

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

## Living & Leisure

### THE WOMAN'S REALM

There is a jewel which no Indian mines  
Men buy, no chemist can counterfeit;  
It makes men rich in greatest poverty;  
Makes water wine, turns wooden cups to gold.  
The homely whistle to sweet music's strain;  
Seldom it comes, so few from heaven sent,  
What much in little, all in naught.  
—Content by John Wilbye.

#### SUITS IN "NATURAL" COLORS ARE FAVORITES

**NEW YORK**—New suits are more often in "natural" than in other colors, while prints compete with plain colors in dresses. Suits range from the simple tulleur to soft dressmaker types, with most of them neither strictly tailored nor dressy, an example the semi-tailored suits of Anna Miller. They will be perfect for a day at Hialeah, for a cool morning's shopping or restaurant luncheon.

#### TAILORED BLOUSES

**NEW YORK**—Not all the new teen-age blouses are ruffles and lace. There are tailored blouses, still in the Gibson Girl mood, with large round collars and shantung like underneath. Appealing details on broadcloth blouses include shirring, smocking and gogoting. Purple necks are featured for jumper dresses. Candy stripe trimmings at collar and cuffs on a white blouse—and don't forget the bow—worn with a blue skirt make an irresistible combination.

In making chicken fricassee with dumplings add an egg to the gravy after the dumplings are cooked. Beat the yolk, stir into it one at a time several spoonfuls of hot gravy, then add to the remaining gravy, stirring constantly until smooth. Continue cooking for a few minutes but don't overcook or the egg will separate.

#### How Can I!!!

By Anne Ashley

Q. How can I make use of the tops of old stockings?  
A. These tops make excellent dusters and polishing cloths for filling or rubbing down the furniture and floors. If several stocking tops are cut into strips and dipped in paraffin oil, they can be made into a serviceable dustless mop for the floors.

Q. How can I brighten the red tiles of a fireplace that have become dull?  
A. Try rubbing the tiles with a wet piece of lemon and a little salt. Then wash with warm soapy water.

Q. Should one keep using the paper cap on the milk bottle?  
A. No; after opening the milk bottle the paper cap should be substituted by a glass top or stopper.

## CUT FOOD COSTS



## CATELLI Ready Cut MACARONI

LABORATORY TESTED Scientifically Packaged To Retain all its Goodness and Quality

SMALL QUALITY ALSO AVAILABLE IN 5 LB. PACKAGE

#### SAVE LIPSTICK DON'T JUNK IT

Ever have a lipstick pull loose from its base and cleave to the roof of the case? When warm weather softens the rouge waxes, even a slight wrong turn on the screw base may flatten the lipstick tip against the case top. But you don't have to count your lipstick a total loss if it puts on such a performance. Here's a trick to pry it loose without gouging up your fingers.

Ice the lipstick case in the refrigerator for a few minutes. This stiffens up the soft rouge and makes it easier to jar loose. Pull out the empty base and place the top, open side down, on a hard surface covered with a piece of cleansing tissue. Then hit top sharply.

#### WASHING BLANKETS

When you wash a blanket and it is partly dry, shake well from the corners and brush with a clean brush to keep it soft and fluffy. When thoroughly dry press the blanket with a warm iron and air well in a warm room before storing or using.

#### SHARP MUSTARD

To prepare sharp table mustard, stir together 1-2 tsp. salt, 1 tsp. sugar, 1 tsp. dry mustard, and 1-2 tsp. boiling water; then add 3-4 tsp. plain or herb-flavored vinegar. Mix thoroughly.

## Don't Make This Mistake When Child Is Constipated

Don't upset a child already upset by constipation with castor-oil laxatives or harsh, griping cathartics. Give Children's Own Tablets. This new corrective made especially for growing youngsters, needs no unpleasant taste—acts so gently and normally without disagreeable reactions that even the fussiest child won't object to this easy-to-use laxative. Get Children's Own Tablets today at your drugist's.

#### Better English

D. C. Williams

1. What is wrong with this sentence? "I cut the apple in half."
2. What is the correct pronunciation of "clientele"?
3. Which one of these words is misspelled? Attendant, adolescent, adherent.
4. What does the word "modulate" mean?
5. What is a word beginning with op that means "wealthy"?

#### ANSWERS

1. Say, "I cut the apple in two (or, in halves)." Pronounce klyen-tel, l as in lie, first e as in men unstressed, second e as in tell, principal accent on last syllable. 3. Adherent. 4. To temper; soften. "There are many speakers who do not know how to modulate their voices." 5. Opulent.

#### The Stars Say--

By Genevieve Kemble

For Friday, January 30

THE forecast of definite support of those in high places elyly moving into a picture of doubt, disruption and confusion, is more than likely to have hidden factors or peculiar slants of a most intriguing and indomitable nature. Secret agreements, subtle or intangible undercover understandings, may have far-reaching denouements, which may not in any case come into the open. While there is room for treachery or irregularity in such contacts, it is possible to make binding and safe agreements by alert and unemotional tactics, plainly documented for future safety.

For the Birthday

Those whose birthday it is may encounter a year in which keen discernment, high probity and far-reaching plans for putting ambitious programs are seen by a shrewd understanding if available assistance from influential sources, whose cooperation is obtained by tact, rather than open agreements, or peculiar commitments rather than above-board contracts. The subtle, crafty even ill-timed, might spell regrettable intrigue, or clever strategies could bear rich fruit of quite glamorous complexion. For surprising results tread lightly on dangerous grounds. Emotions should activate decisions. A child born on this day, while ambitious and efficient, may be prone to resort to the subtle and strategic rather than logic or forthrightness, in this manner securing aid from high places.

## That Body Of Yours

By James W. Barton, M. D.

#### WHY OXYGEN IS USED IN PNEUMONIA

You may read of a prominent man or woman so seriously ill with pneumonia that the physician has found it necessary to use oxygen to save or at least prolong life. Why is oxygen so important in serious cases of pneumonia?

In the usual variety of pneumonia, the pneumonia organisms in large numbers fill or partly fill the tiny pockets in the lung which should hold air—thus preventing the blood around these pockets from getting its supply of oxygen from the air breathed into the lungs. When a large number of these air cells or pockets get filled with pneumonia organisms and with the white corpuscles of the blood, which have rushed to these air pockets to fight these pneumonia organisms, a solid mass of lung is formed with only a small part left to allow air to give its oxygen to the blood, and the blood to give up its waste (carbon dioxide) to the air in the lungs.

The lungs should breathe you this air. Because of this lack of room for air in the lungs, they must breathe more often, so that instead of breathing 18 to 20 times to the minute, they may have to breathe 40 to 60 times. It is because of the need of oxygen in a more concentrated form than is present in ordinary air that physicians have to use oxygen almost 100 per cent instead of only the 20 per cent present in ordinary or atmospheric air. To get pure or almost pure oxygen into the lungs of a pneumonia patient, an oxygen tent—air tight—is placed over the patient, and oxygen supplied in any concentration thought necessary.

Unfortunately, not only do the pneumonia organisms fill up or partly fill up the air spaces in the lungs, but they also manufacture a poison—toxin—which gets into the blood and is carried to the other parts of the body, thus making it harder for the body to fight off this deadly infection.

Until the discovery of the sulfa drugs, the death rate in pneumonia was about 50 per cent. The sulfa drugs have reduced the death rate in the ordinary lobar or pneumococcus pneumonia to about 2 per cent.

The discovery of penicillin and streptomycin, which are especially helpful in treating the virus type pneumonia, is a great boon to patients and physicians.

## Ah-h-h! I Can Breathe Again!

If your nose sometimes fills up with stuffy transient congestion—put a few drops of V-a-tro-nol in each nostril. It quickly reduces congestion and makes breathing easier in a hurry... gives grand relief from stuffy noses which result from colds. Follow directions in the package.

#### VICKS VA-TRO-NOL

#### OLD FASHIONED FIGURES



DESIGN NO. E-548

These quaint figures in happy moods add charm to gift linens, such as towels, pillow cases or aprons. Hot iron transfer pattern No. E-548 contains 15 motifs from 2 by 2 1/2 to 3 1/2 by 5 1/2 inches each, with complete instructions. Needlework Book 20 cents. To order: Send 20 cents in coin to Needlework Bureau, Charlotte-town Guardian. Design No. E-548

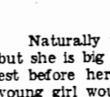
## Dorothy Dix Says—

By Dorothy Dix

#### Swapping Wives

#### Elderly Men Regret Folly of Divorcing Faithful Mates For Gold-Diggers

A woman writes me that she and her husband have been married for thirty years and that their marriage has been unusually happy and congenial. He has been an ideal husband, domestic, home-loving, devoted to his wife, and the fairly worshipped him. He has been a good provider, she a notable housekeeper. They have had the same tastes and interests and enjoyed doing the same things and knowing the same people. In addition, she has been a real helpmate to him, for when they were married they were a poor boy and girl and her industry and thrift have helped him build up his fortune.



Why is it that she and her husband have been married for thirty years and that their marriage has been unusually happy and congenial? He has been an ideal husband, domestic, home-loving, devoted to his wife, and the fairly worshipped him. He has been a good provider, she a notable housekeeper. They have had the same tastes and interests and enjoyed doing the same things and knowing the same people. In addition, she has been a real helpmate to him, for when they were married they were a poor boy and girl and her industry and thrift have helped him build up his fortune.

Naturally the wife is bewildered and heart-broken over the affair, but she is big enough and unselfish enough to put her husband's interest before her own, and she says: "If I thought that marrying this young girl would make Jack happier, I would not hesitate to give him a divorce, but she is nothing but a pretty little gold-digger who wants the things that money buys and who has not a single thought or interest in common with him. I cannot think that the thrill of looking at a pretty young face can compensate for the years of companionship that we have had together; so I do not know whether I am right or wrong in refusing Jack a divorce for his fortune."

Whether it is a wife's duty to protect her husband from making a marriage that will wreck the balance of his life is a problem that, of course, every individual must solve for herself. But certainly many a wife has saved her husband from practically committing hara-kiri by refusing to break up her home and half-orphan her children until her husband woke up from his pipe dream that some little baby-soxer was loving him for himself alone. Instead of the mink coat and pearl necklace that she could wheedle out of him.

Among the most pathetic sights at every night club are the tired, worn, elderly men, who sit forlorn and alone at tables, while their pretty young wives are dancing with boys of their own age. It does not take long for the little flare of spurious youth that comes to a man at middle age and that makes him think he is a Glamour Boy, to die down. And when it does, if he has traded off the old wife, with whom he had everything in common, for a little flibbertigibbet, who only wanted his pocketbook, he is of all men the most miserable because he knows what a fool he has been.

I often think of a man who once said to me that whenever he saw a happy home, with an elderly married couple chattering together in a companionship that grew closer year by year, that he could hardly restrain his tears. For he, too, had once had a faithful and devoted old wife whom he had divorced for a young one whose only interest in him was as a bill-payer.

"We old men with young wives are the loneliest people in the world," he said.

#### Modern Etiquette

By Roberta Lee

Q. What should a girl do with her wedding gifts, when an engagement has been broken a few days before the wedding?  
A. Mail each gift back to the donor with a brief note saying that the wedding is not taking place; it is not necessary to state the reason. But don't fail to express sincere appreciation for the gift, just as though nothing had happened.

Q. If you are in a crowd, and your companion is talking in such a loud voice that it is attracting attention, what should you do?  
A. Lower your own voice perceptibly. If this is not effective, say, "Let's step aside where people cannot hear."

Q. Does the hostess attempt to introduce all her guests at a dance?  
A. No; she introduces each guest to whoever is receiving with her, but she does not attempt any general introductions.

#### Household Scrapbook

By Roberta Lee

#### Tarnished Brass

To polish tarnished brass handles, put them into a dish with one tablespoon of salt and 1/4 cup of vinegar and water enough to cover. Boil 15 minutes, then polish with a good brass polish and they will look like new. Be sure to wash with warm water after polishing, then polish again.

#### Preserving Rubber

The rubber articles around the house should be kept clean by using a solution of household ammonia in warm water. This will also keep the rubber soft and pliable.

#### Stains

Coffee and tea stains can be removed from china cups if they are rubbed with a damp cloth dipped in baking soda.

THE CANADA STARCH CO., LTD., Montreal, Toronto  
Also Manufacturers of Canada Corn Starch

## Ellen's Diary

By an Island Farmer's Wife

We came a few minutes ago, James and the one to whom we refer as "the young lad" from the house on the hill accompanying me, to take over the care of granddaughter in this house across the lane. Her parents have since gone "out" for the evening. On a trip by sleigh to another community combining business with pleasure. While Jack transacts some business in connection with our farming, Jeanie will spend while in her old home there. "Some barley meal, he's getting" James explained as we came along the path, to be used with other feeds in finishing a pen of hogs now arriving at Inter-bred weights. These are the piglets which not so long ago cuddled warmly beside their deep bosomed dam and later looked up roughly from a trough their noses fetchingly powdered.

Or sometimes like children about to run a race, jostled each other happily for position there. Now one comes upon them stretched languidly about the sty, and receives only impersonal glances from more sober eyes. "I guess we had better weigh a couple of the best ones of those pigs" Jack came to our door to suggest this morning "and then we can know how they are gaining." Anna James herself, later mentioned with obvious satisfaction the results of that weighing. "It won't be too long now" he said "perhaps by next week a pair or so may be in the weight." Then added as always when he contemplates such departures "it will be a good thing to get their mouths stopped."

It is I believe however, with mixed feelings James sees, a pen emptied of its fat inmates, relief that the expense of feeding has been ended and regret that now when they have arrived at a most appealing stage in their lives, having reached perfection as it were, farmers' eyes as it were in our bouquet of full blown roses to me, now they must go. But commencing at a night in the piggery which doubtless will be jantren lit and after a period in which concern and bright hopes are mingled, and after a numbering of snouts, the cycle of hog-raising will commence all over again, in the not too distant future at Alderlea. Rob is evidently not so relieved as is his father over this stopping of mouths. James gave me an instance of this "queer trait" of his elder son's this evening after the usual spent at the other farm.

At supper time it was, "Rob's bought a sow" he offered. "Oh?" I said, recalling the loss which had occurred to them in the Christmas week. "I don't think he needed one very badly" he continued "not with the prices of feed the way they are, and with a young one of his own coming along." Then after a silence, I

(Continued on page 3)

## GIRLS!!

#### after entering WOMANHOOD

Are you troubled by distress of female functional monthly disturbances? Does this make you suffer, feel so nervous, tired, and out of spirits? Lydia E. Pinkham's Vegetable Compound is very helpful for women troubled this way.

#### Morning Smile

"Bill got his nose broken in three places."  
"Well, if he takes my advice he'll keep out of those places in future."

A lad, watching a house painter at work, said, "How many coats do you give it?"  
"Two," said the painter.  
"Then," said the lad, "if you would give it three coats, would the third one be an overcoat?"  
"No, sonny," said the painter, "that would be a waste coat."

#### Cook's Corner

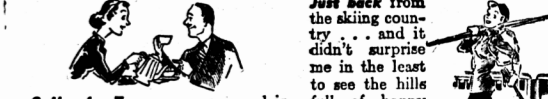
#### CARROT PUDDING

1/2 cup butter or shortening  
1 cup brown sugar  
1 cup grated carrot  
1 cup grated potato  
1 cup grated apple  
1 cup raisins  
1/4 cup currants  
1/4 cup chopped mixed peel  
1/4 cup flour  
1 teaspoon soda  
1 teaspoon cinnamon  
1/2 teaspoon nutmeg  
1/4 teaspoon cloves  
1 cup bread crumbs  
METHOD: Cream the butter or shortening until light, then gradually cream in the brown sugar and beat until the mixture is light and fluffy.  
Peel the carrots, potatoes and apples, then grate them and measure a cup of each. Add these to the creamed mixture, mixing well. Now wash and drain the raisins and currants and dry these thor-

## BUYS AND WHYS BY Barbara Brent

A weekly advertising and information service for today's woman

**MONTREAL, Jan. 29th.**—Chances are better than excellent that yours will be the finest garden in the neighbourhood if you let DOMINION SEED HOUSE of Georgetown, Ontario, help you! But don't wait. Select your favourite seeds, bulbs or shrubs from the wide and wonderful variety in their illustrated "Seed and Nursery Book." It's yours for the asking—simply write to me, Barbara Brent, 1411 Crescent St., Montreal, P.Q.—for your free copy of this oh-so-helpful gardener's guide!



Just back from the skiing country... and it didn't surprise me in the least to see the hills full of happy skiers sporting brand new nylon ski jackets! Yes, ski enthusiasts are really taking to the new, neat nylon jackets that keep the wind out—the warmth in! For nylon jackets are light—not bulky... and so amazingly durable. They've been tested by top-notch pros... enthusiastically recommended for all skiers who like practical perfection in their ski clothes. So why not add to your skiing pleasure by getting one of these finest quality ski jackets—identified by the very important label... "FABRIC MADE OF C-I-L NYLON YARN." They're available in all better stores!

#### Something Special for your recipe collection

This recipe collection... this recipe for cookies made with delicious O.G.I.V.I.E OATS & ALMOND COOKIES.

1 cup Ogilvie Flour  
1 cup Ogilvie Oats  
1/2 tsp. salt  
1/2 cup brown sugar  
2 tspns. baking powder  
1/4 cup melted almonds  
1/4 cup cocoa  
1/2 cup shortening or butter  
1/2 cup milk (if sour milk used, leave out baking powder—use 1 tspn. soda)  
1 tspn. vanilla

Mix dry ingredients, almonds and cocoa. Rub in shortening. Add eggs, then milk and vanilla. Mix thoroughly. Drop on greased pan. Bake 20 minutes in moderate oven.

#### You Can Have "meatier" meals at less expense!

This is the delicious way to do it—simply discover for yourself all the marvelously "meaty" dishes you can have with Oxo! You see, Oxo is the goodness and flavour of prime, lean beef in concentrated cube and liquid form. Serve it in vegetable soups with meatless lunches... make rich, brown Oxo gravy in a jiffy... put extra meatiness in stews by adding Oxo cubes or fluid Oxo. OXO has remained stable in price... and you can feel proud of yourself for finding this tonic for your budget—this taste treat for your family!

#### Fancy Figuring may help to straighten out your food budget—but here's an easier way to have inexpensive meals with "appetite appeal!"

Rely on HEINZ food specialists to make your every dinner a feast of plenty... ask your grocer for HEINZ Condensed Soups — HEINZ Sauces — HEINZ Mustards — Worcestershire Sauce — 87 Sauce. Then write to me—Barbara Brent, 1411 Crescent St., Montreal, P.Q.—for your free copies of two booklets on how to "dress-up" meals with these famous Heinz products!

oughly. Cut the raisins, if desired, and make sure that the mixed peel is finely cut. Add the fruits to the first mixture.

No. 2225 is cut in sizes 12, 14, 16, 18, 20, 36, 38, 40, 42 and 44. Size 36 requires 2 1/2 yards 54-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 tax or zone number in your address.

Address Pattern Department The Charlottetown Guardian. Pattern No. 2295

## Needlecraft FOR THE HOME

#### SPECIAL LINES

Use a conversation piece... this delightfully new and different dress with the swirling spiral lines. Try it in a winter white wool... with a sprinkling of scallops and buttons for an eye-catching accent.

#### Promptly Relieves BABY'S COUGH

(From a cold) CHILD'S MILD MUSTEROLE



2295 SIZES 12-44