

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

## Living & Leisure

### THE WOMAN'S REALM

When high hopes topple from unfriendly skies  
 Mad Lady Luck turns down another street,  
 Sometimes a mongrel's loyal, trustful eyes  
 Can make a man ashamed to own defeat.  
 —Rhymes of a Rambling Reporter.

Revised fashion interest in leading sequined gowns prompts eminent jewelry designer to caution against creating a Christmas tree effect by wearing jeweled dress clips at the same time. He recommends earrings, bracelets or a necklace instead.

#### TO KEEP SQUASH SOFT

Bake halves of winter squash in the shell upside down in a pan containing a little water, and it will not be hard and dry.

To prevent staining aluminum pots and pans clean immediately after each time they are used. Wash in hot soapy water, rinse and dry them. Never leave them to soak or they are likely to darken and become rough. Clean stains with soap pads or a cleanser that doesn't contain a harsh abrasive.

#### GIRL'S CLOTHES CLOSET IS REVEALING

Are you a wild speculator or a shrewd investor in clothes? A good doesn't have to major in high finance to find out whether she's investing wisely or speculating madly with her wardrobe allowance. An inventory of her clothes closet will give her an unbiased answer.

If she's a shrewd investor who gets her money's worth, her wardrobe is as carefully balanced as a bookkeeper's ledger. Her closet lists only active clothes—those that are ready to slip on at a moment's notice, that complement

each other, that take to accessory changes to double their value. She spends the most money on clothes she wears the most; she cares less money to dresses she wears infrequently. Her wardrobe may be small but it's rated AAA because she always looks her best. The reason she does is that she is thoroughly aware of her needs before she invests her cash.

Now take the case of the speculator. With the same cash outlay, the speculator splurges on spur-of-the-moment purchases without regard to wardrobe needs. As a result, she usually winds up with a closet full of clothes—many of them mistakes—and few that she actually likes to wear. Her closet will harbour a mixed-up jumble of outfits which taken separately may be handsome but collectively will refuse to harmonize with each other.

#### SHOULD EXPECT TO DO HER DUTY

Something is seriously wrong with the upbringing and education of a girl when she goes into marriage expecting all the privileges and rewards of marriage, and yet is resentful of having to hold down the job of a housewife.

Take Margie as a fairly typical example of a girl with that attitude toward marriage. "To hear her complain, you'd naturally suppose that she leads a tough life. There's so much work, she never seems to get done. She's tied down all day long with two small children, when she would like to be running around with the girls. Her husband doesn't realize what a strain Margie is under. And so on.

Actually, Margie is a plenty good-natured girl. She has an ambitious husband. She has a pretty, modern home, with most of the labour-saving devices that are on the market. She has a share in the family car. She has a pretty yard. She has two well-clothed, well-fed children.

Margie, herself, has clothes that are good enough, though not as many or as expensive as she would like. All of that, marriage has given to Margie. Yet, apparently, no one has ever told her that no woman should expect to have so much handed to her on a silver platter, that in return for all of those benefits and blessings she should shoulder the duties and responsibilities of a housewife.

#### That Body Of Yours

By James W. Barton, M. D.

#### PREVENTION NOT CURE OF OVERWEIGHT

One of my close relatives, a physical director, was unusually well built. When asked how he had acquired his well developed muscles, he always pointed to a bottle on his desk, the label on which was Blank's developer. "I take a spoonful of that developer three times a day."

The questioner would usually smile and say, "I guess it took regular exercise to attain your muscular development."

I often think that so many who see themselves becoming overweight could learn a lesson from the above, in that if overweight is to be prevented it means regular or steady effort in avoiding too much food—especially too much starch and fat foods.

There is no question but that if those who are beginning to put on excess fat were to look ahead and see what they will look like within a few years if they continue to over-eat, they would stop eating so much food everyday of their lives just as the well developed man takes regular exercise daily and sees ahead of him what he will look like because of taking his regular exercise. It is this daily "prevention" of acquiring excess fat that pays large dividends, not only in appearance but also in health and happiness.

I often speak of the dangers of overweight and have mentioned the findings of the effects of overweight among officers in World War II. In a series of examinations of nearly 23,000 officers, it was revealed that high-blood pressure, which is the cause of heart strokes and brain strokes, was found 12 times as often in overweight as in those of normal weight.

"High blood pressure is not, however, the only penalty of gross overweight. This unnatural condition predisposes to diabetes, hardening of the arteries, kidney troubles, gall bladder disease, gout, and various other degenerative maladies. It puts a strain on the heart, on the feet, and on other organs, and it makes that stout person a poor surgical risk."

The thought about overweight, then, is not to wait until you are burdened with excess fat, which means taking hard exercise or doing without foods you greatly like, but to avoid this hard task by not letting yourself become overweight. Just a little less food daily will prevent overweight.

#### Ellen's Diary

By an Island Farmer's Wife

"'Tis swate it is indade—an very true to life as many a time I've heard the old people tell it" Pat said. With James and me he was admiring a calendar which had come in today's mail—And a city dweller could never imagine the snowy drifts it came along to arrive at our mailbox by way of the mailman's horse and sleigh, nor the delight at finding it there when one of the family taking the winter short-cut which leads past the old russet tree in the orchard and our spruces that could tell of bygone days, came there this noon to collect the mail. "A Pioneer Home" James read; "sure enough" Pat said "and of logs, I mind well my father telling of them." "The logs were dove-tailed at the ends" James supplied "and a chimney of field stone" I commented, and all set in a clearing that was new beside a stream. "Look" Pat pointed out, for sometimes James is not so discerning as at others "sure an' it's herself that is carrying the buckets of water from the brook!" "He's likely off mowing" I remarked "besides she would only have to fetch it for the cooking—see there's a rain barrel at the house corner." And a grind stone "near the door" James said doubtless thinking of the wood-chopping, and saving which continues almost daily, between spells of choring at the barns. And "swate" too I found it and others which came for James and all to enjoy in these early days of the new year.

Pat was at the door this evening when James opened it to find the bark. Indeed for some minutes before, his barking had been almost continuous as if he were well aware of Pat's coming. As indeed he had been, following with excitement the progress of the white mare along the snowy fields and presently up to the yard. "Are you off courtin'?" I overheard James ask and then Pat's laughing reply: "No, but have ye a stand for my mare?" For tonight Pat drove in the moonlight along a crisp and wintry trail. For there had been a breaking of roads today in the wake of last night's storm. It had been strange we said as we talked of the weather later, how quickly that storm had developed surprising all of us except James. He had expected it and had been waned to dusk. So balmy it was that in the lowering clouds I looked for the January thaw. "We had four before this last year" I recalled Mr. C. from the house on the hill saying on a recent visit. But James regarding sky and wind, shook his head. Rob's and the folks from the house across the lane were spending the day with us and when twilight was closing in James came to me to whisper: "I think they should be off home—we're going to get a storm out of this, Ellen. There's odd flakes falling now, and the wind's rising."

But we quite forgot his warning as in the peace and quiet and comfort of the Sabbath evening we gathered about the supper table, small ones and all. Snow was swirling in smothering gusts by the time Rob gathered his family into the shelter afforded by the depths of the farm sleigh. Their home going was made in safety however and there were signs of relief when Karolyn gave us news of it. We still had to watch Jock and Jeanie,

#### Dorothy Dix Says—

### Leap Year Proposals

#### Happier Marriages Likely If Women Take Lead in Courting

DEAR MISS DIX: On the question of whether a woman should propose to the man she loves and wants to marry, I say yes. Women are now in business ventures, on an equal footing with men in every-thing, except the right to select their mates. This makes it ridiculous that the modern girl should still be bound by the old-fashioned idea that she has to be coy and shy and wait for some man to come along and discover that he is in love with her and wants to marry her.

I am a man and I know what I am talking about. This idea that men should do all of the courting and that it is unbecoming for a woman to even let a man know that she admires him causes a lot of heartbreak. So I say let the girls have the same right to propose as the men. There wouldn't be so many old maids and old bachelors if women were free to pop the question.

ANSWER: I fully agree with you, Mr. Man. For it is certainly a senseless custom that gives women the right to do everything else under the sun, except the thing they want to do most, and that is to have the privilege of selecting the husband they want and with whom they expect to spend the balance of their lives.

#### GIRLS SELF-SUPPORTING

Of course, in the old days when women had no way of earning money, it was manners for a woman to wait until she was asked before she wished her support on a man, but now when practically every girl has a trade by which she can not only support herself but a husband, if she happens to get a Weary Willie, there is no reason why she shouldn't take the initiative in love-making and get her pick, instead of having to take what she can get.

Personally, I am strong in the belief that if women were free to do the proposing there would not only be more marriages, but happier ones. For husbands are a matter of taste, and the woman who gets her husband's desire in one spends her life in catering to him and trying to please him and thanking God for her luck.

DEAR DOROTHY DIX: We are a group of teen-agers who would greatly appreciate it if you could answer these questions for us: (1) Do what is the first thing a boy notices in a girl when they meet? (2) Do girls like loud or quiet girls? (3) Why do boys grumble about wearing ties? (4) Is it better for girls to double date? (5) We girls have trouble about our boy friends bringing other boys along on our dates. How can we stop this? (6) Do boys like to see girls in sport clothes or dressed-up?

ANSWER: (1) The first thing a boy notices in a girl is whether she is a good-looker or not, but that doesn't mean that she has to be a beauty. What first attracts a boy to a girl is her looking jolly and friendly and easy to get acquainted with. (2) As a rule shy boys like loud girls who cover up their bashfulness for them, while the wolves prefer quiet girls who let them do all the talking.

(3) The boys who grumble about wearing ties are the Sloppy Joes who think they don't have to make themselves attractive to girls. (4) If you want to have fun, double date. Four people make a party. But if you are really serious, it is good policy to segregate one lad from the crowd.

(5) The more popular a girl is, the more she attracts other men, so it is a mistake to try to stop your boy friend from bringing along his buddies. Don't cut down on the visible supply of boys. You may need them, for as long as a lad brings along other lads when he comes calling he has no serious intentions.

(6) Whether a boy likes to see girls in sport clothes or dressed up depends upon how old he is and how sophisticated. If he is still in the hobbledoh stage, he likes them in sloppy clothes that are none too clean, because his taste is undeveloped and he feels more comfortable with them. But if he is old enough to know what's what, he likes to be seen out with a girl who is all dolled up and looking her best.

DEAR MISS DIX: I am a woman with two small children and am expecting another. I do all of my housework and, in addition, am in very poor health. I have a friend who knows all of this, yet she makes a regular habit of bringing her baby and dumping him on me to take care of. How should I go about telling this friend that I cannot keep her baby?

ANSWER: Your case calls for no diplomacy. What you need is a little backbone. Tell this alleged "friend", who is nothing but a dead-beat, that you are not running a day nursery, and that you positively refuse to take care of her baby, while she goes gadding.

With Pat tonight we talked

(Continued on Page 3)

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It's bought and enjoyed by more people than any other brand of coffee in the world at any price.

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#### Household Scrapbook

By Roberta Lee

#### Water Stains

Water stains on mahogany may be cleaned if done at once. If it has been on long enough to cause a white spot, it can be removed if rubbed with a soft cloth and a little polish. The spot will eat into the finish if allowed to remain, and the table top will need refinishing.

#### Cough Remedy

When bothered with an irritating cough at night, put a teaspoonful of glycerine in a glass of cold milk and take a few sips at a time until relieved.

#### Antique Candles

An antique effect can be obtained by brushing brown floor stain over white candles.

#### Better English

D. C. Williams

1. What is wrong with this sentence? "I do not know if she heard us."
2. What is the correct pronunciation of "clothes"?
3. Which one of these words is misspelled: Courier, coterie, courageous.
4. What does the word "ephemeral" mean?
5. What is a word beginning with di that means "deeply dejected; sad"?

#### ANSWERS

1. Say, "I do not know whether she heard us."
2. Pronounce clothes, o as in no, th as in the, and not cloth-ler.
3. Courageous.
4. Beginning and ending in a day; hence, short-lived.
5. From e-al, first and second e's as in set, third e as in her, a as in at, accent second syllable. Some vernics claim that love is ephemer-ally.
5. Disconsolate.

#### Morning Smile

Little Gordon had arrived home from school with a cut lip and a black eye. "Dear me!" exclaimed his mother. "Do you mean to say you've walked through the streets like that?" "I had to, mum," grinned Gordon. "You see, there wasn't room for two of us in the ambulance."

Two Britishers met after a long separation and compared notes about their adventures. "I've been drivin' ambulances, puttin' out fires and all sorts of things," said the first. "What have you been doin'?" "I was at Dunkerque," replied the other.

"Heavens," gasped the first. "Dunkerque?" "It musta' been terrible!" "It was 'orrible," was the retort. "rained every day."

Those whose birthday it is are on the eve of a most exciting and brilliant coup, with an exceptional opening for putting over bright ideas, with ingenuity and startling technique, which may attract attention from public or influential sources. It would be well to start on a basis of stability and security for the future rather than to aim at sensational goals of passing significance. This is incited by a pure personal desire to shine, to reach the limelight, or possibly with an objective of a social or professional nature rather than enduring gain or progress. Much pleasure is also in sight.

A child born on this day has excellent promise for long-range success based on originality, skill, ingenuity or brilliant ideas.

#### Cook's Corner

#### CABBAGE CARROT SALAD

3 cups shredded cabbage  
 1 cup grated carrots  
 1 cup thick sour cream  
 2 teaspoons vinegar  
 1/4 teaspoon salt  
 Dash of pepper

METHOD: Shred the cabbage finely and grate the carrots with a grater. Chill these ingredients well. Now add the vinegar, salt and pepper to the sour cream and mix well. Add to the combined cabbage and carrots and toss together lightly.

The last of these is simply a mixture of grated carrots and ground peanuts.

#### CARROT-PEANUT SALAD

2 cups coarsely grated carrot  
 1 cup coarsely chopped peanuts  
 Salt and pepper  
 Mayonnaise

METHOD: Grate the carrots and chop the peanuts, then mix together and season to taste with salt and pepper. Add enough mayonnaise to moisten and serve well chilled.

#### SCOTCH STORY

Outfit a little lassie Scotch style in this suspender strapped pleated skirt, round collared blouse and jacket. Then add a jaunty hat with bold ribbon streamers to top it all! (Two separate patterns.)

No. 2334 is cut in sizes 2, 4, 6 and 8. Size 4 skirt requires 1 1/2 yards 54-inch; blouse, 1 1/4 yards 35-inch; jacket, 3/4 yard 54-inch.

No. 2952, the hat, is cut in head sizes 19, 20, 21 and 22. Size 20 requires 1/2 yard 18-inch fabric; 1 1/4 yards ribbon.

Send 20c for each 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 some number in your address.

Address Pattern Department The Charlottetown Guardian Pattern Nos. 2334 and 2952

#### The Stars Say--

By Genevieve Kemble

For Tuesday, January 27

EXCEPTIONAL opportunities for innovations, fresh slants or novel propositions or projects based on very expansive deals, especially techniques, are sure to "go over with a bang" moving readily to long-range culminations, with ever-increasing scope and enhanced dividends. A spurt of high initiative, a strange or ingenious idea may turn the trick. But work for enhanced prestige, future security and solid returns rather than a spectacular flash-in-the-pan. Mistaken judgment might interfere, but the personal element is strong.

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#### COOK WITH BOTH HANDS

Learn to use both hands interchangeably when you cook. You save much time.

#### WEAK NERVOUS

cranky every month? Are you troubled by distress of female menstrual periods? Does the make you feel so tired, high-strung, nervous, irritable, such times? Then do try Lydia E. Pinkham's Vegetable Compound to relieve such symptoms! Pinkham's Compound is especially for women, and is very helpful for women troubled this way. Any Druggist.

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

### One War Groom, Almost Lost in the Crowd



Smiling intruder in shipboard "no man's land" is war groom their way to ex-G.I. husbands as ship docks in New York and Mrs. Anthony Ward, former British army corporal, on his way to his bride, Daphne Herrold, second from right, has lent him one of her twins for former W. A. C. in Ohio. He's getting lots of advice from brides on the experience.

**ACTS 2 WAYS TO RELIEVE MISERIES OF BRONCHITIS**

Now get real relief from coughs, soreness and congestion of bronchitis—this double-action way that actually

**ACTS 2 WAYS AT ONCE!**

**PENETRATES** Deep into bronchial tubes with soothing medicinal vapors.

**STIMULATES** chest and back surfaces like a warming poultice.

**RELIEVES** sore throats for hours.

To get all the benefits of this combined **PENETRATING-STIMULATING** action, just rub throat, chest, and back with Vicks VapoRub at bedtime. Instantly VapoRub goes to work—2 ways at once as shown above—to ease bronchitis congestion, loosen congestion, relieve muscular soreness, and speed restful, comforting sleep. Often by morning most of the misery is gone. Get relief from bronchitis distress tonight with double-action, time-tested Vicks VapoRub... Try it!

**Needlecraft**

FOR THE HOME

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