

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

Living & Leisure THE WOMAN'S REALM

FELLOWSHIP

A Persian fable says: One day a wanderer found a lump of clay so redolent of sweet perfume that he scented all the room. "What art thou?" was his quick demand.

"Art thou some gem from Samarcand. Or spikeland in this rude disguise. Or other costly merchandise?" "Nay, I am but a lump of clay." "Then whence this wondrous perfume, say!" "Friend, if the secret I disclose, I have been dwelling with a rose."

HEALTH CHECK-UPS SAFEGUARD TRAVEL

Before going abroad high priority should be given on a list of arrangements to a thorough pre-travel medical examination, medical experts say. In the rush of planning, making bookings, assembling and packing baggage, the prospective traveller should not overlook a check-up by the family physician to ensure excitement and strain of inevitable excitement and strain of a protracted trip. The physician can also administer such pre-travel immunization protection as may be necessary in the countries to which he may be travelling.

Next fall the girls will be wearing hats styled for the new short hair-do. Pastel-shaded models will be featured with veils and feather blackbird, goose, ostrich, chicken and culture.

A good lunch, well planned and well packed, pays dividends in health and morale, nutritionists say. The lunch should be planned to fit in with and supplement the other meals of the day.

TAPER NEW TONGS TO SLIM FIGURE

Dare to taper out the too-ample fullness in "new look" clothes, if you think that slimmer lines would yield you more figure flattery.

Fleets of women, particularly those with mature figures are taking liberties with The Look and with good results. The results are usually a more modified flare of skirt when excess fullness has been cut out at the side and back seams. Sometimes excessive fullness is also taken out of the neckline of a dress or jacket.

Another liberty you can take with The Look, if you miss the shoulder padding which has been taken out of your particular dress or suit, is to put it back in. Big, shunky pads, of course, are to be avoided, because their use can

make your new dress look outmoded. But a discreet bit of padding used to give too-sloping shoulders a needed "lift" is entirely in order. If used with discretion, pads are not apt to throw a garment out of kilter.

YOUTHFUL TYPE MAY DRESS FART

If a woman looks young, she can dress youthfully. The young-looking woman of 40 or over should stop believing that the most die in advanced dress category. If she's smart, she will be guided in dressing by the old saw which says that a woman is no older than she looks.

Dressing youthfully helps to keep a woman feeling and looking young. We see all around us those women who look young enough to pass as ingenues and who are clever enough to dress the part. Their coiffures are youthfully styled. They wear ribbons or fresh flowers in their hair. They make the most die in advanced dress category. If she's smart, she will be guided in dressing by the old saw which says that a woman is no older than she looks.

The pep talk to the woman who is not so fortunate in retaining her youthful looks, however, takes another turn. She is reminded that a ribbon in her hair, a top-knot of curls scragged up on her head, or a belt buckled tightly around her middle is apt to accentuate the appearance of age if she is not young-looking enough to carry off such a dress trick.

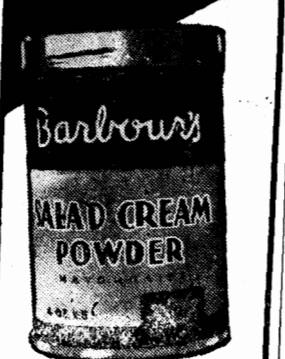
PIPE CLEANER HAS MANY USES

Pipe cleaners—those fuzzy white things spiralled on wire—are the "what's-next" on the list which girls are taking over from the men. And with successful results.

Pipe cleaners make fine hair curlers, reports a girl who forgot to take her regulars on vacation and borrowed these substitutes from her dad. Now she rolls up her hair on pipe-cleaners as a regular routine and finds that they are particularly useful for curling hard-to-handle strays.

If you are in the habit of seeking orange stick and cotton to use for swabbing mascara smudges off your eyelids, try using a pipe-cleaner instead. It's simpler to use, and as effective. So as not to bring the sharp end of a pipe-cleaner in contact with your eyelids, bend the cleaner and use the looped centre for mascara swabbing. A looped pipe-cleaner is also useful for freeing lashes of eyeshadow when it defies your efforts to keep it confined to the lids.

At Last! A REAL OLD-FASHIONED MAYONNAISE



Follow the simple mixing instructions on the tin and serve a really delightful and economical mayonnaise. The 4 ounce tin makes 12 ounces of smooth, creamy mayonnaise. Always ask for Barbour's.

Barbour PRODUCT

Cook's Corner

BANANA CAKE

Three-quarter cup of shortening, 1 1/2 cups sugar, 1 cup mashed bananas, 2 eggs, 1/2 cup sour milk, 1 teaspoon vanilla, 1/2 teaspoon of lemon extract, 1/2 teaspoon salt, 1/2 cup nut meat, 2 cups flour, 1 teaspoon soda. Cream shortening and sugar, add rest of ingredients beat well, pour into 2 layer cake pans lined with wax paper, bake 25 minutes in moderate oven, cool and ice.

ORANGE CAKE

Three-quarter cup shortening, 1 1/2 cups sugar, 3 eggs, grated rind of 1 orange, 3 cups sifted flour, 4 teaspoons baking powder, 1/2 teaspoon salt, 1/2 cup orange juice, 1/2 cup water, 1 tablespoon lemon juice. Cream shortening, add sugar, add eggs one at a time beating thoroughly after each, add orange rind. Sift dry ingredients 3 times, add alternately with liquid. Pour into cake pans, lined with wax paper. Bake in moderate oven 350 degrees for 25 to 30 minutes. Makes 2 9 inch layers. Frost with seven minute frosting.

WHITE LAYER CAKE

Half cup lard, 2 eggs, 1 1/2 cups of sugar, 1 1/2 cups of milk, 1 teaspoon vanilla, 1/2 teaspoon baking powder, 3 cups flour, 1/2 teaspoon salt. Sift together flour, salt, baking powder 4 times and add alternately with milk, bake in 3 layers.

DOROTHY DIX SAYS—

Bored Husband Unwanted Bride Gains Only Heartache By Trying To Hold Negligent Mate

DEAR DOROTHY DIX: I am a young woman who has been married exactly two weeks and already I'm having husband troubles. My husband seems never to want to spend any spare time with me. He either wants to play golf, or go to see his mother, who lives only a short distance from us. He never takes me with him, and it makes me feel that he doesn't love me and that he isn't ready to settle down.

The trouble seems to be that he knows I will always be at home when he returns. He has said time after time that he wished he hadn't married and that he doesn't love any woman. I am ready to settle down and it makes me feel sort of funny inside and think maybe I am a fool to keep hanging on to him.

Shall I give him the break he asks for? DISGUSTED.

ANSWER: If your husband is tired of you and wants to be rid of you after only two weeks of marriage, he will be well advised to pack your trunk and go back home to Mother, for there is no chance of any happiness for you in such an ill-adjusted marriage.

FREE TO LEAVE

Wives gain nothing but heartache by hanging on to husbands who do not want them and who insult them by their infidelities and neglect. Sometimes the unwelcome wife has to make a choice between the children whom she has no way of supporting, but who have no such insurance and are free to walk out on a husband who doesn't love you nor want you.

Perhaps, however, if you show a little spunk, it will rouse his interest in you and he will decide to settle down with you, after all.

DEAR DOROTHY DIX: I saw a girl of 17, very much in love with a fellow of 20 who has found another girl, so I don't mean anything to him any more. I am very unhappy. Should I go out with other boys and make the best of it, or do you know some way that I can get my fellow back? I feel that I will never love again.

ANSWER: Oh, yes, you will, Mary. The chances are that you will love many times and the last love will be the best of all, because you see you are at the time of life when you are growing, when your mind is developing, when you are acquiring new tastes and points of view, and the boy you are crazy about now, a year from now you wouldn't have on a bet. He is going through the same change of that he shows that he is smarter than you are.

I am sorry I can give you no remedy for getting back your boy friend, but there is no way to revive a lost fancy. When you lose your taste for anything, from time to time, you are better off to let it go forever. You never can feel that way about a sweetheart, it is up and go around and have a good time and get to know as many boys as you can so you can make a good selection. Believe me, the best is yet to come.

Into cake pans, lined with wax paper. Bake in moderate oven 350 degrees for 25 to 30 minutes. Makes 2 9 inch layers. Frost with seven minute frosting.

That Body Of Yours

EMOTIONS CAUSE SYMPTOMS OF HEART DISEASE

As the sign or symptom of a fallow patient with a heart disease, it is only too often that either or both of these symptoms occur that the individual should be alarmed. It is perhaps just as well that he is alarmed, for many may lead him to consult his physician, and thus learn whether or not he has true or organic heart disease.

The pain may be described as boring, sticking, pinching, vise-like. It comes on without any effort. Breathlessness also occurs when no physical effort is being made. It usually is described by the patient with his hand on the lower part of the breastbone as, "I have such trouble taking my breath, or 'I feel as though I can't get my lungs full of air.'"

Added to the pain and shortness of breath is palpitation (pounding of the heart) and tiredness. This tired feeling becomes the most prominent complaint, as the individual uses a great amount of energy in fighting his emotional condition.

In "Clinics," Dr. Edward Weiss, Philadelphia, states that many of our symptoms—pain, shortness of breath, palpitation and tiredness—often are caused by the emotions, not by true or organic heart disease. Anxiety attacks, with faintness, chest pain, and heart pounding, also may cause the patient to feel he has heart disease, and instead of consulting his physician he develops a heart neurosis.

However, instead of telling the patient that he has no heart disease and to go home and forget it as in previous days, the physician now carefully examines the patient, studies his reaction to exercise, and listens carefully to whatever the patient has to say even if it takes a long time to do so.

After assuring the patient that his symptoms are real, not imaginary, and that he is being treated for the heart and lungs, he advises the patient to continue to work or exercise, as he will not "drop dead."

As the symptoms caused by the emotions are the same as those caused by real heart disease, the individual should consult his physician and become free from anxiety.

How Can I!!!

A Book mold can be prevented by sprinkling a few drops of oil of lavender on the book shelves. Q. How can I prevent dough from sticking to the fingers when kneading it? A. By rubbing the hands with Citrus

Ellen's Diary

By an Island Farmer's Wife

The family enjoyed a pleasant drive through the country last morning leaving Alderlea desirable, except of course for Parth that white dog of ours who met us later at lane's end. On a buying trip in connection with their cycle of farming our farmers must go to see a fellow" at a distance and since the outing promised to be most interesting, Jeanie and I came along as well. It so happened that I missed the many varied and delightful scenes which unfolded before us, of hill and vale, of field and woodland. From a farmer's point of view James "never saw so many haystacks before, as there are this year" and "not without that queer satisfaction which makes folks human and the old saying true that "miserly like company" he "had no idea at all that so much of the hay remained still to be done." I never saw better prospects of an abundant harvest though "just let a storm come to flatten it—it will be very hard to cut, I'm thinking, since it's generally heavy now" and we all admired the wide fields of potatoes set with the white of their blossoms.

We commented too about the snug farmsteads along the way and Jeanie and I saw the lawns and flowers tended lovingly by some busy farmwife. We talked of blossoming geraniums in windows and grand-daughter laughed when she spotted children at play about a door.

We traversed lengths of busy highway where traffic approached and passed in a rush, folks who travelled hurriedly on missions, the nature of which we could only conjecture. But evidently in haste—and gleaming little from their travel. Eyes fixed on the winding ribbon of road ahead missing the delights of their surroundings. "But one can't leave home now," said a woman who we're always in too much of a hurry, it seems" a farmwife remarked in my hearing recently "I wish she laughed wistfully "that we were back in the horse and buggy days, when folks could enjoy the countryside through which they were driving. We must go as fast now that one gets out an impression of close-set telephone posts, of cars whizzing past and an indistinct blur of fields and wood and houses. I am content that much that was delightful has been sacrificed to this popular urge for speed! It's a strange thing that in our haste, we appear to gain so little from it—and lose much I'm thinking."

But we left the highway then to drive more slowly along quiet bewitching byroads, which skirted the edge of the woods.

Q. How can I prevent book mold? A. Try using a dry sponge, instead of the brush, to remove the lint.

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Household Scrapbook

By Roberta Lee

Stains on Wall Paper Ink stains, bloodstains, and such on wall paper or plaster walls can be removed by wetting the spots with water and then rubbing them with white magnesia chalk. After this dries to a loose powder, brush it off.

Loose Knobs The loose knob on a dresser can be remedied by removing the bolt and placing a rubber faucet washer between the nut and the inside of the drawer.

Steak Rub a little lemon juice into the steak before broiling and it will add to the flavor.

Morning Smile

THE "PERFECT" ANSWER From small beginnings, the family row had become a raging storm. The woman drew a long breath and addressed her husband: "You're erred her husband; you're shuffling, you're bad tempered"—she paused for a final effort—"and you're a thorough liar!" "Well, my dear," said the hubby, with a soothing smile, "no man is perfect."

LIGHTER TASK When a Scottish barber was engaged by a new assistant he pointed out: "I pay lower wages in the summer because the work's lighter; cut out surely people get their hair in the summer than in the winter?" protested the applicant for the job.

"AY," agreed the barber, "but you dinna help them when they're overcoat."

Better English

D. C. Williams

1. What is wrong with this sentence? "I feel like I had slept for days." 2. What is the correct pronunciation of "nonchalant?" 3. Which one of these words is misspelled? Pantomime, panaromic, pandemonium.

4. What does the word "provocative" mean? 5. What is a word beginning with cu that means "forced by successive additions?"

Needlecraft FOR THE HOME

CHILDREN'S EDITION

"Little sister" will want a Summer ensemble too! And perfect for her playtimes is this combination of a shoulder-strapped Princess and a matching bolero to wear when the breezes blow.

No. 2527 is cut in sizes 6, 8, 10, 12, and 14. Size 8 dress requires 2 1/2 yards 35-inch, bolero 1/2 yard 35-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 want. Include postal unit, or some number in your address.

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USE IT DAILY FROM HEAD TO TOE—LIFEBUOY STOPS "B.O."