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

—MAKE PRECIOUS SILK STOCKINGS LAST

Smart Girls say that just *two minutes' care* will protect today's stockings from tomorrow's runs. A daily dip in LUX, right after you take your stockings off, removes perspiration acids which rot silk, cause runs and holes when left in stockings overnight. Lux keeps silk threads *e-l-a-s-t-i-c* so that they *stretch* under strain. Silk stockings are getting scarcer every week . . . so join the thrifty LUX Daily Dippers now!

TO CUT DOWN RUNS, HOLES—

Needlecraft

For The Home

Just about this time of year you're sure to need a simple wool dress—a frock that's cut on tailored lines and that isn't too dressy. And here it is! It's your old favorite shirtwaist dress, but it has a new soft bodice and long slim lines. The trim silhouette will be just as flattering to the heavier woman as to her slimmer daughter. Wear it shopping, to luncheons or to your next club meeting. You'll find it's the frock that most often answers that age-old question "What shall I wear?"

Style No 2930 is designed for sizes 14, 16, 36, 38, 40 42 44 and 46. Size 36 requires 2 3-4 yards of 54-inch fabric.

Send twenty cents (20) coin preferred for pattern Write plainly your Name, Address and style number. Be sure to state size you wish.

Style No. 2930 Size .....

Name

Street Address

City Province

THE COOK'S CORNER

BEEF ROLY POLY

Two cups ground cooked meat, 1 tablespoon each of minced onion and minced green pepper, 1 tablespoon Worcestreshire sauce, 1 egg slightly beaten, salt, pepper, 3 cups mashed potato, 2 tablespoons minced parsley, 6 strips bacon.

To the beef add the onion, green pepper, Worcestershire sauce and egg. Season with salt and pepper. Pat out on a piece of heavy waxed paper to one-third inch in thickness. Mix the potato and pastry and shape in a roll. Place on the meat and wrap the meat in it, pressing the edges firmly together. Place in a baking pan, arrange the bacon over the top and bake 40 minutes at 350 degrees.

CABBAGE AND PEPPER SALAD

Three cups shredded cabbage, 1 tablespoon minced onion, 1-4 cup minced green pepper, 3-4 cup cooked salad dressing.

Remove wilted leaves from 1 small head young cabbage or equivalent amount of winter cabbage and let stand head down in cold salted water half an hour. Drain, cut in wedges, and slice with large sharp knife or slaw cutter. Mix with minced onion, green pepper, and dressing, which may be either hot or cold. Serve in cabbage or lettuce leaves and garnish with rings of green pepper or strips of pimiento.

Yield: Six servings.

WISE GIRL KNOWS QUICK REPAIRS

Last-minute holiday invitations often make a hasty beauty repair essential, and the wise girl keeps handy a few simple items with which to transform herself quickly from an ugly duckling into a graceful swan.

If your hair gets oily soon after a shampoo, why not keep a container fo absorbent cotton in your dressing table? You can perform wonders with it. Put it between the teeth in the coarse end of your comb or into the bristles of a clean hairbrush. Comb or brush until the cotton has absorbed, as it will, much of the oil. Then start over again with fresh cotton. The final going over will leave the locks soft and fresher.

Now dampen your straggling ends slightly, pin them up and leave them up while you are dressing. Of course you keep a supply of little curlers or at least some hair pins or toothpicks where you can reach them instantly.

Can Be Stopped

If you have very dry hair, simply brush and polish it until it gleams again and looks clean and fresh. You'll be surprised to see how much one really thorough brushing will accomplish. To make this really effective, you should have two hair brushes, so that one is always clean.

To stop a garter runner in your last pair of fine stockings, put a drop of nail lacquer just below it.

A Morning Smile

APPROPRIATE

Little Willie was about to enter the drawing-room when he heard sounds of a quarrel between his father and his mother. A few moments later the front door slammed and Willie knew that his mother had left the house. Peeping round the door he whispered: "Has the "All clear" gone yet, dad?"

Stranger (savagely)—You're sitting on my hat!

Old Gentleman—So I feel, sir! And I hope in the future you will wear soft hats, and not these hard-brimmed abominations.

AN IDEAL GIFT FOR MEN

DESIGN NO. 886

Every man likes hand knitted items. These socks and tie are easy to make and are sure to be appreciated. Pattern No. 886 contains list of materials needed, illustration of the design and complete instructions, for knitting both the tie and socks.

To order pattern: write or send above picture with your name and address with 15 cents in coin or stamps to Needlework Bureau, Charlottetown Guardian.

To Charlottetown Guardian
Needlework Department
Design No. 886

NAME -

STREET ADDRESS - - - - - - - - - - - - - - - - - - -

CITY - - - - - - - - - - - - PROVINCE - - - - - - - -

Dorothy Dix Says—

PARENTS' DUTIES ENDED WHEN CHILDREN MARRY.

Old Folks Should Not Be Called Upon To Share Responsibilities Or Support Youngsters Who Make Failure Of Marriage

The X's are among the unsung heroes who know the cross without the crown of glory. They are the kind of people, you know, who do not talk about doing their duty, or meeting their responsibilities. They just do it. For more than 40 years Mr. X. has earned a small salary clerking in a dry-goods store and Mrs. X. has cooked and washed and scrubbed and baby-tended in their modest home. But by some miracle of industry and thrift they have not only been able to support, educate and start on their way seven children, but to put by a tiny nest egg for their old age. When the last child married, Father and Mother X. breathed a sigh of relief and relaxed a little. They felt that their job was done and that they could take life easier and indulge themselves in a few of the comforts and luxuries they had always craved, but could never have because there had always been so many hungry mouths to feed, so many growing bodies to be clothed, so many school expenses to be paid. They even planned to make their dream of taking a Western trip come true. But before they could even price round-trip tickets, their daughter Sally descended upon them, bag and baggage, with their spoiled brats. It seemed Sally and her husband had had their thousandth quarrel and she had ended it by putting on her hat and picking up her children and going back home. "I wasn't going to let him boss me," she said. "I just told him where he got off, and left."

THEY KEEP ON COMING

Within a year another daughter decided that her husband was not her real soul mate and she also returned to the fold with her progeny. Another daughter, who tried to combine working all day with running around all night, had a nervous breakdown and came back to Mother to be nursed.

And the youngest son, who wasn't making enough to feed a canary bird, marched in one day with his bride on his arm for Mother and Father to support. John threw up his job because he didn't think he was getting enough pay and brought his family home for his parents to support while he looked around for a job with nothing to do and a bank president's salary.

And the little house that would have been so comfortable for two became so crowded that it bulged at the sides like an over-stuffed sausage, and the home that would have been so peaceful with just the old people in it was filled with fighting, noisy children and irritable women who were spitting at each other like cats.

HAS ITS COUNTERPARTS

The case of the X's has its counterpart in thousands of other families where the grown-up children dump their troubles in their parents' laps, with never a thought of what a cruel and dastardly thing they are doing in sacrificing the old people to themselves and making those who have given them so much give them still more.

Adolescent girls and boys, with no means of supporting themselves, rush off and get married without one pang of pity for the parents on whose shoulders they are laying another heavy burden. Daughters who get tired of their husbands leave them and go back home with their children, without thinking that they might as well endure a grumpy husband as for Mother and Father to have to stand the upset and confusion that yelling, healthy, restless youngsters make in a house.

Sons who lose their jobs bring their wives, who don't think it worth while to even be polite to their in-laws, to live upon them without any compassion for the old people whose last days they are making bitter by subjecting them to insults and friction.

SAVINGS DISAPPEAR

And the children, like the locust, devour the little horde the parents had laid up for their old age, and Father has to work a little harder and go a little shabbier, and Mother is turned into a nursemaid and a drudge of all work for the sons and daughters who do not even thank them or realize that they are sacrificing them to their own selfishness.

Pitiful, isn't it? And what's to be done about it, nobody knows, unless grown-up children learn to have a heart where their parents are concerned and shoulder their own burdens instead of laying them on the tired and feeble old backs of their fathers and mothers.

Or unless parents acquire the brains and backbones of birds who push their young out of the nest when they are strong enough to use their own wings and never let them come back to it and settle in it again.

* * * * * *

DON'T HUNT TROUBLE

Dear Miss Dix—I am 18 years of age and am in love with my employer. He is a widower of 50 with five children, the oldest of whom is 21 and the youngest 9. He wants me to marry him Would you advise me to do so? PENELOPE.

ANSWER—Not unless you are hunting for trouble. The stepmother job is too big a one for any girl of 18 to undertake.

DOROTHY DIX.

Aids to Poise in Public Speaking

Panicky Over Error She's Made

To the scary, inexperienced speaker her own voice is a stranger. Suddenly she hears it saying some ghastly thing she never planned—or going off into an unexpected squeak!

But this won't happen to you if you practise simple public speaking exercises at home. Make friends with your voice! Read aloud a little while each day, directing your tones to the front of your mouth.

For expressiveness, practise some simple sentence, accenting a different word each time. "They WANT to go . . . they want to GO . . . THEY want to go."

If you've learned the correct gracious thing to say on different occasions, errors are less likely. A newly elected member may say "I hope I shall make myself worthy of the honor—"

If the speech is long? Don't memorize, but bolster yourself with a few notes. Also, be sure of parliamentary rules!

You can conquer stage fright! Our 32-page booklet tells how. Gives public speaking exercises for pronunciation and expression. Tells how to prepare a speech, deliver it eloquently. Has sample speeches for many occasions, parliamentary rules.

Send 20c in coins for your copy of "Public Speaking Self-Taught" to The Guardian Home Service. Be sure to write plainly your Name Address and the Name of booklet.

Name

Street Address

City Province

Living & Leisure

The Woman's Realm

BLOSSOME OF THE SNOWS

A thousand buds unfold in May,
The flowers are dead on Christmas Day;
Red apples deck the summer's prime,
No tree bears fruits at Christmas time
But still this frozen time is blest,
And praised and loved above the rest
For on this day of holy mirth
Came Love and Pity down to Earth;
And where's the lily, where's the rose,
Can match these blossoms of the snows?

CLEAN BRUSHES

Shellac brushes may be kept suspended in shellac a day or two, but no longer than that. It is better to clean them with alcohol immediately after using.

A "BERGY BIT"

How big is an iceberg? Very few people, probably, could answer that question, but that is just one of the curious pieces of knowledge that pilots of the R.A.F. Coastal Command have to possess. Some of their flights take them far into the Arctic Circle, and they must send back reports on what is happening to the ice up there.

So that these reports may be strictly accurate, the pilots and navigators have learned the traditional ice terms current for centuries among the fishermen of the far north.

The answer to the question about the size of an iceberg is that it is "a mass of floating glacier ice rising more than 15 feet above sea level." If it is lower than that, it is not an iceberg, but a "bergy bit."

A bergy bit, the pilots are told, is usually about the size of a cottage.

PEELING PAINT

Lack of proper ventilation sometimes causes paint to peel from barns. Formerly barns were loosely constructed and the moisture given off by the animals was almost immediately carried away With the tightly constructed buildings of today, it is important to make sure their is proper ventilatino to remove this excess moisture.

COLOURED CLOTHES

When washing coloured garments for the first time, if you have any doubt at all about whether the colour will fade or run, test a sample of the material or an inconspicuous portion of the garment first. Generally speaking, for coloured clothes that are not guaranteed boil-fast, use a mild soap and warm water and wash and rinse quickly without soaking Use fresh suds for each coloured garment. Iron while almost dry with a warm iron.

PERSONALIZED PETTICOATS

One of the more amusing ideas originating lately is to wear a bright-coloured petticoat under a dark frock. The petticoat is hand-embroidered at the knee in front with an elaborate motif in which is written out some favourite saying—clever, patriotic or sentimental. This fancy should go over well with the young crowd.

ROASTING PANS

Long, difficult scrubbing of roasting pans can be avoided if they are put to soak immediately after the roast and gravy are transferred to serving dishes. Fill the pan with warm soapy water and if the outside of the pan has also become browned, place the whole roaster in a large dishpan of warm suds Unless the roaster is really badly scorched by the time dinner is over, the pan should be soaked sufficiently so that it can be easily washed. Stubborn dried spots may be secured off with a little fine steel wool dipped in soap suds. Rinse well and dry.

ELECTRIC IRON CARE

An electric iron is one of your most important household servants and should give long and faithful service if taken care of properly. Here is what experts say about iron care. Avoid ironing over sharp objects, such as buttons, slide fasteners or hooks, to keep its smooth surface unmarred Always let the iron cool well before storing away. Never drop an iron; dropping may cause it serious damage. See that the cord is always in good condition. Replace immediately if it has become frayed or scorched by accidentally touching the iron. When it is necessary to clean the bottom of the iron, wash with a damp cloth If soapsuds or a non-abrasive powder is used, wipe off afterwards with a clean damp cloth Never immerse an iron in water

BAKED SQUASH A GOOD VEGETABLE

Winter squash, baked to perfection, is rich in vitamin A and supplies calcium, phosphorus and iron It is low in calories and is therefore welcome by those trying to keep down their weight and at the same time keep up their intake of vitamins and minerals.

In selecting squash, choose one heavy for its size and free from blemishes. The rind should be firm and smooth If rind is soft, that means the squash may be immature and the flesh thin and watery when cooked; also lacking in flavor.

TASTES GOOD ..and IS GOOD!

● There's a delightful tang to the flavor of BEMA Molasses that instantly proclaims its purity. And it *is* a pure product too—the pure juice of the famous Barbados sugar cane—rich in energizing, body-building vitamins of particular value to growing children. It is also a valuable source of iron—an essential food element.

Grown-ups like BEMA Molasses, too. It makes an appetizing spread for bread . . . a supreme delight on pancakes . . . a happy ingredient for cakes, cookies, puddings and other desserts.

Use BEMA Molasses often—it's good for you

42

BEMA BRAND BARBADOS MOLASSES

"THE ORIGINAL PRODUCT—NOT A BLEND"

Schwartz Baking Powder

For a century now the name Schwartz has been the sterling stamp on coffees and spices . . . and more recently on prepared mustards, extracts, syrups, jelly powders, and on packaged dates, raisins and currants.

Latest of their line, Schwartz Baking Powder is now carrying the Schwartz name to new fame beyond the Maritimes. Many women say it does everything the most expensive baking powders can do—and does it equally well. Say Schwartz—and be sure!

W. H. SCHWARTZ & SONS LIMITED
Canada's Oldest Coffee and Spice House
HALIFAX, NOVA SCOTIA

1841 A CENTURY OF PROGRESS 1941

A Queen's Fund Christmas Party for British Youngsters

On the outskirts of London, at Sydenham, the Queen's Canadian Fund provided a Christmas party for 179 children, who would have gone without had it not been for Canadian subscribers. There was youthful exuberance when the cakes came on. There was entertainment, a singsong, and presents for everybody, as well as many cakes, buns and sandwiches as they could eat.

The Queen's Canadian Fund sent £4,700 to the Lord Mayor of London for Christmas cheer, which meant many parties for lonely children. Here, at Sydenham, children register surprise and incredulity when Magician Billy Bullen ("Fee Fi Fo Fum") pulls a real live rabbit from the hat.