

Woman's Realm Social and Personal Fashions Literature

First Trains And Their Passengers

By F. H. MacArthur

The first steam locomotive ever to be operated in the U. S. A. was named "America." Built in England, it was given the infant try-out from Carbondale to Honesdale, Pennsylvania - a sixteen-mile line. It proved a flunk.

Next came the Stourbridge Lion, which was also made in England. Unlike its predecessor, however, it worked, and was used on the same tracks for some time.

The first American-built locomotive was named the "Best Friend." This iron horse was built at the West Point Foundry in New York, in 1830 and saw service on the South Carolina Railroad the same year. This primitive engine was capable of hauling forty people in four or five cars at a rate of speed of sixteen to twenty miles per hour.

It met its Waterloo when the negro fireman started down the safety valve, causing it to blow up. A prize of \$4,000 was offered by the Baltimore and Ohio Railroad for any American engineer who would build a locomotive capable of drawing fifteen tons at fifteen m.p.h. on the level. The award went to Messrs. Davis and Garratt (1832). The new design was given the name "York." The same year Matthias Baldwin founded the Baldwin Locomotive Works, built his first engine, and operated it on the Philadelphia, Germantown and Norristown Railroad.

An item run by one of Philadelphia's papers of that date printed the following:

NOTICE: The locomotive engine (built by M. W. Baldwin of this city) will depart when the weather is fair, with a train of passenger cars. In bad weather, the cars will run on the same schedule.

The first railway train ever operated ran from Liverpool to Manchester, England. The owners posted a notice called "Rules for Travelers," copies of which hung on posts all along the route.

In order to get passage one had to notify the company twenty-four hours in advance of starting, give one's age, place of birth, occupation and reason for desiring to travel. If your application was approved you were issued a ticket; but the railway assumed no responsibility for your safety, nor did it guarantee when you would reach your destination.

Trains not reaching their destination before dark put up at one of their various depots en route and the passengers had to pay for their lodging in some local inns. Luggage was piled on top of the coaches with no protection from the elements, and the company assumed no responsibility for damaged property.

The Stars Say --

By Genevieve Kemble

For Thursday, November 24 it is probable that by dint of main force, concentrated attack upon a dubious or drastic situation, involving the solidity and security of all relations, interests and affiliations, business and personal, disaster and disruption may be averted. By keen insight, patient study and perspective, sustained by unusually clever strategies, all may be averted into constructive and prolific channels. The emphasis seems to be on domestic or romantic ties, with all concerns and plans incited by some unique or disturbing situation.

For the Birthday

Those whose birthday it is may take heart at the eventual "happy ending" of disturbed, disruptive and devastating situations, of a startling and inexplicable state of affairs affecting largely the intimate or emotional life with peculiar reactions on other concerns. It is probable that a shrewd analysis of underlying elements, a straightforward examination of these, together with direct and energetic marshaling of all forces and directives in the effort to make adjustments, may have surprising denouement. Calm and purposeful tactics, sagacity and sound logic, may avert any drastic crisis. Hard and energetic moves on curious undertones may disrupt intrigue and craft, and come out on a note of high optimism and accomplishment.

A child born on this day may have a challenging and exciting life but is excellently endowed with talents and sagacity to overcome all snarls and complications.

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VEL 25% more weight More Cleaning Power More Suds...

New Improved VEL Does This for You

- 1 VEL cuts dishwashing time in half.
- 2 Cuts grease, banishes soap scum.
- 3 Gives you soft water washing.
- 4 Safer for woollens, stockings, lingerie.
- 5 Milder to hands.

SAVE MONEY! Use only half as much VEL as soap.

That Body Of Yours

By James W. Barton, M.D.

MILD OR SUBINSULIN SHOCKS FOR ANXIETY STATES

In these days when normal, healthy men and women are wondering about the days ahead it is only natural that many with a nervous, high, strung, emotional makeup are in a constant state of anxiety. It is not unusual, therefore, for the family physician and later the psychiatrist to serve patients by consulting them in whom the anxiety state is affecting their mental and physical life. This state of anxiety in some cases is called anxiety neurosis because there is no organic or physical cause present, all the symptoms being due to nervous or emotional disturbances.

In cases of neurosis where the behavior of the individual is in direct opposition to the accepted or normal way of living, the severe cases are usually treated in a mental institution and in severe cases by the family physician or a psychiatrist. One of the successful methods of treatment of these cases is by shock—insulin, metrazol or electric. While the electric shock treatment is now the most popular method with patients and physicians, there are mild cases of anxiety neurosis, which may occur to any of us, in which the full or complete amount of insulin is not considered necessary to obtain results. Accordingly what is called subinsulin (small dose of insulin) shock is being used in these mild cases.

In "Southern Medicine Journal," Dr. S. G. Bedell reports his results in the treatment of 30 patients, 7 men and 23 women, between the ages of 19 and 54 suffering with severe anxiety neurosis by a course of subinsulin shock and the usual interviews between patient and physician. The length of the treatment varied with the different patients, lasting from one week to eight weeks with an average of three and a half weeks. The insulin in subshock doses appears to relieve tension and restore emotional balance. Because insulin shock relieves the symptoms—headache, rapid heart beat, choking sensations—the patient is more willing to cooperate with the physician.

Household Scrapbook

By Roberta Lee

Tight Shoes

If shoes are too tight for comfortable wearing, wring a cloth out of very hot water and place over the spot where the shoe pinches while the shoe is still on the foot. The heat causes the leather to expand.

Spiced Fruit Peel

To make spiced fruit peel add cinnamon bark and whole cloves to the syrup used for cooking the peel. The proportions are half a stick of cinnamon and six whole cloves to each two cups of sugar.

Downspouts

Clogged downspouts may often be opened by dropping a few handfuls of ordinary rock salt into them where they connect with the eaves.

Cook's Corner

FILLED COOKIES

1/4 cup butter or shortening, 1 cup sugar, 1 egg, beaten, 1 teaspoon vanilla, 2 teaspoons cream of tartar, 1 teaspoon soda, 3 cups flour, sifted (about), 1/2 teaspoon salt, 1/2 cup milk.

Cream butter, add sugar, egg and vanilla and sift dry ingredients, and add to the first mixture alternately with the milk. The dough should be stiff enough to roll out thin. Cut with cutter. Place filling on one cookie and then place another cookie on top of filling. Press down edges. Bake in a moderate oven about 12 minutes. Makes about 20 cookies.

Filling: 1/4 cup sugar, 2 table-spoons cornstarch, 1 cup raisins, 1/2 cup water. Combine sugar and cornstarch, add water and raisins. Cook in top of double boiler until thick.

DOUBLE ACTION

SALISBURY, England — (CP)—Thieves who robbed a safe containing £35 (\$108) in an estate here used tools stolen from a nearby hardware store.

ELLEN'S DIARY

By An Island Farmer's Wife

There was an interested recording of a weight today, which had very little to do with our farming, unless it might be in a round-about way, to one day fulfill a desire of James' heart. Now it was grandson's turn, he that was born to the folks at the house across the lane on a Summer morning to make a pair with the granddaughter. He has arrived at the three months mark, and so, to a weight-taking and measuring. Our other machines, which dangle the subject in a hazardous position, the family frown upon for this rite, and as a consequence he is entrusted only to the newish platform scales and the sooty of his mother's arms. There is of course a subsequent reading of Jeanie's weight and the babe's garments, and then a careful subtracting before the result is accepted as correct. And thus there is no "allowing." James, we find inclines to this, in odd instances—as when he is recording our weight. We step toilsomely up, and to gain the best reading for us, move to the center of the machine. We forget at the moment, whether it is to our advantage to inhale or exhale, but then settle quickly on the latter. James peers at the figures on the beam then with obvious surprise: "You're... you're over a hundred now, Ellen—why you're a hundred and... But then you've got your jacket on, and your rubber boots—we'll have to allow for that!"

At three months, our babe weighs seventeen pounds, and although not a tallish child, measures 23 inches. An active fellow, who keeps his mother on the alert during his bathing, he is able now to sit a while in his carriage, supported by cushions, to keep his eyes trained on granddaughters' interests in his neighborhood. When coaxed, he favors his admirers with a happy smile in a wide toothless expression, we find exceedingly fetching. Healthy all ways, neat and plump, besides his formula, which is Nature's own, he receives a daily ration of orange juice, a form of cod liver oil—"spiked" with vitamins A and D, as well as one or more supplementary feedings of a prepared baby food. He continues to be a centre of interest to his sister and family, and also to Carolyn's two, when they visit Alderlea. Jamie enjoys feeling the grip of the small fingers closing tightly over his. Ordinarily a good chap, he, however can come to his restless periods. "And what is Mack doing now—is he asleep?" we have inquired of granddaughter when she has appeared at the front door of the kitchen, she preferring this way of approach in recent months, since the path to that in the rear lies in the area of thorny gables. "No he's awake now, and crying. That," she will explain with obvious relief "is why I came away!"

The plowing which this year belongs to the Indian Summer commenced today. Not at Alderlea, but in "that piece of stubble" at the reaches of the other farm. There a worthy beginning was made in an activity which will need a number of fine days to bring it all to completion. But it is "great plowing" the younger farmer reported to James this evening, he having chosen to take over the choring instead. Now if ever, in order to have an ideal of James come true, we would wish for the privilege of caressing Alderlea's Lamp. Because "if we could get all of our plowing done on the one day before the freeze-up, I should like it," James chuckled to Mr. C. from the house on the hill, on a recent evening. "Later the plowing, the easier and better the land works up in the Spring." What a company of plowmen we should set to work with flashing shares, at the fields of the other farm, at Rob's, and here, on a day which has been fair and suddenly is debellived by a wind from the North, and we have a feeling, which James endorses that "tonight will write an end to all field work!"

But tonight a gentle wind of the hills gives the farmers good promise of another "open" day. Until tomorrow — Diary—Good-night.

Dalziel-Ward Wedding



Mr. and Mrs. Robert Lloyd Dalziel who were married recently at the Baptist Church by Rev. J. D. Davison. Mrs. Dalziel was the former Dorothy Pauline Ward, and is the daughter of Mr. and Mrs. W. H. Ward, Central Royalty. The groom is the son of Mr. and Mrs. Albert Dalziel, Charlottetown.

DOROTHY DIX SAYS -

Back-Seat Wives

Woman's Spinster Sisters Try To Run Her Marriage

DEAR DOROTHY DIX: I have two single sisters, business women, who constantly harp about my husband's neglect of me, and my being sort out her problem? The condition of many homes calls for outside assistance and for educational work. The homemakers are frequently able to do this practical educational work in the home with the mothers while they are on a case. The most important reason for putting a homemaker in the home might be in cases, where the young mother has had no previous training in homemaking and needs assistance.

Another type of service I would like to tell you about is the Rest-Home Homemaker Service. In this case the mother is dead or confined in the hospital for an indefinitely long period. A case which arises frequently would be one in which the mother has deserted her family. In all these cases the homemaker usually lives with the family.

This service is suitable where the father does not wish to be separated from his children. Also where he is an asset to them and they have a deep attachment to their father.

HOMEMAKER SERVICE FOR THE AGED—Many old couples or single persons living alone may be spared from entering an institution if they have help during periods of illness or for a few hours each day of each week. This aid may be given by an available Homemaker.

Home Service for Adults—A working girl who lives with and supports her mother may have to be away from work because of the mother's illness. A man having to stay at home because his wife or mother is too ill to be left alone. A Homemaker would prevent this. I am in the hope that these two articles on Red Cross Homemaker Service will somewhat enlighten the public as to its function and purpose. If there should be any further questions which you would care to have answered do not hesitate to write me, and I should do my best to answer them.

Better English
By D. C. Williams

1. What is wrong with this sentence? "Keep me posted, and I will be back in a few days."
2. What is the correct pronunciation of "bouquet"?
3. Which one of these words is misspelled? Receive, acheive, percieve, berave.
4. What does the word "paragon" mean?
5. What is a word beginning with tu that means "clouded; not clear or translucent"?

ANSWERS

1. Say, "Keep me informed, and I shall return in a few days."
2. Pronounce boo-ka, oo as in too, as in cake, accent second syllable.
3. Achieve. 4. A model or pattern; a type of excellence or perfection. "She was a paragon of chaste womanhood." 5. Turbid.

How Can I...?
By Anne Ashley

Q. How can I clean painted woodwork effectively?
A. Boll two or three onions thoroughly, and the water in which they are boiled will clean painted woodwork very effectively, leaving the surface clean and glossy. No soap is required.

Q. How can I impart a brown gloss to pies?
A. Beat an egg thoroughly with a small amount of sugar. Then add a little milk, beat well, and go over the pies with a pastry brush when ready to place in the oven.

Q. How can I make a cooling application for scalds and burns?
A. It is claimed that scraped potatoes make a very cooling application changing frequently.

DOROTHY DIX cannot reply personally to readers, but will answer problems of general interest through her column.

Timely Notes On Nutrition

By Marjorie G. Hill

LET'S TALK ABOUT THE HOMEMAKER SERVICE

Last week we talked a bit about the general policy of the Red Cross Homemaker Service. Today I thought you might like to hear something of the types of Homemaker Service available.

The best known type is Day-time Family Service. It is given only where there are children. The mother may be ill at home or in the hospital. The following questions might arise in regard to this service:

1. Will care be promised ahead of time, as for confinements and surgery? Yes. We prefer to have you call before the need actually exists, if at all possible to do so.
2. Will service be given to a mother coming home from the hospital with her first baby? If the mother cannot get other help, we will send a homemaker to her for the first week.
3. What will the duration of service be? The homemaker will stay as long as twelve days with a family, if needed - sometimes we see fit for her to stay a longer period, other times a few days may be sufficient.

4. Shall homemakers be sent to a home to teach a mother and help sort out her problem? The condition of many homes calls for outside assistance and for educational work. The homemakers are frequently able to do this practical educational work in the home with the mothers while they are on a case. The most important reason for putting a homemaker in the home might be in cases, where the young mother has had no previous training in homemaking and needs assistance.

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Living & Leisure

— THE WOMAN'S REALM —

FLAG DAY

This morning for a moment stand, Hat off, and on the heart the hand; With grateful heart and shining eyes, Then to the red, the white, the blue Allegiance once again renew.

At staff or mast, where'er it flies, With grateful heart and shining eyes, Look up and constant vow to be Unto the cause of liberty.

Hope of the world and all oppressed! Symbol of everything that's best! Thank God today for those who gave Their lives the flag for us to save.

Salute it now with prayer or cheer! See it through smile or shining ear, Then vow to guard it long to be Flag of the brave, the fair, the free.

—EDGAR A. GUEST.

FALL ACCESSORIES

Accessories are designed to give fall teen-age costumes a look of completeness. A plain jersey blouse can be shown with a tweed or plaid skirt with ascot to match the skirt. Belt and bags in tweed will be worn with corduroy or velveteen and supplies another interesting fashion picture. Fringed shawls and stoles continue to be important, and small, tweed patterned silk scarfs to tuck into sweater necklines do much to give a costume a co-ordinated look.

Plaid bags and hats set look promising. This combination will also be shown in velveteen and corduroy. Jewelry is very important, and little charms — last year's scatter pins will be worn on sweaters, lapels, as well as on hats and bags. There is a growing tendency toward solid, good looking jewelry for teen-agers, and the type is seen in wide metal bracelets. The animal look is good in jewelry and one firm has designed what they call the rabbit zoo. A series of little pins with rooster, turtle or rabbit heads.

Modern Etiquette
By Roberta Lee

Q. Is it all right to ask "Who is this" or "What number is this" when making a telephone call and someone answers whose voice you do not recognize?
A. This is extremely ill-bred. The correct thing always to do is to ask for the person with whom you wish to speak.

Q. When invited to a dinner party in a restaurant or hotel, does one have the privilege of choosing one's own meal?
A. No; the host or hostess orders the meal in advance, and the guests eat what is placed before them.

Q. How should a girl announce her engagement if her parents are dead?
A. It may be announced in the name of her brother, or her nearest relative.

Morning Smile

EGOIST
A modest gentleman, in speaking of his family, said: "The Hardson family is a very, very old family. The line runs away back into antiquity. We do not know how far back it runs, but it's a long, long way back, and the history of the Hardson family is recorded in five volumes. In about the middle of the third volume in a marginal note, we read: "About this time the word was created."

Needlecraft

— FOR THE HOME —

ALL-TIME CASUALS

Versatile two-piece dress to make with a change of tops... One to match, one to mix. Deeply slashed round neck or casual cardigan type to complement six gore skirt. No. 2847 is cut in sizes 12, 14, 16, 18, 20, 36, 38, 40, 42, 44, 46. Size 18, long sleeve jacket and skirt, 3 1/2 yards 54-inch; cap sleeve jacket and skirt, 3 3/4 yards 54-inch; cap sleeve jerkin 1 1/2 yards 35-inch.

Five cents for each Pattern. 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.

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2847 SIZES 12-46

FOR BRONCHIAL ASTHMA YOU CAN'T BEAT BUCKLEY'S MIXTURE

Finest Quality - Easy to Use
"SALADA" TEA BAGS

If you have some stained aluminum ware, don't worry about it. All of the stains can be removed very easily by rubbing the pots with a cut of lemon dipped in salt.

It makes the aluminum bright and shiny. Rinse the pans at once. Or, if you prefer, here's another method: Make a paste of borax, water and a few drops of ammonia. Then rub the pots with this paste followed by a rinse.

Your teeth have to last you a long time. They therefore need a certain amount of care to keep them in good condition. The most simple rules for dental health are not too much sweets and a thorough brushing after each meal. Your baby's first teeth are important. Don't neglect them just because he keeps them only for a few years.

There's an interesting dispute going on in the fashion world: the argument about hair lengths. Several top-notch hair stylists, both here and in Paris, have predicted that long, shoulder-length bobs will be coming back by Fall, 1950. But others, just as top-notch, say it can't happen here. Not that soon.

Guillaume, the outstanding Paris hair expert, has announced, officially, that the hair styles for 1950 are already set.

He says that long hair will be back in style, but not until the distant future. And in the meantime, he says, women will be more conservative about their short hairdos. There will be no shingled bobs reminiscent of the flapper era, but hair will continue to be short-cut and feminine.

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BREX
3 MINUTE
Cereal

MM - M - M
WHAT A FLAVOUR

VEL

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