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

Living & Leisure

THE WOMAN'S REALM

PIN THE BOLT

Each sin has its door of entrance.
Keep—that—door—closed!
Bolt it tight!
Just outside, the wild beast crouches
In the night.
Pin the bolt with a prayer,
God will fix it there.
"Carelessness with thoughts is as dangerous as toying with explosives!"
Keep the bolt tight!

GIFTED CHILDREN

Contrary to popular notion, "gifted" children, those with an I. Q. of more than 135, are on the average, large for their age, well developed and excelling in many personality traits. According to the Encyclopaedia Britannica, such children have the greatest potentialities for distinguished achievement in life.

POOR SKIN CLEANERS

Such industrial solvents as gasoline, kerosene, petroleum spirits and paint thinners should not be used as skin cleaners, warn health authorities. By their defatting action such instances can cause skin inflammation.

SUNSTROKE

People who have suffered from sunstroke find heat hard to bear and they have an abnormal susceptibility to the action of stimulants.

THE GREATEST OF BOOKS

A noted orator once asked Charles Dickens to name the most pathetic story in literature, and he said it was that of the Prodigal Son.

Mr. Coleridge was asked for the richest passage in literature, and he said that it was the first sixteen verses in the fifth chapter of Matthew.

Daniel Webster was asked concerning the greatest legal digest, and he replied that it was the Sermon on the Mount.

No one has equalled Moses for law, or David for poetry, or Isaiah for visions, or Jesus for ethics, or Peter for holy zeal, or Paul for logic.

USEFUL HINTS FOR GARDENER

Balloon flowers, with their tendency to straggle and spread, can be kept shapely and in place by confining them within a wire-ring support.

The biennials to sow at this time are hollyhock, foxglove and sweet William. Pansies can wait for August sowing.

If you want good rose blooms in autumn snip off all dead flowers now. Water roses in hot weather to encourage new growth. Cut roses with long stems.

House plants which have been put outside for a summer vacation need to be sheltered from the hot sun. Place them under shrubs or on a porch where they will not stand in the direct blaze of light.

Shallow cultivation of garden soil is doubly important during July heat. A caked dry crust makes hard growing for flowers or vegetables.

ANCIENT BOTTLE SOUGHT

Search will soon be made for an ancient bottle believed to contain documents of a 157-year-old claim of a Spanish explorer to lands on Vancouver Island.

Historians disclosed that the first step has been accomplished with the finding of a papal cross carved on a tree and believed an important link with the explorations of a dashing Spanish explorer, Manuel Quimper, who called in 1790.

From ancient charts and a diary left by Quimper, the location of his landing at Albert Head, in the Bay of Esquimalt, was where the cross was found.

A Victorian historian, Cecil French, made the discovery. A provincial archivist, Willard E. Ireland, said the cross appeared to tally with one described by Quimper, who told of burying documents claiming the land for Spain.

He wrote: "The bottle is buried at the back of the holy cross at the foot of a pine tree on which a cross was formed by cutting off the bark....."

Modern Etiquette

By Roberta Lee

Q. How should a wedding announcement be worded when the bride's mother has remarried and bears a different name from the bride?

A. "Mr. and Mrs. Paul Woodward announce the marriage of Mrs. Woodward's daughter, Susan Morgan, to Mr. John Arthur White" etc.

Q. Is it proper to rest the forefinger upon the blade of the knife when cutting meat?

A. No; the fingers should all rest upon the handle, never upon the blade.

Q. Is it permissible to use a handkerchief at the table during a meal?

A. It may be used if absolutely necessary; but if possible, try to avoid it.

Cook's Corner

CHOCOLATE SPONGE CAKE

4 square bitter chocolate
1 cup milk
4 eggs
1 cup sugar
1 cup cake flour
1 teaspoon baking powder
1 teaspoon vanilla

Melt chocolate over low fire in the milk. Stir until smooth, like custard, then set aside. Separate eggs, beat yolks well, add sugar gradually. Add vanilla, chocolate mixture, flour and baking powder. Beat whites until frothy, stiff but not dry. Fold in. Bake in layers at 350 F. for about 35 min. Frost with 7-minute frosting.

Morning Smile

WRONG QUEUE

Muriel was one of the most popular girls in town, and when she married the church was crowded.

After the ceremony, friends rushed to kiss the bride. After about half an hour the breathless girl looked puzzled, and looking down at one little man she said: "I don't know you. Why are you kissing me?"

The little man scratched his head.

"I don't know. When I joined the queue outside I understood it was for razor blades."

"Island Maid" Bread is a quality food

"TRY IT"

STEWART BAKERIES LIMITED
CHARLOTTETOWN, P.E.I.

Ellen's Diary

By an Island Farmer's Wife

A young lady visitor came to Alderlea this morning. A blue-eyed, fair-haired girl with a few fetching freckles across her nose. At the moment, she is fast asleep in "the dark room" so called by the family on account of its one small window. She chose to sleep in this, the room adjoining ours, after James assured her "you'll not be one bit lonesome there, for you'll know that from our bed we can almost reach out to touch yours." In the quiet of this afternoon when as James sometimes tells "once we leave for the field the place takes on a deserted appearance" since indoors, in the heat of the day the work marks time, she confided to Jeanie that perhaps she "had better go home for tonight and come back again tomorrow." This motion however was forgotten when a cooling breeze from the hills blew along our valley and at once, life at Alderlea quickened. "And how old are you now?" I overheard James inquire of her at dinner. "Let me see" she replied "I'm eight, but in two days time — just two days mind you! I'll be mine. That's why I'm down here.

• • •

Didn't you know? I came down to spend my birthday with you." Came by bus this morning, walking in from the corner store. Then small bag unpacked, and confining shoes discarded, she was off to play with Jeanie's daughter in the house across the lane. This is Barbara, niece of mine, sister to Bill, one time overseas, now taking a course leading up to college days. She has another brother who she is "certain sure" is interested in "girl-friends" and there is also a small sister almost two years old. "I must remember to practice my music" she said putting wide books on the piano at the outset of her unpacking. Her day is ended, brought to a pleasant close by rides in the farm cart with Jock to the mill with a grist of crushing and to fetch sawdust to make a clean, scented bed for "those sows."

• • •

Handicapped somewhat by the misery in his knee James spent a long day cultivating potatoes up at the other farm. Rob was there with his team as well and in the afternoon Jamie, who in spite of the heat and pestering flies work faithfully at fashioning a miniature dam, in the small stream that flows cool and happy away from the spring. Jock continued the hoeing in the turnip field, a task which is now nearing completion. All of which is being put in order before the haying commences. From a distance and borne to me on the cooling breeze, I fancied I caught the click-clack of a mower at the cutting. Then I stopped to feast "mine eyes" once more on the new meadow by the lane-side as yet fresh and unspoiled. However, this very day and with a look that swept sky and pond at a glance, Jock guessed "we should be at it ourselves now—this is such perfect haying weather." The haying is definitely "in the wind" at Alderlea.

• • •

Part of our holdings was mowed today, in that strange and unbelievable ceremony which brings all of our women kind in haste to the lawn. His arrival heralded by Pard's bark, the man who attends to our grass-cutting came today. Extremely pleasant it is, to hug aging knees on an old stone doorstep, while the machine is guided apparently without effort at the cutting. From there one commands a clear view of the work at hand as well as having leisure to admire the glories of the July day. A legion of bees were courting the roses; the sunlight rippled in shadowy waves along the hay field and beyond the hill top where a haze of heat shimmered, the blue of the sky came down to touch and melt away in the gossamer edge of it. "Oh, dear, it's warm today!" was a common remark, as one tried to find a cooling breath of wind in some shady spot.

• • •

The team came damply from the cultivating at meal times, and the men too found it "pretty hot." A pleasant cooling breeze stirs the curtains gently now and from the window where a velvety grey presses the pane, I see a car move along the road lighting up the "county bridge" and the neighboring alders in its passing, before darkness and a silence that is star-lit enfolds the countryside again. Who is it? one wonders, and whither is he bound?—this "ship that passes in the night." Perhaps it is a farmer returning from a store, where as Jock did tonight, he bought shining new milk pails and bright nose guards, the latter especially for the horses at the haying. Or maybe it is some Summer visitor to The Island or a chance stranger passing through this road of ours to reach the highway. Whoever it be, many of his interests are a-kin to ours. Not perhaps of fields and herds, but always of home and family and friends —their joys and expectations and their sorrows, the latter of which comes so unexpectedly and sorrowfully in tragic accidents to plunge erstwhile families into the depths of mourning.

Until tomorrow — Diary —Goodnight.

DOROTHY DIX SAYS—

Grandmother

Real Heroine Deserves Praise For Holding Society Together

Now that we have appropriately celebrated Mother's Day and Father's Day, let's go all out and have a Be Kind To Grandmother Week in which we will pay tribute to the least appreciated, yet the most indispensable woman in the world.

It is peculiarly fitting that we should hold a fiesta in Grandma's honor at this particular time, for she is practically holding society together. But for her, millions of child wives would have had no place to go, no bread to eat when their husbands were killed in the war or deserted them. Millions of helpless little babies would have perished for want of care. And millions of beaten, discouraged women would have given up the fight for decency and stumbled on into that pit out of which few ever climb.

Heaven knows things are bad enough as they are, but they would have been far worse if it hadn't been for Grandma. When others were wringing their hands, beating their breasts and crying aloud over their troubles, she was in there pitching. She was little, old and tired, after spending 30 or 40 years in cooking, washing, ironing and rearing a family, but somehow she always has had the miraculous strength to do the tasks that needed to be done.

MIRACLE WORKER

Her house may have been a shabby little cottage, but it always had room in it for Jane and Mary when they were homeless. Her income may have been of the scantiest, but she always could find food for her hungry children. Every grandmother has duplicated the miracle of the loaves and fishes.

Nobody has ever thought of Grandma as a heroine. Her status always has been that of a household convenience When things were prosperous with her children, they forgot her and were a little ashamed of her because of her old-fashioned ideas and because she didn't look like something out of "Vogue."

But when Mary and John wanted to go off on a nice long trip, they gave Grandma a treat by dumping their youngsters on her while they were gone. And certainly it would put a crimp in the divorce records if every time a daughter quarreled with her husband she couldn't take the children and go back to Mother.

Nobody ever stops to think that Grandma might like to have her house to herself and that rheumatic old bones protest against running after restless tots. As for gratitude, Grandma probably thinks the words "thank you" belong to some archaic and forgotten language.

For many years past, Grandma's opinions and theories have been mocked by the younger generation, especially as regards the rearing of children. Grandma may have brought up a family of husky sons and daughters, but that doesn't convince any girl with her first baby that Grandma can be trusted to handle her precious infant. Why, Grandma might do something terrible—like rocking and singing the baby to sleep or giving the tike a little bit of candy.

So the nursery door has been locked against Grandma for a whole generation. But fortunately for the dear old lady, whose arms ache for her son's son and the feel of a little head against her breast, the doctors have right about-faced on the Grandma proposition and actually are recommending the Grandma method of handling babies.

So maybe Grandma is coming into her own at last. Anyway, she is a grand old gal, so let's all go in a big way for a Be Kind To Grandma Week.

The terror of what she saw a short time earlier is still reflected in the face of Mrs. Esther Franken, 22 (left). She told police her estranged and jealous husband, Russell, called her and his supposed rival, Warren Rasmussen, 23, from their work at a Milwaukee factory. Then, as she watched, her husband shot and seriously wounded Rasmussen. With her above is Betty Hooker.

That Body of Yours

By James W. Barton M. D.

FURTHER ATTACKS OF RHEUMATIC FEVER

"Despite a tremendous amount of effort by the leading clinicians and laboratory workers of the world, the cause and treatment of rheumatic fever still remain one of the great challenges to modern medicine. The prevalence of rheumatic heart disease, the crippling invalidism and early death resulting from it make it a public problem of large proportions. Insurance companies, recognizing its role in snuffing out the lives of many policyholders, have recently subscribed a large fund for research in better methods of combating this serious disease."

I am quoting Dr. Lawrence Cahall, Chief of Cardiology, (heart diseases) Germantown Dispensary and Hospital, Philadelphia, in the "Medical Clinics of North America." I am doing this because all parents and the public, generally, should know about this great enemy of children which means death to children and young adults. It is stated that rheumatic heart disease is 100 times more fatal than infantile paralysis.

Climate aggravates rheumatic fever, as it is found more often in northern latitudes and among poor people. However, the most frequent and direct cause of rheumatic fever is believed to be one of the streptococcus organisms. One definite fact has been recognized by investigators, and that is that the first attack of rheumatic and further attacks usually follow some infection of the nose and throat. In an analysis of 750 cases in the House of the Good Samaritan, Boston, one of the largest hospitals for the care of children with heart disease, 58 per cent of first attacks followed an infection of nose and throat and 67 of second or more attacks. And even where no infection of nose and throat appeared to be present, the blood contained the streptococcus organism.

The above information should cause parents to put children to bed who have even a slight cold or sore throat or such symptoms as tiredness, poor appetite, loss of weight, nosebleeds, until the family physician makes one or more examinations. Also, should an attack occur the patient should remain in bed until all symptoms have disappeared, even if it means many months. During this rest period, good nourishing foods—eggs, milk, green vegetables—should be given.

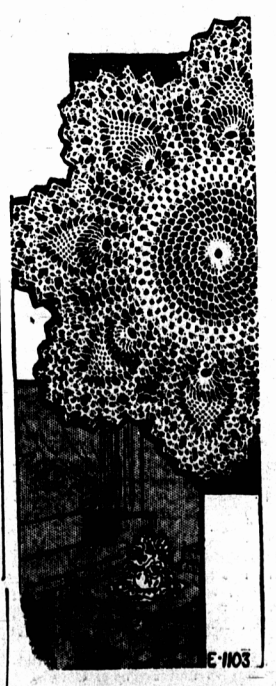
CHRONIC RHEUMATISM AND ARTHRITIS

Sufferers with chronic rheumatism and arthritis will find many helpful suggestions as to diet, heat, massage, and other aids in Dr. Barton's Booklet entitled, "Chronic Rheumatism and Arthritis" To obtain it, just sent 10 cents and a 3 cent stamp, to cover cost of handling and mailing, to The Bell Syndicate, in care of this newspaper, Post Office Box 99, Station G. New York 19, N. Y., and ask for your copy.

OBTAINED FROM NUTMEG

Mace is obtained from a fatile membrane growing between the two hard shells of the nutmeg kernel.

14½" INCH ROUND DOILY



DESIGN NO. E-1103

Crocheted pineapple doilies are the favorites with needleworkers. The stitches are simple. Pattern No. E-1103 contains complete instructions. Needlework Book 20 cents.

To order: Send 20 cents in coin to Needlework Bureau, Charlottetown Guardian.

Design No. E-1103

Name

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For better-tasting bran flakes, look for Kellogg's golden-yellow package. Try the big economy size. As you know, some of the people need Kellogg's Bran Flakes *all* the time... all the people need Kellogg's Bran Flakes *some* of the time . . . so isn't it lucky they *taste* so good!

The Stars Say -

By GENEVIEVE KEMBLE

For Wednesday, July 23

UNDER a scheme of highly stimulated state of the energies and emotions, it is probable that these may be concentrated upon the pursuit of happiness rather than commonplace interests and ambitions. The element of beauty, charm, glamor and the enjoyment of personal popularity and prestige may be devoted to social, domestic and sentimental rather than diligent effort in other directions. Celebrations and festivities are in order.

Those whose birthday it is are likely to see their greatest progress and happiness in the field of the emotions, pleasures and joyous occasions rather than in more serious objectives. In the latter, however, there might be definite accomplishment, since the energies, mentality and serious urges are well stimulated for good performance. However, romance, charm, cultural and social lures seem uppermost, calling for suitable celebrations, with good cheer and hospitality.

A child born on this day although possessed of sound ideas and a modicum of enterprise and initiative is likely to concentrate more happily on personal joys and adventures, overcoming sordid or commonplace quests.

Better English

D. C. Williams

1. What is wrong with this sentence? "We could think of no other plan but this."

2. What is the correct pronunciation of "amphitheater"?

3. Which one of these words is misspelled? Niggerd, nickelodeon, nicotine.

4. What does the word "implicit" mean?

5. What is a word beginning with imp that means "incapable of being entered, or passed through"?

ANSWERS

1. Say, "We could think of no other plan than this.' 2'. Pronounce am-fi-the-a-ter, i as in it, second a unstressed, principal accent on first syllable, or on third. 3. Niggard. 4. Unreserved; unquestioning; complete. "He demanded implicit obedience." 5. Impenetrable.

Household Scrapbook

By Roberta Lee

Cleaning Bathtub

When you've scoured the bathtub to gleaming whiteness, dash in a spoon of soap jelly, add a little water, and swish it about with a long-handled brush. This will remove those last persistent grains of cleanser which sometimes can't be seen, but certainly can be felt when next you bathe.

Stale Doughnuts

Split stale doughnuts in half and place under the broiler until they are delicately browned. While still warm, spread with butter creamed with a little sugar and cinnamon.

Picture Wire

Try using picture wire instead of ordinary twine for hanging up the brooms, mops and brushes. It will wear well, and is easily hung on a hook because of its stiffness.

How Can I!!

By Anne Ashley

Q. How can I renovate the leather seats of chairs, or other articles, that have become shabby?

A. Beat the white of an egg to a froth and smear it over the surface with a soft cloth. Allow it to dry, then rub it well with another soft cloth.

Q. How can I peel new potatoes easily, so that the skins will slip off readily?

A. Before peeling new potatoes plunge them into boiling water for about half a minute, then drop them in cold water. The peelings will slip off easily.

Q. How can I remove spots of machine grease from clothing?

A. Try using clear ammonia and soap.

Transparent glass made today is developed from approximately the same mixture of materials as was used more than 3,000 years ago.

Needlecraft / FOR THE HOMES

PERFECT PARTNERS

For humid days ahead, you'll find this fresh-looking frock doubly delightful. It has smart cross-over shoulder straps to let you take on that wonderful tan . . . and a little bolero to match that shelters you for the street.

No. 3042 is cut in sizes 10, 12, 14, 16, 18, and 20. Size 16 requires 2⅞ yards 35-inch for the dress; 1¼ yards 35-inch for the bolero.

Send 20c for PATTERN, which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you wish. Include postal unit or zone number in your address.

Address Pattern Department, The Charlottetown Guardian.

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MANY PYRAMIDS

There are about 75 pyramids in Egypt.

• Yes, Fleischmann's *active* Fresh Yeast helps you bake fluffier, tastier Clover Leaf rolls. Fleischmann's works fast because it's full-strength. It saves *you* extra steps.

IF YOU BAKE AT HOME, you'll want Fleischmann's *active* Fresh Yeast—the Yeast cake with the familiar yellow label that has been Canada's favorite for over 70 years. Order some today!

Always fresh—at your grocer's

GIRLS! WOMEN! TRY THIS IF YOU'RE NERVOUS, CRANKY, TIRED-OUT

On 'CERTAIN DAYS' of The Month!

Do female functional monthly disturbances make you feel nervous, fidgety, cranky, so tired and "dragged out"—at such times? Then *do* try Lydia E. Pinkham's Vegetable Compound to relieve such symptoms. This fine medicine is *very effective* for this purpose!

For over 70 years thousands of girls and women have reported benefit. Just see if you, too, don't report excellent results! *Worth trying.*

Lydia E. Pinkham's VEGETABLE COMPOUND