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

DOROTHY DIX SAYS—

Crime Against Nature

Non-Domestic Women Do Injustice To Future Family By Marrying

DEAR MISS DIX: I am married to the finest woman in the world and love her devotedly. Her only fault is that she insists on working in a factory where she has a good job that is well paid. This is not necessary as I am amply able to support her and long to do so, and what I crave more than anything else is to have a home with a wife in it who will be a companion.

This I do not have as my wife works at night. We have five children who do the best they can, but they cannot take a mother's place.

My wife started working outside of the home during the war and she never has been willing to quit. Can you suggest any way that I can make her realize that a wife's first duty is to her family?

O. N.

ANSWER: Of course, the general belief is that all women are domestic by nature and that their favorite pastime is cuddling the baby and keeping their houses spick-and-span and cooking up toothsome meals for their husbands. Fortunately, for the good of humanity, this is true of many wives; but there is a large percentage of other women who have no leanings whatever toward domesticity. Their children are a bore to them. They loathe the very sight of a cooking stove. And they crave the excitement of working in crowds outside of their homes.

UNFITTED TO REAR FAMILY

Such women commit a crime against Nature when they marry, for they are not fitted by temperament to rear children, or be good wives, or make comfortable homes. Careers and wifehood and motherhood do

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That Body Of Yours

By James W. Barton, M. D.

FOOD ALLERGY IN ASTHMATIC CHILDREN

Research workers in asthma will be the first to admit that there are certain foods to which asthmatics are allergic or sensitive, but state that the number of cases of asthma due to food allergy is not large, is but a small percentage of the cases of allergy.

In my student days, the cause of asthma was unknown; today it is known that most cases are caused by the patients being allergic to pollen, house dust, furs, feathers and foods. The other most common cause is disturbances and defects of the nose and throat.

Unfortunately, because of some defect or chronic infection of the nose and throat, treatment by surgery or X-rays is given, but asthmatic attacks continue; whereas had tests for allergy first been given, surgery or other treatment would have been found unnecessary. Physicians today do not advise as much surgery on the lining of the nose as in former days, as this lining is Nature's best protection from colds, pneumonia and broncho pneumonia. Generally speaking, it has been found that in asthma and hay fever caused by allergy, the lining of the nose is pale, whereas where the lining is red or inflamed, infection—not allergy—is the cause of the symptoms.

Regarding foods as the cause of asthma in children, Dr. Lewis Webb Hill, Boston, in "Bulletin of Johns Hopkins Hospital," states that because an attack of asthma occurs at times after eating a certain food, it does not mean that this particular food is the cause.

"Being sensitive to food, although always a possibility in asthmatic children, is relatively of little importance in comparison with sensitivity to pollen and other substances in the air or with infections of the nose, throat and bronchial tubes."

While any food may cause asthma, not many do. The foods most often causing asthma are fish, eggs, walnuts, peanuts and chocolate. Other foods to which children

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Better English

D. C. Williams

1. What is wrong with this sentence? "I wish to explain, so you will know."
2. What is the correct pronunciation of "glower"
3. Which one of these words is misspelled? Sylph, sylvan, sylable.
4. What does the word "interminable" mean?
5. What is a word beginning with ref that means "unmanageable"?

ANSWERS

1. Say, "so that you will know." 2. Pronounce first syllable glou, and not as glow. 3. Syllable. 4. Without termination; endless. "The long days of waiting seemed interminable." 5. Refractory.

How Can I !!!

By Anne Ashley

Q. How can I prevent the sticking of marshmallows, and the spoiling of their shapes, when toasting?

A. Keep a piece of butter handy so that those who are toasting can thrust their forks or sticks into it before putting on the marshmallows.

Q. How can I prevent brocade slippers from tarnishing?

A. They will not tarnish if wrapped in black tissue paper between wearings.

Q. How can I prevent chilblains?

A. Chilblains can be prevented by rubbing the hands and feet with damp salt.

Morning Smile

"Daddy," asked the little boy, "what was your greatest ambition when you were a kid?"

"To wear long pants, son. And I got my wish. I don't know anybody who wear his pants longer than I do."

THE VICTOR

Little Gordon had arrived home from school with a cut lip and a black eye. "Dear me!" exclaimed his mother. "Do you mean to say you've walked through the streets like that?" "I had to, mum," grinned Gordon. "You see, there wasn't room for two of us in the ambulance."

COULDN'T TELL

A witness was being questioned during a charge of assault.

"You saw these men fighting," said the magistrate. "Why didn't you go to the assistance of the defendant?"

"Well sir," replied the witness, "at that time it was impossible to foresee which would be the defendant."

Legends Of P.E. Island

By Uncle Joe

MINEOTA

Some five centuries ago there came to this Island from Cape Breton a noble chieftain named Kiotsaton. He was so impressed by the beauty of the Island that he decided to build himself and his family a wigwam at Minnewauken, a stream near St. Peter's.

When the proud chief had completed this task he sent for his pretty squaw, his son, Sunfells, and the princess Mineota, acclaimed to be the loveliest maiden in all the land of Cape Breton.

The water which lay near the chieftain's home was full of strange monsters, and the father warned his son never to cross the creek, but always take the longest and safest way around.

Sunfells heeded his site's words for many moons; but one day, being rather tired from the day's hunt, he got into his canoe and headed it directly toward the opposite shore.

Scarcely had the lad taken up his paddles when he heard his father shouting to him from across the stream. But the chief's warning came too late. Already the water began to churn and boil like a witches' brew, while the strangest of sounds arose on the evening air.

Sunfells paddled with all the strength he could muster; but alas the canoe upset, sending the young brave to a watery grave.

Mineota and her father were frantic with grief at the tragic death of Sunfells.

"I shall have my vengeance," quoth Kiotsaton. "The monsters must be destroyed."

So, when the sun appeared in the heavens early next morning, the troubled chieftain hid himself in the hollow stump of a giant pine tree and waited.

All morning did Chief Kiotsaton stand, holding ready his trusted bow with its mighty arrow, but no monster showed its face. But when the sun stood almost overhead, the terrible creatures arose to the surface, swam ashore and, stretching themselves in the sand, went fast to sleep.

Carefully the chieftain bent his bow and released the first arrow. The shaft landed right in the eye of the nearest monster. Chief Kiotsaton grunted his satisfaction and was placing a second arrow in the bow when, with a thundering series of roars, the creatures all returned to the stream, where they kicked up such a stir as to cause the creek to overflow its banks, destroying everything for miles around.

The chief caught the fair Mineota in his arms and managed to escape to high ground. But the wigwam and his squad were never seen again.

At that moment Mineota happened to look around her and saw their friend Glooscap coming toward them.

"Ah," said the faithful Glooscap. "Your arrow, great chief, has griev-

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Hughes-Newell Wedding

On January 10th, St. Dunstan's Basilica, Charlottetown, was the scene of a pretty wedding, when the Rev. Father D. McTague united in marriage Helen Ferguson second eldest daughter of Mr. and Mrs. John Newell of Brackley, to James Louis Hughes, son of Mrs. Hughes and the late Joseph Hughes, City. Father McTague celebrated Nuptial Mass.

Entering the church on the arm of her Godfather, the bride wore a floor length gown of white satin, fashioned with fitted bodice, long sleeves that tapered to points over the wrist and full skirt with a cut sweetheart neckline and her full length veil draped gracefully from a coronet of white mohair and orange blossoms and she carried a hand bouquet of red roses. Her only ornament a single strand of pearls, a gift of the groom.

Miss Mary Nickerson, friend of the bride attended her. She wore a floor length gown of pale blue sheer with shoulder length veil. She carried a bouquet of pink roses.

The bridegroom was supported by his brother Gregory Hughes. Henry Hughes and Wendall Gillis acted as ushers.

Mrs. Joseph Dougan the church organist played the wedding music and accompanied the soloist Muriel Roach.

Following the ceremony a wedding breakfast reception was held at Ment's. The bride's table centered with a three tier wedding cake was laid beneath suspended bells pink and white streamers. The toast to the bride proposed by Father McTague was responded to by the groom.

Prior to her marriage the bride was the guest of honor at a shower held at Mrs. Guy Pierce's in Brackley.

Household Scrapbook

By Roberta Lee

Hat Care

Soft felt and fabric hats will not soil nearly as quickly if they are rubbed over frequently with a face cloth or rubber sponge, used only for this purpose and kept spotlessly clean.

Burnt Food

When food burns in a pan, shake a generous amount of soda into the pan, fill it with cold water, and let stand on the back of the stove for a while. It may then be cleaned very easily.

Pillow Cases

If it is necessary to force the pillows into the cases, the latter will soon wear out. Always be sure to make or buy cases large enough to avoid this.

The Stars Say--

By Genevieve Kemble

For Saturday, January 29

IT is advisable to spend the long weekend in a careful analysis of the current uncertain state of affairs, by inaugurating ways and means for a fresh start, based on unusual or exceptional factors in which shrewd, tactful and intriguing situations may have power to turn the tide into safer channels. The sagacious sizing-up of critical elements may invite the powerful influence of those impressed by initiative and acumen. Friendly forces may lend aid to new but experimental developments. Higher-ups are friendly to fresh policies.

For the Birthday

Those whose birthday it is may find their own ingenuity and skill in inaugurating fresh ways and means of attacking static situations or complications, aided by the friendly intervention of interested personages in standing and influence. Increased capital, wise suggestions and timely aid may promote threatened matters, these probably due to unusual factors, with subtle and perplexing angles. Hidden factors, vague or intangible elements, come into the open, and may have power to make dreams or fancies "come true." Odd circumstances may be capitalized by fresh slants or intuitive drives.

A child born on this day may have obscure or dubious mental slants, assisted by imagination, intuition or strange "hunches." In this, aid from important persons may have practical force in shaping its eventual destiny.

Cook's Corner

LEMON TORTE OR ANGEL PIE

Four eggs, whites and yolks separated, ½ teaspoon cream of tartar, ¾ cup plus 1 tablespoon granulated sugar, juice and grated rind one large lemon, 1-3 cup plus 1 tablespoon sugar, 1 cup heavy cream whipped.

Beat the egg whites until frothy, then add ½ teaspoon cream of tartar. Beat until stiff enough to hold a point. Gradually beat in the ¾ cup plus 1 tablespoon sugar, and beat until glossy. Butter a 9-inch glass pie plate well and spread meringue in it, making a slight wall at the sides. Bake 40 minutes at 275 deg. Fahr. — no hotter — and turn off heat in oven and allow to dry out for 20 minutes more. Let cool.

Meanwhile beat 4 yolks until thick and lemon colored. Gradually beat in the 1-3 cup plus 1 tablespoon sugar, then add the juice from the large lemon and the grated rind — there should be 2 teaspoons rind. Cook in double boiler, stirring constantly, until it thickens. Let cool. Whip the 1 cup cream until stiff, spread half of it over cool meringue, then spread lemon filling, then balance of cream. Chill 24 hours in refrigerator.

TWO MINUTE ICING

(Delicious Flavour)

5 tablespoons brown sugar
4 tablespoons evaporated milk
2 tablespoons water
1 tablespoon butter—vanilla
Icing sugar.

Put first four ingredients in a saucepan and bring to the boiling point, stirring constantly. Cool and add icing sugar to make it of the right consistency. Spread evenly. Vanilla flavouring is the nicest to use, and add just a spec. of salt.

Seldom does one use a whole can of pimentoes at once. The easiest way to keep those not used, is to drain them of their liquid, place in a jelly glass, cover with cooking oil and put in a cool place.

IF BABY IS CROSS FIND OUT WHY

HEALTHY BABIES are not cross. Your baby should not be cross. If he is, then something in his little system is "out of order." Probably Baby's Own Tablets can promptly "put it right." Mrs. H——, of Fenelon Falls, had the experience. She writes: "My little girl was irritable, feverish and sometimes sick at her stomach—what a relief it was, after giving her Baby's Own Tablets, to see how much better she was."

Sweet-tasting—easily crushed to a powder, if desired. No "sleepy" stuff—no dulling effect. Promptly effective in simple fevers, constipation, teething troubles, upset stomach and other minor ills.

Never be without a full box of Baby's Own Tablets. Sickness so often strikes in the night. 25 cents. Money back if you are not satisfied.

Ellen's Diary

By an Island Farmer's Wife

James was of the opinion that it would be "only good exercise for you, Ellen", when I mentioned the need of obtaining a requisite of our poultry farming, then without supply, as we breakfasted this morning. Our meal was made up of a fruit juice, a porridge, and toasted sandwiches of crackers and cheese, the latter barely melted with the butter and quite nourishing and delicious. And for those of us who needed further substance there were thin slices of yesterday's roast of pork, and rolls, with cups of tea, fragrant and hot and peculiarly stimulating to flagging spirits. "We're clean out of grit for the hens," I remarked, not daring to allow even a ghost of a smile to escape, even as I silently contemplated the fact that it must take pounds of the stuff to encourage indifferent appetites and aid digestion in the producing of very few eggs. "But, of course, Ellen, that's very easily remedied," James said, "all you have to do is to go down to the stream, and get it.

• • •

It's just as good as any you can buy. True, there is a little more labour over getting it but that I'm thinking would be only good exercise for you, Ellen!" To one as busy as James is, carrying hay and grain and turnips to the stock and cleaning and bedding, generally speaking, from morning till night, it is natural that women's activities must certainly suffer in comparison.

• • •

It was a forbidding morning for outdoor employment. Skies lowered darkly encouraging snow flurries. The ground was hard-frozen and echoed hollowly the passing of vehicles on the roadway, and a stiff wind blew coldly along the drab fields. It needed some courage to venture forth at all, and it made me shiver to think of Jamie and other small ones facing into it, when off to their classes. "His father ferried him across the brook this morning," Karolyn had told us, thus lessening considerably by way of this short-cut the distance to school. About a mile he must go, along a road that rises gently and dips then to bridges. These will in time prove to be bewitching places for him and his young companions to linger, to glimpse darting trout or the challenging "Plop!" of a frog, on sunny Spring days.

• • •

However accustomed to being out of doors and warmly wrapped, in mid-morning I acted upon James' suggestion. Grand-daughter, her mother's esteemed despair on such a day as this when she is housebound because of the weather, was busy washing some pieces of clothing for her dolls at the time, at a sink overlooking my route of travel, and she kept an eye to my going. Down the rather steep decline that now daily takes the stock of horses and cattle to the watering-hole along a path worn smooth, I came with small basket and shovel. "That's mine!" she said pointing to the latter, and she laughed about it to her mother when I turned away from the window.

• • •

The stream flowed coldly today, and wide there between its evergreen lined banks. It rippled over stones of many shades, and gurgled foam-flecked about projecting fallen logs, hastening always as though this clear sweet water that had already driven a mill-wheel in passing, was anxious to keep its tryst with the briny waters of the river below. Where it washes the edge of land in its flowing, there one may gather her loot of tiny intriguing colorful grit, that somehow loses its former beauty when taken from the dampness to lie huddled in a basket but which nevertheless made choice tidbits for the fowl. They chattered happily and jostled each other, and ate greedily of the offering. James, on his way then with a basket of turnips for the ewes in the shed put down his load to call teasingly yet with obvious approval in his tones, in respect to my industry: "Hi, Ellen!" he called and the wind carried his words, "that should sharpen them up!"

• • •

The wind still blows coldly along the fields, and James can find "a change of weather" in its blowing. It is when a wind complains and a frosty edge is on the panes as tonight, that the home fires are enchanting. He looks up now from his reading to comment approvingly: "The Federation of Agriculture, Ellen, has worded that brief they're going to present to the

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Modern Etiquette

By Roberta Lee

Q. When a party of men and girls is eating and there is dancing between courses, should all the men rise when a girl of their party returns to the table from dancing?

A. Yes; but it is not necessary for them to rise when a girl leaves the table to dance.

Q. Is it necessary for an employee to give his or her employer a birthday present?

A. No; a pretty birthday card mailed to his home is sufficient. Oftentimes, a gift carries with it a suggestion of ingratiation.

Q. What should be removed from the breakfast table when the grapefruit and other fruit bowls are taken away?

A. The service plate is removed, and a hot breakfast plate laid in its place.

Living & Leisure

THE WOMAN'S REALM

HAPPY NEW YEAR

Happy new year! lightly spoken;
Mended be the heart that's broken;
Soothed the ache that lies within;
May the year bring comfort in.

Happy new year! Friendship's greeting
Through the day we're oft repeating.
May the Lord the strength renew
For the tasks that all must do.

Happy new year! and the wishing
Is for luck when friends go fishing;
For whatever game they choose
Good fun even though they lose.

Happy new year! but tomorrow
Should there follow hours of sorrow,
God grant courage to endure
Hurts that only faith can cure.

—Edgar Guest.

EASING CRUSH IN YOUR CLOSET

"Where to find an extra inch of space that will ease the closet crush and save clothes from that peril?" If that's the question that is burning on your lips, here's the answer. Put a double-decker rod in your closet and utilize the dead space which is usually available above the existing rod.

An extra rod in your closet will ease the strain on your temper, keep clothes better spaced and better aired and looking more presentable. Wedging duds tightly together on a closet rod cuts off the circulation of air needed to free fabrics of wrinkles and to release the nap of winter woollens.

To free clothes from a closet crush, simply utilize the dead space above the rod on which your duds now hang. Use the No. 2 rod that you suspend from wall to wall of your closet for hanging shorter garments. Reserve space on the lower rod for longer garments—all dresses, evening gowns and full-length coats.

Here's still another useful idea for relieving a closet crush: Remove every space-grabbing item of clothing which you don't wear or wear very infrequently. Park these items away in boxes or trunks. If you have no other spot in which to store boxes, put your unused duds in garment containers especially designed for storage under beds.

USEFUL HINTS FOR HOUSEWIFE

New non-caking detergents have been developed for use in household electric dish-washers. When using any detergent in a home dishwasher, use only the amount recommended by the manufacturer. Using more than is recommended is wasteful and will not get dishes any cleaner.

Before dusting radiators lay a damp cloth across the top. The dust will cling to the cloth instead of flying out into the room.

After you ream out juice from lemons, save the rinds. Hollowed out lemon shells can be rubbed over fingertips after other foods are prepared for cooking. The mild bleaching action of lemon juice left in the rind will help to remove stains or discolorations which other foods may deposit on fingers.

Don't store vegetables or fruits in heavy paper bags in your refrigerator. Paper insulates food and may prevent proper chilling.

If you are buying several different items in a large department store, an efficient and time-saving way to shop is to start with the items that are sold on the upper floors and work your way down to the street floor. By doing this you eliminate unnecessary trips up and down elevators and are less likely to forget items or lose wrapped up packages.

BLACKHEADS

Don't squeeze blackheads—dissolve them. Get two ounces of peroxine powder from any drug store and apply gently with wet, soft cloth over blackheads. They dissolve and disappear by this safe simple method.

CABLE STITCH SWEATER

DESIGN NO. E-1279

This smart cardigan sweater is easy to knit in the popular cable stitch. Delightful to wear the year 'round. Pattern No. E-1279 contains complete instructions for knitting sizes 32 to 42.

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

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Name

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IS BACKACHE JUST A SIGN OF AGE?

Many people suffer an aching back *needlessly*—believing you must expect a few aches and pains when you're "getting on" in years!

But backache is often caused by the faulty action of kidneys and liver. See how much better you feel after taking Dr. Chase's Kidney-Liver Pills, and your kidneys and liver both filter out impurities from your bloodstream. That's because this time-proven Dr. Chase remedy treats two conditions at once—contains special remedial ingredients for both the kidney and liver disorders which often cause backache.

If you're feeling worn-out, tired, headachy—with painful joints and aching back—look to your kidneys and liver. Try Dr. Chase's Kidney-Liver Pills tonight. At all drug counters. 16

Needlecraft

FOR THE HOME

THE MOULDED MIDRIFF

So pretty, so practical . . . this front-buttoned frock featuring a square yoke to repeat the neckline treatment. And so new looking, too, with its high, wide and hand span waistline!

No. 2916 is cut in sizes 10, 12, 14, 16, 18, 20, 36, 38 and 40. Size 16, 4½ yards 36-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 want. Include postal unit, or zone number in your address.

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2916
SIZES 10 - 40

Sore Throat of colds. Rub VapoRub on throat...chest. Melt some in mouth, too!

Vicks VapoRub

Canada's Fifth National Health Week—Jan. 30 to Feb. 5

National Health Week in Canada this year will be observed Jan. 30-Feb. 6, during which period citizens throughout the Dominion are requested to take seriously the matter of planning for good health. Healthy citizens make a healthy Canada. And children who are given a good start in life make better citizens for their community. Recreation is one of the steps to good health. The youngster at left is getting the full benefit from his leisure as he derives much pleasure from his drawings. Good nutrition, proper sleep, lots of fresh air play an important part in the development of your child. The little girl at right is well on her way to good health and happiness.