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

Living & Leisure

THE WOMAN'S REALM

WHAT DO WE PLANT?

What do we plant when we plant the tree?
We plant the ship, which will cross the sea.
We plant the mast to carry the sails;
We plant the planks to withstand the gales—
The keel, the keelson, the beam, the knee;
We plant the ship when we plant the tree.

What do we plant when we plant the tree?
We plant the houses for you and me.
We plant the rafters, the shingles, the floors,
We plant the studding, the lath, the doors,
The beams and siding, all parts that be;
We plant the house when we plant the tree.

What do we plant when we plant the tree?
A thousand things that we daily see;
We plant the spire that out-towers the crag,
We plant the staff for our country's flag,
We plant the shade, from the hot sun free;
We plant all these when we plant the tree.

—Henry Abbey.

HINTS ON ETIQUETTE

A woman should rise in a moving picture theatre when a man must pass her to reach his seat. It is rude and inconsiderate not to do so.

KEEP SMALL CHILD AWAY FROM CROWDS

This is the time of year when little children are better at home than in trains, busses, public assemblies of all sorts. The one under six or seven are more susceptible to contagion or infection than the older ones because they have less resistance. They have not lived long enough to build it up. Better protect them a while longer.

The best safeguard against illness of any sort is sturdy health. The child who has been kept clean, inside and out, who has been well-fed so that his body is well-nourished, whose nose and throat are free of obstruction, whose hours of rest have been enforced regularly, whose mind is free of worry or anxiety, has the best chance of remaining healthy.

Health like all other good things in life must be worked for and secured by constant vigilance. Keeping a child in good health demands a devotion that takes its toll from the guardian. It means losing hours of leisure, perhaps of rest. It means self sacrifice always. Every mother knows that and there are few unwilling to pay the price.

The better part of wisdom calls for medical supervision. Children should be inspected, carefully examined, by the family physician twice a year. We become so accustomed to seeing the children that we do not see changes in them which the physician will not at a glance. Prevention is better than cure always and this semi-yearly examination is good insurance.

A SEARCH FOR ANTS—COMPETITION

Prepare papers on which you have the following questions, and have guests write the answer with a word ending in "ant."

What ant is
Remote—Distant.
A fruit—Currant
Courteous—Gallant.
To authorize—Warrant.
One who works for another — Servant.
One engaged in rural labour — Peasant.
Officer in charge—Commandant.
To breathe quickly—Pant.
One of large proportions—Giant
A resident—Tenant.
A bird—Pheasant.

If you want to ice a cake for a special birthday party and haven't any sugar, try this. Beat the white of one egg until stiff. Gradually add three-quarters of a cup of Karo. Beat until it will stand in peaks. Ice cake and keep it cool.

Tiny round fluorescent lamps for Christmas trees have been developed; they will not only illuminate the tree but make it glow.

Peanut butter is usually made from peanuts taken directly from roasting ovens and therefore should contain only traces of water.

Germany depended heavily on her forests for many war materials; Goering is said to have called wood Germany's second most important raw material, ranking next to steel.

Oysters spawn during the summer as the temperature of the water rises; for several days the larvae are free-swimming, then they sink to the bottom of the water and cement themselves to rocks or shells.

A German scientist, E. F. F. Chladnic (1756-1827), published in 1819 all of the available records concerning meteorites; this made it possible to develop the modern theory of their origin.

The newly developed nitrogen mustards, modern war blister gases, are practically odourless and invisible; they are detected by a special paint put on helmets, vehicles and fences in combat areas where gas might be used.

NEW MODERN WAY KEEPS BABY'S SKIN HEALTHIER!

Helps prevent DIAPER RASH and many other annoying skin irritations/

Be modern! Use Cuticura medicated Baby Oil to keep baby's skin smooth, safeguard against germs. For baby's bath, use Cuticura Soap. Buy today!

CUTICURA ANTISEPTIC BABY OIL

COOK'S CORNER

COCOA SPONGE CAKES

The chocolate flavor here is very delicate, most suitable to the sponge character of the delicious little cakes. Our yield is 22 cup cakes of that average cake size.

1 cup once-sifted cake flour
½ teaspoon baking powder
⅛ teaspoon salt
¼ cupcocoa
3 eggs, separated
1 cup fine granulated sugar
1/3 cup boiling water
¾ teaspoon almond flavoring

Measure and sift together twice the flour, baking powder, salt and cocoa. Beat egg yolks until thick and light and gradually beat in ½ cup of the fine granulated sugar and gradually beat in the boiling water and almond flavoring. Fold dry ingredients into egg-yolk mixture, a third at a time. Beat the egg whites until stiff, but not dry and gradually beat in the remaining ½ cup fine granulated sugar. Beat until meringue will stand in peaks. Fold meringue into chocolate mixture. Turn batter into muffin pans that have been lined with the paper baking cups. Bake in a rather slow oven, 325 degrees, about 35 minutes.

HOUSEHOLD SCRAPBOOK

By Roberta Lee

Baby's Stockings

There will be no holes and runs in baby's silk and wool stockings if a loop of wide tape is sewed to the top of them. The safety pin may be run through the loop when pinning the stockings to the diapers and this will add months of wear to the stockings.

Plastered Walls

Do not paint newly plastered walls for about two months. Wait a longer time if the weather is damp. If this is not done the painting job will notbe a success.

Felt Hats

To remove spots from a light felt hat try rubbing the spots gently with a piece of fine emery paper.

Here's a SENSIBLE way to relieve 'PERIODIC' Female Pain

with its nervous tension, weak, tired cranky feelings

● If at such times you feel so nervous, tired, irritable, a bit blue—due to female functional periodic disturbances—don't delay—try Lydia E. Pinkham's Vegetable Compound to relieve such symptoms. Here's WHY:

1. Pinkham's Compound comes in *liquid* form. It is one of the most effective medicines made *especially* for girls and women for this purpose.
2. This medicine is what is known as a *uterine sedative* because it has a soothing effect on one of woman's most important organs.
3. Pinkham's Compound is made from wholesome roots and herbs (plus Vitamin B_1).
4. Pinkham's Compound HELPS NATURE! Buy a bottle *today* at any drugstore. Follow label directions.

Lydia E. Pinkham's VEGETABLE COMPOUND

ELLEN'S DIARY

By an Island Farmer's Wife

This day of grey skies and showers, which came to suspend planned activities at the potato digging at Rob's, gave me time to consider the full meaning of these hours set apart for Thanksgiving. Not to be spent carelessly nor thoughtlessly was this day originally blessed, but that folks might come together in their churches and there to celebrate with pious mien and grateful hearts the bounty of their harvest-home. How meagre even the best of harvests must have been in comprison to that repeated and gathered from the broad cultivated areas that now go to make up a farmer's holdings. Many blessings I counted for my own, while the rain came from the roof to the barrel at the house-corner. The greatest of these was the one James spoke of when we sat down to dinner. "Isn't it good, Ellen," he said to me, almost talking the words out of my mouth, "that the war is over—long dark years there have been since the last peace-time Thanksgiving Day". He helped me to a bit of the roast, then placed a small mound of potato and another vegetable beside it, pouring a serving of gravy among these in the exact spot where I most like it. "There'll be only plough shares and pruning hooks now", I quoted, picking up my knife and fork. "If they will be able to find satisfactory terms, when there are so many nations to consider—and so different, with not even a common language," he said. "But, James," I reminded him, "they all fought for the same objective—the Allies, I mean — for freedom. It's glad I am, that I shall never be one of those at any of their peace tables," I laughed to him, "for I should be inclined to say to the more clamorous ones: "Well, take it—we can get along without it" which attitude would only serve to precipitate another war." However as Churchill "the man of" one "hour", laid down the plans for victory, so presently other men of vision will lead all nations to a lasting and worthy peace.

* * *

Much I remembered to give thanks for today besides war's end. Perhaps the next best blessing is continued health and strength to go about my daily tasks. These latter never fail to interest me. For family and home and friends and loved ones; for the peace of farm life; for the seasons in their turn—the quiet and coziness of winter with its frosty trails and snow-powdered trees, and long delightful evenings; for the fresh verdure of spring and the pond orchestras and robins 'trills; for the full bloom of summer and the haying and for the harvest and the mellowness and color of these Autumn days. For all of these things and many others, I returned thanks on this Thankgiving Day.

* * *

Yesterday afternoon, when the sun shone brilliantly and a wind with southern inclinations swayed the lawn trees gently, James and I joined some friends in a motor trip across the countryside — our objective to enjoy the marvellous beauty of nature now adorned in her most gorgeous tints. We journeyed in a leisurely fashion, pausing at times to admire especially delightful panoramas. We came down to rivers to view tier upon tier of indescribably beautiful colors up the slopes beside, and we stopped on hill tops to look down on gorgeously bedecked valleys below. We visited a homestead, where higher ground commands a splendid view of the surrounding rolling country and with this hospitable family walked across their meadows to look out over miles of landscape the limits of which were lost to sight in a purple haze above a line of painted hills. If perhaps, I thought that James eyes rested too long on a horse at pasture or on what he calls "some nice young stock" grazing in a nearer field than on the lovely vistas of river and field and October woodland spread before us it was only a matter of giving everyone "a horse" he likes "to ride." Then we travelled a road similar to ours, lying along a mill stream, closely wooded for a considerable distance with overarched great limbs of beech and birch and maple to make this a lover's lane of a byway. These wove their hues together to make it an avenue out of fairly land. Leaving our best of partners to follow in the car, the ladies in the party proceeded on foot along this trail, the better to enjoy its delights. We inspected a lonely moss-covered watering trough, fashioned from a hollow log by a pioneer hand. A small brook babbled across it to enter a nearby culvert and then to make its merry way to the water in the valley below. A sleek brown squirrel, that Jamie would have liked, scurried up a tree beside us to question our intrusion and as we walked through the incense that is Autumn's there was already a rustling of leaves beneath our feet. Twilight came too quickly and put an end to our rambling and we returned when night was hanging out her Sunday evening stars to the familiar and dear "hills of home."

* * *

Not all the farm work at Alderlea was stopped in the inclemency of today. Preparations went on for the potato grading, which activity, I feel is just around the corner. Jamie came with Rob in the noon rain to inspect the very last litter of piglets, only one day old, and also a brand new calf, I saw his grandpere lift easily from the car on Saturday evening and for the present tether on a barn floor. "A likely looking animal", James reported to me, a bit sheepishly, I thought, for we were fairly well stocked with these animals before. Only recently, I heard James wonder "what on earth, Rob wanted with another" of the same ilk." Life, no matter from which angle one observes it, is full of contradictions. James that man o' mine, is positive proof of my assertion. And now, my proof, who in pre-war days never bothered with such a sweet asks: "Ellen, is there any cake in the house? I feel an emptiness" Rob too has come alone and late over a slippery road to spend a few minutes with us—so cake, for two it must be!

Until tomorrow — Diary—Goodnight.....

MODERN ETIQUETTE

By Roberta Lee

Q. How and where should a woman pay her bill when she has been staying alone at a hotel for several days, and is ready to leave?

A. Ask for the bill to be sent to your room, that the items may be checked and totaled. Then pay the bill at the desk. This will save time in going over the items at the desk.

Q. When a man is eating in a public dining room, and a woman stops to speak to him, should he rise?

A. Yes, always.

Q. How long should a person remain when making a social call?

A. From 15 to 25 minutes is long enough

Dorothy Dix Says—

GIRLS HAVE RIGHTS

Father Errs In Not Allowing Ideal Daughter Dates

DEAR MISS DIX: We have a daughter of 18 who is in high school. She is a fine girl, a good student, popular with her teachers and school mates, has no inclination towards being wild and is very obedient and amenable to her father and myself. But she is like all other girls. She likes to go out with youngsters of her own age and have some life other than just being in school and sitting at home.

Now here is our problem: Her father is good to her, but he thinks she should never have a date. Says she is too young to go out with boys. I think he is too strict and I dread what may happen if he keeps her away from all the pleasures of her time of life. What do you think?

PUPUZZLED MOTHER

DIFFICULT TASK

ANSWER: It seems to be very difficult for parents to strike a happy medium in dealing with their children. They are nearly always too strict or too lenient. They let them run wild or they keep them prisoners. And which course is the more dangerous, it is hard to decide.

I think your husband is altogether wrong in the attitude he has taken towards his daughter, and that unless he modifies it, he will bring about the very catastrophe that he is striving to prevent. For if he keeps her shut up at home, with only Mother and Father for company (and we parents bore our children to death), segregated from the youngsters of her own age and deprived of the pleasures they are enjoying, he will inevitably make her pleasure-mad and boy-crazy. And when she defies him and breaks away from him, she will have no way of protecting herself, as she would have if she had been allowed to go about with boys normally and learn how to handle them.

Your husband forgets many things. One is that we have speeded up everything in this age, even the development of children, and he is doing his daughter a great injustice by denying her all contact with the boys and girls of her own age and social status. He will make her shy and awkward, unsure of herself, unable to hold her own with other young people. She won't fit in anywhere. She will have no dates and will probably be an old maid, or else marry the first boy who asks her.

Ignorance is not innocence. The way to fit a girl to meet the world is not by keeping her shut away from it, but to teach her how to take care of herself in it.

DEAR MISS DIX: My mother, whom I adore, presents me with a problem. When Father passed on a few years ago, she came to live with my husband and me. My husband is very kind and thoughtful of her, but, after all, he married me, not her, and he would like for us to have some life to ourselves sometimes. Mother never seems to think of this. If we have company, she stays around, and monopolizes most of the conversation. We can never go out without taking her along.

My husband thinks that I should tell Mother that while she is welcome in our house and we will do everything we can to make her happy, that we would like some time alone, but I can't do this because I know it would hurt her feelings. But my husband's health is not good and I feel that I should do things to please him as well as Mother. How can I handle the situation tactfully?

PERPLEXED

ANSWER: It is a situation that can't be handled diplomatically because, if your mother had any delicacy of perception, she would realize that every husband and wife who love each other, and enjoy each other, desire to have what the poet called the "solitude of two."

Nothing short of a knockdown statement of fact that your husband and you would like to be left to yourselves sometimes will make your mother even suspect that you don't pine for her constant companionship, and you can't possibly deal her vanity that blow without wounding her to the quick.

And that is a hard thing to do, for the old have so few pleasures that it seems cruel to deprive them of the one they enjoy most, and that is talking. The listener may be bored to tears, but the old never suspect that you are not being thrilled by hearing for the thousandth time all about when Johnny had the croup when he was three years old, or how Grandpa fought in the Civil War.

Why the old never realize that their children would like to be alone with their husbands or wives and why they don't retire occasionally to their own rooms immediately after dinner, no one knows. But they don't.

BOILS

DON'T SUFFER—MECCA WILL RELIEVE

Apply Mecca twice a day in thick poultices: Mecca will relieve the pain—bring out the pus and the core, and heal quickly without a scar. Mecca Ointment is sold by all Druggists, 25c, 35c (tube), 50c and $1.00. 58

"MECCA" OINTMENT

MORNING SMILE

TOTAL LOSS

Vicar — Ah, Mrs. Tompkins, we never realize the value of anything until we've lost it.

Widow — No, sir; but I shan't realize anything — my husband wasn't insured.

LET NO MAN PUT US UNDER

Old Gentleman (to very rich old lady at a party) — "Who is that handsome young man standing over there?"

Old Lady — "That's my son-in-law. He's a very brilliant young man—made a large fortune by the law."

"Really! How's that?"

"The law made him my daughter's husband."

BETTER ENGLISH

D. C. Williams

1. What is wrong with this sentence? "She was overly anxious to hear from him."
2. What is the correct pronunciation of "bouquet"?
3. Which one of these words is misspelled? Acquittal, acquiescence, acquarium.
4. What does the word "diffident" mean?
5. What is a word beginning with to that means "to endure"?

ANSWERS

1. Say, "She was overanxious." 2. Pronounce boo-ka, oo as in boot, a as in day, accent last syllable. 3. Aquarium. 4. Wanting confidence in one's self; timid. "The servant opened the door with diffident courtesy." 5. Tolerate.

GIVE CLOTHES TO WAR VICTIMS
OCT. 1st to 20th
Take your contributions to your nearest Post Office or any official COLLECTION DEPOT.
"SALADA" TEA

A JOB ONLY YOU CAN DO

Price Control Questions and Answers

Questions and Answers on Price Control will appear in The Guardian as a regular feature each day. The questions are those which have reached the Wartime Prices and Trade Board from housewives in this region. The answers are provided by the Board Readers. Persons who have intelligent questions to ask on price control are invited to send them in writing to, the Women's Regional Advisory Committee.

Q. Are clubs and organizations planning welcome home celebrations for returning servicemen allowed to apply to the Ration Administration for additional rations?

A. The W. P. T. B. is very much in sympathy with welcome home receptions but it cannot afford to allot extra rations for this purpose. Organizers of such receptions, must therefore, use individual members' ration allowances if they serve refreshments involving rationed foods.

Q. I am a farmer and slaughter my own meat. What are the ration regulations which I must follow

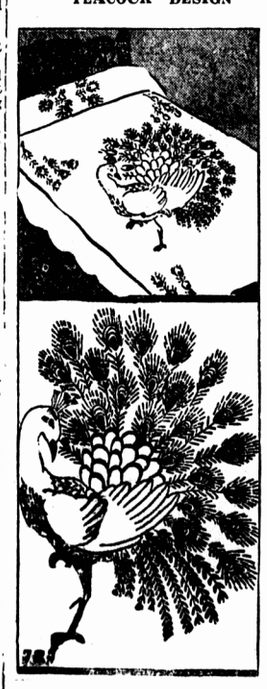
A. Farmers slaughtering their own meat must surrender meat coupons for farm-slaughtered meat which they use in their own household, and they are also asked to collect and turn in coupons for the meat they sell to their neighbours. This regulation is absolutely necessary to prevent unused coupons getting into general circulation where they might easily upset our whole equitable distribution plan. You can get a special envelope from your local ration board for turning in these coupons.

HEALTH-DESTROYING BRONCHITIS Gets Fast Relief

Do you choke, wheeze and gasp for breath? Is your throat dry and irritable? If you suffer in this manner, turn at once to Polson's Cough Syrup. There isn't such a long time to wait for results when you use Polson's Cough Syrup—a soothing, aromatic medicine that goes to work with the first spoonful you take. Start now to clear up that irritating tickle in your throat—get rid of your night cough—cut out the coughing and expectorating—clear up that tense throat-soreness. Help yourself to clear away these troubles by using Polson's Cough Syrup; it is so soothing! Let it help those raw surfaces to heal over and relieve that burning dryness. The antiseptic medication in this syrup can do many sufferers a world of good. Accept no substitute for Polson's Cough Syrup. Sold by all Dealers in Medicine in 35c bottles.

POLSON'S COUGH SYRUP

PEACOCK DESIGN



DESIGN NO. 727

All bright colors of left-over floss from the sewing basket are used to embroider this attractive bedspread. Hot iron transfer pattern No. 727 measures about 11 by 15 inches with 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 Guardian.

Design No. 727

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HOW CAN I ! !

By Anne Ashley

Q. How can I prevent the breaking of rice kernels?

A. Do not stir rice while cooking, because it breaks the kernels and makes them mushy. To avoid sticking to the bottom of the utensil, grease the pan before cooking.

Q. How can I remove tar from the hands?

A. By rubbing with a slice of lemon orange peel. The oils in the skin dissolve the tar so that it can be wiped off very easily.

Q. How can I make the surface of aluminum look like new?

A. By pouring a few ounces of vinegar in each aluminum utensil. Heat it and then scour the surface.

FIRST "OSCARS"

The first movie "Oscars" for acting, presented by the Academy of Motion Picture Arts and Sciences went to Janet Gaynor and Emil Jannings in 1928.

VARIED USES

The juice of the crocus was used by Roman women as a hair dye. In recent years it has been used in making cordials and as a coloring for cakes.

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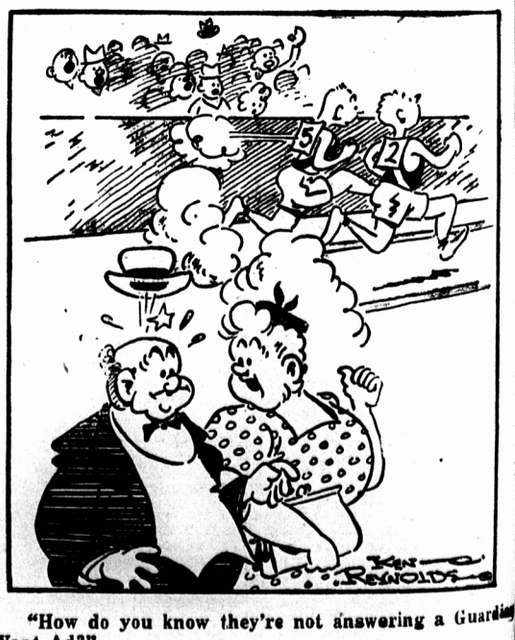
QUICKIES By Ken Reynolds



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