

# Woman's Realm Social and Personal Fashions Literature

## Living & Leisure

— THE WOMAN'S REALM —

### BALLERINA

Pirouetting, she's coquetting to the rhythm of her dancing; Whirling, twirling, all forgetting in those gestures so entrancing.

Shifting, lifting white arms slender, Sheer delight in every measure; Lissome grace the fairies lend her. Every moment gives her pleasure.

Tipping, dipping in abandon To the joyousness of living; Tiny pointed toes she stands on, Grace incarnate is her giving.

Slowly, softly, down of thisle Drifts of samite fall around her. Till the sleepy wood-winds whistle

In adagio's web has wound her. —Theresa E. Thomson, in the New York Times.

### LOOK TRIM

How do you look as you go about your housework to your family and to the caller who catches you unprepared for a visitor? Are you trim, neat and well brushed-up, or do you quake in your shoes for fear that the doorbell's ring will usher in a visitor who will find you unkempt?

## An Apple Every Day

BY Consumer Section Marketing Service DOMINION DEPARTMENT OF AGRICULTURE

Apples are known as a dependable "standby" to every Canadian housewife . . . for pies, sauces, puddings, up-side-down cakes, baking individually or in salads.

Each variety of apple has its own distinctive taste—sweet, mellow or tart. Since some apples are better suited for eating out of hand and some for baking, care should be taken to select the best variety for the particular purpose. Yellow Transparent, Greenings, Wolf River are good cooking apples. Delicious and Snow apples are marvelous eating varieties. McIntosh, Wealthy, and Northern Spy are all-purpose apples. Fruit should be chosen that has good colour, free from blemishes or bruises and firm to the touch.

Warm temperatures hasten the ripening process and apples lose their crispness and tangy flavour so they should be stored in the refrigerator or a cool, dry store-room. To prevent discoloration of peeled apples, place the slices as they are prepared in a bowl of cold water to which a little salt has been added.

The home economists of the Consumer Section, Dominion Department of Agriculture, suggest the following recipes designed especially for apples. Applesauce Sherbet has a cool apple flavour. Royal Apples makes an attractive and colorful dessert and Apple Cereal Pudding has a tasty crunchiness that will be a family favourite.

### APPLESAUCE SHERBET

2 1-2 cups sieved, unsweetened applesauce.  
1-4 cup white honey.  
Few grains salt.  
1-4 to 1-2 cup sugar (to taste).  
2 egg whites.

Combine the applesauce, honey, salt and half the sugar, blending well. Beat egg whites until stiff, add remaining sugar gradually, beating until mixture stands in stiff peaks. Fold into applesauce mixture. Pour into tray of refrigerator and freeze, with refrigerator set at coldest point, until solid. Yield: six generous servings.

Note: 8 medium apples and 1 1/2 cup water will make about 2 1/2 cups applesauce.

The way you look as you do your housework, go on errands or a shopping trip, is as important to you as it is to your family or callers. What they think of your appearance influences your own opinion of your looks and has a marked effect upon your morale. The woman who has fallen into the habit of "wearing out" old clothes about the house, neglecting skin, hair and nails because she's too busy (and because it seems a waste of time anyway) should start mending her ways. The time will inevitably come when neglect has gone too far for repairs. One bad habit leads to another.

### KNITTING WITH NYLON

A new chapter is being written in the story of hand-knitting yarns with the introduction of 100 per cent nylon staple fine yarns in Canada.

Color range of the new yarn runs from delicate pastels to the richer tones, and blacks and browns. It is claimed that although nylon staple yarn is a newcomer, it has become so popular with the knitting and crocheting population, retailers are finding it difficult to keep their selection of colors complete.

When knitting with the nylon, the CIL Oval suggests the use of tight stitch, making the article smaller than the size called for and knitting to a pattern whenever possible.

### DAILY HOUSEHOLD HINT

A set of inexpensive and colorful plastic measuring spoons can be separated and placed in the canisters for which their sizes are appropriate — tablespoon in the coffee can, teaspoon in the tea, half or quarter teaspoon in the salt, and so on. The short handles do not interfere with replacing the cover on the can jar and it is very convenient to have the measuring utensil exactly where you want it.

### MAKE LEFT OVERS GLAMOROUS

What to do with all the left-over Christmas turkey or chicken always creates a problem, but here are some wonderful solutions for you. Serve it in a casserole with celery and topped with a crispy, golden brown corn flake crust. Another good idea is to make Chicken or Turkey Squares—this is a delicious baked dish that combines rice, parsley, pimento and oven-popped rice. Or try Scalloped Chicken or Turkey with Stuffing—this will also utilize any left-over stuffing that you may have, and it makes a perfect winter main dish. Your family will never recognize left-over poultry if you make turkey or chicken Chow Mein. This Chinese dish is especially good served with hot buttered crisp oven-popped rice cereal, a modern version of the usual fried noodles.

### Cook's Corner

#### DELICIOUS ALMOND WAFERS

Cup blanched almonds  
1/4 cup butter, or part shortening  
1/4 cup granulated sugar  
1/2 cup all-purpose flour  
1 egg white, unbeaten

With sharp knife, cut the almonds into long fine shreds. Cream butter well and gradually add sugar, then the flour, and lastly fold in unbeaten egg white.

Spread this mixture very thinly over a well greased cookie sheet, then sprinkle generously with fine coconut, pressing the coconut slightly into the base.

Bake in slow oven (275F) for about 15 minutes, or until firm when pressed with finger.

## That Body Of Yours

By James W. Barton, M.D.

### MENIERE'S DISEASE — HEAD NOISES, NAUSEA AND VOMITING

I write frequently about Meniere's disease—dizziness, head noises, nausea and vomiting — because there are so many cases and because of the many kinds of treatment. For years it has been known that cutting down on table salt in and on food, increasing fat foods and cutting down on starch foods, and driving water out of the tissues by drugs (ammonium chloride) gives relief in most cases. The use of histamine has also been of help in many cases.

Notwithstanding the great number of cases, and the vast number of treatments that give relief, the exact or specific cause of Meniere's disease is unknown. Thus in "Archives of Ear and Throat," Dr. G. Selfridge states that the cause of Meniere's disease has been variously ascribed to gland extracts, endocrine glands; infection; syphilis; low or high blood pressure; disturbances in the way water and salt, potassium and calcium are handled by the body tissues; deficiencies of certain vitamins, especially vitamin B; allergy; disturbances of nutrition and body chemistry. Dr. Selfridge is convinced that deafness including Meniere's disease (buzzing ears, nausea and vomiting) is not caused by any one thing but is related to all the factors involved in growth, that is, endocrine glands (thyroid, pituitary, adrenal, sex), amino acids and vitamins.

What about treatment for Meniere's disease when there are apparently so many causes?

I have mentioned before the common enzyme Meniere's disease is cutting down on all liquids and table salt, as salt and water keep tissues engorged or swollen and swollen tissues in region of balancing canals of the ear internally dose of ammonium chloride interfere with hearing and balance. It is given to help water out of the tissues.

In obstinate cases cutting of the hearing nerve gives relief from the symptoms, but Dr. Selfridge states that the use of vitamins and gland extracts give such good results that surgery is not used as often as formerly. Because vitamins and gland extracts so closely resemble one another, it is possible that Meniere's disease will soon be found to be a chemical problem with food the important factor.

## How Can I!!!

By Anne Ashley

Q. How can I remove acid stains from fabrics?

A. Dampen the spots, then cover with salt of wormwood. Allow the salts to remain for about five minutes, then rub the stains with a dry cloth.

Q. How can I make a good fish salad?

A. Take any kind of boiled fish that has been left over; pick it to bits and arrange on a bed of lettuce leaves. Cover with mayonnaise, or any favorite salad dressing.

Q. How can I prevent the corners of bed sheets from tearing while hanging on the line when the wind is high?

A. Fasten the sheets by all four corners.

## Morning Smile

THEY WERE

"Jackson and Williams had a terrible row last night at the club," said Wilson.

His companion looked surprised. "That's strange," he said. "I thought those two were inseparable."

"They were," said Wilson. "It took six of us to drag them apart."

A minister in a small town was called to perform his first marriage ceremony. The bashful couple remained standing after he had finished the rites and, in a brave attempt to round off the affair, he announced: "It's all over now. Go stand in no more!"

## DOROTHY DIX SAYS—

### Working Girl's Problem

If She Marries, Will She Regret Loss Of Freedom, Own Money?

DEAR MISS DIX: I am a 24-year-old business woman and earn a good salary doing the sort of work that I like. A fine young man wants to marry me. I love him, but he earns very little more than I do, not enough for me to have the luxuries and the good clothes that I now have.

When I look around I see that the girls of my crowd who have married are tied down with babies, that they are shabby and look ten years older than I do, and I wonder if the girl who swaps a good job for a wedding ring doesn't make a poor bargain. What do you think?

CLARA

ANSWER: Your problem is one that competent young business women have always had. So you do well, Clara, to consider long and earnestly before you exchange your job for a husband. For one thing is certain: You cannot have your cake and eat it, too. For when romance pales and the hard sledding of matrimony sets in, the woman who has been used to having her own money and to dressing well and to going to places of amusement and to working in a crowd instead of within the shut walls of her home only too often rebels against the restrictions of matrimony.

### MUST PAY PRICE

If you marry, you must pay the price of matrimony, and unless you are willing to make a man a comfortable and happy home, unless you love him enough to sacrifice your own life, unless you are willing to give up your freedom, your independence, your own money and to dressing well and to going to places of amusement and to working in a crowd instead of within the shut walls of her home only too often rebels against the restrictions of matrimony.

DEAR MISS DIX: When I was 20 my mother made me marry a man twice my age. I didn't love him and I have been miserable ever since. He doesn't make enough money for us to be comfortable and he has taken me to a city where I know nobody. I am not yet 30 and I am tired of it and do not feel that I can stand it. What shall I do?

LITTLE MRS. NOBODY

ANSWER: The sensible thing is to try to make the best of the circumstances in which you find yourself. You are giving their husbands in letting the poor men to support them without doing anything by way of making a return. Believe me, many and many a wife who considers herself a martyr in staying with her husband would get the shock of her life if she found out how glad he would be to have her go.

And get to work yourself. Get you a job. If you want more money, earn it yourself. And, anyway, if you have something interesting and constructive to do, you won't have much time for self-pity. The surest way to keep happy is to keep busy.

DEAR MISS DIX: I am in love with a girl who wants to attain a career before marriage, but she doesn't know just yet what she wants to do. She loves me, but thinks it would not be fair for me to wait for her until she becomes famous. What shall I do?

DISAPPOINTED LOVER

ANSWER: Well, son, you will need to be patience on a monument, and then some, if you are going to wait for a girl who doesn't even know what she wants to do to achieve a career. For a woman to achieve a career, by which I suppose she means doing something that will get her name and her picture in the paper and bring her in good money, she has to have to begin with a talent for some particular line of work. Then she has to devote years and years of such concentrated thought and labor to studying it and trying to improve her technique in it as she has never dreamed of.

And even after she has done all of this she will fail unless God has given her that mysterious something that we call genius. I should say that the best thing you can do is to persuade your sweetheart that the finest career that any woman can espouse and the one of which she will get the most happiness is that of wife and mother.

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

## Modern Etiquette

By Roberta Lee

Q. When Mrs. Gordon has been introduced to a person and that person persists in addressing her as "Mrs. Gouman," should Mrs. Gordon correct her?

A. The error can be passed unnoticed for a time or two, but if the person persists, one may say, "If you please, my name is Gordon."

Q. If someone starts to tell you a joke you have already heard, should you stop him?

A. This is the height of rudeness. It is much better to hear him out, and especially if you are in a crowd of people.

Q. Would it be proper for a young girl to ask a young man, who has never previously "dated" her, to attend her school dance with her?

A. Yes, this is quite all right, although it would be better if the man has already indicated some friendliness toward her.

## ELLEN'S DIARY

By An Island Farmer's Wife

It is an unusual sight for the folks at Alderlea to see the neighboring mill-pond open, and wild ducks swimming there so near to year's end. Curving wavelets danced on its bosom today, similar to those set there by some wandering wind of Summer, although one realized that these were cold-weather ducks, sunless, and so South this one was, unless, that pleasant even in the sun, a visitor in holiday-time, discarded his jacket and with granddaughter, the dogs and the fowls was out about most of the day.

It amuses us to know that as other young lads of the age through the years, he has come now to the bow-and-arrow stage, and with our small one an onlooker, perhaps only from circumstance, he busied himself fashioning one on a verandah. She with the patience and acceptance, but often with pride and obvious satisfaction of our sex lags along at these masculine endeavours, sometimes only as a passive attendant, but again often given a minor role in the interest of the moment. Much been ours to play about the farm, we thought as that which has insignificant and yet an integral cog in the whole machine. We are, of course, not to over-estimate this in our own behalf, since we notice it is apt to be forgotten or dismissed as unimportant in the final analysis of the scheme.

So granddaughter is a force to be regarded with some respect in Jamie's endeavours, a fact that is emphasized when with a shrug and a decided "No, I don't want to!" she declines to be a part of one of that of several of her feminine foibles, carries her off to a preferred interest of her own. Voices from a corner of the lawn, brought us with some curiosity to that vicinity today — friendly voices, insistent but cooperative. Years have taught us to quickly distinguish between the two. We found Jamie in the heights of our linden tree, a slim lengthy stick in his hand. It dipped and raised among the branches as did the length of cord and hook-of-sorts attached, which reached to an alert granddaughter on the ground beneath. . . . This tree is one of our special prizes.

With memories of a wide-spreading one on a lawn of childhood, this one was carried a distance, when a small shoot and planted with the hope that one day youngsters would be able to climb and play amid its branches. It is now a sizable tree and thickly branched from the ground, there are convenient hand-and-foot-holds for all who might wish to scale it.

"It's a potato-boat!" granddaughter, a child of the farm volunteered. "We're loading her with seed." "This," Jamie laughed pointing to an upright "is her smoke-stack — and this is the lift. Stand away!" he ordered his helper. There was an excited put-up of a laboring engine, and the string with a small parcel attached was hoisted slowly and dumped into the hold. "That's the way they do it!" she nodded. "I saw them doing it like that, two mornings when we were in town for feed!" And when will she move out into the stream?" we queried "that will be lovely to see — a great boat taking potatoes to other boys and girls, that have none like these of ours." Jamie dimpled, he being not quite so taken up now with make-believe.

"Whenever we get her full!" she replied, going back to her part of the work, which was to see that the "sacks" were duly attached and ready to be hoisted at a signal from Jamie. Checks were pink and eyes bright at this delightful game of their own making. Into holiday-time, Jamie is, and near to the edge of dusk, when axes still rang from the direction of the stump-field he and the spotted pup, which incidentally had added our dog population up to four, were dark specks along the fields.

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## Household Scrapbook

By Roberta Lee

**Ebony**  
Ebony brushes and mirrors that have become dull looking should be rubbed with a soft cloth and white Vaseline jelly. Rub until the wood has absorbed all the grease and acquired a gloss.

**Double Chin**  
For a woman who is developing a suggestion of a double chin, it is a good idea to wear a chin strap during the day while alone. Even one hour a day in the chin strap will often work wonders in reducing a double chin.

**Batter**  
When stirring a cake or batter of any kind on an enamel table, place a damp towel under the pan and it won't turn and slide as you beat.

## Better English

By D. C. Williams

1. What is wrong with this sentence? I do not know as I shall be there.  
2. What is the correct pronunciation of diamond?  
3. Which one of these words is misspelled? Extravagana, extrinsic, extraordinary, exemplary.  
4. What does the word rampant mean?  
5. What is a word beginning with pa that means closeness in expenditure?

ANSWERS  
1. Say, "I do not know that I shall be there." 2. Pronounce diamond three syllables, and not diamond. 3. Extraordinary. 4. Unchecked. 5. Parsimony.

on the homeward trek. Mist of rain and unseasonably warm temperatures these days, but as James says now above his newspaper, "This is whiling away the Winter, Ellen."  
Until tomorrow — Diary—Good-night . . .

## The Stars Say --

By Genevieve Kemble

For Saturday, December 31  
ALTHOUGH there are excellent prospects for advancing the interests, increasing finances and falling into a better job or affiliation, yet an attitude of modesty, an inferiority complex or even a "show-off technique" may prove detrimental. Also there is much competition to be encountered, probably losing out unless fresh ideas, unusual propositions, acumen, be used.

For the Birthday  
Those whose birthday it is may feel a strong urge to better themselves, to seek a new job or association in which increased finances, enhanced prestige and wider scope are desired. With the demand for new techniques, fresh ideas, unique propositions, yet a spirit of arrogance, the wrong approach toward superiors, may defeat such ambitions. Also there is much competition to be met and tactfully disposed of. Be certain in demands when dealing with superiors, seeking capital.  
A child born on this day has sound plans and abilities for a successful and established career, yet it may meet many setbacks and to develop new techniques or projects.

MOVIE PRODUCER DIES  
HOLLYWOOD, Dec. 28 (AP)—Death has taken Leon Schlesinger, 65-year-old retired producer of movie cartoons — the man who gave the industry Bugs Bunny, the creator of "Merrie Melodies" and "Looney Tunes" and other cartoons died Sunday after a long illness.

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## Needlecraft

— FOR THE HOME —

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**SPOTLIGHT ON DRAMA**  
PORT ARTHUR, Ont.—(CP)—A drama week was proclaimed in Port Arthur to foster interest in the city's newly-formed Community Players stage group. The players plan "Arsenic and Old Lace" as their first production.

## Grade 6, Prince Street School



Back Row—Janet Matheson, Sandra Currie, Winnifred MacPherson, Barbara Cameron, Constance Ford, Verna Walsh, Sylvia Duffett.  
Middle Row—Cecil Ladner, Arnold Llewellyn, Lionel Jarvis, Helen Smith, Jean MacPherson, Joan Mill, Ruth Yeo, Joan Smith, Joyce MacCallum, Jean MacDougall, Maids Rogerson, Madge Mugford, Ernest Peake.  
Front Row—Allison Saunders, Bobby Fitzrell, Dean Adams, Sheldon Ladner, Tommy Mills, Roger MacLeod, Howard Jay, Clark Cudmore, Harold Rasmussen, David Constable. Photo by C. E. Burke.



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"LET'S SEE YOU DO THIS"—Fritz, the dachshund of the Miller family of Chicago, tries doggedly to make friends with the new china bulldog bank belonging to one of the Miller children. The hard-headed bulldog just sits.