

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

Living & Leisure THE WOMAN'S REALM

Take the world as it is! — there are good and bad in it. And good and bad will be from now to the end; And they, who expect to make saints in a minute, are in danger of marring more hearts than they'll mend. If we wish to be happy we'll seek for the faults, Or you're sure to find something or other amiss, Mid much that debases, and much that exalts, The world's not a bad one if left as it is.

—Charles Swain

Use vegetables to stretch eggs. Potatoes, added to an omelet, make a hearty dish. Beat potatoes until they are lump-free and fluffy. Then add to the egg mixture and cook as usual.

When arranging furniture in the bedroom, experts recommend placing beds at the right or left of the window instead of across it to avoid the glare of daylight in sleepers' eyes.

GIVE-AWAY

"Fool's gold" is the common name for iron pyrite. It can be distinguished from real gold by the odor of sulphur it gives off under heat.

IODINE IN FOOD

Medical authorities recommend the use of iodized salt for prevention of simple goitre. Iodine is necessary for proper functioning of the thyroid gland. Food con-

tains little iodine, and, in some inland regions, water and food available may fall to supply even the small amount we need. Public health authorities suggest that the family doctor be consulted as to whether there is enough iodine in one's diet. If he recommends it, Canadians should use iodized salt in their food.

WHY DO HENS CACKLE?

A hen cackles after she lays an egg because it is a characteristic she has inherited from her ancestors, the wild jungle fowl of the Malay Peninsula and India, states an American journal.

Usually these birds run in flocks of from six to eight, and consist of one cock and several hens. The hen steals away from the rest of the flock and lays her egg in a concealed nest.

In the meantime the flock has wandered away, and the hen has become lost. It is then that she cackles.

This action attracts the attention of all the cocks in the vicinity, and they all begin to cackle and crow. The lost hen recognizes the voice of the leader of her flock and returns.

This trait has never been bred out of domesticated hens or roosters, and that is why today all the roosters in a barnyard will set up a clamour when a hen starts to cackle.

THREAD STRETCHES AS IT STITCHES

Seamstresses will get better results for their efforts if they know their stuff about thread. Nylon sewing thread is the Johnny-come-lately that is as fine as silk, has elasticity and strength at least equal to the silkworm's spinning. Because of its ability to stretch with the fabric it stitches, nylon is especially recommended for sewing knitted fabrics, medium-weight rayons, glass curtains and draperies.

Better suited to the texture of sheer fabrics such as net and batiste are the finest tightly twisted mercerized or cord cotton threads.

Ellen's Diary By an Island Farmer's Wife

Susan went, barely past noon today to visit with her ain folk in a neighboring Province after an extended absence from them on The Island. The sadness that preparations for leaving invariably bring was brightened by the pleasant anticipations for her of meeting her people again. "I may remain there," Susan said, neatly folding her dresses and all in her packing "and then again, I just might come back again to The Island." A smile and a wave and she was off, a small brave figure against the world . . . and James and I are alone again.

Pat called presently to tell of their lumbering in the woodlands across the road from us at Alderlea. "And you cut down the big hemlock?" I said regretfully. "Shure an' what else was there for us to do but cut it down, since it's time was ripe?" Pat replied with a chuckle. "There's no stoppin' av time or tide, you know, Ellen — an' faith but wouldn't the world be a quare place if it was could? Now I'm askin' you a fair question, would you lak everything to come to a standstill all av a sudden?" "Sometimes I would, Pat," I confessed. He laughed. "Variety," an' shure an' that's but a fancy name for 'Change' is the spice av life you know. An' I expect when our time's come, Ellen, there'll be no stoppin' any longer nather!"

(Continued on Page 3)

DOES INDIGESTION WALLOP YOU BELOW THE BELT?

Help Your Forgotten "28" For The Kind Of Relief That Helps Make You Rarin' To Go

More than half of your digestion is done below the belt—in your 28 feet of bowels. So when indigestion strikes, try something that helps digestion in the stomach AND below the belt.

What you may need is Carter's Little Liver Pills, to give needed help to that "forgotten 28 feet" of bowels.

Take one Carter's Little Liver Pill before and one after meals. Take them according to directions. They help wake up a larger flow of the 3 main digestive juices in your stomach AND bowels—help you digest what you have eaten in Nature's own way.

Then most folks get the kind of relief that makes you feel better from your head to your toes. Just be sure you get the genuine Carter's Little Liver Pills from your druggist—36c.

Dorothy Dix Says—

Food Holds Husband

Way To Man's Heart Is Through Stomach Still Holds Good

DEAR MISS DIX: My husband is a very hard-working man and one in a million for his goodness and kindness. He is now 55 years old and his full week's pay is \$85. I love him very much and we are very happy together except for this one thing: I have a lady friend living with me who thinks I feed my husband too well. She says if she were married to him, she would cut down on the amount of butter and eggs and other expensive food that he eats. She thinks he is a pig.



But I don't feel that way about him. He is six feet two and a perfect rail, and I feel that he needs nourishing food. Don't you think I am right in giving my wonderfully good, kind husband all the butter he wants and at least a dozen eggs a week for his breakfast?

ANXIOUS WIFE

ANSWER: Indeed, I do. Evidently your lady friend, who believes in keeping a man on a starvation diet, has had little experience with the masculine sex, or else she would know that the way to a man's heart is through his stomach. The old adage that says that the best way to retain a husband's affection is to feed the brute, is founded on rock-bottom truth. Every man who gets married expects his wife to feed him on beef steak and onions and pies like Mother used to make, just as much as he expects her to show him tenderness and love. If you will think of the happy homes you have known, you will recognize that they were all founded on the same formula—the husband was a good provider and the wife a crackjack cook.

MARITAL MISTAKE

The wives who are too lazy and trifling to give their husbands good meals, or who pinch the grocery money to buy themselves finery, make a fatal mistake. They are literally killing the goose that lays the golden egg, because, for one thing, it cuts down a man's earning capacity for him to be half-fed and, for another thing, a hungry man is always cross and surly and hard to live with.

So don't begrudge your husband his butter and eggs and pork chops, or whatever. The laborer is worthy of his hire.

DEAR MISS DIX: I am married to a good man who works hard and is very kind to me, and I have been very happy. But a problem has come up in our lives that I do not know how to solve. I have a younger sister who seems to have fallen violently in love with my husband. She smoothes him with kisses when she comes to visit us. She sits on his lap, and kisses him over and over again, and throws her arms around him when she is leaving. All of which is very embarrassing for me.

I am not jealous, but I think if my husband was half the man I have always thought he was, he would not encourage her. What can I do about it?

BEWILDERED SISTER

ANSWER: Brother-in-lawitis is quite a common complaint among the bobby-soxers. I get many letters from wives whose homes have been broken up by little sisters' pursuit of their husbands. And

(Continued on Page 3)

That Body Of Yours

By James W. Barton, M. D.

CAUSES OF RINGING IN EARS, HEAD NOISES

As so many cases of tinnitus aurium—ringing in the ears—are caused by disturbance of the ear, most physicians refer these patients to an ear specialist.

The ear specialist usually finds the cause of the disturbance and, by blowing open the eustachian tube carrying air from the throat to the middle ear and advising the patient to eat less salt and salty foods, the ringing passes away in the majority of cases. Salt holds water in the tissues, and the pressure of this water affects the balancing canals of the ear.

That the disturbance is not always of a ringing nature but just noise and may have nothing to do with any ear disturbance, is stated by Dr. A. P. Seltzer in "Laryngoscope," St. Louis.

Head noises are not really a disease but just symptoms, even as a cough is not a disease but a symptom of a number of diseases or disturbed condition of the body. Head noises occur in a number of abnormal states, yet all patients with head noises do not have abnormal conditions.

Dr. Seltzer shows that head noises accompany some ear disorders. But as these head noises are not always present, yet the ear disturbance is always present, the ear disturbance cannot be the main cause of the head noises.

Head noises may be caused by drugs; yet these drugs do not have the same action or effect in the body, such drugs as quinine and atropine being typical examples. Yet these drugs do not cause head noises in all persons. Head noises occur in persons who are not only free of any ear disturbances, but free of other bodily disease.

What do we learn that is new from the above facts stated by Dr. Seltzer?

While the majority of cases of tinnitus aurium, buzzing ears, head noises are caused by ear disturbances, particularly too much water in the tissues adjoining the ear, there are other conditions or bodily ailments that also can cause head noises. This means that physicians will now look for other than ear conditions before sending the patient to the ear specialist.

MENIERE'S DISEASE—BUZZING EARS

Send today for Dr. Barton's helpful leaflet on Meniere's disease—ringing ears, head noises. Just send 5 cents, coin preferred, and a 3-cent stamp, to cover cost of handling and mailing, to The Bell Syndicate, Post Office Box 99, Station G, New York 19, N. Y., and ask for leaflet entitled "Meniere's Disease."

able leg gloves?
A. Dye them a tan color by dipping them in saffron water until the desired shade is obtained.

EMBROIDERY SETS

Here are three good looking sets of embroidery motifs which may be used to decorate pillow cases or towels. Hot iron transfer pattern No. E-543 contains six motifs with complete instructions.

Needlework Book No. 100 20 cents. Crochet Knitting Book No. 101 20 cents.

To order: Send 20 cents in coin to Needlework Bureau, Charlotetown Guardian, Design No. E-543

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GOOD BREAD is all useable. There is no waste

It is sensible to be thrifty.

Eastern Bakeries'

BUTTER-NUT BREAD

Household Scrapbook

By Roberta Lee

Recipe File

Instead of having the ordinary scrapbook, buy a quantity of small 3 x 5 cards at any stationery store. Each recipe or household suggestion can be pasted on a card and then filed alphabetically.

Bending Exercise

Most housewives try to avoid stooping. But if one can remember to pick up things from the floor without bending the knees, bending only from the waist, it will do excellent exercise each time it is done.

Pie Crust

The bottom crust of the pie will be nice and flaky if the pie is cooled on a wire rack when taken from the oven, allowing it to cool on the bottom as well as the top.

The Stars Say--

By Genevieve Kemble

For Thursday, April 22

CHERISHED dreams, hopes and wishes, as well as more realistic ambitions and objectives are under excellent auspices for fulfillment. This will come about by very straight-forward and direct action based on previous sound efforts and wise procedures. Industry, sagacity, firm groundwork may bring important affairs to the place for quick action and sharp decisions, affecting both the business and private life. Both are stimulating and adventurous, with fine prospect for rich rewards for clever work and probably exciting developments in all directions. Originality and innovation count.

ANSWERS

1. Say, "but he is a good fighter nevertheless." 2. Pronounce hister-i-a. both i's as in ill, e as in here, a as in ask unstressed, accented second syllable. 3. Achievement, 4. Giving or having the power of giving form; plastic. "These experiences date back to the formative period of my life." 5. Preposterous.

For the Birthday

Those whose birthday it is, may have certain unexpected and exciting crisis to important plans and programs already advanced by hard work. Sound ideas developed along fresh, unique or strange techniques and holding adventure, romance and surprising development, possibly with a spectacular climax to solid and astute groundwork on ambitious projects are forecast.

Those whose birthday it is possess special talents and skills, backed up by sound and practical grasp of basic elements for success and recognition. Romance and adventure are in the offing.

Modern Etiquette

By Roberta Lee

Q. If a young man is engaged to be married, should he resent it if the girl's father asks him questions pertaining to his financial affairs, business position, and health?

A. No; the father has a perfect right to be concerned about everything that might affect the happiness of his daughter.

Q. Who should give the order to the waiter, when a woman is entertaining another woman at a luncheon or dinner in a restaurant?

A. The hostess usually gives the order for both.

Q. Would it be all right for a child's mother to write the invitations to his party?

A. Yes, unless the child is old enough to write the invitations himself. It would be nice to have him write them if he can.

Better English

D. C. Williams

1. What is wrong with this sentence? "He is a small man, but he is a good fighter at that."
2. What is the correct pronunciation of "hysteria"?
3. Which one of these words is misspelled? Acetylene, achievement, accumulator.
4. What does the word "formative" mean?
5. What is a word beginning with pr that means "unreasonably absurd"?

1. Say, "but he is a good fighter nevertheless." 2. Pronounce hister-i-a. both i's as in ill, e as in here, a as in ask unstressed, accented second syllable. 3. Achievement, 4. Giving or having the power of giving form; plastic. "These experiences date back to the formative period of my life." 5. Preposterous.

CHANGE OF LIFE?

Are you going through the functional "middle age" period peculiar to women 38 to 52 yrs. Y. Does this make you suffer from hot flashes, feel so nervous, high-strung, tired? Then no try Lydia E. Pinkham's vegetable Compound to relieve such symptoms. Pinkham's Compound also has what Doctors call a stomachic tonic effect.

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

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Needlecraft FOR THE HOME

PARTY PRETTY

This dainty little dress, beautifully blending the basque top and gathered skirt . . . brings the new bertha collar styling to the youngest member of the family! For added enchantment, accent with ruffling.

No. 2431 is cut in sizes 2, 4, 6 and 8. Size 4 requires 1 1/2 yards 35-inch 5/8 yard edging.

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 zone number in your address.

Address Pattern Department, The Charlotetown Guardian.

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On very cold windy days, it's advisable to dry clothes indoors. If clothes are hung outdoors and allowed to freeze stiff on lines, they suffer unnecessary wear and tear when the wind whips them.

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KAYSER
again makes fashion headlines with nylon colours 'DESERT SUN' 'FROLIC'

Two brilliant new hosiery colours with all the liting freshness of May flowers . . . Desert Sun and Frolic . . . You'll love the outrageous flattery of Desert Sun, a radiant, sun-warmed brown . . . you'll adore your exciting self in Frolic, a sparkling sun-tanned beige. Yours in famous Fit-All-Proportions and Fit-All-Tops to fit all legs. Ask for them at the nicest stores everywhere.

Be wiser—buy **KAYSER**

Kaysers' New Nylon Spring Colours — DESERT SUN • FROLIC • CHIC • CASUAL

Cook's Corner

CHOCOLATE WALNUT CAKE

2 cups sifted cake flour
1 teaspoon baking soda
1/4 teaspoon salt
1/2 cup butter
1 1/4 cups sugar
2 eggs
1 teaspoon vanilla
2 1/2 squares (2 1/2 ounces) unsweetened chocolate, melted
1 cup milk
2/3 to 1 cup sliced walnut meats

Sift flour, baking soda and salt together. Cream butter, add sugar gradually and cream until light and fluffy. Add vanilla. Beat in eggs, one at a time, extremely well. Add unsweetened chocolate which has been melted over hot water and blend. Add flour, about 1/3 cup at a time, alternately with milk; begin and end with flour. Mix in walnut meats with last of flour. Blend until smooth after each addition but do not overbeat. Grease 2 8-inch pans that are at least 2 inches deep; line with wax paper and grease the paper. Turn cake into pans and bake in a moderate (350 F.) oven for 30 minutes or until done. Turn out on cake racks and do not put together with filling or frost until cold.

Morning Smile

DOESN'T MIND

"Do you like the longer dresses women are wearing these days?" asked the young lady.
Replied the young man: "It doesn't worry me. I've got a good memory!"

CROOKED GAME?
The party of tough card-players were returning home by train from the races.
"I'm finished," said one, flinging down his hand in disgust. "The game ain't straight."
"Wot yer mean—not straight?" demanded another fiercely.
"I mean it's crooked," snarled the first. "You ain't playing the hand I dealt yer."

How Can I!!!

By Anna Ashley

Q. How can I remove the odor of gasoline from clothing after cleaning?
A. Hang the clothing in the sun and wind. If that does not remove the odor completely, hang the garment in a heated room, or press it with a hot iron.

Q. How can I prevent a blouse from becoming discolored?
A. It is claimed that if a blouse is rubbed with butter as soon as the bump occurs, it will seldom become discolored.

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