

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

Living & Leisure THE WOMAN'S REALM

A DEPENDABLE BOY
The boy who is bright and witty, the boy who looks for fame, the brilliant boy, his teacher's joy, and the boy who leads each game right cordially I greet them. And wish them every joy, but the warmest part of my boy-loving heart, I give the dependable boy.

If he says he'll come at seven, ere the clock strikes, he'll appear. At a fine brisk pace, with a glowing face, and a greeting good to hear.

If he says he'll mail your letter, it will be mailed, don't doubt it; He'll not tuck it in some dark pocket And then forget about it!

He may be bright and witty; He may be brilliant, too; He may lead in the race, with his mainly face.

He may plan great things to do; He may have all gifts and graces, But I don't wish him to be a boy And pride in me, as to know that he is a dependable boy!

DECORATIVE DOORS

Ugly doors such as many of the older type of houses possess, can be greatly beautified by strips of pretty wallpaper. Get the flower or fruit and foliage variety, and paste it on the panels of your doors, finishing with a coat of varnish. Many of the old houses, too, have hideous cupboards. The strips of paper will do wonders to these, especially if the color scheme is carried out in harmony with the rest of the room decorations.

Flower-pot can be made tins of beauty if painted with sprays cut from wallpaper and varnished. Treated in this way they at once become art-pots, and look quite different from a window ledge. Flowers in plants, however, usually thrive better in an ordinary flower-pot.

POTATOES

Avoiding potatoes for fear of getting fat? Then, here's interesting news from the nutrition division, Ottawa. One medium sized potato contains fewer calories than a chocolate bar, a serving of apple pie or a serving of uniced cake. So, next time, think before choosing between dessert and potatoes.

NOVA SCOTIA'S "BLUENOSSES"

Where Did They Get Their Name?

There are several speculations about the "Bluenoses." Some say it refers to the stiff Nova Scotian winters that would turn the best of noses blue. Others have it that bluenoses is an ancient word with the special meaning "puritanical and snobbishness" and that the nature of the Nova Scotians caused it to be applied to them. Whatever meaning is given it, Nova Scotians blithely accept the term as a compliment.

POWDER TRICKS HIDE RAVAGES

Knowing how to camouflage the ravages after a big cry, and tell-tale shadows after a big evening say, is one of the best tricks you can pull out of your hat.

Have on hand for either emergency, a dark powder base, even if you don't normally like to go that deep into tawny colour. It's not as flattering as you think, and it makes a blessed mask when you've something to hide.

After foundation is applied, blend in very little of any, cheek rouge—rouge under the shading or stain only points up what you want to play down—and put on your usual shade of powder.

PRECIOUS SHOES NEED FIRST AID

To get more wear out of the shoes you have—which you're used to do because the nation's leather supply is critical—here is a brief, in a first aid course in care:

Polish is a lubricant that preserves leather, so apply it often to

shoes in active use, and occasionally to inactive shoes to prevent drying and cracking. Use good polish and put it on the needs of a particular leather.

Keep two pairs of shoes in service, giving each an alternate day in which to rest, air and dry. Use a shoe horn to ease on shoes, and you'll prevent broken counters. To prevent scuffing, the shape of shoes, keep lifts in good repair.

Never get your shoe wet. If you can help it, if you're caught in a shower without rubbers, pull shoes off when you reach home, stuff them with paper and set in an airy place to dry.

WEIGHT CONTROL

Work at full steam if you want household tasks not only to keep you fit but give you exercise that will keep your figure trim. Good trick for working up to capacity speed is to plan a time limit for each routine. Then try to beat your own record. This will not only bring more muscles into play but turn up more calories, but make shorter shrift of tasks and give you more time for something else.

DINNER PLANNING

One of the most important factors in a successfully planned dinner is to match up the dessert with the rest of the dinner. Ninety per cent of the hostesses serve too heavy a dessert following a course dinner and it is simply wasted as the guests are too satiated to enjoy it. Ice cream, an unusual water-ice, a light gelatin pudding, an airy parfait, any of these make the place of a heavy pudding or pie.

EARRINGS BIGGER

Earrings are getting "bigger and better" more brilliant, more dramatic. They feature everything—drugs, things—from lace to flowers!

COAL HOLE

There are 33 ways to save one ton, in five according to our information. Here are three for a start. Don't let taps leak. Keep a supply of washers on hand and replace them as they leak. Turn off the water all it not well with its gizzard. Remember that there's a difference between hot and cold type washers. Always use the one that fits the hot water washer more often.

Release air from radiators. They need to be burred like a baby only not so often. . . . Just about once a week.

Keep bedroom doors closed at night. No need of chilling all the house just because you like fresh air.

HINTS ON ETIQUETTE

The best and correct way to acknowledge an introduction is to say, "How do you do?"

HOW CAN I !!

By Anne Ashley

Q. How can I judge the size of chickens?

A. Judge a chicken by looking at the skin of its feet. The skin is tender and there is little fat on the feet of young chickens, while the skin becomes hard and the feet are scaly on old chickens.

Q. How can I remove grease spots from paper?

A. Lay a piece of blotting paper over the spot and press with a warm iron. If this doesn't remove it, cover quickly with powdered meringue. French chalk or fuller's earth and let stand twenty-four hours. Repeat if necessary.

Q. How can I easily clean windows and mirrors?

A. Use a cloth dipped in two tablespoons of household ammonia to two quarts of water. This will also give the glass a polish.

RESTORES JEWISH RIGHTS

BUCHAREST, Dec. 18 — (AP)—King Michael signed a decree Friday abolishing Jewish restrictions and establishing the groundwork for the return of full rights of citizenship for Romanian Jews. The new law restores property rights and contemplates complete equality in economic and social spheres.

ELLEN'S DIARY

By An Island Farmer's Wife

Winter peered around the corner of the farm buildings this morning, and the North had a cold breath. Frost bit teasingly at uncoverted things. And curls I noticed, were covered at wood-carrying time. I watched Jeanie's ducks, huddled in the yard, hugging closely to the barn-floors so that webbed feet might not be chilled off the scattering of snow that had come in the night. Farm-wagons rumbled over and frozen mill-routes, their loads covered this morning labour on their way up the hill the noise of their going plus the ever-constant sounds of the morning-work, hurrahs with my chores—easier now I had come indoors to the warmth of the kitchen-fire.

Judy was already at her upstairs-cleaning, "a day ahead," she told me. "Very good trait!" to be forehanded. This prepared for my happening. I jolted about the kitchen, not being chilled off the scattering of snow that had come in the night. I then experimented with a dessert that had caught Judy's eye—and I took a second helping.

I rested this afternoon. "From which exertion?" I asked. "From the kitchen," Judy replied. "I concentrated on her singing. I heard the words plainly and then they were like music to my ears. I heard her sing 'The Bird Song' and 'The Chickens.' No longer simply a pud-ding, but with the whistles of eggs and the clucking of chickens, it was a far more interesting and appetizing and nutritious James took a second helping.

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And now, James and Mr. Evert, who lingered later than our other visitors, still chat. James in the arm-chair, Mr. Evert in the high-backed chair beside him. Smoke-wreaths fill the air and the old clock ticks the minutes. As I move to put away my writing-materials, Mr. Evert says in surprise: "It's a miracle, but you've got it all off in one sitting. I had forgotten that you were so good at it."

HOUSEHOLD SCRAPBOOK

By Roberta Lee

Laundering Mats
In laundering mats, or any articles that require careful shampooing, then them first without starch. Then place them carefully on the board, and keep domesticity running smoothly. Smooth cloth dipped in raw starch and iron dry.

Molasses Cakes

Cakes containing molasses burn very easily. Such cakes should be baked in thick layers that require long baking, and the tin should be lined with greased paper.

New Stockings

All new stockings, particularly the new ones, should be washed before being worn, to remove all surplus dye that they may hold.

SPIRITUAL PENNED BY SLAVE, IS CLAIM

NORMAN, Okla., Dec. 20—Was the Negro spiritual, "Swing Low, Sweet Chariot," composed by a slave on a Red River plantation? Nobody knows for sure, but some evidence indicates that the song may have been composed in Oklahoma, believes Kenneth C. Kauffman, head of the department of modern languages at the University of Oklahoma.

GOOD FOR MARY!

There were special guests that night, and the postess was a little dubious about the new mat. "Mary, when you are in the dipper tonight I want you to be careful that you don't spill anything."

MORNING SMILE

Rustic—Ticket to London for the muses. Booking Clerk — First or third, sir? Rustic—Sit! She's the third, but I ain't never 'er about the others!

THE FIRST CHRISTMAS—Nearing their Goal

ON AND ON RODE THE THREE WISE MEN

THE GUIDING STAR GREW BIGGER AND BRIGHTER EVERY MILE THEY TRAVELED

Dorothy Dix Says—

WHAT IS A GOOD WIFE MADE OF?

Rubber, Sugar, Steel, Soap, Diesel Engine Contribute To Women's Stamina

If, according to the old nursery rhyme, little girls are made of sugar and spice and everything nice, what are good wives and mothers made of? Well, of course, they appear to be constructed of flesh and blood, but the millirun of humanity is, but when I perceive the marvels of their performance, I wonder if the Creator didn't throw in a lot of extra material when He made them that enables them to carry on with their jobs.

How else, for instance, could a wife survive all of the many jobs of marriage unless she was about 90 per cent rubber and able to snap back after finding out that she was not united to a romantic hero but to a plain man, who was more stomachic than heart and who made her the stand-in for all of his temper and grouches?

And what, except the God-given rubber in a woman, enables the one who is married to a philanderer to forgive him time after time and erase from her memory his misdeeds when he promises never to look at another cutie again or to hire a secretary under 70?

FAMILY BUMPER

And furthermore, isn't it the preordained lot of every woman to be the bumper in her family who stands between the children and Papa, and the little dears who fight with each other like the Kilkenny cats, and take all the hard knocks? And could any constitution stand that that didn't have the resilience of rubber?

Every good wife and mother has also concealed about her person a backbone that is made of chilled steel, though her husband and children may never even suspect it. The iron hand in the velvet glove, Mothers. She keeps a grip on her youngsters, that they cannot break and holds them in the right road until they develop into fine men and women. And many a weak man owes his success to his wife lending him her backbone to brace him up.

SUGAR NOT RATIONED HERE

And thank the Lord, sugar wasn't rationed when the recipe for making wives and mothers was devised, so that is why the world is still blessed with sweet women who go on loving the unlovable, forgiving the unforgivable, helping the shiftless, rocking babies to sleep and ministering to the old and cranky with a patience that never fails. How so many women manage to keep sweet, instead of being turned into old pickles by the hardships and injustices they have to bear, is one of the miracles that can never be explained. We can only be grateful for it.

In addition to the sugar in women, there is a lot of good soft soap that goes into the making of every successful one, and that is another thing for which we have to be thankful. For it is the diplomatic woman who rubs our fur the right way, who soothe our vanity, who take the rough edges off of life and keep domesticity running smoothly. And, not the least important of all, every good wife and mother has a Diesel engine in her makeup, for how else could a frail little woman be a wife, mother, cook, laundress, caterer, seamstress, sick nurse, run the family budget, write the family letters, keep up the family social pattern, belong to clubs and yet have time to play bridge in the afternoon?

there, wound the replaced springs and the empanadas that has been in the kitchen suddenly took flight. It was like the time—James "minded" it—when our first radio was installed. I was sitting in the living room and I was listening to the music. I was sitting in the living room and I was listening to the music. I was sitting in the living room and I was listening to the music.

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A JOB ONLY YOU CAN DO

Price Control Questions and Answers

Questions and Answers on Price Control will appear in The Guardian as a regular feature each day. The questions are those which have reached the Wartime Price and Trade Board from consumers in this region. The answers are provided by the Board members. Persons who have important questions to ask on price control are invited to send them in writing to the Women's Regional Advisory Committee of the War Time Price and Trade Board.

Q. If I rent my light housekeeping rooms by the week could I give the tenant a week's notice to vacate?

A. No, light housekeeping rooms rented by the week come under the same regulations as all other housing accommodation. In other words six months' notice to vacate is required.

Q. I rent a furnished room by the month. My landlord has given me six months' notice to vacate. I have now found another place and can move anytime. Must I stay the full six months?

A. No, as you rent by the month and have no definite lease, the landlord is entitled to one month's notice only.

Q. I am going to the United States for Christmas holidays and will be away about a month. Do I have to surrender my ration book?

A. "You need not surrender your ration book unless you will be out of the country for a period of sixty days."

MODERN ETIQUETTE

By Roberta Lee

Q. What would be considered the height of discourtesy in conversation?

A. Inattention. If a person is well-bred, whether interested or not, he will show interest in what someone else is saying. Many people who talk very little are extremely popular because of their attention to what others have to say.

Q. Would it be all right to cut four or five pieces of meat on one's plate at a time?

A. No; only one mouthful should be cut at a time.

Q. If the hands are not in use where should one place them while at the table?

A. The hands should be placed in the lap.

BETTER ENGLISH

By C. D. Williams

1. What is wrong with this sentence? "It would be unkind to absolutely ignore him."

2. Which one of these words is misspelled? Venetian, vengeance, venacular.

3. What does the word "contingence" mean?

4. What is a word beginning with "P" that means "condish"?

ANSWERS

1. This is a split infinitive. Say, "It would be unkind to ignore him absolutely." Pronounce di-zes (1) as in did, and not di-zee. 2. Vengeance. 4. State of being liable, but not provided for all contingences. 5. Purile.

ing post at Doakville. Jones owned several steamboats which plied the Red River and the Mississippi one called the "R. M. Jones," another the "Frances Jones," after his only daughter. About 10 miles west of Fort Towson, Jones built a Southern colonial mansion. The furniture was imported from Europe or brought up from New Orleans. Today only a grove of cedars marks the place. Miss Muriel Wright, who never tires of tracing curious bits of Oklahoma history, located a certain Frances Banks, once a slave of John Kingbury of Boggy Depot. She said that her grandfather, Wallace, who belonged to Bret' Willis, another prominent and wealthy Choctaw living near Doakville, composed not only "Swing Low," but "Steal Away to Jesus," "The Angels Are Coming," and "I'm A-Rolling."

"Uncle" Wallace and his wife, "Aunt" Minerva had quite a reputation in the Doakville community for their singing of plantation songs. But it is quite probable that no one will ever know the origin of the song, "Swing Low, Sweet Chariot," Prof. Kaufman believes.

And I Do Come Home!

And I do come home at Christmas. We all do, or we all should, come home for a short holiday—the longer, the better—from the great boarding-school, where we are forever working at our arithmetical studies, to take, and to give a rest.

(A Christmas Tree, Charles Dickens.)

By GEOFF HAYES

City _____ Province _____

Famous Pigeon Is Awarded Medal

LONDON, Dec. 18 — (CP)—Christy, fast-flying pigeon which was first home with a message from the Normandy beachhead on D-Day, has just been presented with the Dieppe medal for bravery, offered by Mrs. M. E. Dickens for animals and birds which perform outstanding service to mankind.



HEALTH LEAGUE OF CANADA

Washington, Jefferson, financial editor of the Toronto Globe and mail recently commented as follows in his column, "Finance at Large":

Lachneon address made to the Health League of Canada in Montreal on November 23 by George A. B. Nairn, president. Lever Bros. Canada deepens in my mind the conviction that the very first, most vital and most successful health and security measures are the positive steps taken to produce jobs in an abundance for employees and other words six months' notice to vacate is required.

Jobs under improving conditions for men and women are largely free from irkig cares, can finance individually or in concert medicine, doctors' hospitals and nutrition, and they can provide the taxes and loans needed to keep the wolf of unemployment away from the doors of those able and willing to work to see that no child suffers from lack of nutrition and to bring the resources of medical science and hospital attention within the reach of all.

A Fine Example

Too many have been insisting on eating the chickens of production before they are hatched. The very necessary Health League of Canada will get further forward with its beloved plans if all the rest of our post-war plans place strongest emphasis on construction, production, distribution, financing of trade and expansion. Mr. Nairn's fine address made me think of this because his company is one of the best examples of social benefits to employees that can come from a well-integrated plan which coordinates output, distribution, marketing, advertising and which spreads the benefits of success among the employees and all others whose lives are touched by the company.

This world-wide company began back in 1886 as an idea in the mind of Colmar, which lies along France's border with Germany, was settled as early as 823 under the Roman name Columbarium.

SETTLED IN 8TH CENTURY

BATH, England — (C P) — A stag, at large for two days in this ancient city, was killed after becoming impaled on a fence.

COOK'S CORNER

RAISIN CUP CAKES

Put 1 1/2 cups seedless raisins in a bowl for 30 minutes. Drain and serve the liquid.

1 cup raisin liquid
1/2 cup brown sugar
1/2 cup raisin liquid
1/2 teaspoon nutmeg
1/2 teaspoon salt
Mix in the usual way, adding the liquid. Bake in paper cups in muffin tins in a good oven for approximately 35 minutes. Cakes may be baked in well-greased muffin tins.

STEAMED CARROT PUDDING

1/2 cup mild-flavoured fat
1 cup brown sugar
1 egg
1 cup grated potato
1 cup grated carrot
1/2 cup raisins
1 cup currants
1/2 cup mixed peel, chopped
1/4 cup all-purpose or 1/2 cup pastry flour
1/2 teaspoon salt
1/2 teaspoon cinnamon
1/2 teaspoon cloves
1 teaspoon soda
2 tablespoons water

Cream fat and sugar thoroughly. Add berries, then potatoes and carrots and spices. Mix and sift flour, salt and fruit, and add to mixture alternately with water in which soda has been dissolved. Blend well. Turn into greased mould, filling them nearly full, and steam steadily for 3 hours. 12 servings.

NOTE: If currants are not available, increase the amount of raisins used.

ARRID is the largest selling deodorant

ARRID is the largest selling deodorant. Also 15¢ and 35¢ jars.

Needlecraft FOR THE HOME

THE WRAP-AROUND
Even your household your comfortable wrap-around deserves a bright new treatment—a gay plaid fabric, perhaps, coated with rubber, feminine and ever so flattering.

No. 3697 is cut in sizes 12, 14, 16, 18, 20, 44, 46, 48 and 50. Size 36 requires 3 1/2 yards 38-inch fabric and 3 1/2 yards ruffling.

Send 20 cents for PATTERN, which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you wish.

Address: Pattern Department The Charlottetown Guardian.

Name _____

Street Address: _____

City _____ Province _____

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stands for Favorite

Fleischmann's fresh Yeast
has been the favorite of Canadian women for over 70 years.

• AND NO WONDER! Because FLEISCHMANN'S fresh Yeast can be relied on to help bake tender, delicious bread every time. If you bake at home, use FLEISCHMANN'S. It's at your grocer's. Ask for it today — the Yeast with the familiar yellow label.

MADE IN CANADA

Get Extra Vitamins — More Pep by eating 2 cakes of FLEISCHMANN'S fresh Yeast every day. This fresh Yeast is an excellent natural source of the B complex group of vitamins.

Good News! for folks with sniffly

Head Colds

Quick relief from the sniffly, sneezy, stuffy distress of head colds. Vicks Vapo-Rol — a few drops up each nostril — so reduce congestion, soothe irritation, and prevent many colds from developing in the first place. Try it! Follow directions in folder.

VICKS VA-TRO-NOL

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