

# Woman's Realm Social and Personal Fashions Literature

## Living & Leisure

### THE WOMAN'S REALM

#### THE PILLOW

This is the pillow where the baby's head hollowed a little place. And I divine the hollow brims with dreams. I smooth the bed. And lo, the while what crowding dreams are mine!

Zona Gale

Light is the limiting factor for most seed boxes started in the house. A cold frame or hot-bed provides far more light than even a south window.

By covering a seed-box with a pane of glass, you not only keep moisture in the soil, but insure a humid atmosphere above it. But wipe off drops of water which accumulate on the glass, and ventilate by lifting up one edge on warm, sunny days.

Soil for seed boxes can be prepared by mixing your best top garden loam with an equal amount of sharp builder's sand. If soil is lumpy, screen out the lumps and use them in the bottom of the pot, or flat.

Eight million tons of vegetables can easily be produced from 20,000,000 Freedom gardens, and this will be an invaluable addition to the nation's food supply.

#### BE SURE LENSES HAVE NO FLAWS

Be choosy about the sun glasses you buy to wear for protection against glare of snow on ski slopes or sand or water of summer playgrounds. It is better to pass up sun glasses than to penalize your eyes with bubbly, wavy, chipped or scratched lenses. For lenses to be of value they should be unflawed by uneven surfaces and colouring and should be safe from excessive prismatic effects and focal power.

There are two ways to be sure that your sun glasses are safe. One is to buy sun glasses with accurately ground and polished lenses from a reputable optical shop.

The next best guarantee of flawless lenses is to buy sun glasses with certified labels. These labels signify that lenses are manufactured under the procedure of the National Bureau of Standards in Washington, D. C. Such lenses are individually tested by experts and are found to be at or above the minimum standard requirement.

When choosing lens colour, try sun glasses on to see which tint gives you the most eye comfort. Many oculists' choice of tint is green, Nature's colour, which they claim is easy on the eyes. Grey is usually a good choice of colour. So is a warm shade of brown.

### The Stars Say—

By Genevieve Kemble

For Tuesday, February 17

JUDGING by a disconcerting array of adverse aspects, affecting and disrupting cherished plans and objectives, there may be a ray of hope, or consolation anyhow, by a prudent and judicious use of the personality, social standing, sentimental or romantic factors, where "turning on the charm" may prove a remedy for blunders, bad judgment and turbulent conduct.

#### If It Is Your Birthday

Those whose birthday it is may find themselves beset by so many varied problems, complications and difficulties, affecting all its affairs and commitments, that they may find a wise and judicious utilization of influence, personality, popularity and prestige, might be justifiable. Poor judgment, rash conduct or the failure of proper understanding in grasping basic facts and procedures may prove fatal, causing disruption and errors, in fact downright blunders and false moves, but it may be worth the effort to recoup lost causes by prudent charm, social or cultural influences.

A child born on this day may be constitutionally fit for practical living and workaday endeavors, but well endowed with social, cultural and personal graces and talents.

## WEAK, NERVOUS CRANKY "Every Month"?

Then Try This Remarkable Medicinal

Are you troubled by distress of female functional monthly disturbances? Does this make you suffer, feel so nervous, weak, tired—at such times? Then do try Lydia E. Pinkham's Vegetable Compound to relieve such symptoms!

In a recent test it proved very helpful to women troubled this way. You use it to yourself to try it.

**Lydia E. Pinkham's VEGETABLE COMPOUND**

#### CHARGE WOMEN ARE STINGY WITH TIPS FOR SERVICES

Women whose charm rates high on other accounts are sometimes found lacking when it comes to tipping, many cab drivers, waiters and porters contend.

One reason for any seeming stinginess on our part may not be due to niggardliness but to lack of knowledge that the rate of tipping has gone up. Therefore these tips on tipping, gleaned from those boys who know, may help us to retain any lost charm rating with these masculine critics, suggests a U.S. writer.

Take the red cap who carries more luggage for ladies than for men. He used to get 10 cents per bag but now expects to get 15 cents because the rate has changed. He will expect an additional tip from 25 to 50 cents—if he does extra services for you. Standard tip for the pullman porter is 50 cents for each night the passenger is on the train. This is paid when the journey is over.

Ten per cent. of the dinner check used to be the accepted tip for the waiter. Today, especially on small checks, he's looking for 15 per cent. tip.

Cab drivers, too, insist that the rising cost of living has led them to expect higher tips. On short trips, they'll look for 15 cents tip instead of the former dime. On longer trips, tips average from 15 cents to 25 cents.

If you're in doubt about the tipping schedule for a cruise ship or a resort, ask the travel agency that arranged your reservations for specific information.

#### EXPERT GROOMING INCLUDES NECK

The budget-minded girl, determined to beat the high cost of clothing with self-made wardrobe pretties with profit from these tips from sewing experts.

Stretch cotton fabrics with nylon thread. Nylon thread tends to shrink. Cotton-sewed nylon undergarments may pucker at the seam after laundering. A clothes-conscious girl doesn't need to be told that puckering slip-seams may mar the sleek fit of her frock.

Sewing chintz? Or other stiff cloth? Stick needles or pins into tailor's chalk before basing with thread or pins. Coated with chalk, a pin or needle slides more easily through stiff cloth.

Putting a neat buttonhole into sheer or stretchy jersey fabric is no problem. Not if you'll machine-stitch fabric layers together through the markings where the buttonhole is to be made. This stretching prevents fabrics from slipping out of line when you pry the sewing-machine buttonhole attachment around small areas.

As a final reminder, keep a small magnet at your elbow for corralling stray pins and needles. This draws scattered strays from the floor back to the pin cushion when your sewing session is over.

#### UNHAPPY FEET BANISH SMILES

Smiling comes hard when feet are unhappy. You will find that pampering them pays off.

Feet encased in rubbers or gaiters complain, if you have corns or if long nails take up space that rightfully belongs to toes. Rubber coverings have a way of making the rub of shoes against the foot's sensitive spots harder to bear.

Treat corns to medicated pads. There are also liquid removers which help to loosen the corns so that it is more easily lifted. But these are only remedies. To correct the trouble, slough down the cause, which can usually be traced to ill-fitting shoes. Prune nails down to toe length, and trim straight across. The rule is not to round off corners, but you can make an exception of this if toes crowd together.

## CHEST COLDS

Act promptly to relieve muscular soreness and tightness, fits of coughing in the night. Tonight, at bedtime, rub on time-tested VICKS

For over 70 years thousands of girls and women have reported benefit. Just see if you, too don't report excellent results. Write trying!

NOTE: Or you may prefer LYDIA E. PINKHAM'S TABLETS with added iron.

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## That Body Of Yours

By James W. Barton, M. D.

#### ACUTE APPENDICITIS AND CORONARY OCCLUSION

When we think of heart disease, coronary occlusion, we have in mind that the pain will be exactly in the heart region—that is, a little to the left of the breast bone and slightly below it. When we think of appendicitis, we think of the pain as being in the right lower part of the abdomen.

As a matter of fact, the pain in coronary occlusion starts under the breast bone and may extend over to the left shoulder and arm; and the pain in appendicitis starts right in the middle of the abdomen slightly above the navel and then later goes down to the lower right abdomen and "stays" there.

In pointing out the difference between the pain in acute appendicitis and coronary occlusion, Dr. Philip Thorek, Chicago, states that acute appendicitis is found most frequently in individuals under the age of 40 and is somewhat more common in males. The "Two Question" test is both useful and time saving. Question No. 1: "Where was your pain when it started?" To this question, the patient points to his whole abdomen. Question No. 2: "Where does it hurt you now?" He then points to the lower right part of the abdomen (appendix region).

This simple method of having the patient show where the pain started and where it is at present, will diagnose the vast majority of cases of acute appendicitis. Lack of appetite is a more important symptom in acute appendicitis than is either nausea or vomiting. Constipation is the rule.

Coronary occlusion (heart stroke, coronary thrombosis) is usually found in those past 40, more often in men. The attack is sudden, with severe pain in the chest which extends to the left arm toward the elbow and shoulder. There is no tenderness of the skin. The patient is restless and thrashes out, and the veins in his neck stand out. He finds it difficult to breathe, and lips and face may be blue. The pain in coronary occlusion always remains under the breast bone, and the patient feels as though his chest is in a vise. The pain may, but does not, go away, extend to the left arm.

If these points about acute appendicitis and coronary occlusion are kept in mind and carefully described to the physician, it will help him to diagnose the case correctly, and the proper treatment will be given promptly.

## Cook's Corner

#### SPAGHETTI WITH MEAT SAUCE

3 tablespoons butter or drippings  
1 chopped onion  
1 can condensed tomato soup  
1 cup chopped cooked meat  
1/2 teaspoon salt  
2 cups cooked spaghetti

METHOD: Cook the onion in the butter or drippings until it is a golden brown. Add the tomato soup, the meat and seasonings, and heat for about 5 minutes.

Place the cooked and drained spaghetti in a serving dish and pour the sauce over it. Serve very hot.

#### NOODLE CASSEROLE

2 tablespoons butter  
1 chopped onion  
2 1/2 cups canned tomatoes  
2 cups sliced cooked meat  
1/2 package of noodles  
Salt, pepper, sugar  
Grated cheese

METHOD: Cook the chopped onion in the melted butter until tender. Add the tomatoes. If there is any left, add it. This may be added with the tomatoes. Combine with the meat and noodles which have been cooked until tender and drained. Season with a salt and pepper to taste and add a little sugar if you like tomato dishes this way.

Turn into a greased baking dish and sprinkle with grated cheese. Bake in a moderate oven (350 deg. F.) for about 30 minutes, or until browned.

#### CREAM PUFF FILLING

1/2 cup sugar  
1/4 cup flour  
1/2 teaspoon salt  
1 1/2 cups milk  
2 egg yolks  
1 teaspoon vanilla

Combine sugar, flour and salt in the top of a double boiler. Add milk. Cook and stir until thickened and smooth. Add slightly beaten egg yolks, beating them in vigorously. Cook two or three minutes longer. Cool and add vanilla.

To make eclairs, use the cream puff mixture, shaping rectangles on the baking sheet.

#### CHOCOLATE FUDGING

3 tablespoons mild flavoured fat, 1/2 cup sugar, 1 egg well beaten, 1 teaspoon vanilla and three quarter cups sifted all-purpose flour, 3 teaspoons baking powder, 1-third cup cocoa, 1/2 teaspoon salt, 1/2 cup milk.

Cream fat and sugar gradually and then the well-beaten egg and vanilla. Mix and sift flour with baking powder, cocoa and salt and add alternately with milk to the

## Dorothy Dix Says—

### Leap Year Is Girl's Chance

#### Woman Has Privilege In 1948 Of Proposing Marriage

DEAR MISS DIX: There is a man with whom I am associated in business. We are both in our middle forties. We have the same education, personalities, social standards, about the same amount of property and we also do the same type of work. Neither of us ever has been married. We frequently go out together and enjoy each other's society greatly.

The question is: Would it be proper for me to suggest marriage, so we could be together and enjoy having a good home? The problem is up to me, for I know he never will propose. I feel that we would be very congenial and happy.



SALLY ANNE

ANSWER: It is Leap Year, Sally Anne, and that gives you your chance. Take it. Pop the question and the chances are dollars to doughnuts that he will say yes.

Many a man is a lonely old bachelor simply because he was too shy ever to ask the girl he wanted to marry him. He couldn't summon up courage to tell Sally Anne or Mary Jane or whatever her name was how much he loved her and wanted her, and he hung around and hung around without ever coming to the point. And she waited and waited for him to speak until she got tired and discouraged and married somebody else.

#### WOMEN NO LONGER TIMID

Anyway, women are not the timid creatures now that they used to be. When they want a thing they go after it. They don't waste their time in wishful waiting. So if you love this man and are pretty sure that he loves you, and both of you are at an age when you want to settle down and have a home of your own why, I think you would be perfectly silly not to take advantage of your Leap Year privileges.

DEAR DOROTHY DIX: My boy friend is overseas and will be home very soon. This is my problem: Will he be changed, as people tell me, after his long absence? It has been two years since we have been together, but we write often and I have dated no other boys. I am 17 and Joe is 19.

ANSWER: Of course, your boy friend will be changed after two years in the army in a foreign country, where everything has been new and different to him and where all his habits and tastes will have altered. Every soldier who was in the war came back a changed man, and that is what has brought about the thousands and thousands of unhappy marriages and divorces that are wrecking so many lives.

No one is to blame for it. It is just life. The boy was no longer a boy. He was a man who had outgrown his wife or his sweetheart. He had seen the world. He had faced death and suffering. And the things that once satisfied him satisfied him no longer. And the girl had changed, too.

Between 15 and 17 years of age there is a gap that takes time to bridge. So you are a wise child in sensing this and realizing that you and the boy friend will have to get acquainted all over again and see whether you want to scrap your childhood romance or not. My earnest advice to you is not to marry in haste. Take time to think it all over.

DEAR DOROTHY DIX: My wife died a few months ago, leaving me with three children whom I am trying my best to rear properly. My chief problem is my daughter. She is 15-16 years old and does not learn readily. All through grade school she had a hard time mastering her studies and I have to help her every night with her high school work, but she fails in every test and examination. She tries so hard to learn and is so willing, and the harder she tries the less she seems to accomplish.

She is studying music and slowly is making headway. She is very anxious to out high school and go to work in a department store where a friend of ours, who is the manager of it, will get her a job and train her in the work. What do you think about it?

REVEREND H. A. M.

ANSWER: I think that is the ideal solution of your difficulty. If your daughter is in high school she must have gotten a fair practical education, enough to fit her to do the work she wishes. Not all people are bookish, nor does all education come out of books, and the things that your daughter will learn in business will be just as important to her as anything she could learn in school.

If your girl is unhappy and bored in school the chances are that as she has no mother to look after her and protect her, she will be in danger of running wild and getting into bad company. By all means let your daughter take the job that is offered her.

## Morning Smile

#### LEFT HIM COLD

The maid approached the head of the house.

"Please, sir," she said shakily, "there's been a man at the door with a pitiful tale of woe, and—"

"The master of the house waved her away."

"Can't help it, my girl," he snapped. "It's all to my rot, and it leaves me quite cold."

"Yes, sir," replied the maid, "I thought perhaps it would. I find he's taken your overcoat from the hall."

first mixture. Turn into a greased mould, cover closely and stern 2 hours. Serve with a pudding sauce flavoured with peppermint. Six servings.

1. Say, "I intended all week to go to town." 2. Pronounce sh-kanker, both 's' as in it, as in cane accord second syllable. 3. Gurilla. 4. Eager to obtain something desirable, or to avoid something evil. "Enjoy the present, whatever it be, and be not solicitous about the future." Jeremy Taylor. 5. Insufferable.

## Better English

D. C. Williams

#### ANSWERS

1. What is wrong with this sentence? "I intended to go to town all week."  
2. What is the correct pronunciation of "chicanery"?  
3. Which one of these words is misspelled: Guernsey, gervilla, gurtural.  
4. What does the word "solicitous" mean?  
5. What is a word beginning with "insu" that means "incapable of being endured"?

## Ellen's Diary

By an Island Farmer's Wife

This morning, we looked out upon increased drifts about the yards and Jack already at work shovelling in a depth of one to two admittance to the pigery. "I don't think we ever had more snow about the yards," I remarked to James at breakfast. We had drawn the table nearer to the fire for comfort and were seated cozily there. At the time Pard was on the alert for any tossed tidbits from James which he is able to catch expertly by a slight turn of the head and Tabby bland-faced old lady cat that she is ready to remind me with an anxious claw should I neglect to bestow equal favors on her. "Now last year" I continued "when Jamie was here, we had very little snow though I can easily remember the ice that was about." James reached for a second helping of the bread which had been so reluctant in its rising. "But there was snow when I took him home—that was into March. Yes there is a good bit of it about now but nothing like we have had."

"We often had to tunnel a way into the buildings. The shovelling we used to have! and if there's something that's wearying it's shovelling snow!" After the Sabbath storm which James of all of us had expected to come out of the light quiet snowfall of day, bits of white were tucked back again in roof corners and in the garden the drifts had increased to a depth which will interest Jamie. In intriguing waves it lay above the slopes sparkling with a frost which had seen spells of mildness.

And James reading the glass which showed a reluctance to climb decided: "I reckon we'll not bother to go to the wood-cutting at the other farm today—it's much too cold." But when they came to the wood-cutting at the other farm today—the dinner the choring was at an end and the sun blazed an alarming trail towards hillslope a pair of axes were fetched indoors to the warmth of the kitchen where in comfort the whittling was done and presently with our own man in the sleigh warmly clad the workers were away to their labors. They returned when a single bright star reminded one that sparkle in the deep blue above the house on the hill. I remembered Judy then but what would I wish? Like the light which twinkles across a stretch of bay from a lonely lighthouse I fancy the first star. It points to the vastness of space and yet is near as in its comfort. Lamps were lit then in the house across the one and there in the windows of the one across the valley vivid brightness with the star above. And into the stillness, the sleigh came up the driveway—home again.

Electric lights beam now from the houses near the highway, bright indeed in that of the year star shows the gold in Buttercup, the huge and knowing Angora's coat as, much respected, he stalks about the rooms. It rots too on the Mistress's paintings on the parlor wall. Gifted among many with an artist's fingers is this busy lady and many charming pictures there reflect her skill and talent. I fancied too it careless the volumes in the Master's library, where one might drop to a easy chair or even a rug with a creaking of joints and forget there, with a book, "the world and his wife" forget that the roast must go into the oven for dinner; that floors must be swept, that wood milled—and a churning done. A musing it is and informative to learn of the various reactions to the late receipt of modern lighting to homes in this and other communities. "We find electricity a great convenience Ellen" one busy farmwife wrote "but I must add that it took a lot of deliberate sitting—and it was something of a

struggle, or to avoid something evil. "Enjoy the present, whatever it be, and be not solicitous about the future." Jeremy Taylor. 5. Insufferable.

Q. What advances should the two families make as soon as a marriage engagement has been announced to the immediate family?

A. The mother and sisters of the groom should call immediately on the girl and her family, express their approval, and extend a sincere welcome to the girl. Then, within a few days, the girl and her family should return the call.

Q. If the coffee or tea is extremely hot, and one is in a hurry, isn't it permissible to pour it into the saucer to cool?

A. No, never. Merely exercise a little patience, and it will soon be cool enough.

Q. When one is introducing Mr. Jones to Mr. Smith, is it proper to say, "Mr. Jones, my friend, Mr. Smith?"

A. Not if Mr. Jones is also a friend. This expression implies that Mr. Smith only is your friend.



Frances Bird, 18, shown with John, seven, and Agnes, eight, saved lives of her six brothers and sisters when fire destroyed their township home near Mesford.

## Modern Etiquette

By Roberta Lee

#### Clothes Shine

When a dress suit of dark serge becomes shiny with water, sponge it with hot vinegar and press it in the usual way. No odor of vinegar will remain, the shine will disappear, and the material will be much improved in appearance. The vinegar will not stain.

#### Clean Hands

Make a good hand-cleaning paste by dissolving 2 1/2 pounds of white soap in 5 1/2 pints of hot water. As it cools and sets, stir in one pound of fine sand.

#### The Teakettle

Lime accumulates on the inside of the teakettle. To remove it, boil a strong solution of vinegar in the kettle. Rinse thoroughly before refilling with water.

## How Can I!!!

By Anne Ashley

#### QUICK RELIEF FROM PAIN

Q. How can I melt ice on cement steps?  
A. Sprinkle several handfuls of salt over the cement steps or walkway. To keep ice from forming, wash hot water in which a handful of salt is dissolved with salt.

Q. How can I make smelling salts?  
A. Break one ounce of rock volatile into small pieces, then cover it with eau de cologne and allow it to stand for a few days before using.

Q. How can I remove brown stains from the steel fittings of the gas range?  
A. By using a rag dipped in vinegar. Then polish in the usual way.

wrench to me to part with the money to buy a washer!"

Another lady said, and one could fairly catch the relief and joy that it brought to her. "I celebrated my wedding anniversary, how?"

And there was the dear old lady, great-grandmother she is to whom such changes and improvements are strange. She still

(Continued on Page 3)

## Household Scrapbook

By Roberta Lee

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## Time For PARADOL

"Do women need to suffer so?"—mothers are often asked. One mother writes:

"The company nurse recommended Paradol when my daughter foamed she would lose her job because of time lost each month. Now she loses no time and does not suffer pain or discomfort needlessly."

Paradol is the answer for women who suffer each month. Quick relief also from headaches and neuralgic pains. The name "Dr. Chase's Paradol" is your assurance. Carry Paradol in your purse.

## DR. CHASE'S PARADOL

## Needlecraft FOR THE HOME

#### NEW LOOK

Brand new... this softly yoked blouse, this ballerina skirt with a sweep of 6-1/3 yards at the hemline! The skirt can be cut in a daytime or longer ballet length; the blouse has a choice of sleeve styles for tailored or dressy airs. (Two separate patterns).

No. 2445, the blouse, is cut in sizes, 12, 14, 16, 18 and 20. Size 16, 2 1/2 yards 39-inch.

No. 2450, the skirt is cut in waist sizes 22, 24, 26, 28, 30 and 32. Size 28 daytime length, 4 1/2 yards 39-inch; longer ballet length, 8 1/2 yards 39-inch.

Send 20c for each 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.

Pattern Nos. 2445 and 2450

Name

Address

City

Province

BLOUSE 2445 SIZES 12-20

SKIRT 2450 WAIST 22-32