

Woman's Realm Social and Personal Fashions Literature

Living & Leisure THE WOMAN'S REALM

HELPFUL "HELLOS"

God help me to grow old gracefully. Without bitterness. Help me to view calmly. The changes in this frail machine. That I have driven carelessly. Deliver me from envy and rancour. Toward modern youth. And youth's happiness. Give me tolerance. Toward change and progress. And new ideas. Make me content. With fading light. Give me a glorious sunset. And a peaceful night.

Treatment for Glassware

Crystal glassware or dishes are less liable to break if they are placed on the stove in a pan of cold water and allowed to come to a boil. Let boil for about 10 minutes and then allow to cool in the same water.

IRONS

Irons will not rust when they are packed away for any length of time if they are rubbed with a little fat that contains no salt, such as mutton fat. Then wrap them in brown paper.

TOP DESIGNER URGES CAUTION

"Learn to say 'No,'" is advice that you seldom get from a fashion designer.

From one—Adrian of Hollywood—whose clothes ring a bell with some of the nation's most discriminating women, comes such advice. He urges the woman who wants to be well-dressed to shake her head at the saleswoman who tries to sell her an unbecoming dress; to ignore "new look" styles which she can't successfully wear. Compromising only slightly with new trends, Adrian's spring and summer collection shows hemlines lowered to 14 inches. This design, however, keeps shoulders square and introduces only enough fullness into a slim silhouette to make it more fluid and easier to walk in.

Best known, perhaps, for suits of impeccable tailoring with squared shoulders, long-torso lines starred again in Adrian's new collection. Such suits this spring are fashionable wedded to coats of matching fabric and related design. These make superlative ensembles which their designer insists can withstand style changes for many seasons to come.

That "How do you do?" is often just a casual and meaningless phrase. Health authorities say that, if people took it seriously, they might well question their state of well being. So, say the experts, since suggestion has undoubted power, how much better some such salutation as "You're looking very well today!" That's not likely to become just a hackneyed saying. It's so much more personal and pleasing. The experts suggest that Canadians try it, once in a while for effect and enjoyment.

ATOMIZER FOR PENICILLIN

A new method of handling penicillin enables this wonder drug to be used in combination with oxygen so that the patient can be supplied with an oxygen-penicillin mixture through an atomizer. This new combination produced under the name of oxycillin has been successfully used already in a number of the largest London hospitals, especially for bronchial infections. A calibrated atomizer shows the doctor how much penicillin is being received by the patient under the oxygen tent. If at the end of treatment a small amount of oxycillin remains in the mixing chamber of the apparatus, it is a simple matter for this to be returned to the container.

MOTHER BORROWS BABY'S COSMETIC

A smart mom can take advantage of baby's beauty routine and help herself to one of his cosmetics to improve her own skin care. His Nibs' lotion, particularly if it is richly laden with superfine emulsions of mineral oil and lanolin will have as softening an effect on his Mama's winter-weary hand as on baby's skin. Moreover, she can run her hand-softening routine in right after she finishes with Junior's.

What remains on your hands after Junior is given his all-over rub down is often all that's needed for a hand-creaming job. Another good use to which you can put Sonny's cosmetic is to use it for the easier blending of cheek rouge. Just a drop of lanolin-rich lotion used on a stubborn cheek rouge will induce it to spread nicely. Tinted make-up base of the opaque cream type which looks too heavy or streaked on the face can be thinned and the color evened up by using the merest touch of Sonny's emulsified lotion. Apply this mere touch with finger-tips.

That Body Of Yours

By James W. Barton, M. D.

INDIGESTION

While the commonest cause of death is heart disease, the commonest pain or symptom is in the abdomen—stomach, liver, gall bladder, intestines. Thus, when a patient complains of pain or distress in the abdomen the physician asks about the kind of pain, when it comes on, how long it remains, is it always in the same place, and many other questions.

If the symptoms do not point to any particular disease, or disturbance of any one organ—stomach, gall bladder, intestine—the physician may order an X-ray examination which traces the food from the stomach to the large intestine. If there is any organic disease present, the X-ray is the best single method of discovering it.

What is left for the physician to do if the X-ray shows no organic disease present, and no apparent cause for the symptoms which symptoms the physician knows must be present as he knows his patient?

What the physician must do where the X-ray shows no disease present is suggested by Dr. Walter Alvarez, Mayo Clinic, in the "Canadian Medical Association Journal."

If the symptoms are not caused by disease, then they may be caused by (a) allergy or sensitiveness to foods, or (b) emotional disturbances or mental and physical fatigue, or (c) bad eating habits.

"Many of the persons who complain of indigestion with bloating, abdominal pain, and gas with bad odor are allergic or sensitive to one or more foods." A food diary will usually locate the offending food or foods.

Emotional disturbances account for most cases of colitis (chronic diarrhoea), spastic constipation, heartburn, vomiting of meals soon after eating, chronic appendicitis and migraine (one-sided headache).

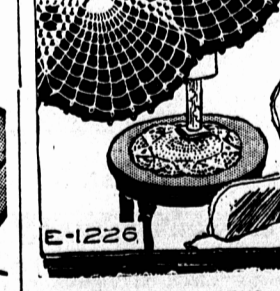
Bad eating habits are (a) eating when tired, (b) eating too fast, (c) rushing away immediately after eating in the morning instead of waiting for Nature's bowel movement, which occurs regularly after breakfast in normal individuals.

The point, then, is that when the laboratory or the X-ray specialist cannot find any cause for the symptoms, the physician, by careful questioning of the patient, often may find the cause.

EATING YOUR WAY TO HEALTH

Be sure you are getting the proper all-round daily diet for your type of build, occupation, etc. Send today for Dr. Barton's handy booklet on this subject entitled "Eating Your Way to Health." Just send 10 cents and a 3-cent stamp, to cover cost of handling and mailing, to The Bell Syndicate, in care of this newspaper, Post Office Box 39, Station G, New York 19, N. Y.

STAR AND FAN



DESIGN NO. E-1226

You can crochet this beautiful 14 inch dolly so easily by looking at the photo or reading detailed instructions. It is the lovely star and fan combination.

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Dorothy Dix Says—

Women And Their Age

Even Most Circumspect Of Fair Sex Falsify Their Years

It is a well-known fact that women who are models of veracity, and who would go to the stake rather than tell an untruth about anything else in the world, will falsify their age. Why they should make such a mystery of their ages is one of the peculiarities of the feminine psychology that nobody can explain. It is just that way.

The one secret that every woman can keep is her age. The blabber who talks on and on forever as ceaselessly as the babbling brook always stops short of blabbing one thing, and that is how old she is. A woman will confide to you the whole story of her past life. She will tell you about her lovers, her husbands, her divorces, her children, all of her family secrets, but she will never tell you her age unless she is under 20 or past 80. What lies between is silence.

This is quite right. It is nobody's business how many candles she is entitled to have on her birthday cake. Her age is her own affair, and if she gets any comfort in thinking she looks a perfect 25, when anybody can see she is a good 50, Heaven knows she is entitled to it.

But why all this bother about a woman's age? Why is Truthful Jane driven to lying about how old she is and trying to conceal her age, as if it were something scandalous, a blot on her escutcheon of which she is ashamed? Why is it more respectable to have been born in one year than it is to have been born in another.

HANDSOMER AT MIDDLE-AGE
Of course, the thing that makes women cling to youth with both hands and pretend to be debutantes long after they are grandmothers is the idea that youth is beautiful and charming and fascinating, and that as a woman gets older all of her attractions go into the discard. But this isn't true. Youth is not always a woman's best time, even in looks. Many a woman at 50 or 60 is far handsomer than she was at 23.

In her girlhood she was angular of figure, with bad features and nondescript hair. Age filled in her hollows with flesh. Experience chiseled her features into symmetry and gave them expressiveness. Time crowned her head with silver. Many an old woman is made beautiful just by the sheer goodness and sweetness in her face.

Nor is youth always charming. Generally it is hard and narrow and opinionated and conceited. It has no interests except in its own, to no conversation except its own patter. It has no background, no memories, no experiences.

The middle-aged or older woman is more interesting than she was as a young girl. The years are bound to have taught her something. Life has mellowed her and ripened her and educated her and given her a sympathy and understanding that makes her far more fascinating as a companion than she was when she was sweet sixteen.

Therefore, why should women so hate their age that they lie pitifully about it? They only deceive themselves. But life is full of trouble for women, and if an old sheep can get any kick out of masquerading as a spring lamb, let her have her fun. The unwritten law has ever granted the fair sex the prerogative of being as old as it said it was.

Ellen's Diary

By an Island Farmer's Wife

New blankets were hemmed this morning in stitches that made one recall Susan's at her recent mending. At the time too, one remembered again the whistle of the early train that had carried her on the first lap of her journey home. Flannellette covers these are, white with fetching ends that alternate pink, and all softly napped. Sewing them one was reminded at once of the fur of the new kit-cats of Tabby's that Jeanie and granddaughter had viewed yesterday, seizing an opportunity to visit them in their warm nook beneath a manger when the horses had gone to drink at the troughs in the yard. "And how many are there?" Jeanie inquired of the small one when they came in to report their findings. "Two!" came the reply and closing her eyes to impress the fact, she added "they're fast asleep!" So far, two is the limit of grand-daughter's counting though the letters and pictures on her building blocks are easily identified by her. Speaking of the kittens, I suspect if James does not take a long deep breath soon to slay his resolve—and how can he with young fives coming before him? In time there will be another pair of felines to

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Morning Smile

NO OCCUPATION?

An official conducting a government survey called on Mrs. Jones and asked her what she did with herself all day.

"I keep the house clean, cook all the meals, wash the dishes, do all the laundry, mend the clothes and queue for food," she said.

"The official thanked her and made an entry in his notebook. It read: "Mrs. Jones—housewife—no occupation."

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Guaranteed to Keep You "Regular" Naturally

Kellogg's ALL-BRAN
for Constipation
GUARANTEED

*or double your money back

The Stars Say--

By Genevieve Kemble

For Friday, April 23

ALTHOUGH there is a presage of some out-of-the-ordinary or routine opening of more than commonplace significance, at the same time there is portent of confused or obscure thinking which could "cloud the issues" or annihilate exceptional chances. This excellent opportunity for gain, promotion or tokens of preferment from high places, demands astute application of intelligent, sagacious and clever rationalizing and not mere flash-in-the-pan analysis of complications. Use restraint and mature judgment for exceptional opportunity.

Dyeing White Shoes
When dyeing white shoes black, try using some quick-drying black enamel paint. This often wears much better than liquid or paste dyes and doesn't rub off so easily.

For the Birthday
Those whose birthday it is have

I'M SO PROUD THE WAY SPIC AND SPAN MAKES MY WHOLE HOUSE SHINE!

NO RINSING! NO WIPING!

IT'S DIFFERENT! NO SOAP IN THE WORLD WORKS 'ALL THESE WONDERS!'

Cleans Painted Walls, Woodwork Linoleum . . . Dozens of Things!

- SAVES HALF THE WORK!
- ONE EASY STEP DOES EACH JOB!
- EVERYTHING SPARKLES LIKE NEW!

LOOK! SO EASY YOU'LL USE IT EVERY DAY!

Procter & Gamble's No Rinse—No Wipe Cleaner!

Household Scrapbook

By Roberta Lee

A Flower Sponge

To make a flower sponge, select a large sponge with large pores, wet it and place two or three hyacinth bulbs in the pores near the center. Sprinkle grass or mustard seed around the remainder of the sponge. Hang it in a sunny window and keep the sponge damp. You will soon have a pretty flower ball entirely covering the sponge.

Boiling Eggs

Wet the eggs with cold water before dropping them into the boiling water and they will seldom crack.

Water-Soaked Shoes

If the shoes get water-soaked stuff them full of newspaper or uncooked oatmeal. Let them dry away from any radiators or other sources of heat.

Cook's Corner

SALMON PIE

We call this a pie, but actually it is more in the nature of a pudding, for it has a batter which is carefully poured into a dish over the pre-boiled fish mixture.

As a sauce, I suggest cream sauce with such additions as sliced pickled gherkin, or drained chopped pickle, chopped hard-cooked eggs, drained capers, a little pimento—the primary idea is to make the sauce really zesty. Adding a little of this or that condiment sauce is another good idea.

- 1 one-pound can pink or red salmon
- 1 cup drained cooked green peas
- 1/4 teaspoon pepper
- 1/4 cups milk
- 1 1/2 cups once-sifted pastry flour or 1 1/3 cups once-sifted hard-wheat flour
- 3 teaspoons baking powder
- 1/4 teaspoon salt
- 1/4 teaspoon paprika
- 1 egg
- 4 tablespoons shortening, melted

Turn the salmon and its liquor into a bowl; remove skin, flake the salmon; and crush the bones for their valuable calcium; add the green peas and sprinkle with the pepper; mix well and turn into a large greased casserole; pour in 1/4 cup of the milk and mix through the salmon mixture.

Place in a moderately hot oven, 375 degrees, while making the batter. Measure and sift together once, then sift into a bowl the flour, baking powder, salt and paprika. Beat the egg until thick and light; stir in remaining 1 cup milk and the melted shortening. Make a well in the flour mixture and pour in liquids all at once combine lightly. Remove fish mixture from oven and spoon batter over top. Return to moderately hot oven, 375 degrees, and bake until topping is cooked through—about 50 minutes. Serve hot, with a sauce of your choice.

Modern Etiquette

By Roberta Lee

Q. If a woman and her ten-year old son are registering at a hotel, would it be correct for her to sign "Mrs. W. J. Smith and son"?

A. No; she should write "Mrs. W. J. Smith, Chicago, Ill." on the first line, then "James Smith" on the second line, then "Mother, James Smith" with a ditto mark under "Chicago" on the second line.

Q. What should one do when being introduced to someone who recalls having met you at another time?

A. Try to recall it, but if this is not possible, express regret that you do not remember the occasion.

Q. If a bride is going on a honeymoon trip that is to last several weeks, how soon should she write notices of acknowledgement for her gifts?

A. She should do so before she leaves, or within a week after she leaves.

Irresistible Flavour!



FLOATING ISLAND

Prepare Shirriff's Vanilla Dessert as directed, using 3 cups dessert. Mix a spoonful of hot back into dessert and cook 2 minutes longer. Pour into serving dish. When dessert is served whip 1 egg white until stiff, stir in a few mixed, salted nuts, and heap in spoonfuls on top with nuts, dessert. Garnish.

It's the kind you want Shirriff's Vanilla.

SHIRRIFF'S DESSERTS

Better English

D. C. Williams

1. What is wrong with this sentence? "The party began immediately I arrived."
2. What is the correct pronunciation of "melee"?
3. Which one of these words is misspelled? Lieutenant, licentious, lieuse.
4. What does the word "dispensation" mean?
5. What is a word beginning with au that means "boldness"?

ANSWERS

1. Say, "The party began immediately after I arrived."
2. Pronounce mee-lay, both 'a's as in ate, accent second syllable.
3. Lieuse.
4. A specific plan; a provision. "It was a happy dispensation of nature."
5. Audacity.

How Can I!!!

By Anne Ashley

Q. How can I test the hair to find out if it is healthy?

A. Healthy hair is always elastic, and this can be tested by pulling a single hair from the head, wrapping each end around an index finger and stretching it. If it stretches from 1/2 to 1 inch, it is elastic.

Q. How can I get more wear out of brooms?

A. Scald the brooms for a minute or two in boiling soap suds now and then, and it will keep them tough and flexible. It is also beneficial to the rug.

Q. How can I prevent the icing of cake from running off?

A. The icing will not run off if a little flour is dusted over the top of the cake before the icing is applied.

Needlecrafts FOR THE HOME

GRAND FOR GRADUATION

Here's a dress with the delicate air of little cap sleeves and ruffles of ruffling . . . to wear for graduation day and sun scenes ahead. Note the tucks that release fullness . . . where growing girls need it!

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FIT YOUR FEET

Ill-fitting shoes will only aggravate sore feet, but properly-fitted shoes usually eliminate callouses, corns and bunions.

