

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



To a King's taste!

KING COLE COFFEE

VACUUM-PACKED

Household Scrapbook

By Roberta Lee

Tough Steak

The next time you find that the steak is tough, try mixing a small quantity of vinegar and olive oil thoroughly, and rubbing it on both sides of the steak. Allow it to stand for about two hours before frying.

The Teeth

Use salt occasionally on the tooth brush, instead of the usual toothpaste. It will invigorate the gums, and if used with cold water, is an excellent mouth wash or gargle.

Felt Hats

The gloss can be restored to a felt hat by brushing the hat with a brush that has been heated.

DOROTHY DIX SAYS -

Wants Egg In Beer

Philandering Husband Complains That Wife Is Not Cheerful About Situation

DEAR MISS DIX: I have been married for twenty years to a woman who has always been a jolly, lively, loving disposition. We have always been devoted. But now she is 47 and I am 51 and she has lost her good looks, so I have found a sweetheart on the side. Not long ago, my wife found out about this.

She has never said a word to me about it, but she just looks stricken and never laughs or sings any more. When I try to kiss her she doesn't pay any attention to it. I have told her that it is all right with me for her to go out with anyone she wants to, but I bought her a car and some new furniture which she has been wanting a long time, but she doesn't seem to care for them.

I cannot give up my sweetheart, but I want my wife to live up a little and take an interest in things like she used to and make things pleasant around home. Don't you think she is being foolish?

H. R. T.
ANSWER: Indeed, I do think she is acting foolish. H. R. T., I don't see why a woman such as your wife is should waste a single regret on losing such a miserable husband. If she had any sense, she would sweep him out of the house with a broom along with the other refuse and think it a good riddance.

But women are silly creatures, and when one sets her heart upon a worthless man there is no arguing with her. And I don't wonder that you are annoyed at this foolish creature who is so illogical that she won't go on making things pleasant and gay for you at home when you choose to return to it after you have been out showing your sweetheart a good time.

A ROTTEN DEAL

Think of a woman who has worked side by side with a man for twenty years. Then she finds out that this man whom she has so adored, for whom she has done so much, has forsaken her for a young girl because she has got middle-aged and is no longer young and pretty. Can you think of any woman getting a rotten deal than that? Can you think of any man lower than the man who plays her such a trick? I can't, and I have a lively imagination in good working order. But watch out, H. R. T., your pretty, young sweetheart may pay you back for the way you are treating your wife. Many a bad woman avenges the wrongs of a good woman.

DEAR DOROTHY DIX: I am a young man in my late 20's, hopelessly in love with a married woman much older than I am. Her husband treats her shamefully, but she hesitates to bring any divorce action on account of her religious considerations. I am able to support a wife and nothing would make me happier than to marry the girl of my dreams, yet I am wondering if I am doing the right thing in meddling in a family situation of which I am not in the least the cause. I am bewildered.

EUGENE

ANSWER: Don't be bewildered any longer, Eugene, for the road lies straight before you and it leads away from the married lady's domicile. Let her and her husband fight out their differences, and do you reflect that you are not ordained to be a consoler of wives.

Don't ever try to persuade a woman to do anything against her religious convictions. It is wrong in the first place, and in the second place she will never stay persuaded or convinced. This woman may yield to your pleas to get a divorce from her husband and marry you, but if she does, the ceremony will hardly be over before her conscience will begin to reproach her and she will make not only herself but you miserable.

And, anyway, you will be making a mistake to marry a woman who is much older than yourself. Two or three years or possibly five are negligible, but beyond that the time limit expires.

DEAR MISS DIX: I have been going with a young man for three years. He says he loves me and that we are going to be married, but he never sets the date. Do you think it would be right for me to ask him when? I think a girl has a right to know where she stands.

DAISY

ANSWER: Right you are, Daisy. Have a showdown with the young man and find out just exactly where he stands on the matrimonial proposition.

Getting married is just as much a woman's business as it is a man's, if not more. So I think you are quite within your rights to ask your dilatory lover when he proposes to ring the wedding bells, and if he continues to put it off, your cue is to break it all off. There is nothing to this love-making that leads nowhere. In matrimony a man should either put up or shut up.

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

Pioneer Days In P. E. I.

By F. H. MacArthur

Ever hear of a paring bee? You haven't! Well, a paring bee is much the same as any other bee—except at this kind of shindig the young folk got together for the purpose of paring apples. First a girl and then a boy seated themselves opposite each other at the large kitchen table and at the word "go" everyone started peeling, some by hand and some by using a crude gadget called a "paring machine." This homemade paring implement consisted of two pulleys, a large one and a small one, with a belt passing from one to the other.

The small pulley had a fork attached to it, on which the apple was stuck. The operator held the knife in his right hand, turning the larger pulley with his left. By this process the smaller wheel or pulley revolved rapidly. With the knife held at the proper angle the apple was minus its coat in a twinkling.

The paring usually fell to the lot of the boys while the girls quartered the fruit and threaded on stout linen threads all ready to hang up and dry upon poles arranged near the kitchen ceiling. Any active group of young folk could peel from twenty to twenty-five bushels of apples in an evening; these when dry furnished the family with preserves, pies, etc., for a whole year.

Before the refuse was thrown to the swine, the girls washed their faces and hands in the fragrant juicy mass. This was done to improve their complexions, and a good cosmetic it was.

The work over, lunch would be served in the old-fashioned manner: cheese, pumpkin pies, bread cakes and sweet cider. Ah, hey!

An old-fashioned hoe-down brought the event to finale. As a rule the party ended by midnight, for young folk who must be up at four a.m. must get their "forty winks" of sleep.

ELLEN'S DIARY

By An Island Farmer's Wife

Rob was off to town early this morning with an offering of fat hogs for market. "How many, Ellen?" James called up to inquire, and then asked, "You never asked him! But weren't you out when he was putting them on the truck?" In James' mind it is not given to women to be farmers' wives in name only! Very quietly these were loaded to the truck, without so much as a squeal to tell us this rite was in progress. Here, as Rob said the like "is an easy matter." The machine is backed to an elevated piggery door, and the animals enter it with little urging.

At Alderlea the loading-rack, a neat, walled structure, a walk-up affair, has proved its worth as it spans the distance between door and truck, and eliminates all the worry of an animal escaping during the undertaking. This was always an eventually disturbing to James, and even though nothing so unkind has happened in all the years of his farming, yet it was with a mutual relief we saw the creatures safely on board the conveyance that was to bear them away. There have been the odd occasion when we had been stationed at some strategic point during the ceremony, with our broom still or moving as directed, when we wondered in an unorthodox way, what would result if a suddenly a porcine lady made her escape to kick up her heels about the yard. It is a question that will never be answered, we are sure, in our farmers' time at Alderlea.

January's closing day, that in a nice coincidence brought a last lesson of his reader to Jamie, is leaving a covering of white along the length and breadth of the countryside in a paring gift to-night. Gently it drifted down towards dusk and as gently it continued, draping the dark window in edgings of down. We recall that after we and a small fellow had lunched and then gone to a spot of baking, he on a chair beside, odd flakes were falling, from a leaden sky. And as we mixed and baked we wondered if this roof would gather her fellows home in time—from town and school. And presently eyes that know how to sweep the road spied the truck returning, just in advance of the snowfall, and in no time Jamie was home, his back covered whitely. It was a pleasant meal we sat down to when at length choring in order, night

Continued on page 8

Morni' n' Smile

Two Minds . . .

Wife: "I've been lying awake for hours waiting for you coming from the club."
"Well, that is strange. I've been at the club for hours waiting for you to go to sleep!"

Modern Etiquette

By Roberta Lee

Q. What does one say when he has been connected with the wrong number over the telephone?
A. Do not, under any circumstances, snap at the person who answers the call. This shows an extreme lack of breeding. Apologize briefly by saying, "I am sorry, I have the wrong number."
Q. Does a bridegroom ever ask men other than his best man and ushers to his bachelor dinner?
A. Yes, if he wants to. He is privileged to ask any friends he chooses.
Q. Is it necessary to write a "bread and butter" letter when one has stayed only one night?
A. Yes; even for the one-night visit, such a letter is necessary.

Moodies nobelt panties

WON'T SLIP!
You can wear nobelt Panties with confidence due to nobelt flat rubber waistband

The Flat Rubber Waistband is GUARANTEED

nobelt by Moodies

Living & Leisure

— THE WOMAN'S REALM —

THE WINTER MOON

The moon is never half so bright as when she pours her silver light Down on a world of drifted white Through a calm midwinter night.

—By Otis Hite in Christian Science Monitor.

WORN THE WORLD OVER

Almost every woollen garment you wear from your socks, your suit to your hat is made from British wool fabrics.

British woollen goods have been famous throughout the world since that day, almost 2000 years ago, a Roman emperor remarked: "The wool of Britain is spun so fine that it is like a spider's web."

For centuries men and women have worked to make the woollen industry the all important one in Britain and their craftsmanship combined with the quality of the wool have put British wool on the backs of almost everybody in the world.

Wool today makes up carpets as thick as walls and nightdresses transparent like glass.

But it has taken literally thousands of years to attain that height of perfection.

From a sheep's back to your back is a long and complicated business.

Wrapped In Sheep's Skin

The men of the new stone age who came to Britain from 2500 B. C. onwards first wrapped a sheep's skin around their bodies. Gradually they learned the basic art of spinning and weaving and cloth took its place.

When the Romans landed in Britain, they found a developed wool industry, carried on as a family occupation. Men, women and even children worked at the trade.

British cloth was exported to Rome and the Roman emperors smirked with pride when dressed in their gorgeous colored robes.

But it was the Normans who organized the industry and found in English wool and its cloth a profitable source of revenue. Later foreign workers, the arrival of the Flemish in the 14th century, the Protestant Dutch and Walloon weavers and the French Huguenots in the 16th century, brought new ideas and a wealth of experience to the trade it was said the industry had become "the flower and strength and revenue of the blood of England."

Three types of sheep, the Merino, the crossbred (a mixture of Merino and English sheep) and the pure English sheep provide the wool for the goods you wear.

UNIVERSITY TO TEACH BETTER CHILD HEALTH

The first university department of child health in the southern hemisphere will be established soon at the University of Sydney. Prof. Lormier F. Dods, noted Australian pediatrician, will direct a course designed to improve teaching methods and promote research in pediatrics—the study of children's diseases. Students will be medical undergraduates in the university. Four 10-week courses, each with 100 students,

will train 400 medical students each year. Teaching will be done in the Royal Alexandra Hospital for Children, largest children's hospital in New South Wales. Australia already has one of the lowest infant mortality rates in the world. In 1948 the rate stood at 27.76 deaths under one year of age per 1,000 births. The new instruction aims at extending the health record to older children.

EGG SOUFFLE ECONOMICAL

Now that eggs once more are dropping within range of the average person's pocketbook, housewives can put omelets and souffles back on the family's luncheon or supper menu. As well as supplying protein, eggs are important sources of vitamins and minerals, and if the housewife is following Canada's food rules she will see to it that the family is given eggs three times a week. A souffle is always a tasty dish.

Ingredients: one-quarter cup butter (or margarine); one-third cup flour; 1 1/4 cups milk; one teaspoon salt; few grains pepper; four egg yolks; two cups cooked vegetable meat, poultry or fish; four egg whites.

Melt butter and blend in flour. Gradually add milk. Cook, stirring constantly, until sauce thickens. Add seasonings. Add slowly to beaten egg yolks. Cool. Add beaten egg whites. Fold in the vegetable, meat, fish or poultry, finely chopped or minced.

Pour into buttered baking-dish and oven-poach in moderate oven (325 degrees Fahrenheit) about 30 minutes, or until firm.

Cook's Corner

WINTER SHORTCAKE

2 cups sifted all-purpose flour
Or 2 1/4 cups sifted pastry flour
1 tablespoon sugar
1/2 teaspoon salt
4 teaspoon baking powder
1/3 cup shortening
1 egg
2-3 cup milk

Mix and sift flour, sugar, salt and baking powder. Cut in shortening until mixture resembles coarse bread crumbs. Beat egg, add milk and add to flour, stirring only until well blended. Turn out on a slightly floured surface and knead lightly 1/2 minute. Divide into two halves, pat out each half to fit an 8-inch layer pan. Brush one round with butter and place second round on top. Bake in a very hot oven 425 degrees F., for 20 minutes. Spread fruit filling between layers. Serve warm with plain or whipped cream. Yield: six servings.

FILLING

1 cup juice from canned fruit
1 1/2 tablespoons cornstarch
1/4 cup cold water
Pinch of salt
1 cup drained canned fruit

Bring fruit juice to boil. Blend cornstarch with cold water. Add salt and add slowly to boiling juice. Stir constantly until thickened and clear. Cool. Add drained fruit, blend well and spread between layers of hot shortcake.

A Country Garden

By Mrs. Gordon Macmillan

Roots in the earth written by Waring and Teller is a thoughtful book about the small farmer, and it is one of the finest books in the Public Library. Louis Bromfield wrote the foreword and says:

It would be well for all of us to remember that the earth is still the Mother of us all, that the sickness of our agriculture affects not us alone but the future of the whole world. It would be well to remember that agricultural waste and sickness more than any other cause brought about the decline of great countries like China and India. That whole civilizations in Asia Minor perished when their soil and water supply vanished. This is an important book.

Farmers are gardeners, but gardeners are not always farmers, both have their roots in the earth; the farmer must grow food for the hungry people of the world, and to keep on doing this he will need to be paid wages, and he should be given some interest on his investment or he cannot continue in the "business of farming." The gardener is not depending on the garden for his living to this extent. Janet Bailey in Country Life has written a Gardener's Hymn:

That we who have no skill or power
To paint, or sing, may yet express
By humble toil, Creativeness.

Not ours to trace the lowliest flower,
Nor translate into melody
The music of a leafing tree.

But we can plant, and planting make
Pictures to fill a painter's soul
With envy of our yoke's role.

For Nature's pigments we can take,
And set up them in the brooding earth
So subtly, that when thence they break,
They patterned loveliness has birth.

• • •

This is a very good time to read up on planning your garden for next year and I have found a splendid book of plans in our public library, it is called Your Book of Garden Plans and it was written by Norman A. Morris. He is head of the National Landscape Institute and has a wide experience in teaching Horticulture in Universities. The book is full of sketches showing the right and wrong way to landscape a home, and it is easy to learn a great deal from this book. The desire for an attractive, livable home grounds is most certainly inherent in every home owner. This desire is often stifled, however, by the lack of information available on how to get started. This is understandable, for when we analyze the subject of landscape gardening we discover that garden beauty rests not on one foundation but squarely on the three feet of (1) art, (2) engineering, (3) horticulture. Basically, we have three problems on every home grounds:

1. The creation of a picture.
2. The construction of the picture and its details.
3. The growing and maintenance of plants.

In gardening, as in most arts,

Continued on page 8

5c CAKES are Back

No cut in pre-war size

GRAND news for the youngsters, good for lunches too!

TWIN CUPS and HALF MOONS

Small tasty cakes, variously iced, cellophane wrapped.

At Your Grocer's NOW

Eastern Bakeries

That Body Of Yours

By James W. Barton, M.D.

UNDERACTIVE THYROID GLAND MAY BE CAUSE OF MENTAL AILMENTS

While we read much about the overactive thyroid gland (goiter) we do not read or hear much about the underactive thyroid gland. In the overactive thyroid gland individual there is trembling, rapid heartbeat and loss of weight; he is active mentally and physically. With the underactive thyroid gland (myxedema) there is no trembling, no rapid heartbeat and some gain in weight. He is underactive mentally and physically.

The treatment for overactivity of thyroid is removal of all or part of the thyroid gland by surgery or X-ray. In underactive thyroid gland a daily dose of thyroid extract is the treatment.

In many cases of underactive thyroid gland, because the individual is slow or sluggish, he is considered a mental case. A certain percentage of these individuals are placed in mental institutions. An editorial in "The Journal of the American Medical Association," "myxedema madness." Some physicians, while aware of the fact that dullness and poor memory are caused by myxedema, do not realize that a true or organic mental disease can occur.

Of 14 patients with myxedema, 10 were admitted to the mental observation wards of the hospital under the Lunacy Act. In nine of the 14 patients a dramatic and complete recovery occurred with thyroid treatment which in two more there was partial improvement and two patients died.

In these 14 patients, there were various forms of mental disease among which were delusions, hallucinations, double personality, and mania.

It will certainly be of interest to all physicians to learn that an underactive thyroid gland may be the cause of real mental disease, aside from sluggishness of mind and body. A metabolic test, which is inexpensive, will tell whether the thyroid gland is normal, overactive, or underactive.

Continued on page 8

Continued on page 8

How Can I!!!

By Anne Ashley

Q. How can I prepare a mustard coat bath properly?
A. First dissolve the mustard in cold water, then add it to the hot water. If the mustard is merely dumped in, it might stick to the skin and cause a blister.

Q. How can I renew a can of shoe polish that has become dry?
A. Moisten the polish with a few drops of kerosene and the freshness will be restored.

Q. How can I cause potatoes to bake in much less time, and be meatier?
A. Before baking the potatoes soak them in hot water for thirty minutes; then wipe dry, and rub with butter.

Continued on page 8

A Birthday, Public Appearance Put 2 Princesses In News



Two European princesses are in the news. Dutch Crown Princess Beatrix, left, celebrated her 12th birthday last week at Amsterdam, Holland. Princess Elizabeth is shown visiting the new-planned town of Crawley, in Sussex, during her first 1950 public appearance.

-Needlecraft- FOR THE HOME -

BLOUSE SPECIAL

Save time, save money — and enhance your separates wardrobe with a blouse made from a mere yard of 54-inch material! Newest smooth-shoulder style — and a smart one for wool jersey.

No. 2084 is cut in sizes 10, 12, 14, 16 and 18. Any of its sizes can be cut from 1 yard 54-inch fabric.

Send 25 cents 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 Charlottetown Guardian. Pattern No 2084

Name _____

Address _____

City _____ Province _____

City _____ Province _____

City _____ Province _____

City _____ Province _____

City _____ Province _____

City _____ Province _____

City _____ Province _____

City _____ Province _____

City _____ Province _____

City _____ Province _____

City _____ Province _____

City _____ Province _____

City _____ Province _____

City _____ Province _____

City _____ Province _____

City _____ Province _____

City _____ Province _____

City _____ Province _____

City _____ Province _____

City _____ Province _____

2084 SIZES 10-18

from one yard of 54"

ECZEMA RASHES

To help bring swift soothing relief from the awful itching and irritation of Eczema and other Skin Rash, try Dr. Chase's Medicated, Antiseptic Ointment. A safe home treatment for over 50 years.

DR. CHASE'S Antiseptic OINTMENT