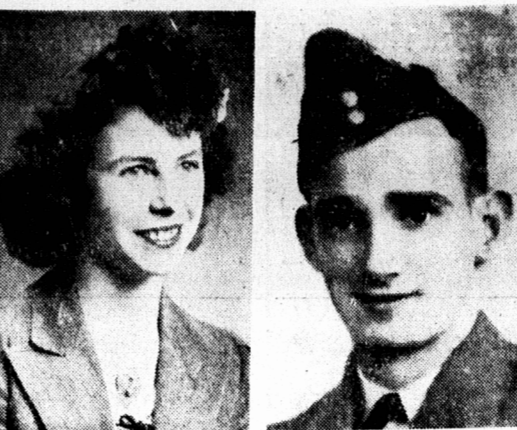
EASTER PARADE

The Easter parade may not be the same this year—India's dock workers are on strike. Unless the dock workers go back, there will be no shellac from India until May, the New York Journal of Commerce reported today. If no shellac comes from India, straw cannot be shellacked. Without shellacked straw, there won't be any crisp straw Easter bonnets—and who wants to march in an Easter parade without a new straw Easter bonnet?

CHORE NEVER ENDS

SYDNEY, Australia.—(CP)—Painting Sydney's two-mile harbor bridge is a job that never ends. It takes five years to paint it from one end to the other and by that time it's time to start over again. Rust would attack the 52,000 tons of steel if the structure weren't painted.

Recent Nuptials



Mr. and Mrs. Henry Murnaghan both of Charlottetown, whose marriage took place recently. The bride was formerly Miss Catherine Lee, daughter of Mr. and Mrs. John Lee of Douglas Street, Charlottetown, and Mr. Murnaghan is a son of Mr. and Mrs. W. J. Murnaghan of Dorchester St., also of Charlottetown. They were married at the Holy Redeemer Church on February 13, by Rev. E. Baldwin, C. S. R. The bridesmaid was Miss Eleanor Murnaghan, a sister of the groom, while Mr. Frank O'Brien was best man. Mr. Murnaghan served during the war with the Royal Canadian Air Force.

DOROTHY DIX SAYS—

Dipsomaniac

Alcoholics Anonymous May Aid Grand Man Given To Excessive Drink

DEAR MISS DIX: I have a friend who is one of the most wonderful characters in the world when he is sober. A true and loyal friend. A devoted husband and father. Scrupulously honest. Yet when he is drunk, he is a thief who defrauds everyone with whom he comes in contact. He robs his firm. He robs his business associates. These robberies depend upon his efforts as well as their own. He has robbed his wife of the peace of mind that she has had to go out on her own to make a living. He has robbed his children of advantages he could give them and of their pride in their father.

Most of all, he is robbing himself. He has robbed himself of the love of his wife. He has robbed himself of the affection of his children and of their respect for him. He has lost his social standing with his neighbors. He has all but lost his home. He is losing his own security for the future. He has lost everything that makes life worth living.

Yet I am sure it is not too late for him to mend his ways and mend his fences, too. Can you not add some good advice, from your years of experience in helping people find their way, that may make him realize how wise he is to the pit toward which he is headed?

(Continued on Page 8)

Modern Etiquette

By Roberta Lee

Q. Where should a woman sit in a public conveyance when she is accompanied by two men?

A. Between the two men.

Q. Is it customary for a person to talk with her neighbors at the dinner table, whether or not they have been introduced?

A. Yes, this is customary and expected.

Q. Is it courteous to end a letter with "in haste"?

A. This is extremely discourteous.

THE STARS SAY—

By GENEVIEVE KEMBLE

For Tuesday, March 25

THE auguries on this day are most propitious for inaugurating new ideas and clever plans for pushing toward important desired objectives, with vim and initiative. Now agreements and contracts are under favorable aspects and it is possible that change, travel, fresh ventures are furthered by diligence, shrewdness and well-directed techniques, attracting those interested by good work and sagacity.

For the Birthday

Those whose birthday it is are encouraged to give thought to the fulfillment of cherished plans and programs, worked out with diligence, integrity, shrewd and clever tactics, in which others may be attracted and give willing support. Change, travel, new ideas and astute manipulation may lead to high and successful enterprise on the way to progress and gratification, personal, financial and business. Dare the novel approach to such goals.

A child born on this day is blessed with much initiative, versatility and talents, making for a progressive and lively career.

Wonderful! and so easy!

POLISHES FURNITURE beautifully...and HIDES SCRATCHES! —both at the same time!

25¢

Old English POLISH

SCRATCH COVER

Morning Smile

By Roberta Lee

The rector prided himself on his oratorical powers when he was describing the downward path of the sinner, and used the metaphor of a ship drifting and going to pieces on the rocks. A sailor in the audience was deeply interested.

"The waves dash over her!" bellowed the rector. "Her sails are split! Her yards are gone! Her masts are shattered! Her helm is useless! She is drifting ashore. There seems no hope! Can nothing be done to save her?"

The sailor rose in his seat, his eyes wide with excitement.

"Let go the anchor, ye lubber!" he roared.

Better English

D. C. Williams

1. What is wrong with this sentence? "I could of helped you."

2. What is the correct pronunciation of "fungus" (singular) and "fungi" (plural)?

3. Which one of these words is misspelled? Barbicue, barcade, barnacle.

4. What does the word "juvenile" mean?

5. What is a word beginning with po that means "ominous"?

ANSWERS

1. Say, "I could have helped you." 2. Pronounce fung-gus, both g's as in go. Pronounce fun-ji, j as in jug, i as in ice. 3. Barcade, 4. Youthfulness. "After reading the letter there was no doubt of the juvenility of the writer." 5. Portentous.

VIBRANT WOOLS FASHION

Subtlety and vibrancy went hand in hand in a New York Spring collection of designer fabrics. The woollens had a new importance in texture, color combinations and "minuteness" of pattern. Miniature checks, hairline stripes, shadow stitch stripes, lilliputian houndstooth patterns, and smoothly textured sheer wool in muted colors played an important part in the picture.

Outstanding in woollens were the smooth grey men's wear wool with an overcast of persimmon pink and white hairline stripes. Another ribbed woollen had valentine pink on grey, alternating with greige on a pebble white ground. This same combination was used in cocoa and henna. Grey in three variations made a very elegant smooth surface wool, while one of the most striking miniature houndstooth patterns was done in shocking, peacock and grey.

Navy And Pink

In the heavier weight woools, navy was combined with hazy pink. This same color appeared in the smooth surfaced black and in other tweeds. One of the loosely woven, very light in weight, yet nubby in effect, tweeds combined checkerboard squares of beige, grey and white with an overstripe of periwinkle.

One designer uses several shades of pink wool with glittering details in a dinner gown and matching cape. A tapestry checked suit in blue, rose, and black wool has bias tucked details and an elegance of cut and design that is a refreshing use of this fairly simple fabric.

Pleats return in a dogwood green afternoon dress in sheer wool.

CHAMPLAIN TRAIL

The Iroquois Trail, known as the Algonquin Trail, along the shore of Lake Ontario was opened in 1915 by Champlain.

Needlecraft

—FOR THE HOME—

LILLING LINES

Romantic princess dress with the colded waistline and gay scallops. You can run it up in a jiffy in crepe, shantung, white pique or even in chintz.

No. 2137 is cut in sizes 10, 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40. Size 16 requires 4 yards 39-inch.

Send 20 cents for PATTERN, which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state the sizes you wish. Include postal unit or zone number in your address.

Address Pattern Department, The Charlottetown Guardian.

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INDIES EAST 131E Barbados is the most easterly of the West Indies islands.

Household Scrapbook

By Roberta Lee

Cleaning Paint and Enamel

When cleaning any painted or enameled surface, avoid use of any strong solution. Many of the common soaps will discolor the finish. Two quarts of lukewarm water, to which is added 2 tablespoons of pure borax and a little mild soap, will dissolve grease, and leave the surfaces like new.

Too Salty

If the food becomes too salty, place a wet cloth over the top of the vessel, in which the food is cooking, and the steam will draw the salt into the cloth.

Scour brass ornaments until they have taken on all the polish that the vessel in which they will keep bright for a long time.

BRAN BUTTERMILK BISCUITS

- 1/2 cup all-bran
- 1/2 cup buttermilk
- 1 1/2 cups sifted flour
- 1 teaspoon baking powder
- 1 teaspoon soda
- 1 teaspoon salt
- 1/3 cup shortening

Soak all-bran in buttermilk. Stir flour, baking powder, soda and salt together. Cut in shortening until mixture is like coarse corn meal. Add soaked all-bran; stir until dough follows fork around bowl.

Turn onto floured board; knead lightly a few seconds; roll or pat to 1/2-inch thickness and cut with floured cutter. Bake at 425F. for 15 to 20 minutes yield 12 biscuits.

Cook's Corner

How Can I!!

By Anne Ashley

Q. How can I prevent a glass from breaking when pouring hot water into it?

A. Place a silver spoon in the glass before pouring the hot water into it. The same method can be used when pouring hot soup, stewed fruit, or any hot liquid into a glass dish or other fragile receptacle. If the vessel is large, use a large spoon.

Q. How can I give an antique effect to ordinary white candles?

A. Try painting the white candles with brown floor stain.

Q. How can I make the scaling of fish easier?

A. Dip the fish into boiling water for about a minute. The scales will come off much easier, nor will they scatter around as much.

One of the Most Effective BLOOD-IRON TONICS YOU CAN BUY

If your blood lacks iron!

You girls and women who suffer so from simple anemia that you're pale, weak, "draged out"—this may be due to lack of iron in the blood. So try Lydia E. Pinkham's Compound TABLETS with added iron—one of the best home ways to help build up red blood—in such cases, Pinkham's Tablets are one of the most effective iron tonics you can buy!

LYDIA E. PINKHAM'S COMPOUND TABLETS (with added iron)

Bonnets Outdo Themselves for Easter-time Glamour

By Ensie Kinard, NEA Fashion Editor

Back in post-war profusion, imported millinery materials have been added to the American output to make the Easter bonnet a dream of pale straw, luxurious trimmings. Rayon mist coaxed into



Framed in a background for a big city Easter promenade, here are four hats that typify what top-notch designers have dreamed up to make mildly lock her loveliest for 1947's Spring. Sally Victor's mauve pink ball bunnet straw (lower left) has pink shaded blossoms and pink satin ribbon bows to accent its rippling brim. John Frederic's romantic creation (upper left) is of pale natural leghorn sprinkled with gold sequins, topped with masses of white net and full-blown pink roses. Lilly Enche designed the pink-velvet turquoise straw toque (upper right), with pink rusebuds tucked at the base of four high-rising quills. Walter Florel's green milan pill-box (lower right) is ringed with a halo of yellow mimosa.