

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

Living & Leisure

THE WOMAN'S REALM

EVENING PRAYER OF A LITTLE GIRL

Make it day time
All the time.
Let me jump and run
Near the sun.

Let me play
With mountains
And sing.
"High low
Go away,
Like a pretty lady
Yesterday."

All the time
Make it day time
Now I go to sleep.

—Charles Ansoff,
in the Mercury.

To mend cracks in china dishes
boil milk in a stain-resistant uten-
sil such as porcelain enamel. Place
damaged cups, dishes, or saucers
gently in the boiled milk. Allow
china to remain in the solution a
few minutes and the crack should
be completely mended.

For a flakier pie crust, give pas-
try dough the "chill" treatment.
Not only should shortening be cold
and water ice cold, but chill the
dough before baking.

To wash slips and blouses with
the regular laundry in the wash-
ing machine, place each garment
in a pillow case and tie the top
securely.

If there is any duck left over it
may be sliced and molded with
orange gelatine for a supper or
luncheon dish.

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.

No bleaches are necessary for
white rayons. Rayon is naturally
a white fiber.

Fill a discarded purse with straw
or crushed newspaper and use it
as a kneeling pad when washing
the floor of woodwork.

Healthful Holiday

"Don't overdo it on your annual
vacation" warn National Health
authorities at Ottawa. "Make this
year's vacation worth while. Don't
come back needing a holiday from
a holiday. Have a medical check-up
before you engage in strenuous ac-
tivities."

The public health experts point
out that people who sit at a desk
for fifty weeks in the year can't
afford over-exercise during the
other two weeks. They should get
just enough exertion to feel pleas-
antly and mildly tired.

HAY-FEVER NOTE

Sufferers from hay-fever and so-
called "rose colds" should avoid
swimming during seasons when
they are most subject to those un-
pleasant disabilities, according to
health authorities. Those who suf-
fer severely from hay-fever are
advised to think twice before they
go swimming in it. Chronic in-
flammations of the nose and throat
make this advisable.

If you are tired of plain cream-
ed carrots, try cream sauce made
with peanut butter. Slice the car-
rots lengthwise as a change from
the familiar little, round, cross-
wise slices.

Sauerkraut is good the year
round. It may be featured in var-
ious ways—chilled in salads, or
served hot with fish or meat dishes.
This good, wholesome food, which
takes little or no time to prepare,
is flavorful enough to use as a
relish or a vegetable.

Traditionally Sir Walter Raleigh
is said to have brought back the
potato from Virginia in 1585. How-
ever, later investigations say it ap-
pears that the true potato did not
reach Virginia until more than 100
years after this date.

Eggs, like all other ingredients
used in cake-making, should be at
room temperature about 70 de-
grees Fahrenheit—to combine well.

When picking up a hot dish use
a thoroughly dry holder as heat
travels rapidly through moisture
and it may be unsafe to use a wet
cloth.

That Body of Yours

By James W. Barton M. D.

FOUR RULES FOR CORRECTING ODD BEHAVIOR

Before World War I, there was
no thought of examining a recruit
from the emotional standpoint. If
he could pass the usual physical
tests for eyesight, hearing, heart,
lungs, legs and feet he was accept-
ed for military service. During and
after World War I all cases of odd
behavior of returned men were
called "shell shock," and it was
not considered a serious matter
as it could be corrected by a rea-
sonable pension or hospital care.

With World War II, the full
meaning of emotional disturbances
became known. In camps in Amer-
ica or Canada, camps behind the
lines, and finally in camps at the
front lines, men were being re-
examined and discharged as unfit
before they even entered into
battle. And, after engaging in war-
fare, of those who had come
through their training—which
meant away from their home,
families, friends and usual occu-
pations—in good mental and em-
otional condition, there were many
who exhibited odd behavior and
had to be boarded for hospital
treatment and finally discharged.

It can thus be seen that the need
for psychiatrists—mental special-
ists—was, and is now very great.

While the new forms of treat-
ment—shock and removal of the
front lobes of the brain—are help-
ing many cases, the vast majority
of mental patients are helped by
a fourfold program that embraces
the entire man and all his activi-
ties.

In the "Journal of the American
Medical Association," Dr. C. C.
Burlingame, president and psychi-
atrist-in-chief of the Neuro-p-
sychiatric Institute of the Hartford
Retreat, states that a patient's
mental and emotional life together
with his physical condition should
be considered under four heads: if
he is to be re-educated to a normal
condition. There are (a) avocation,
hobbies and recreations which we
all need to be normal (b) vocation,
job with necessary, should be at
room temperature about 70 de-
grees Fahrenheit—to combine well.



Charming young twosome from across the border make merry as they are pictured sipping cocktails at a cozy table at Sherman Billingsley's Stork Club in New York. They are Mr. and Mrs. William Brennan of Charlottetown, Prince Edward Island. —Stork Club Photo.

DOROTHY DIX SAYS—

Eating Habits

Husband, Wife More Congenial If Both Like Same Foods

DEAR MISS DIX: My husband is Polish and he just adores sausage with garlic in it. I am an American and I can't abide it. I don't mind cooking the meat for him or fixing sandwiches, but he raises heck because I won't eat it with him. The question is: Should I trouble has caused some big quarrels between my husband and me. Can you help me with this problem? This to my eyes, and if they try to force me to do it, it brings tears, I just can't make myself sit down and eat. While I am always willing to go to his family at-
tention. Now I have always been backward and a wedding or any celebration there is a big get-
and here is my real trouble: When there is mad?
force myself to set this stuff just so he won't get
along perfectly wonderfully.

ANSWER: Well, sister, if you won't eat good Polish cooking, with just the right whiff of garlic in it, you are missing an awfully good bet. That is the illusive something in cookery that puts zest, pliancy and flavor into a dish that turns a simple meal into a feast, and that makes the humble hot dog the gourmet's delight.

But there is no arguing about taste, especially in food, and nothing is more important than that a husband and wife should belong to the same school of thought on the subject. Irvin Cobb said that the Civil War was not fought on the issue of slavery, but not bread versus cold bread. Many a marriage is wrecked on the kitchen stove, and many a husband and wife live happily together to their golden wedding days because they can relish the same meals together.

Now, of course, an ounce of prevention is always worth a pound of cure, so men and women should find out before marriage whether they are pro-garlic or anti-garlic and whether they like their coffee strong or weak. But in case they neglect to take this precaution they should be wise enough to cultivate a liking for the same dishes and thereby keep out of the divorce court.

For it is nonsense to say we can't cultivate a taste for different foods. Most of us learn to eat olives through fasting and prayer and put in years acquiring a taste for caviar and certain cheeses whose odors make us gag at our own introduction to them, yet we become addicts to them in time. And there are people who even acquire the art of eating spinach and liking it.

So it is a pity for a husband and wife to let a silvery pod of garlic come between them. They miss so much when they can't enjoy the same food.

DEAR DOROTHY DIX: We are young girls who have a young girl in our crowd who puzzles us very much. She has a very nice boy friend whom she literally slaps down every chance she gets. No matter what he does or doesn't do, she makes some sarcastic comment. For instance, when we were reading some advertising that said "hot dogs, steaks, sandwiches," she remarked, "It's no use, he can't take a hint" later, when we stopped at a restaurant, she said she only ordered a hamburger because the boy friend had to watch his pocketbook and that he was a cheap guy, etc.—non of which is true.

Why do you think she does it?

ANSWER: Lots of girls say cutting things to everyone with whom they are brought in contact, because they think it shows how smart they are and how witty, but no one could make a greater mistake. No one enjoys being insulted and no one thinks it is funny to be held up for ridicule. Many a girl cuts her throat with her tongue. Don't do it.

DEAR MISS DIX: What chance of happiness have a boy of 18 and a girl of 16 who have no money but who plan to be married soon?

ANSWER: They have practically no chance in the world of making a success of marriage because, in the first place, they are too young to know what they want in a husband or wife. Their emotions with one day, bore them to tears the next.

And, in the second place, the lack of money is a handicap that will ruin any marriage. You don't need a fortune to marry on, but you do need enough money to have a decent place to live and enough to pay the butcher, baker and candlestick-maker. Nobody stays in love when he is hungry and shabby and when he has to give up all the pleasures and comforts he has been accustomed to.

AH, A FERDINAND! KARAT CACHE

The American grizzly bear, one of the first diamonds found at of the most dangerous in the Kimberly, South Africa's largest world, like nothing better than to diamond mine, were discovered in brown on green grass. 1870.

Seven Sailed For Pleasure

By Graham Yorks

"Yes, I saw her come aboard fifteen minutes ago. She looked all in."

She's a queer woman," Stephen admitted, "I wonder why she was listening this morning?"

"My opinion is that she's in touch with Greatrix who must be hiding somewhere on the island, and that another plot's afoot."

"See you at dinner," smiled Stephen, cheerily, as he went below.

Dinner was rather jollier than of late; less restraint. Sir Timothy was in one of his more expansive moods, although Stephen noted that Lady Kitty had not again re-
sented to her exaggerated make-up and that she was more modestly garbed. Ursula de Boinville sat strangely silent and when Sir Timothy asked her whether she knew what had happened to Greatrix, she shot him a quick, startled glance before she made her denial.

It was towards midnight that the storm broached by Captain Ventris began to blow up. Earlier in the evening an oppressive calm had shrouded the island and the copper-coloured haze had grown more dense.

Then the storm seemed to un-
leash itself out of the jet-black sky. The wind gained hurricane force and howled unmusically through the yacht's rigging. The sea about the sand-lodged keel of the Lapwing was lashed in sudden demonic fury. Gigantic waves thundered across the island beach and then came the first rumblings of the tropic storm. The thunder crashed in deafening crescendos and Stephen in his cabin thought of Myra Winstanley. The girl's cabin was further along than his own. He flung on his oilskin and fought his way along the deck.

Yacht Refloated

Stephen did not observe the preliminary of knocking. Eved had done so his effort would not have been heard above the might of the storm.

He found the girl cowering against the side of her bunk, her white, frightened face turned upwards towards him as she slammed the door behind him and dropped his drenched oilskin on the floor.

"I was wondering about you" he shouted and yet his voice sounded little more than a whisper. "You

(Continued on page 9)

Household Scrapbook

By Roberta Lee

Lipstick Stains

Lipstick stains are usually easily removed by "laundering." But if it is the "indivisible" kind the stain should be rubbed with kerosene, washed in hot suds, and bleached with hydrogen peroxide. Or, sponging lipstick stains with carbon tetrachloride can be successful.

Chocolate Iceing

Chocolate iceing does not harden easily in warm weather. A ten-cent cake of milk chocolate melted over hot water and used as a frosting is a delicious substitute. It is also cheaper than icing.

Wicker Furniture

Clean those dirt-collecting crevices in wicker furniture with a well-lathered brush and water. Rinse thoroughly, and wipe dry.

Morning Smile

He was one of those fathers who believed in trying to answer any question put by his son. So he did his best when the youngster asked:

"What are ancestors, daddy?"

"Well, my boy," he replied, "I'm one of your ancestors and your grandfather's is another."

A puzzled frown marred the child's brow.

"Then, daddy, why do people brag about them?"

Better English

D. O. Williams

1. What is wrong with this sentence? "From my viewpoint, this is the thing to do."
2. What is the correct pronunciation of "flame"?
3. Which one of these words is misspelled? Toritious, voluptuous, octopus.
4. What does the word "competence" mean?
5. What is a word beginning with inc that means "to deprive of power to render unfit"?

ANSWERS

1. While not incorrect, "from my

Ellen's Diary

By an Island Farmer's Wife

Alone tonight but not lonely, being aware of Jeanie's friendly light beaming from the wee house across the lane, I remember how pleasant was yesterday's Sabbath. I recall first the exquisite peace of the day, and the tranquility which lay like a benediction across the countryside. I thought that even the cattle upon the hills appeared to lie under its spell, enjoying with us the day of rest.

Through its long lovely hours, they seemed to browse more lazily, and often rested in the shade of the neighboring woodlands, the red white of them pretty amid the green and white of their daisy-sprinkled pasture. Yesterday's pond held scarcely a ripple on its surface, except where the streams narrowed to flow beneath the bridges in fetching eddies before being presently lost in its calm mirror.

"Are we breaking the Sabbath?" a man echoed my sentiment question. He was a stranger to the neighborhood, he said, indeed had never been in the vicinity. Had only recently come with his family to the Island from time spent in The Services. With others, he angled from the "gang-way" bridge, not so much, I suppose for the sport or gain of it as to enjoy the rest and quiet of the outdoors, in order perhaps to gain a clearer perspective for the different and after all, more complex life that lies ahead. This changing from The Services to once more pick up the threads of home and business life, I suspect needs a clear mind and much wisdom—and patience to insure good success in the future.

"Definitely not!" he rejoined, with a smile "the trout aren't biting!"

I was uncertain whether or not Jamie and I, our hands full of wild strawberries were being desecrating ours, so I had included ourselves in the question. We had left the delights of our story-telling in the hammock under the old birch on the lawn and had wandered idly down the short-cut towards the mill. This is a fairy path at present, frequented I know by other than human feet. Pond folk take their exercise in the stillness, unbroken by the mere ripples of the water. Pard us here to meet and escort the mailman in his out-garings and in-comings; Tabby slips furtively along it at evening and from the signs, I have a suspicion that even the mice across the beaten path there. On either side, though James insists "it's only going to be half a crop, Ellen" the timothy is well above Jamie's head, and now richly in blossom. We left it to loiter along the dam, adorned now with tall fronds of Queen Anne's Lace and the purple-blue of the Wild Vetch. Past the mill door, we came to the lumber yard, where on a green bank, Jamie espied the red of wild strawberries. Since we must gather them, we fashioned cups of maple leaves. Our quest, an ever beguiling one, led us then along the roadside.

Ours is not the dusty thoroughfare about which highway folks complain. Indeed amid the ferns and tall grasses, the berries nestled cool and clean. It may be that I set a bad example to Jamie in gathering handfuls of berries on a Sunday afternoon. I can not be sure, for like many another, I see through my "glass darkly" about such things. But I know that in that part of my mind kept sacred to the lovely things of earth, that point me to the glories of Heaven, like the quiet of church pews daily across Summer fields on the Sabbath, or the reverence that attends every religious rite, I find there as well such scenes as a full blown rose, a mother's eyes, a family at meat, a baby's face, a tree-crowned hill, a lighthouse, or

Cook's Corner

Lemon Sponge Cake

- 1 Cup flour
- 1 Teaspoon baking powder.
- Yellow rind 1 lemon, grated
- 4 eggs
- 1 cup granulated sugar
- 1 tablespoon lemon juice
- Sift flour, measure, add baking powder and sift again. Separate yolks and whites of eggs, beat whites stiff, then the yolks add sugar to yolk which you have broken into mixing bowl, and beat until thick and creamy, then add lemon rind and juice. Add one-third of the flour, baking powder mixture to the egg yolks and sugar mixture; blend without beating then add one-third of the stiffly beaten whites, alternating until all are used, folding in gently and lightly instead of beating in. Bake in ungreased sponge cake tin at 350 F. until a straw or toothpick can be drawn clean, about 30 to 45 minutes.

TOO WEAK TO DO ANYTHING

On "CERTAIN DAYS" of Month? This new medicine is very effective to relieve painful distress and tired, nervous, irritable feelings, of such days when due to female functional monthly disturbances. Thousands report benefit! LYDIA E. PINKHAM'S VEGETARIAN

Needlects FOR THE HOMES

Turn your little girl into a quick change artist with this new season set. The quiet of church pews daily across Summer fields on the Sabbath, or the reverence that attends every religious rite, I find there as well such scenes as a full blown rose, a mother's eyes, a family at meat, a baby's face, a tree-crowned hill, a lighthouse, or

CUNNING FOR CHILDREN

Send 50c 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 zone number in your address.

Name _____
Address _____
City _____ Province _____

2656 SIZES 2-8

point of view' is preferred 2. Pronounce fa-an-sa, a as in me, first a as in ah, second a as in say, secondary accent on first syllable, principal accent on last syllable, 3. Octopus. 4. Sufficient means for comfortable livelihood. "Competence" obtained by honorable industry is a great blessing. "Ole-ridge. 5. Incapacitate.

SUNBURN?
Cool off with
NOXZEMA

Popular medicated cream
cool, soothes—quickly
relieves sore, sun-
burned skin. A standard treat-
ment at Miami Beach, Atlantic
City, Greenvale,
San't stain. Get
Noxzema at any
drug or dept.
store. 39¢, 59¢
and \$1.25.

a ferny dell where Summer straw-
berries grow.

Jamie had come to Alderlea in
the morning because he "just want-
ed to" having returned with his
grandfather who also had "just
wanted to" see him. We took him
home in the evening, at first con-
tinuing past Rob's gate to call at
the other farm. We came along the
lane there, past the ancient, wide
and wide-spreading lawn trees, and
the deserted house which once knew
happy life within, then towards the
back of the farm to view the pas-
turing stock and the fields of grain
and potatoes. We drove across the
bridge of just Spring's building,
then climbed to a woodland crowd
ed hill-top where the essence of the
day's peace was to be found
James left us "to see if those
bars" were in place. Jamie and I
waited in the stillness, unbroken
except by the mere ripples of the
grass at lane-side. And pres-
ently from the alders that edge
the stream below, a robin with
wings notes led all the rest at
even-song.

Until tomorrow — Diary — Good-
night.

I'm Beginning to See the Light!

RESTAURANT

OUTSIDE LOOKING IN—THAT'S ME! AND I THOUGHT YOU WERE MAKING UP TO YOUR SISTER!

I GAVE HER THE WORKS, LARRY, BUT SHE GOES FOR GUYS WITH NO BAD BREATH!

TO COMBAT BAD BREATH, I RECOMMEND COLGATE DENTAL CREAM! SCIENTIFIC TESTS PROVE THAT IN 7 OUT OF 10 CASES, COLGATE'S INSTANTLY CURES NO BAD BREATH THAT ORIGINATES IN THE MOUTH!

LATER—THANKS TO COLGATE DENTAL CREAM!

SURE IS A BAZE AROUND THIS GUY—SINCE LARRY SAW THE LIGHT!

COLGATE DENTAL CREAM Cleans Your Breath While It Cleans Your Teeth!

25¢ 40¢

Modern Etiquette

By Roberta Lee

Q. What difference is there between an American and European plan hotel?

A. The European plan has fixed rates for room only, meals optional while the American plan furnishes room and meals at a fixed rate.

Q. If a man has a "junior" after his name, should his wife use the same form in her correspondence and other dealings?

A. Yes, his wife uses the form "Mrs. James Wilson, Jr." if the name of the person to whom one is being introduced.

A. It is not necessary, but preferable if the name is heard clearly.

How Can I!!!

By Anne Ashley

Q. How can I make a wall paper cleaner?

A. Make a paste by mixing 3 cupsful of flour, 3 tablespoonfuls of ammonia, and 1 1/2 cupsful of water. Roll this into balls of convenient size to fit the hand. Rub a ball over the paper and it will clean thoroughly.

Q. How can I remove the too salty taste from soup, gravy, or vegetables?

A. Stir a little coarse brown sugar into it and the salty taste will disappear. Or add one table-
spoon of sugar and one of vine-
gar.

Q. How can I remove vitroprene from windows?

A. By camphening with turpen-
tine, letting it remain until soaked
through and then scouring off with
soap and water.

The Quality Tea

"SALADA"

ORANGE PEKOE