

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

Living & Leisure

THE WOMAN'S REALM

IT IS BETTER

To be lied about than to be a liar.
To be slandered than to be the slanderer.
To be cheated than to cheat.
To be imposed upon than to be the "bully."
To lose your money than to be a thief.
To be criticized than to be always "criticizing."
To be the "victim" than the sinner.
To be defeated than to stoop to defeat.
To be "the laughing stock" than to have too much "ego."

Fresh egg yolks left over in baking may be poached in boiling water and used in sandwich fillings or salad.

Sauerkraut juice is an invigorating first course at dinner. Serve it straight or with a dash of lemon juice.

THE TIDE OF MUSIC

It has been the purpose of music to increase the joy of the world. At the sound of music, cares and the soul is set adrift on a tide that flows toward radiant horizons.

Edward Dickinson.

WATCH YOUR WEIGHT

The tendency of people past the age of 40 years to put on weight may or may not be a sign of continued good health, but health authorities warn that only a physician can be sure on that point, so care should be taken in any program for reducing weight. For instance, it is not always safe to indulge in strenuous exercise, all of a sudden. To take off the extra pounds, if the excess weight has been due, as it may be, to some organic disease, such exercise may only make this disease worse. In this, as in all health matters, National Health authorities advise—"See the family doctor."

PLENTY OF VARIETY IN NEW SILHOUETTE

NEW YORK—The variations of the fall silhouette launched by the designers in the current mode should be a source of satisfaction to all women. Now that the new silhouette demands width at the hem of the skirt and glides toward a narrowing of the shoulder line it stands to reason that variations from that particular silhouette should also receive emphasis.

One variation is the silhouette that is straight and slim all the way down the skirt length, or the suit silhouette in which the jacket swings out about the hips above a slim skirt. Or another variation is the snug-waisted silhouette in which the form-fitting lines are carried down well toward the knee to a deep pleated flounce.

Don't Make This Mistake When Child is Constipated

Don't upset a child already upset by constipation with laxatives, cathartics, griping cathartics. Give Children's Own Tablets. This new constipant made especially for growing youngsters' needs is pleasant to take—so gentle and non-habit-forming that it won't object to the child and yourself, mother! Get Children's Own Tablets today at your druggist, 25¢.

Prepare for the pickling season NOW!

Stock up with Heinz white vinegar in bulk and gallon jars.

That Body of Yours

By James W. Barton M. D.

FOLIC ACID IN PERNICIOUS ANEMIA

Research workers in nutrition state that, unless complications are present, a patient with pernicious anemia can be kept alive by eating about one half pound of liver daily, or its equivalent in liver extract.

Before the discovery of the value of liver, all patients with pernicious anemia died. Having to eat liver every day or have liver extract injected does not seem such a high price to pay for prolonging one's life. However, the discovery of a substance that can be taken by mouth that will likewise prolong life and maintain health as long as it is taken will be pleasing information for sufferers with pernicious anemia and the families of these patients.

The substance of chemical product is folic acid, given its name because it was first derived from yeast. Its value in the treatment of pernicious anemia has been pointed out by outstanding clinicians and chemists in the "Journal of the American Medical Association."

In the "Canadian Medical Association Journal," Dr. M. J. Tuttle and J. W. Scott, Edmonton, Alberta, reported their summary and conclusions after investigating 22 cases of pernicious anemia presenting all the symptoms, including blood counts of this disease. In four cases folic acid was the only treatment used.

Twelve y-bag cases, 18 collected from the literature above noted have been analyzed. From these it would appear that folic acid in daily doses of 10 to 25 mgm by injection or 20 to 30 mgm given by mouth produced highly satisfactory improvement in the clinical and laboratory picture in pernicious anemia, the results comparing favorably with those expected under adequate liver treatment.

That is, there was weakness, pallor, partial loss of sensation, palpitation of heart on slight exertion, stomach and intestinal upset, and the laboratory findings showed a great reduction in the number of red cells and in the amount of hemoglobin (iron) in the red cells.

Close investigation fails to show that folic acid is in any way similar to vitamin B. I have been waiting for more reports on folic acid before handing it on to readers, but with not less than 50 reports published in authoritative medical and science journals, the value of folic acid should be made known. Some British workers report that folic acid does not help the additional type of pernicious anemia.

MADE OWN DESSERT

English Tommies made their own dessert in World War I. They concocted "trench pudding" by boiling broken biscuits, condensed milk, jam, and water until it was of a jelly-like consistency.

USEFUL HINTS FOR HOUSEWIFE

Excellent camp fire kindlers can be made at home. Dip short lengths of kindling or balls of excelsior in molten paraffin and allow to cool. One or two of these laid on the fire will coax a sputtering flame into a merry blaze.

Don't let jewellery pieces jostle together in a box. Diamonds, for instance can scratch other diamonds. Wrap individually in tissue wipers.

Grease from frying bacon will not spurt, if a pinch of salt is put in the frying pan.

A wallpaper panel can substitute as a headboard over a bed. The panel should be pasted on the wall in an area the width of a bed and headboard height. Narrow wood moulding or a wallpaper border outlining the panel completes the illusion.

Ready-made curtains with selvedge edge of fabric showing will hang better if the selvedge is trimmed off and replaced with a narrow hem.

Old sheets can be salvaged for a useful life as dressing table skirts. To turn sheets into a perky flounce for the vanity, dye them a favourite colour. Ruffle them up so they'll stand out as stiffly as a starched petticoat. Trim with fancy looped edging in contrasting shade.

For the bridal shower add a ring holder to go on the window ledge over the kitchen sink. Remind the bride to pop her diamond in that before washing dishes.

For proper support of the head and neck muscles a pillow should be as thick as the distance between the neck and shoulder of the sleeper.

The Stars Say -

By GENEVIEVE KEMBLE

For Friday, August 8

HIGHLY productive and progressive forces and faculties should be definitely and aggressively assembled for launching important projects and plans, possibly of racial or novel consequence. This marshalling of talents and energies may prove exciting and radical, but should not be carried to excess or unreasonable heights. Careful consideration should be concentrated on the original, ingenious and experimental, out within reason. Change of plans or environs may not be amiss.

On the Birthday

Those whose birthday it may find opportunity knocking forcefully and brilliantly, with originality, novelty, genuinity, a startling idea or project may prove exciting and stimulating, but should not be carried to extremes or sensational demonstrations. There might be some sort of faulty or snap judgment, unless all plans and objectives be submitted to sound rationalizing. Change of place and techniques may prove of importance. Surprise moves may change fundamental tactics. For headways and security, stop to count the cost.

A child born on this day may have a brilliant and original mentality, with initiative and nerve, but might jump in the wrong direction.

Morning Smile

NOT VERY FLATTERING

Miss Shapper had been with the firm for twenty-five years and had risen from office girl to private secretary. The occasion was celebrated; and the chief said a few words.

"It is often stated that women gain posts, not because of their ability, but because of their beauty and sex-appeal. A single glance at Miss Shapper will prove how false that statement is."

WRONG CHURCH

Tompkins was passing the offertory bag in church when a woman hurried in. She walked quickly down the aisle, stopped by Tompkins, dropped a penny in the bag, and moved to a seat.

The bag-bearer was at the last pew when the woman came bustling back. She snatched a penny from the bag and was passing out of the church door when Tompkins grabbed her arm.

"I say," he muttered "why do you come in here drop a coin in the bag, then take it out again and leave?"

The woman shook him off indignantly.

"I'm in the wrong church," she said.

DOROTHY DIX SAYS—

Pathetic Elderly Bachelors

Wife And Children Valuable In Old Age When Blessings Of Freedom Vanish

A man who has nothing against the feminine sex as a whole, but who is allergic to the holy estate, writes me that he would be perfectly happy and contented if his friends would only permit him to stay single in peace. But they won't. His men friends, who are husbands and fathers, are always telling him he should marry, and his women friends are continually baiting traps for him with girls who they are sure will know why a man should marry if he has no inclination that way, and what are the advantages of marriage over bachelorhood?

Well, of course, marriage isn't compulsory for a man, though it may become so if the women succeed in getting their bill for equal rights passed and, in view of the husband shortage, the bachelor may be looked upon as Public Enemy No. 1. So, while the unmarried man is still free of domestic shackles, he had better make the most of his liberty while he can.

Undoubtedly the advocates of single blessedness for men have their points, not the least of which is that he enjoys a social status that the married man does not possess. He is an object of acute interest to all who know him. He is the answer to the prayer of hostesses. Women pursue him, flatter and cajole him. He monopolizes his own pocket-book and he is automatically protected from herpecking, nagging, having to punch the home time clock on the dot, millinery and dress bills, crying babies, fighting kids, mothers-in-law, etc. etc.

LONELINESS COMES

But there is always a fly in the amber and the bachelor's life. There comes a time when he doesn't want to be a lone wolf roaming around in search of companionship. He wants to be somebody's pet, to belong somewhere and to someone. He doesn't want to dance the rumba by himself and he doesn't want to have to be brilliant and entertaining. He wants someone to whom he can say, "Don't you remember?"

It is in age that a man collects his dividends on marriage. It is when a man reaches the time when he is tired of himself that he dies a spiritual death of boredom unless he can live his life over again in his children. He has shot his bolt. He has achieved all he is ever going to achieve, but in his children he expects to realize his ambitions. If you have ever listened to a father boast about his son's record at college, or had him show you the picture of his pretty young daughter, you will know that he has a defense against the bareness of age that the bachelor lacks.

And under Heaven is there any more pathetic figure than the sick old bachelor, with no tender hands to minister to him, no loving friend to bend over him, nobody to care whether he lives or dies? What old bachelor would not exchange the finest suite in a hospital, a regiment of trained nurses, and famous doctors to whom he was only a "case" for the faithful old wife who clung to him in sickness, as she had in health, and went down with him to the very gates of death?

Bachelorhood may suffice while a man is young and gay, but marriage is the best insurance he can take out against old age.

Ellen's Diary

By an Island Farmer's Wife

I find it difficult to select the most interesting happenings of my day, now that dusk has fallen and the hours of daylight have all slipped so swiftly past. Indeed their passing was such that one had small time to catch much of their loveliness except to know that it was there. On a day such as this one has been, I always find it "pressed down and running over" with delights. This has been among the best of our hay days at Alderlea with weather and all, combining to have us save an amount of it to the barns in what even James, himself agreed was "the best of shape" for storing.

The last of the cutting in the new meadow beside the lane was taken care of as well, and with this, our mowing was brought to an end for another year. This evening, and as I thought much too close to the dropping of dusk, considering his choring to come, Rob took one of the machines home to be ready for the first of his mowing in the morning. At the time thunder heads like gilt edged mountain peaks appeared to Westward which bid us "batten down" immediately for an approaching storm. James it is, who among all of us continues to read these signs aright.

The thunder mutters, more threateningly now, and a darkness settles, lit intermittently and now more frequently by a flash of light which for the moment fills the yard, before all is dark again. James is in his armchair. He has seen to it that every door about barns and buildings is closed. "And how about the windows?" he asks me, and his voice is loud in the present stillness. Windows have been shut, which precaution may not do much good against the warring elements and yet will do no harm. The storm is not too close yet but before flashes and rumblings, comes that ominous silence, which since childhood, I continue to find awesome.

For in an electrical storm as in the perfection of an exquisite full-blown rose, I find the hand of the All-powerful. Not altogether frightful, but in its mystery, but majestic and wonderful. "I don't think it's going to be too severe" James remarks "though it appears to be getting nearer." If it becomes more intense, we shall leave the kitchen and go to the sitting-room. Sitting-rooms are I admit, old fashioned places, but dear homey spots, quite grand enough to hold the bier of a President's mother, and always down the years at Alderlea, our refuge in an electrical storm. There as a family we have been wont to gather, sometimes trying to make conversation or again in the height of a storm content to watch its workings in silence and with respect, then grateful when finally, into the sitting-room, lightning came away. Some times too with visitors we have awaited the clearing, and very rarely alone.

Jeanie and the babe are alone now, in the house across the lane. We saw the car go down the driveway not long ago—Jock I suspect going on some errand, perhaps only as far as the corner store. It's raining now, but as a customer who stepped off briskly in the lift and then when James needed her at the raking it was our own mare we drove so that there would be little interruption at the work. Today the storming was in "the house barn." From the wagon load, the forkful ascended to click metallically as each contacted the carrier, and then with a gay swish, as of skirts in a figure out of a by-gone dance, it disappeared within the barn. "A step further" a voice from within would call hollowly or "Tripi!" which welcome signal which were as quickly unneeded.

Sometimes it was the Nell-mare who stepped off briskly in the lift and then when James needed her at the raking it was our own mare we drove so that there would be little interruption at the work. Today the storming was in "the house barn." From the wagon load, the forkful ascended to click metallically as each contacted the carrier, and then with a gay swish, as of skirts in a figure out of a by-gone dance, it disappeared within the barn. "A step further" a voice from within would call hollowly or "Tripi!" which welcome signal

BUYS AND WHYS BY Barbara Brent

A weekly advertising and information service for today's women

Here's a household buyword you can't afford to overlook... VINYLITE Plastics... to make a shining beauty of your home from kitchen to bedrooms! Take VINYLITE Plastics wardrobe accessories, for instance... hat boxes—shoe bags—blanket holders—shower covers—garment bags all in gleaming transparent materials that keep dust from collecting—make quick clothes identification easy—neither crack nor weather! Look for "VINYLITE" Plastics... pronounced "VINE-NA-LITE"... available at better stores everywhere. For more about these most modern deposits... write to me, Barbara Brent, 1411 Crescent St., Montreal, P.Q., for your free copy of "The Story of Vinylite Plastics".

TRAVEL-LING can be a complete pleasure when you leave your every day cares behind you... for instance, you let the BANK OF MONTREAL take care of your "Away-from-Home-Financing". You find the B of M Travellers services add a carefree bonus to your holidays. B of M Travellers Cheques are such a convenience—so completely safe to carry around with you—expensive, too. And the precious possessions you leave behind you couldn't be safer than in a B of M Safety Deposit Box. So take my travel tip and call on your B of M manager before you go away!

FEELING BREEZY AND COOL these warm days? Of course you are... cool as a cucumber in your clean, LINT-free cottons! For there's nothing fresher than clean summer cottons and you've discovered they stay cleaner longer when they're starched with LINT. Yes, LINT is that fine, thin, boiling starch that makes cottons look like linens... makes linens look fresh as summer morning dew. It makes difficult ironing easy... eliminates the wear and tear on your clothes of too frequent laundering. That's why LINT is a summertime "must"—so put it at the top of your shopping list. Write to me, Barbara Brent, 1411 Crescent St., Montreal, P.Q., for your free copy of "The LINT Book".

How Can I!?

By Anne Ashley

Q. How can I make a good lotion to use after the bath?
A. Put 2 tablespoons of oatmeal in 2 quarts of water, boil for denoting journey's end could not come too soon in this afternoon's heat. "Hot, Ellen!" James said when I complained and Jeanie came to take over "why it's lovely and cool down here in the yard."

If you were just up there in the mow, stowing it, you might say it was hot. But "swallows are flying high" Jamie on the coolness of a doorstep remarked, and Pard came to bark at a row of these on an aerial, small fellows, just learning to depend on their wings. "Do you know what they're saying to him?" Jamie laughed merrily "they're saying: Ha, you can't catch me" and neither you can Pard, so you needn't try." Pard amused Jamie, by chasing the hay rope which became lively as Rob drew the fork down to reload. Often Pard grabbed the end of it in his mouth, and ran happily toward the barn and sometimes to James's dismay, he held it taut with his paw. Pard, I feel sure loves the saving-of-hay time, since he remembers it from former years. But oh, dear, what a sharp flash that was, and the thunder crashed loudly! "It's getting closer" James says starting up, and adds "I don't think you should be writing, Ellen."

Until tomorrow - Diary - Good-night.

Modern Etiquette

By Roberta Lee

Q. Is it permissible to break crackers or bread into soup?
A. Never. Neither do we blow on the soup to cool it, or tip the dish to get the last drop.

Q. When playing tennis or golf, should one drink trunkly that he plays the game poorly?
A. Yes, but do not continue to apologize throughout the future game. By no means pose as a better player than you are.

Q. Does the bridegroom always kiss the bride at the conclusion of the marriage ceremony?
A. Usually, although this is entirely a matter of sentiment.

Household Scrapbook

By Roberta Lee

Fruit and Berry Stains

To remove fruit and berry stains from linen or any cloth, stretch the stained portion over a bowl. Then pour boiling water through; dry in the sun to bleach if possible. If the stain has "set" and the cloth is white cotton or linen, follow the boiling water with a chlorine bleach and rinse promptly and thoroughly. Using soap will set the stain, so be careful to treat promptly and remove the stain before washing in the usual way.

Rats and Mice

Rats and mice will not stay around a place where there is chloride of lime. However as chloride of lime will eat almost anything it touches, place it in metal containers.

Care of Toenails

Toenails should be carefully cut and manicured once a week. Push back the cuticle and massage well into the skin with warm olive oil, vaseline or cold cream.

Cook's Corner

LEMON-ALMOND SPONGE PIE

We felt that the appearance of this pie was greatly enhanced by split almonds placed over the surface.

Baked pie shell
2 tablespoons butter
3-4 cup granulated sugar
1-2 teaspoon lemon rind
2 teaspoons lemon juice
3 eggs, separated
1-3 cup, toasted chopped almonds
1-2 teaspoon salt

Blanch almond halves
Prepare an eight-inch pie shell. Cream the butter thoroughly.
Blend in 1-2 cup of the sugar, lemon rind, lemon juice and well-beaten egg-yolk.
Stir in the toasted chopped almonds.

Beat the egg-whites with the salt until stiff, but not dry and gradually blend in the remaining 1-4 cup sugar.
Fold meringue into the egg-yolk mixture.
Pour into prepared pie shell and top with the blanched almond halves.
Bake in a rather slow oven, 325 degrees, until filling is set—about 40 minutes.

Better English

D. C. Williams

1. What is wrong with this sentence? "You are too previous."
2. What is the correct pronunciation of "erudition"?
3. Which one of these words is misspelled? Eruption, eruption, erroneous.
4. What does the word "illusive" mean?
5. What is a word beginning with su that means "luxurious"?

ANSWERS

1. Say too soon, too early, too hasty. 2. Pronounce ee-ru-shun, as in ask untreated, e as in see, u as in us, accent second syllable 3. Eruption. 4. Deceiving by false show; misleading; unreal. "She was a girl full of illusive dreams." 5. sumptuous.

EARLY BREEDERS

Mice begin to breed at the age of 25 days.

MARVEN'S

Finest Quality SULTANA CAKE

Cellophane Wrapped Always Fresh

MARVEN'S

Scotch Style OATCAKES

Containing calcium, phosphorus, iron and vitamins B₁ and B₂.

MARVEN'S

Scotch OATCAKES

Buy Marven's Cakes and Biscuits—protectively wrapped and packaged—always safe and clean.

Marven's

Cakes and Biscuits of Quality Since 1906

HAVE YOUR HAIR ATTENDED TO TODAY AT THE ELM BEAUTY PARLOR

53 ELM AVENUE

Machine Permanents \$3.50, \$5, \$7, and \$9
Machineless Permanents \$5, \$7 and \$9

French Braids and Finger Waving
OPEN MONDAY TO SATURDAY
and TUESDAY and FRIDAY EVENINGS
Owner and Operator:—
MRS. R. W. GREEN
Call 2699-J for an Appointment.

RULES OF HEALTH ARE FEW AND SIMPLE

EXCUSE ME—INNER CLEANLINESS COMES FIRST!

NEW LOW PRICES 35¢-65¢

ANDREWS

LIVER SALT

GRASPING LAXATIVE ANTACID

Needlecraft FOR THE HOME

FUN TIME

Your little girl will glow with pleasure when you show her this darling dress with demure panels, front tucks of ruffles, and dainty puff sleeves. Make it in a pretty gingham or in a little pink cotton. No. 266 is cut in sizes 2, 4, 6, 8, and 10. Size 8 requires 2 1/2 yds. 36-in.

Send 20¢ for PATTERN, which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you wish. Include postal unit or some number in your address. Address: Pattern Department, The Charlottetown Guardian.

Name _____
Address _____
City _____ Province _____

PLAQUE OF CRICKETS

PARIS, Aug. 6.—(Reuters)—Mayors of villages in the Pyrenees area of Southern France have appealed to the French Air Ministry for planes to spray DDT on a plague of crickets. Forest fires have forced the crickets to cultivated land.

You buy WISELY when you buy PUREX Super Crepe TISSUE

It's the fleecy softness

3 FOR 30¢

Halifax, N.S., & Saint John, N.B.

2209 SIZES 2-10