

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

Living & Leisure - THE WOMAN'S REALM -

MY OWN PRAYER

Dear God I come to say 'Good-night' To ask You to take care of me...

Bless those we love and every pet. The people who are kind and good...

Dear God, I want to thank You too. For giving me a happy day...

Dear God, help me to do the right. Bless little children who are ill...

RICH FOOD PALLS AFTER HOLIDAYS

The post-holiday doldrums are upon us. Heavy entertaining during the festive season probably has left many a housewife...

Did she spend her all in meat coupons? Then undoubtedly she's looking for meat substitutes...

At least one leafy vegetable, but only one strongly flavoured vegetable, should be included...

And fruit pudding would be an ideal dessert. Apples, peaches, plums, berries...

About Pastry Having trouble with your past...

"Gentle way to stop constipation"

"Believe me, you should try ALL-BRAN for constipation—nothing I tried keeps me so regular, so gently..."

try these days? Well, don't fall back on that adage "Good ple-bakers are born, not made..."

Cook's Corner

LEMON CUSTARD PIE

Lemon Pie is a favorite with Canadians. Here's a recipe for lemon custard pie, guaranteed to make your family pass their plates back for more...

LIGHT SPICE CAKE

1/2 cup shortening 2 tablespoons sugar 1 egg 1/4 cup corn or cane syrup 2 cups sifted flour 1 teaspoon soda 1/2 teaspoon salt 2 teaspoons cinnamon 1 teaspoon nutmeg 2 teaspoons ginger 1 cup sour milk or buttermilk

METHOD: Cream the shortening and gradually cream in the sugar. Add the slightly beaten egg and continue beating until the mixture is light...

JOB ADJUSTMENT

No one will ever be called to hard work if he loves, and is suited for, that work, according to health experts. Work which may be harmful is that for which a person is not suited...

BEST WAY TO COOK HAM

It is not necessary to soak hams. Tenderized or ovenized hams have been partly cooked in preparation and hence require a shorter period than hams which have not been given this treatment...

DOROTHY DIX SAYS—

Over-Prudent Youth

Man With Stringent Test For Girls May Lose Out

A prudent youth writes me that before he gets married he is going to test out the girl's disposition and find out whether she is really the angelic creature she seems to be...



No doubt it would take many of the hazards out of marriage—if it didn't stop it altogether—if men and women could see the worst side of each other...

BITTER REALIZATION

And every young wife gets the surprise of her life when she sees the hero of her romantic dreams with a three days' stubble of beard...

What we call "the disenchantment of marriage" is nothing but husbands and wives getting in their close-up of the men and women they have married...

On the principle that the little boy elucidated in his essay on pins when he said that pins saved many lives by people not swallowing before marriage...

But I doubt it, for the goody-goody girls, the Alice-sit-by-the-fire are not the ones who are most attractive to men...

For love is an adventure and the foreknowledge of the faults of an individual never silences the wedding bells.

Ellen's Diary

By an Island Farmer's Wife

We—James and I are minding the babe here in the house across the lane tonight. The young folk have gone visiting...

But stars shine brightly and I know there is also one about the yard where at present James is on a tour of inspection before putting his way to cur ain house to wood fresh on the fire there...

Q. When one has been "picked up" by a friend in his car, what is the most courteous thing to do?

A. Try to save the friend as much time and trouble as possible by offering to get out at a more convenient corner for him...

Q. May one use the fingers to push food onto the fork?

A. No; if assistance is required, use a piece of bread, but if possible, avoid that, too.

Q. What should a woman do if a man offers his hand when being introduced to her?

A. Take the man's hand cordially and without hesitation.

Household Scrapbook

By Roberta Lee

The Refrigerator

A heavy coat of frost on the freezing coils of a mechanical refrigerator cuts down the efficiency of the freezing unit...

Fish

While scaling fish, hold it under running water. The scales will not scatter and the job will be less objectionable...

Rough Spot Remover

For callouses and rough spots on the back of the heels, use a good cuticle oil or cream every night.

Modern Etiquette

By Roberta Lee

Q. When one has been "picked up" by a friend in his car, what is the most courteous thing to do?

A. Try to save the friend as much time and trouble as possible by offering to get out at a more convenient corner for him...

Q. May one use the fingers to push food onto the fork?

A. No; if assistance is required, use a piece of bread, but if possible, avoid that, too.

Q. What should a woman do if a man offers his hand when being introduced to her?

A. Take the man's hand cordially and without hesitation.

Morning Smile

JUST A MISTAKE

"A burglar broke into my house last night when I was still at the club," said Smith to his friend...

"Did he get anything?" asked the friend. "Yes, poor devil. He's in hospital. My wife thought it was me."

A girl from a big city, helping with the harvest, complained that a bull kept looking at her in a somewhat menacing manner...

"I expect," said the farmer, "that it's on account of that red dress you're wearing."

"Oh," said the girl. "I know it's terribly out of fashion, but just imagine that—a country bull noticing it!"

Better English

D. C. Williams

1. What is wrong with this sentence? "After questioning him for an hour, he owned up to everything."

A. When making feather pillows, make a slip of strong mosquito netting for the feathers. Slip this into the ticking and fasten the ends with clips...

Q. How can I prevent hemorrhoids? A. If pushing back the cuticle causes hemorrhoids, massage it with a good cuticle cream or vaseline to soften it...

Q. How can I hasten the slicing of fruit? A. When slicing fruit, try using the sharp cutter in the same manner as for cabbage, regulating it to the desired size of slices.

How Can I!!

By Anne Ashley

Q. How can I air the feathers in pillows easily? A. When making feather pillows, make a slip of strong mosquito netting for the feathers...

Q. How can I prevent hemorrhoids? A. If pushing back the cuticle causes hemorrhoids, massage it with a good cuticle cream or vaseline to soften it...

Q. How can I hasten the slicing of fruit? A. When slicing fruit, try using the sharp cutter in the same manner as for cabbage...

QUICK AND EASY CROCHET WORK

DESIGN NO. 1081

A crocheted windjammer cap is an ideal bit of headgear for the high school or college student. Pattern No. 1081 contains complete instructions.

To order: Send 20 cents in coin to Needlework Bureau, Charlottetown Guardian, Design No. 1081.

Name Address City Province

THE STARS SAY—

By GENEVIEVE KEMBLE

For Wednesday, January 22

A calm, considered and well-planned course of action, might be the means of attainment of desired objectives, in which production is increased, progress and improvement of importance are in sight...

For the Birthday Those whose birthday it is, while having fairly encouraging prospects for growth, expansion and fulfilled ambitions, there are also factors to be considered as working against such lucrative and productive situation...

A child born on this day while having some fair prospects, with sturdy and constructive ability, has also an inductive mentality with reckless, over-zealous energy, tending toward defeat and frustration.

MODELS!!

This fine medicine is very effective to relieve pain, nervous distress and weak, tired feeling, of "certain days"—when due to female functional monthly disturbance. This is something worth trying!

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

Then a sleigh came into the picture, a driving sleigh, the occupants a man and a woman, returning home from a day in the city...

who seems endowed with many human traits along with his own, copied the passing team and left the men at the burning to bark a nearer challenge, which echoed and re-echoed down along the valley that holds the mill stream...

Ready-to-go wrap-around, with the raglan cut of shoulder, that is easy to sew and easy to iron, and an amply wrapped skirt...

Send 20 cents 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. 3065

Name Address City Province

3065

Father John's Medicine Made in Canada

NO FEAR OF COLD CATCHING COLD when the children have been built up with Father John's Medicine, which increases resistance to colds.

Father John's Medicine Made in Canada

Of Course It's a Charm-Kurl

SUPREME GOLD WAVI

More Smart Women use Charm-Kurl than Any Other Brand

Applied closer to the scalp, your curls and waves will be longer-lasting, more lustrous and easy to set. The laboratory tested, crystal-clear Charm-Kurl waving solution is safe and easy to use on any type of natural hair...

COMPLETE HOME KIT only \$1.35

For sale at Drug Stores, Cosmetic and Variety Counters.

For sale at Drug Stores, Cosmetic and Variety Counters.

For sale at Drug Stores, Cosmetic and Variety Counters.

For sale at Drug Stores, Cosmetic and Variety Counters.

For sale at Drug Stores, Cosmetic and Variety Counters.

For sale at Drug Stores, Cosmetic and Variety Counters.

For sale at Drug Stores, Cosmetic and Variety Counters.

For sale at Drug Stores, Cosmetic and Variety Counters.

For sale at Drug Stores, Cosmetic and Variety Counters.

For sale at Drug Stores, Cosmetic and Variety Counters.

For sale at Drug Stores, Cosmetic and Variety Counters.

For sale at Drug Stores, Cosmetic and Variety Counters.

For sale at Drug Stores, Cosmetic and Variety Counters.

For sale at Drug Stores, Cosmetic and Variety Counters.

For sale at Drug Stores, Cosmetic and Variety Counters.

For sale at Drug Stores, Cosmetic and Variety Counters.

For sale at Drug Stores, Cosmetic and Variety Counters.

For sale at Drug Stores, Cosmetic and Variety Counters.

For sale at Drug Stores, Cosmetic and Variety Counters.

For sale at Drug Stores, Cosmetic and Variety Counters.

For sale at Drug Stores, Cosmetic and Variety Counters.

For sale at Drug Stores, Cosmetic and Variety Counters.

Every day hundreds of housewives are writing in for the NEW REGAL COOK BOOK



MAIL THIS COUPON TODAY!

ST. LAWRENCE FLOUR MILLS CO. LIMITED 2110 Notre Dame Street West, Montreal, Quebec.

Please send me a copy of your new Regal Cook Book. I enclose 10c in coin to partially cover cost.

Name Address City



REGAL CANADA'S FINEST ALL-PURPOSE FLOUR

Name Address City Province