

Woman's Realm Social and Personal Fashions Literature

Living & Leisure THE WOMAN'S REALM

The lowest trees have tops, the ant her gall, Thy fly her spleen, the little sparks their heat; The slender hairs cast shadows, though but small, And bees have stings, although they be not great; Seas have their source, and so have shallow springs; And love is love, in beggars as in kings.

—Dyer.

IF YOUR MIDRIF IS STREAMLINED

NEW YORK—If you are blessed with a stream-lined midriff, the two-piece bathing suit is for you. This year there are so many lovely designs and fabrics to select from that a choice is often difficult. One such lovely, is a two-piece suit designed for both "sun and swim." Of printed pique, it has an adorable little skirt with an unflattering hemline to give a glimpse of the little black bloomers. Black bands the waistline and outlines the halter-strap bra.

The wise girl selects her printed bathing suit as carefully as she does a printed dress. She does not go for over-size patterns if these are not generally becoming, although she may wear much more exotic and gay prints on the beach than she would for afternoon.

STREAMLINE FOR YOUR BEACH DEBUT

If that mild discontent which you feel about your figure remains too mild to spur you to action, get into your bathing suit. Slide up to your mirror for a side-view appraisal.

If what you see is not what you want your public to see when you make your beach debut better start exercising.

An hour's brisk walk taken daily—brisk enough to clip off one mile in 15 minutes—will whittle down bulges. More fun, though, is bicycling. Borrow Junior's wheel and peddle a few miles a day. But take in a road that makes you climb with your wheel.

If fleshy pads on hips are the trouble spots, localized exercise is best for slicing these off. Best is the side scissor-kick.

Household Scrapbook

Soiled Parchment

To clean soiled parchment shades, slip a wool cloth into cold water and wring it quite dry. Moisten with a little linoed oil and rub over the shade. Repeat until all the soil has been wiped off, then wipe with a clean cloth dampened slightly with furniture polish to bring back the luster.

Leftover Egg Yolk

To keep leftover egg yolks from developing a crust, store them in a lightly covered container in the refrigerator. In this manner, they may be kept for several days.

Gloves

Washable leather gloves can be kept in good condition if a teaspoon of glycerine is added to the water in which they are washed.

For this, lie on right side on floor, right arm stretched flat. Now brace yourself with left arm touching floor in front of you, and to the count of one, kick left leg forward and right leg back. To the count of two, kick right leg forward and left leg back.

Continue kicking as vigorously as you can 20 times on each side.

A FAMOUS BIBLE

A record price of \$88,000 was paid at auction in London, Eng., for volume one of the famous Gutenberg Bible. The purchase was made by Ernest Maggs, London book-seller, on behalf of a private buyer.

KEEP LIGHT HATS IMMACULATE

White or pastel-colored hats designed to make a gal look fresh and cool fall miserably at their job if spots sully their immaculate look.

Smudges, soiled bands and crumpled trimmings, however, can be dealt with.

There are, for example snowy white straws. Most smudges can be rubbed off with an art-gum eraser. Or take this bit of advice from an expert milliner: rub a slice of freshly-cut lemon over a spot, wiping off juicy moisture with a dry cloth.

If a hat-band is marred by perspiration stains or soil from hair, take it out and put in a new one. There's no trick at all to stitching a clean grosgrain ribbon into a hat.

When ribbon bows show the strain of wear, renew them. To keep new bows crisp, stuff loops with tissue paper. In between wearings, house your hat in a box, but first wrap it in tissue paper. Tucking a sachet in with the paper is a milliner's trick for keeping a straw hat fragrant and more inviting to wear.

ENAMEL RATES GOOD CARE

Enamel is tough but it will stain, crack and chip. To keep it in good condition, receive the gleaming beauty of the enamel in bathroom, and kitchen fixtures the Canadian Institute of Plumbing and Heating offers the housewife the following suggestions:

Avoid use of harsh, abrasive cleaners, or steel wool. Once the enamel has been scratched, it becomes increasingly hard to keep clean.

The best way to preserve the enamel is to clean it with soap and hot water using a coarse cloth or brush. For stubborn stains use a non-gritty cleanser on a damp, coarse cloth. Cleaners prepared especially for plumbing fixtures can be obtained.

It is better to dispose of garbage than to use a triangular sink strainer from fruits, vegetables, tea leaves and coffee grounds to mar enamel.

Using the sink for chipping ice, chopping meat, slicing and shredding vegetables may chip the enamel. Avoid hard blows by heavy pots or pans or sliding them across the enameled surface.

If it is necessary to stand in the bath tub while cleaning or painting bathroom walls, heavy protective cover should be used in the bottom.

Spilled medicines, cosmetics, hair rinses, drain pipe solvent and photographic solutions should always be wiped up immediately.

Have dripping faucets repaired promptly to avoid stains, resulting from minerals in the water.

Modern Etiquette

By Roberta Lee

Q. Should one begin a social letter with an excuse for delay in writing?

A. No; one should plunge immediately into what he has to say, and if illness has been the cause, just make casual mention of it without too many details.

Q. Who pays for the gowns worn by the bridesmaids?

A. The bridesmaids buy their own gowns, unless the bride is wealthy and asks that they wear gowns that cannot be worn again.

Q. Should the hostess try to finish eating before her guests?

A. No; the hostess should always eat slowly, so that she does not finish before her guests do.

Better English

D. C. Williams

1. What is wrong with this sentence? "Had I have known you were going, I should have waited."

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

3. Which one of these words is misspelled? Hansom, handkerchief, handsome.

4. What does the word "vividly" mean?

5. What is a word beginning with ab that means "act of going away with wholly, or state of extinction"?

ANSWERS

1. Omit the first have. Say, "Had I known you were going..."
 2. Pronounce ally, as in ally, as in ally, and accent last syllable.
 3. Handkerchief. 4. Clearly. "His description was vividly given." 5. Abolition.

Ellen's Diary

By an Island Farmer's Wife

"Have you read this, Ellen?" James asked me this morning, looking up from a paper he was reading. "I had breakfasted then, and James had betaken himself from the table, where I still loitered over a later cup of tea, to his old armchair. There, if his time warrants it, he likes to remain long enough to hear the weather forecast. This, I confess, appears to be one of the occasions above all, when I am inclined to be particularly chatty, so that often the radio continues unheard while we discuss a current interest of ours until we happen to catch: "and Charlottetown—85". Then we look at each other blankly, having missed it almost entirely. "And what," James will begin, "did you have to be talking for, Ellen?" and I catching at a straw to stay his disappointment say sprightly: "It's going to be very warm." And because these are common to the Summer months, I add in a manner which conveys that in spite of his fears, I had caught a goodly part of the broadcast "and light winds, James." "And did it say anything about rain, Ellen?" for he likes to remain long enough to hear some other work. But, dear me, much as I might be tempted to, I may not cross the subtle and alluring line of prevarication, even to soothe James.

This morning however, there was to be a wait for his favorite news, so in the interval, he had picked

DOROTHY DIX SAYS—

Child Marriage

Boy, 18, Unprepared To Face Family Responsibilities

DEAR MISS DIX: I am a widow with a daughter who will be 19 in October. She thinks she is in love with a boy who has just turned 18, and I am perfectly sick over the whole thing because I am very anxious for her to finish college. But she feels that there is no reason for her to study further because she has found the One and Only. She has never gone with many boys, so how does she know whether she is really in love or not? Aside from that, is a boy of 18 old enough to face life and the care of a wife and, of course, children? Do you think it will be right for me to keep hands off and let her go ahead and marry this boy? Or should I tell her that she must finish college; then, if she is still in love with the boy, she can marry him? I try not to consider myself too much, but I need her so dreadfully to help fill the gap that the recent death of her father has made.

MRS. E. W.

EVERY MARRIAGE HAZARDOUS

ANSWER: I am no advocate of child marriage. Human nature being what it is, every marriage is bound to be full of hazards, for it is no easy thing for a man and woman to adjust themselves to each other, even when they are adults and have had some experience of life. But for youngsters, who are growing and changing every day and whose characters, dispositions and habits are still so much in the plastic state that even a plunger should hesitate to take.

Girls mature two or three years younger than boys do, so your daughter who is nearly 19 may be ready for marriage, but certainly no boy of 18. He is not prepared to accept the responsibility of marriage. Except in unusual cases, he has no means of even supporting a wife. Sure as shooting, as soon as a bobby-soxer and a hobbieheeler get married and the novelty and excitement of the wedding has worn off they begin to regret it.

They want the fun that belongs to their time of life. They want to run around and have good times and dance. They don't want to be tied down with a baby. They want to be free to do what all the other youngsters are doing. All of this has been amply proved by the vast number of too young marriages that took place during the war and that are now ending up in the divorce courts.

DEAR DOROTHY DIX: I was happily married for seven years, but for the past three years my life has been simply unbearable. My husband is very cruel to me and my four small children. Recently I have met a widower who is very rich and who wants to marry me. He tells me that if I will divorce my husband he will take two of the children, but four would be too many.

I love this man very much. What should I do?

DESPERATE

ANSWER: One hardly can blame the widower for not saddling himself down with four small stepchildren. Two kindergarteners pretty well knock the romance out of wedding bells and set a man to figuring on the cost of rearing and educating a couple of youngsters, and four are practically prohibitive unless the suitor has a strongly developed paternal instinct and doesn't object to noise.

However, your problem is the old one of the strength of mother love. Do you think that any man will repay you for giving up two of your children? And how would you ever decide which of the four you would keep? Would there ever be a day, night or minute in which you would not be thinking of the two that you have given away as exiles in a strange land, wondering if they were being kindly treated and if they had forgotten you?

Consider well the risk that you will take in making your decision. When a widow with children marries she takes a great chance, for there are not many men who do not resent having to support another man's children and who are not jealous of their wives' youngsters.

DEAR DOROTHY DIX: I am very much in love with a boy who is a habitual drunkard. My family is very much opposed to my marrying him, but I am positive I can change his ways and that he will not drink after we are married.

I would like your opinion in this matter and am sure you will agree with me.

MARY C

ANSWER: Far from agreeing with you, I beg you with all the sanctities and solemnities not to commit the folly of marrying a boy who is a confirmed and doesn't object to noise. You are no miracle worker and you cannot reform him. You will only bring misery upon yourself.

up a farm paper and turned a page. Then "have you read this, Ellen?" he asked me obviously much interested in an article which presently he proceeded to read to me, before I stirred from my place at the table. He usually reads an article throughout to get the gist of it, before he begins to share it with me, no matter how impatient I am to hear the contents. Then he said: "I've read a very true and interesting article in the paper, and generation as when the quotation was written — 'If folks only have eyes to see it.' He glanced out to a winsome spot on the field which slopes above the old mill, where sat a young man and a young woman, hand in hand, looking at each other in content. "I guess" he continued, "that as long as time is—and farmers have a seed-time and a harvest it will be the same to those who enjoy farming."

It was a letter signed "Junior Farmer, Ont." and is well worth quoting in its entirety. James read: "While reading my well-thumbed copy of Emerson's essays I came across what appears to me to be the classic answer to your editorial inquiry 'What's best about farming?' I send it along in the fervent hope that you will find it an enduring and lovely as I did. "When I bought my farm, I did not know what a bargain I had in the bluebirds, bobolinks and thrushes, which were not charged in the bill; as little did I guess what a vista of beauty and sunset I was buying—what reaches of landscape, and what fields and lanes for a tramp. Still less did I know what good and true neighbors I was buying, men of thought and vision, some of them not known the country through for their learning or subtlety, or active or patriotic power, but whom I had the pleasure of knowing long before the Country did; and of other men not widely known, but know at home, farmers—not doctors of law but of land, skilled in turning a swamp or a sand-bank into a fruitful field, and, when witch-grass and nettles grew, causing a forest of apple trees or miles of corn and rye to thrive. I did not know what interesting groups of school-boys and fair school-girls were to greet me in the highway, and to take hold of one heart at the School Exhibitions. The glory of the farmer is that, in the division of labor, it is his part to create. All trade rests at

That Body of Yours

By James W. Barton M. D.

AMINO ACIDS, RICH PROTEIN FOODS READILY DIGESTED

We are reading with great interest the accounts of the wonderful results obtained by the use of amino acids among the starving people of Europe. Amino acids are what might be called the underlying or foundation food element of proteins—meats, eggs, milk products—which restore iron to the blood, strength to the digestive system. In fact they rebuild the worn, tired body in a fraction of the time where the whole food is given.

While most of us might naturally think that the knowledge of the benefits of amino acids came with World War II because so much has been written about it, it may come as a surprise to learn that preparations of amino acids have been used at the Mayo Clinic for the past 10 years, before World War II began. In "Gastroenterology" (stomach and intestines) Drs. J. H. Remington, J. A. Bagen and J. S. Lundy say that for 10 years they have administered amino acids in the form of digests of animal proteins, by injection into a vein and by mouth. They were used in several intestinal diseases, such as ulcerated colitis (ulcerated condition of lower bowel or colon), fistula or opening from the bowel to skin surface, and inflammation of the lining of the intestine.

Giving the amino acids by mouth has been shown to be the best method, as more of the food value was used by the body than when given by injections into the vein. Some patients can drink 250 cc (that is a pint) of 20 per cent solutions of amino acids such as parentine or amigen several times a day. However, the taste is unpleasant and few can do this, so that more palatable products are being perfected. Too rapid injection of amino acids into a vein will cause nausea and vomiting. In order to prevent nausea and vomiting from injections into a vein, at least three hours should be taken to inject each quart.

From the results they have obtained, these physicians conclude that amino acids, administered by mouth or into a vein, are most beneficial from the standpoint of nutrition as a substitute for protein foods in their natural form when sufficient food cannot be eaten or absorbed.

The above results are in accord with those obtained by Allied physicians trying to feed the starving people of Europe.

EATING YOUR WAY TO HEALTH

Be sure you are getting the all-round daily diet for your type of build, occupation, etc. Send today for Dr. Barton's handy booklet on this subject entitled, "Eating Your Way to Health." Just send 10 cents and a 3 cent stamp, to cover cost of handling and mailing, to The Bell Syndicate, in care of this newspaper Office Box 99, Station G, New York 19, N. Y.

BLAMES WEATHER

SAINT JOHN, N.B., July 21—(CP) Three weeks of almost continuous wet weather cost a 50-year-old woman \$80 when she appeared in police court today. Charged with being in possession of liquor, she pleaded that the weather has started to bother her.

How Can I!!!

By Anne Ashley

Q. How can I make moth paper?

A. Melt together 4 ounces of naphthalene and 8 ounces of paraffin wax. Get some unsized paper and while the solution is still warm, paint the paper. Then pack paper away with the goods to be stored.

Q. How can I make poppy seed stick to rolls?

A. Before sprinkling poppy seed on home-made rolls, spread a little white of an egg on the tops. After baking, the seeds will adhere to the buns.

Q. How can I keep woolen blankets fluffy when laundering?

A. After washing and drying woolen blankets whip them with a carpet beater. It will make the wool light and soft again.

OLD SAFE REPLACED

LEXINGTON, Mo., July 21—(AP) — A hand-made iron safe, believed nearly a century old, has been replaced by a new one in the Lafayette County Building and Loan Association.

The old one had a foot-square patch covering a hole made by a cannon ball fired in the Civil War.

New Soapless VEL Keeps Woolens Softer

by Frances Thompson noted homemaking authority

Yes it's a fact—the unusual mildness of soapless VEL makes it an ideal cleanser for all kinds of woolens. As you know, many soaps contain alkalis which can be very unkind to woolen fibres and tend to cause "matting." Soapless VEL is a neutral product containing no alkali—that's why it leaves wool soft and fluffy and helps give woolen garments longer life.

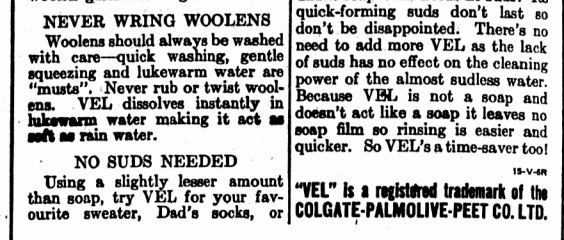
NEVER WRING WOOLENS

Woolens should always be washed with care—quick washing, gentle squeezing and lukewarm water are "musts." Never rub or twist woolens. VEL dissolves instantly in lukewarm water making it act as soft as rain water.

NO SUDS NEEDED

Using a slightly lesser amount than soap, try VEL for your favorite sweater, Dad's socks, or baby's blankets and woolens. Put the VEL into basin first then add lukewarm water. But remember—unlike soap VEL needs no suds! Its quick-forming suds don't last so don't be disappointed. There's no need to add more VEL as the lack of suds has no effect on the cleaning power of the almost sudless water. Because VEL is not a soap and doesn't act like a soap it leaves no soap film so rinsing is easier and quicker. So VEL's a time-saver too!

"VEL" is a registered trademark of the COLGATE-PALMOLIVE-PEET CO. LTD.



The Stars Say -

By GENEVIEVE KEMBLE

For Thursday, July 24

WHILE a sudden about-face in affairs may prove to be thrilling and breathtaking, with sensational developments that might prove a factor for notable progress and high adventure, yet such may be met with conditions of a personal, even domestic or affectional nature, to block moves in this direction of high accomplishment. Unexpected and unsuspected attacks or opposition from those in high places, or even in the home or love relations, turn the tide into channels of futility or frustration.

Birthday Forecast

Those whose birthday it is may arm themselves to cope with some abrupt turn of events, which while having splendid factors for progress and desire, objectives of outstanding significance, yet may be doomed to come up with unsuspected opposition, in which superior, influential persons or intimate relations may combine in a program to "upset the apple cart" in a dramatic and spectacular manner. It may be difficult to offset these unlesser equal ingenuity and clever stratagems, quite as sensational and dramatic, be exercised. Keep alert. A child born on this day may have exceptional skill, ingenuity and original faculties yet have to suffer from strong opposition or want cooperation from desirable sources. It may have an adventurous and dramatic career, in spite of this.

Cook's Corner

STRAWBERRY RHUBARB JAM

4 cups strawberries
4 cups rhubarb
6 cups sugar

METHOD: Wash the rhubarb and cut into 1-inch lengths. Add to the sugar and this and allow to stand for about 2 hours to extract the juice.

Wash and hull the strawberries. Measure them and then crush them. Add the remaining sugar to them and then combine with the rhubarb. Heat this slowly until the jam is dissolved, stirring constantly. Now boil vigorously for about 15 to 20 minutes, or until the jam is thickened somewhat. Stir frequently to prevent sticking. Pour into hot, sterile jars and seal with melted paraffin. Cover the jars and store in a cool, dry dark place.

Morning Smile

PERFECT BOY

Willie was doing penance in the corner.

"I can't help it if I'm not penitent," he sighed. "I never heard of but one perfect boy, anyway."

"Who was that?" asked his mother, thinking to point a moral.

"Dad," came the sly reply, "when he was little."

"KEEPING IT DARK

An old couple on holiday went to a music hall. Among the turns was a snake charmer who, at the conclusion of his performance, invited any person in the audience to come on to the stage and attempt the art of snake charming.

Much to the old man's surprise this wife got up, went on to the stage, and showed that she knew something about the business.

That night the old fellow was unusually quiet, and at last came out with it: "It's dogs when strange old men like that, being married all these years, I should have been unaware that you could charm snakes. How was it you never told me, Maria?"

The old woman blushed, then said, coyly: "Why, John, you've asked me!"

To keep brown sugar from hardening, remove it from the paper container as soon as it is opened and store it in a tightly sealed jar. Air dries out the sugar.

Do you suffer MONTHLY FEMALE PAIN?

This fine medicine is very effective to relieve pain, nervous distress and weak, "dragged out" feelings, of such days—when due to female functional monthly disturbance. Worth trying!

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

Needlecrafts FOR THE HOME

BUTTON-FRONT FASHION

The perfect choice for casual scenes ahead—a dress that buttons neatly from neck to hem... lets loose cap sleeves provide cool comfort... and adds big patch pockets for convenience. It's as easy to make as it is to wear, too!

No. 2630 is cut in sizes 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32 and 34. Size 36 requires 3 1/2 yards 35-inch.

Send 20c 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.

Pattern No. 2630

Name _____

Address _____

City _____ Province _____

2630

YOU NEED PAY NO MORE FOR THE BEST!

HEINZ JUNIOR FOODS

ARE NOW AVAILABLE

Try all these delicious varieties:

- Creamed Diced Vegetables
- Lamb and Liver with Vegetables
- Carrots
- Spinach
- Milk
- Mixed Vegetables
- Green Peas
- Spaghetti Beef Dinner
- Green Beans
- Apple, Fig and Date Dessert
- Macaroni Rice Pudding
- Chicken Soup
- Ground Tomatoes and Rice

HEINZ JUNIOR FOODS

57

Only 1 Cup of Meat IN THIS

Delicious Chicken Puff

1 1/2 cups flour
2 teaspoons salt
1/2 teaspoon baking powder
2 eggs
1 cup milk

1 cup chicken, cut fine
2 teaspoons scraped onion
1/2 cup ground carrots
2 tablespoons melted butter or chicken fat
1 1/4 cups chicken gravy

Mix together flour, baking powder and salt; add beaten egg yolks and milk. Add chicken, onion, ground carrot and melted fat and mix well. Put in egg beaten egg whites. Bake in greased baking dish in hot oven at 425°F. for about 25 minutes. Serve with hot chicken gravy, 6 servings.

MAGIC BAKING POWDER

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