

Woman's Realm Social and Personal Fashions Literature

Living & Leisure THE WOMAN'S REALM

A HAPPY CHRISTMAS
Christmas is a time of secrets. So I'll whisper one to you, Grandpa says that all you try to find that every word is true. "Would you have a happy day? Give some happiness away."

Grandpa says this little secret should be carried thro' the year. And if all would try to heed it, Earth would soon be full of cheer.

"Would you have a happy day? Give some happiness away?"
H. A. Lynn.

VALUED MOST
That which we acquire with most difficulty we retain the longest; as those who have earned a fortune are commonly more careful of it than those by whom it may have been inherited.—Colton

BE SURE TO DRINK YOUR DAILY MILK
Checking off the daily food requirements, most of us rigorously crunch away on a palid salad, or slice up a small tomato and consider we've done our duty by the vitamin family.

But this is not enough. How about milk? Do you really and truly get a pint a day? Besides its mineral and protein content, milk is one of the cheapest and best sources of Vitamin A—that's the vitamin that builds up your resistance to illness. Milk will also give you a fair degree of Vitamin D—to help prevent winter sniffles.

An egg factory in Moscow, started in 1942, is now the largest in the Soviet Union and produces 4,700 others.

Some soft drink makers are considering whether or not they should produce and market vitamin-fortified soft drinks.

A drug factory in Moscow, started in 1942, is now the largest in the Soviet Union and produces 4,700 others.

Civilian aerosol bombs for household use in killing insects must contain three per cent D.D.T. and a suitable amount of pyrethrin dissolved in a liquid gas under pressure that forms a fine mist when released.

CHRISTMAS LEGEND
By Alan A. Brown
The facts and folklore of the Christmas season are fascinating. Whether true or not, these memorable tales form the traditions of the holiday season. Animals are prominently mentioned in

many of the legends and customs. Norwegians, Swedes and the Swiss make it a special point to be extremely friendly and hospitable on Christmas, both to domestic and wild birds.

A persistent Christmas legend is that bees hum a carol in honor of the Christ Child in England. Holly is placed on the live to wish the bees a Merry Christmas. Spaniards are taught to treat cows kindly. They believe that cattle breathed upon the Christ Child to keep Him warm. Tradition holds that cows and horses kneel in adoration at midnight each Christmas Eve. Among the residents of the German Alps it is believed that on Christmas Eve all animals can speak.

According to one legend a fierce storm raged through the Herze Mountains one Christmas Eve. Massive trees were torn asunder; only the fir trees were able to stand up before the gale. The trees heard the cries of distressed canaries, and called to them: "Come into our branches. We will protect you. Now, when your canary sings his sweetest, you'll know he is joyful about Christmas Eve in the fir trees that protected the canaries so many years ago."

Window Wedge
If the window rattles from the wind, break a clothes pin in half and wedge one of the pieces between the window frame and the sash.

Melons
Melons should be served cold, but do not put chopped ice on the edible part. It may be brought to the table surrounded by the chopped ice.

Window Wedge
If the window rattles from the wind, break a clothes pin in half and wedge one of the pieces between the window frame and the sash.

Snow
Snow is certainly valuable for renewing underground waters whose level has run low, as happens under protracted drought. The virtue of snow is that melting slowly the water from it sinks gradually into the land; it is not at once borne away to the rivers and the sea, as may happen to melting rain rains.

SAVE PETROL
NEW DELHI—(CP)—The use of charcoal gas in motor vehicles in India saves more than 30,000,000 gallons of petrol a year, all of which would have had to be brought to this country by sea.

THAT'S the Breakfast for ME!
OGILVIE's MINUTE Oats
They taste Better They ARE Better

Household Scrapbook
By Roberta Lee

Paper Patterns
When buying a pattern that is to be used a number of times, make any necessary alterations after the first cutting and you will not have to figure out just what was done to that pattern to make it correct.

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How Can I!!
By Anne Ashley

Q. How can I make a serviceable door mat?
A. A strong, serviceable door mat can be made by coiling a rope, and tacking each coil with strong string on the underside. The mats can be made square, round, or rectangular, then stained any color desired.

Q. What is a good garnish for pork or chicken?
A. Place the halves of apricots, sliced thin, and alternate with marishino cherries.

Q. How can I clean the inside of aluminum dishes?
A. By boiling tomato skins and small pieces of deacid vegetables in the dishes, or pouring water containing a little vinegar into them.

Dorothy Dix Says— Doctor's Wives

Being Medic's Mate Requires Understanding And Trust
DEAR MISS DIX: I am a girl 18 years of age and am engaged to a young doctor. Please advise me about the requisites of a doctor's wife and what she is supposed to do.

ANSWER: Doctors' wives don't belong in any special class. The same qualities that would fit a girl to be a good wife to a physician would qualify her for marrying any other man, for the standardized virtues for all wives are love, common sense, adaptability, self-control, a willingness to give and take, and to pull her weight in the boat. And being a good cook helps.

However, it is true that, generally speaking, there are exceptions to all rules, a doctor's wife does have more effect on her husband's success or failure than do the wives of business men or other professional men. Many a doctor's career is ruined by a wife who makes enemies for him instead of friends, or who gossips too much.

JEALOUSY
The chief fault of doctors' wives seems to be that they are given to jealousy. As a doctor's bride once said to me: "I simply get red-headed when I think of my husband spending his days holding the pulses of neurotic ladies, dolled up in pink satin and lace negligees." "Humph," I said to her, "you forget that the more women patients your husband has, the more pink satin negligees you will have."

Other doctors' wives feel themselves ill-used because their husbands have the crump as they are starting to a party. And still others resent their husbands studying at night instead of gossiping with them. So, on the whole, perhaps doctors' wives do need more common sense and philosophy in their marriages than other women do.

DEAR MISS DIX: I am a widower in my sixties and am in love with a charming woman in her late fifties. My children object to my ever marrying again, saying that I should be true to their mother's memory. I am very lonely and would like to have a wife to be a companion to me. What should I do?

ANSWER: There is nothing more selfish and silly than children's morbid sentimentality in trying to prevent their parents from marrying again solely on the ground that they should spread the balance of their lives in weeping over the memory of the dear departed.

You will notice that these very children who are so insistent on Mother or Father not finding another companion do not consider it their duty to stay at home and be cheery company for their bereaved parent, or to refrain from marrying themselves. They go out, night after night, to places of amusement, leaving Mom or Dad by their lonely

When middle-aged and elderly people marry in their own age-class and make suitable choice of mates, it is a fine thing for them to do because they need companionship more than they ever did and they have to find it in their own homes. And it is a good thing for their children, too, because it solves the problem of Mother or Father having to go to live with their married children who don't want them and find them a burden.

So my advice to you, Sam, is to tell your children to mind their own business, and go on and marry and set up your own home.

DEAR MISS DIX: I am a girl of 18, in love with a high school boy of 15. Do you think it will be all right if we marry as soon as he finishes school?

ANSWER: No, it will be all wrong. No boy of 15 is fit to marry. He is still a child. His tastes are changing every day and he would probably be tired of you before you had been married three weeks. Besides, what are you going to do for money? No boy of 15 can make enough money to support a wife. So, unless your boy friend happens to be rich, you will have to be dependent on your parents, or his, and that is playing it pretty lowdown on your fathers and mothers.

Cook's Corner

INDIVIDUAL PLUM PUDDINGS
3/4 cup prepared dried fruits
1/2 cup shredded candied citron, lightly packed
1/2 cup coarsely chopped nuts, lightly packed
1/2 cup soft bread crumbs, lightly packed
1/2 cup crisp breakfast bran cereal
1 cup scalded milk
1/4 cup one-eighth flour
3/4 teaspoon salt
2 teaspoons ground cinnamon
1/2 teaspoon grated nutmeg
1/2 teaspoon ground cloves
1/2 teaspoon ground mace
2/3 cup brown sugar, lightly packed
1/2 pound finely chopped suet
4 eggs
1/2 cup grape juice
Wash and dry 2 cups seedless raisins, 1/2 cup seeded raisins, figs or pitted prunes, or use 1 1/2 cups washed and dried currants.
Prepare citron and nutmeg as directed.
Mix the bread crumbs and crisp breakfast bran cereal; pour in the scalded milk and nutmeg.
Measure and sift together twice, the flour, salt, cinnamon, nutmeg, cloves and mace; sift over the prepared fruits and nutmegs and mix until each piece of fruit is coated with the dry ingredients; mix in the sugar and suet.
Beat the eggs until thick and stir in grape juice and cooled bread crumbs.
Combine the two mixtures and two-thirds all buttered individual pudding moulds.
Cover each pudding mould with a round of cooking parchment that has been wrung out of cold water or with buttered brown paper; tie each securely.
Steam over rapidly boiling water for 2 hours.
To reheat, steam 1/2 of 1 hour.

BROWN SUGAR HARD SAUCE
A bowl of hard sauce usually

for that man who loves to eat

HEINZ 57 SAUCE

for fish, fowl, meats and economy meals

proves popular with any kind of steamed pudding, and many people feel that a plum pudding is never so good with anything else.

Unless you know this to be your family taste, however, you will not serve a hot pouring sauce.

Hard sauce as a choice. That is what I do myself.
4 tablespoons butter
2/3 cup brown sugar, lightly packed
1 tablespoon rich cream
Cream the butter until very soft and light; gradually beat in the brown sugar and cream.
Flavor to taste with vanilla, lemon, almond, brandy or other favoring. Beat until light and fluffy.
Chill before serving.

Gives Grand Relief FROM SNIFFLY, STUFFY DISTRESS OF Acute Catarrh!

Instant relief from catarrhal misery starts to come when you put a few drops of Vicks Vapo-Trol in each nostril. Vapo-Trol is so effective... results are so good... because it (1) reduces swollen membranes, (2) soothes irritation, (3) helps clear away congestion... and thus makes breathing easier. Many catarrh sufferers say it's the best relief they've found. You, too, will like the way it works! Try it!

VICKS VAPO-TROL

Ellen's Diary

By an Island Farmer's Wife

At Alderley, we saw the dawn break gorgeous in its mystery above a still countryside. James had been uneasy in his later sleeping. He had been expecting the crew to arrive to transport the seed-potatoes to the siding and was indulging in catnaps. As it was, we were not to our work a minute too soon. Jock was in a barn, giving the horses their breakfast. Heads were thrust out of the stable doors, and the mangers, mouths impatient for the first bite of fragrant hay, Jock perceived it as always with a quick eye.

For once years ago, when we were in a hurry to get the milk, I remember saying: "Don't be so fussy, Jock—throw it in to them!" and the withering look I received was a sharp reminder to this day. There is an old saying that "water always reaches its own level" so perhaps this is why the mixture of the house across the lane is so conscientious and methodical about her work. For instance at her ake-making "a hunk" of butter becomes half a cup and "a dash" resolves itself into an eighth of a teaspoon. Jenie was at her poultry feeding, each other shades displaying their hybrid breeding. Some of her feathered friend drank the water as if it were the old stone drinking trough beside the poultry house. "Do you know who made that trough?" heard James ask a sturdy cock last Summer, when his Mut-dog lapped thirstily at the water there. "My Gran'daddy. He hollowed it out of a big stone with a sharp pick and in my mind's eye I saw the numberless fowls that have been served at this drinking place since the first years. We had barely finished the milking when the truck rumbled into the yard and was at once set to work beside the convenient "run" door.

I was unable to watch the loading of the truck for other interesting things claimed my attention. But I like to see, the bright clean sacks of potatoes, each one with its credentials in foreign markets, being carried from the cellar and stored in orderly tiers in the great trucks. In no time at all the yard was a busy scene, as there was today, "many hands" it eases slowly down the driveway, and always the completion of the job must be carried to the far side of the gang-way bridge, just in case those supports might not hold the weight of the load.

This beautiful Winter afternoon, which was more like one out of a calendar, included a trip to the corner-store in the afternoon, for me—this time in the family car, which to my mind does not do us any credit in the whole outfit. Now to go to a-walking, there is time to enjoy it all. You stop to notice every change in the landscape about you. With the tea and sugar and "terbacky" and other notes, I use the turner's responsibility for his product does not cease at the end of the farm lane.

MORNING SMILE
D. C. Williams

1. What is wrong with this sentence? "She told me she would go."
2. What is the correct pronunciation of "bitumen"?
3. Which one of these words is misspelled? Demurrage, democracy, demenor.

1. Say, "She told me that she would go."
2. Pronounce bit-um-en.
3. Demenor.
4. Conforming to established rules or custom. It is not in accordance with the laws of propriety.
5. Ultimate.

PUZZLED MISS
A man saw in a shop window a suit that caught his fancy. He went in.

"How much do you want for that herringbone suit in the window?" he asked the proprietor. The latter eyed him speculatively.

NEEDLECRAFTS FOR THE HOME

BECOMING SURPLICE
Soft frock, featuring the surplice neckline that's so popular this year. Unusually smart line of skirt, with the modern mature figure.

No. 2833 is cut in sizes 14, 16, 18, 20, 40, 42, 44, 46 and 48. Size 36 requires 3/4" wide fabric.

Send 20 cents for Pattern which includes complete sewing guide. Give your Name, Address and Style Number plainly. Be sure to state size you wish. Include postal note or some number in your address.

Address: Pattern Department, The Charlottetown Guardian, Charlottetown, N.S.
Name _____
Street Address _____
City _____ Province _____

FOR WHOOPING COUGH
... a user says: "... children choking with whooping cough... a few drops in a dose... in one week... 50¢ a \$1.00"

SPAHRS
2583 SIZES 14-48

Taste—the Difference!
PRE-ROSE COFFEE "is good coffee"
As good as RED ROSE TEA

Only 2 Tablespoons of sugar in this Luscious

MAGIC Orange Shortcake

1/4 tsp. salt
2 tbs. sugar
2 cups pastry flour
1 cup (1 1/2 cups bread flour)

3 tbs. shortening
About 1/2 cup milk
4 tbs. Magic Baking Powder
Orange sections (optional)

Sift dry ingredients; cut in shortening till very fine; add milk to make soft dough. Turn dough onto floured board and shape into round cake about 1" thick. Bake in lightly greased layer-cake tin at 425°F. for 20-25 minutes. Split and butter while hot. Place whole sections of seedless oranges, between layers and top with

GRANOS SAUCE
Combine 1 1/4 cups of orange sections halved with about 1/4 cup honey. Let stand in refrigerator for 1 1/2 hour or longer before pouring over shortcake. Serve with whipped cream, if desired.

MADE IN CANADA

Modern Etiquette
By Roberta Lee

Q. How can one overcome extreme self-consciousness when in the company of a group of persons?
A. Really the only remedy is to think less about one's self, devoting one's entire attention to the other persons present.

Q. Isn't it discourteous to a speaker at a banquet for the guests to continue eating while he is talking?
A. Yes, it is not courteous, though it is often done.

Q. At what time should a small evening dance begin?
A. At nine or nine-thirty.

Better English
D. C. Williams

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2583 SIZES 14-48

Taste—the Difference!
PRE-ROSE COFFEE "is good coffee"
As good as RED ROSE TEA

Home-Mixed Cough Syrup Gives Quick Relief

Saves You Big Dollars. And It's So Easy! No Cooking.

Here's an old home mixture your parents probably used. But, once tried, you'll always use it, because it gives such quick, pleasing relief for coughs due to colds.

And it's so easily mixed. Make a syrup by stirring 4 cups of granulated sugar and one cup of water a few moments, until dissolved. Or you can use corn syrup or liquid honey, if desired.

Now put 2 1/2 ounces of Pinex (obtained from any drugstore) into a 16 oz. bottle, and fill up with your syrup.

This makes 16 ounces of truly splendid cough medicine, and gives you about four times as much for your money. It keeps perfectly, tastes fine, and lasts a family a long time.

You can feel that reliable home mixture take right hold of a cough. It loosens the phlegm, soothes irritation, and helps clear the air passages. Eases the soreness, makes breathing easier, and lets you get restful sleep.

No Pinex is a special compound of proven ingredients, in concentrated form, well known for its quick action on throat and bronchial irritations. Money refunded if it doesn't please you in every way.

Here's how I helped clear up BLACKHEADS and PIMPLES

It's so easy. Cleanse with milky medicated, emollient Cuticura Soap, then apply mildly antiseptic Cuticura Ointment. This world-known combination is usually surprisingly helpful. Buy both today at your druggist's.

CUTICURA SOAP & OINTMENT

FOR MOTHER AND BABY

DESIGN NO. 185

Very little time is required to create adorable jackets for mother and her new baby. Pattern No. 185 contains complete instructions. To order Pattern: Write or send above picture with your name and address with 20 cents in coin or Postal Scrip to Needlework Bureau, Charlottetown, N.S.



Name _____
Street Address _____
City _____ Province _____

Fashion Horoscope by Colette

If going to desert resort—

Do Don't take only summeriest. Avoid too dark, over dressy outfits.

Do take soft casual, pastel wad dresses and coats. Play suits and sweaters too.

Needlecrafts FOR THE HOME

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Soft frock, featuring the surplice neckline that's so popular this year. Unusually smart line of skirt, with the modern mature figure.

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