

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

Living & Leisure THE WOMAN'S REALM

GRATE FIRE

The north-west wind in the evening came. And rattled each door and each window frame. Between the houses it raced and roared. As if it would loosen each brick and board.

As a tyrant who rules by the threat of might and tortures whoever disputes his right, The north wind thundered: "The foe I hate is a blazing fire in an open grate!"

"I'm king of the winds, and whenever I blow The bliss of comfort no man should know." But the birch leaves laughed, and we sat about. "Have no fear, we will keep him out."

—Edgar Guest.

WAYS TO INDUCE RESTFUL SLEEP

The woman who says she is a "poor sleeper" doesn't usually have to make a verbal admission of this fact.

Unless you're young, your poor sleep is very apt to be advertised by a tired or haggard look.

Unless the trouble is due to organic causes, there's no need to resign yourself placidly to "poor sleep." There are many reliable ways of wooing sleep that work like a charm when you find yourself fitfully tossing on your pillow. Nerves all tangled up? Relieve the tensions with an all-out stretching exercise. Hook your toes under the footboard of your bed and reach for the headboard with your fingers. One or two attempts to pull the body taut will rout the tensions.

A heat pad or a hot-water bottle used over a congested area to untangle nerves can also be of help in wooing sleep.

Any huncher pangs at bedtime? Don't let these keep you from sleeping. Raid the icebox. But do not succumb to the attractions of roast or apple-pie left over from dinner. The snack should be no heavier than milk or crackers. A hot liquid, so long as it is not a

stimulant, is an even better choice of a soporific beverage.

CARELESS DRYING ROUGHENS HANDS

A little girl's hands, given the same kind of treatment as a little boy's, can be as rough and tough. If your hands aren't as petal-soft and as appealing to look at as you want them to be, there are probably two routines of care which you are inclined to skip.

One is careful drying after you wash your hands. The other is practice of wearing your gloves or mittens when you go out of doors.

The little girl whose gloves are carried in her pocket instead of worn on her hands is simply inviting winter-roughened skin. The same little miss who fails to rinse the soap off her hands when she washes them or dries her hands thoroughly after they are washed is also inviting a look of neglect.

Using a creamy lotion, particularly during the winter months, is a great help in keeping a girl's hands as smooth as silk. But this habit of care can be of little help in alleviating a chapped condition if hands aren't washed and dried carefully before the cream is applied.

A scrap of velvet wrapped around a pencil makes a handy duster for cleaning small leaves of house plants.

When handkerchiefs are stacked together in a drawer, an easy way to tell your best from your everyday handies is to fold the fabric squares into different shapes. As for handkerchiefs, for example, fold them into triangles; everyday handies may be folded into squares.

Woody stems of flowers such as chrysanthemums should be very gently crushed at the tips before flowers are placed in water. To crush the stem tips lay flowers on a table and lightly run a rolling pin over the last inch and a half of stem. This breaks down the hard fibres and permits the flower to absorb water more easily.

Gasoline credit cards for motorists would be honored all over the world are being planned.

Ellen's Diary

By an Island Farmer's Wife

Today, nearing the dinner hour, when the vegetables were cooking merrily over a brisk fire and the roast in the oven commingling its aroma with theirs in the kitchen, grand-daughter came calling. This is often a pleasant time of day, but this time she brought me a letter from the morning which has been completed and tasks rest awaiting the coming of afternoon.

I had picked up my knitting and, while awaiting the table-setting, was putting the finishing stitches in one of a pair of socks, intended for Jamie to wear as extras in his rubber boots. Of dark gray yarn that is shorn from his own ewe's back in Spring. Although Karoly is surprised, often ruefully so, at the way his stockings wear out, these are a large pair of socks, and the heels gone already! she will tell me—this is perhaps not to be wondered at, considering the innumerable steps that go to make up a small fellow's day. I had just put on a red sweater, the same one the gobbler takes wordy exception to, such times as grand-daughter and I, merely curious, come to the poultry-house to gauge the current egg production there. And, as I have said, I had moved to a warm corner near the stove, when grand-daughter came on her visit.

She wears her last year's suit of blue, which fits now like the outer skin of an onion, and makes us exclaim: "Well, would you believe it—the way that child has grown!" And a large pair of socks of darker blue is rather becoming to her fairness and besides as she says "is good for my ears" and protects against winds and weather. New rubber overshoes she had bought at the moment and she was wearing colorful mittens that Jamie had knitted. She paused when she had barely entered the open doorway, and I had time to glance at her and to see that there it was a project new and strange to her and she watched with much interest.

And she questioned: "Now what are you doing, granddaddy?" He replied matter-of-factly, "I'm putting a handle in an axe. Didn't you know?" "Whose axe she inquired, "Rob's," she replied, "and do you always put a handle in an axe on a door-step?" James chuckled, suddenly aware of the location he had chosen for the pastime. "Well, to tell you the truth, not always, but I sort of like to work here." Again the old kitchen saw preparations being made which presently will carry our farmers to their annual spot of cutting trees in the woods.

And once when I came to the house across the lane today, she herself had taken up a new endeavor. It was deep engraving to herself but rather delaying to the cook. With pencil and paper and with new unpractised fingers she was busy forming certain letters of the Alphabet. Favorite ones only she attempted, those that have fascinating connection with her every-day living. She managed to form some, irregularly yet with the best of understanding and intent. "Did you ever know that a W is only an M upside down?" she asked me. She is familiar by sight with about a third of the total number having learned them in various ways. Sometimes interrupting her mother's brief spell of reading, to comment on a bright and attractive letter there. "S" is among her treasures. It brings a broad smile of recognition, "That's the Santa Claus letter you know!"

But not all of her time was given over to indoor pursuits today. One caught sight of her about the yard with her sled or leaving it neglected to stir a mixture in a farmer's pail. Or again at a barn finding toothsome fare in a piece of turnip, sweeter by far and more preferable than her breakfast neuge, sliced from one of those being fed to the stock, and bestowed by James. Bits of roses bloomed in her cheeks, and an escaped curl was tossed about by the wind, that strangely enough moved lightly about the yards but lingered a bit desolately, I thought, in the top-most boughs of the bare lawn trees.

"Inclined to be colder tonight," James observes, returning now from a visit to the house across the lane, "but wonderfully mild for the time of year. I never saw the like of it—I believe a fellow could plow. There's no frost to hinder it."

Until tomorrow... Diary... Good-night...

Morning Smile

"Do you have fits of giddiness?" the doctor asked a patient. "No, I don't," she snapped. "I'm a respectable married woman."

"Walter, this is a very tough steak."

"Tough? Nonsense, sir. Look, I can bend it with my hands and I'm not a very strong man."

DOROTHY DIX SAYS—

Have Cake And Eat It? Husband Always Pays High Price For Infidelity To Wife

DEAR DOROTHY DIX: My wife and I were married when we were very young. Our children came close together and she had her hands full with them and with her home while I was struggling to support the family. She was so occupied with her work and I was so busy with mine that we drifted apart and became cold to each other. I had my little fling with other women, though never considered for a moment leaving my wife and children. My wife did not reproach me with my infidelity, but she grew colder and colder toward me. Now the children are married and gone and I am so lonely. How can I win back my wife's devotion?



LONELY HUSBAND

ANSWER: Alas, we cannot have our cake and eat it, too, which is a homely truth that men find it hard to accept. In his youth a man is faithless to his wife. He insults her by his amours and tears her heart to shreds with jealousy. Then when he is tired of his lady-love he comes home to his wife and expects her to welcome him back with open arms, and to forget the past, and to feel toward him just as she would have felt if he had remained loyal to her.

And, of course, it never happens. It is one of the things that can't be because there is really no such thing as forgiving and forgetting. Always there is the memory in the back of the woman's mind. Always the scar that aches. Always the contempt for his weakness. Always a complete disillusion.

CAN'T ASK IMPOSSIBLE

So for you to expect to win back your wife's devotion after all these years of coldness between you is to ask the impossible of life. But there is no reason why you and your wife should not establish a friendship that will be a solace to both of you as you go down the last stretch of the road. With the children married and gone, your wife must be as dependent on you for companionship as you are on her, so the best thing for her to do is to help you kindle as bright a fire as you can out of the old ashes.

DEAR MISS DIX: I love my wife dearly, but she has a weakness that makes trouble between us. Although I have cautioned her not to discuss my business affairs and she has promised not to do so, she goes right ahead and spills the beans, so to speak, to anyone who will listen to her. What can I do?

DESPERATE

ANSWER: Nothing, I am afraid, except to keep her from finding out anything that you don't want her to repeat, for a leaky vessel is bound to spill its contents. The women who have the habit complex just can't control their tongues. They are bound to wag.

A great many of the wives who complain that their husbands never tell them anything have only themselves to blame for being shut out of the confidence of the men to whom they are married. They can't be happy until they broadcast all that they know, and so their husbands find that silence is their only protection.

Many wives feel that they have a perfect right to discuss all of their husbands' most personal and secret affairs, and then they wonder why their husbands are glum and silent at home and never talk over their business or their hopes and plans with them.

DEAR DOROTHY DIX: I am engaged to a man whom I love dearly, but if I marry him there can never be any children. What are the chances of happiness for me in such a marriage?

MILDRED H.

ANSWER: No one can decide that question for you, because you alone know how you feel about children. If the maternal instinct is very strong in you, and you have a desire to cuddle every baby you see up to your breast, then a childless home will be a tragedy to you. But many women are not like that. Many regard children as brats and refuse to have kids cluttering up the house. Many others take them or leave them and can be happy either with or without them. So it is up to you to decide to which class you belong.

Some of the happiest couples I have ever known were childless, but this can only happen when both the husband and wife love each other dearly, and when neither has a strong paternal or maternal instinct.

Modern Etiquette

By Roberta Lee

Q. Should a woman rise when being introduced to a man?

A. While it isn't necessary for her to rise, it does show more sincerity and more pleasure over the introduction if she does. Also, she should rise when being introduced to an eminent man or to an elderly man.

Q. When setting the dinner table, should the prongs of the forks point up or down?

A. The forks should be placed to the left of the plate, with the prongs pointed up.

Q. How much should be given to the clergyman who officiates at a wedding?

A. There is no set fee; the bridegroom gives according to his means.

How Can I!!!

By Anne Ashley

Q. How can I remove perspiration stains from a garment?

A. Try sponging with good white vinegar, then wiping dry with a soft clean cloth. If the perspiration has changed the color of the fabric, try touching with ammonia.

Q. What is the best way to use spices for flavoring steaks?

A. Place the spices in the tea

Household Scrapbook

By Roberta Lee

Smoked Bricks

Stains of smoke on the bricks in front of the fireplace can be removed by the following method: Mix 2 ounces of soda, 1 ounce pumice stone, 1 ounce salt, with sufficient water to make a cream. Rub the bricks thoroughly with this solution, allow it to stand for a few minutes, then brush off with a stiff brush.

The Manicure

An acid for the manicure can be made by putting one teaspoon of lemon juice into a cup of warm water. Stains will be removed from the fingers and nails, and it will loosen the cuticle.

Scooping Tomatoes

One of the easiest methods for scooping the insides out of a tomato or pepper is to use the grapefruit knife with a curved blade.

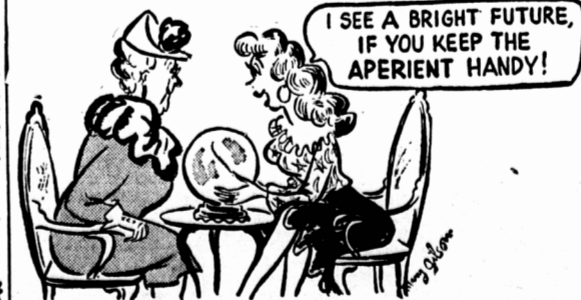
ball and put them in the stew to boil. As soon as the desired flavor is obtained, remove the tea ball.

Q. How can I remedy a dry skin?

A. A dry, scaly skin can often be remedied by using a good cleaning cream instead of soap, and applying a skin lotion at bedtime.

Q. How can I quickly remove a disagreeable odor from the room?

A. Burn some dried orange peel in the pan, over a low gas flame or electric plate.



I SEE A BRIGHT FUTURE, IF YOU KEEP THE APERIENT HANDY!

It would be good fortune indeed to be rid of that peevish, dragged-down feeling caused by sluggish, irregular elimination. And so simple to find relief with the world-renowned aperient—gently laxative KRUSCHEN.

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Chateau Sinister

By Leslie Berezford

CHAPTER XVII

HUSSEIN'S INVITATION

O'Hara gripped Rittenberg by an arm, drawing him aside from the little cluster of chatters.

"What in blazes brings Yousef Hussein here—and with Cary?" he demanded under his breath. The other shrugged.

"He rang through, it seems while you and I were at Camden Town. Wanted to fix a dinner date. So she asked him to join us."

"By the way"—Rittenberg added in low, cautious tones—"Cary's wise now as to whom our Camden Town friend actually is I've given her the complete low-down."

"I guessed you would. How did she take it?"

"Felt like having the brass band around and celebrating. Says, of course, she's handing everything back. Returning to the simple life."

"O'Hara could not refrain from a caustic dig at Rittenberg and all he had to say was: 'Well, it'll be healthier for her than the hectic time she's been spending here in London just lately,'" he said, then added: "As for Hussein, there's no harm in his being with us come to think of it. The more we keep him in sight the less harm he can do."

"I wouldn't like to vouch for the harmlessness of Hussein," the other countered.

"I expect our friend, Detective—"

(Continued on page 3)

Better English

D. C. Williams

1. What is wrong with this sentence? "The gossip was injurious to her character."

2. What is the correct pronunciation of "radium"?

3. Which one of these words is misspelled? Career, porter, engineer, pioneer.

4. What does the word "omnipresent" mean?

5. What is a word beginning with m that means "a beggar"?

Cook's Corner

MOT FRUIT BUNS

One and one-half cups milk, 1-3 cup granulated sugar, 4 table-spoons butter, 1 teaspoon salt, 1/2 yeast cake, 4 tablespoons lukewarm water, 1 teaspoon lukewarm water, 1 teaspoon cinnamon, 1 egg, 1/2 cup currants, 3 to 3 1/2 cups flour as needed.

Scald milk and add butter, salt and sugar. When lukewarm add yeast cake dissolved in water. Add 2 1/2 cups bread flour mixed and sifted with cinnamon. Beat well and add egg well beaten. Mix thoroughly and add currants to a large mixing bowl. Cover with a cloth and let rise in a warm place over night. In the morning pinch off small pieces and shape into tiny balls. Place in a buttered pan about an inch apart and let rise in a warm place for thirty minutes. Bake in a hot oven (400 degrees F) for twenty-five minutes. Brush over with a heavy sugar syrup when taken from the oven and serve at once.

The Stars Say--

By Genevieve Kemble

For Tuesday, January 11

A DIFFICULT and complicated day may tax the ingenuity and sound judgment, especially in a dangerous impasse, in which the feelings and emotions might urge to strange adventures, disruption, separations or estrangements. These affect business as well as purely personal relations, in which the totally unexpected may arise for quick decision. While there may be delays, disappointments and stubborn obstacles to thwart and annoy, yet honest and forthright attack might prove of unexpected benefit. Prompt and direct action may win out.

For the Birthday

Those whose birthday it is may run into a year to tax the good judgment, skill, and sound technique in a difficult or stagnant situation, holding threat of disruption, delays, estrangements, with feelings and emotions running away with good judgment. The romantic or intellectual life may prove devastating, erratic, with strife, loss or sorrow to pay penalty for rash or tumultuous conduct. Pause for wise decisions before taking practical action, and do not force the issue without serious reflection. Then consolidate the forces and resources, perhaps in dynamic manner, to child born on this day is positive, energetic and earnest, with executive ability and latent power for attacking difficult or devastating situations. Unexpected events may demand careful consideration and cool judgment.

Legends

Of P. E. Island

By Uncle Joe

THE ADVENTURE OF PATRICK O'NEILL AND HIS PAL, MIKE FLANNAGAN

"We'll skin him alive for stealin' that thar sheep. We will, by the saints!" vowed Pat O'Neill as he and his pal, Mike Flannagan, strode down the old 65 Trail almost a century ago.

"Begorra!" exclaimed Flannagan. "Ye kin count on me to still that rascal's tongue, as I've already told ye. The sooner I kin lay hands on him the better pleased I'll be."

The men were discussing Duval, a half-French and half-Indian whom they suspected of the thieving and celebrating. Says, of course, she's handing everything back. Returning to the simple life.

"O'Hara could not refrain from a caustic dig at Rittenberg and all he had to say was: 'Well, it'll be healthier for her than the hectic time she's been spending here in London just lately,'" he said, then added: "As for Hussein, there's no harm in his being with us come to think of it. The more we keep him in sight the less harm he can do."

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"I expect our friend, Detective—"

(Continued on page 3)

That Body Of Yours

By James W. Barton, M. D.

VEGETARIANISM

While there may be a few "strict" vegetarians who apparently are as healthy and vigorous as meat eaters, in the great majority of cases it will be found that they eat butter, egg and milk which, of course, are animal foods.

Why should man eat animal products? Each food stuff—protein, fats, starches—has a special duty or duties to perform in the body, the special duty of proteins being to maintain the structure and control of the body and to replace those that are worn out. In addition, proteins can supply energy. The special duty of fats and starch foods is to supply energy.

Further, an examination of the stomach and intestines of man and animals clearly proves that man was to have a mixed diet—meat, fats, starches—other animals mostly eat a diet of proteins being to maintain the structure and control of the body and to replace those that are worn out. In addition, proteins can supply energy. The special duty of fats and starch foods is to supply energy.

At the Chicago World's Fair the stomach and intestines of a cow, a dog and a man were shown, in which it could be seen that a cow's stomach (two stomachs) and intestines were much larger and longer than that of a man, and man's much longer than those of a dog. Animals that live entirely on grasses and vegetables, as the cow, have a larger stomach and longer intestines than those which live on meat alone, or meats and vegetables. The stomach and intestines of man are not adapted to receive and digest such bulky and unrefined diets as are advocated by "strict" vegetarians.

It would be difficult for man to eat a large bulk of vegetables to obtain his needs for proteins, vitamins and minerals. Further, vitamins and minerals are found in animal foods—meat, milk, eggs, fish—and the other proteins in vegetables—peas, beans, rice, cereals.

The point, then, is that as man's stomach and intestine are much smaller and shorter in proportion to his length of body (trunk) than that of grass or vegetable-eating animals such as the cow, and larger and longer than that of a man, the mixed diet—meat and vegetables—is best suited to man's needs.

powerful blow—sure, said Flannagan. "It sure was," said Flannagan, who was the first to recover his speech. "Now, if only we'd known Duval had sold Barney McGraw behind him, we'd never kicked up such a fuss about that sheep."

The next story: The Duncan House.

Preserve British History

LONDON — (CP) — A special committee has been formed to ensure that houses of historic importance in Britain shall be preserved. Whenever possible the commission will make arrangements to have the house and contents kept in their original form.



Time in Aunt Lucy Linton's Famous Stories From Life... Every weekday on the Trans-Canada Network.

Aunt Lucy says:

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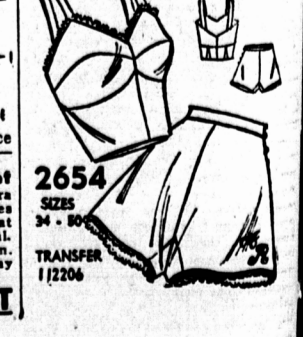
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