

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

Household Scrapbook

By Roberta Lee

Keeping Pastry

When a double amount of pastry is prepared and half of it is put away in the refrigerator for future use, brush it all over with shortening and wrap in waxed paper before placing in the refrigerator. The pastry will not dry out if this is done.

The Toothbrush

Four a tablespoonful of peroxide over the bristles of the toothbrush at least once a week, then rinse with cold water. This will keep the brush sterilized.

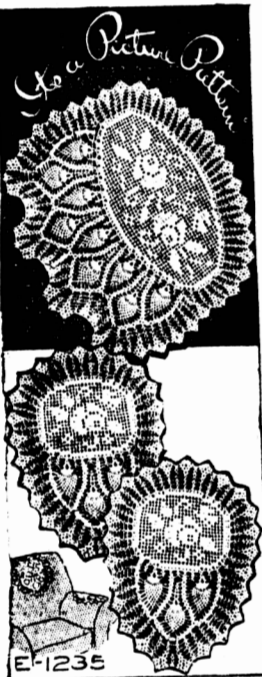
Plaster Walls

Instead of driving nails into the plaster walls, sometimes causing an ugly scar, try using screws, which will not crack the plaster.

Morning Smile

"Edith," he whispered, "will you marry me?" "I don't know, Tom," she replied coyly. "Well, when you find out," he said, rising, "send me word, will you? I'll be at Eva Gordon's until 10 o'clock. If I don't hear from you by then, I'm going to ask her."

ROSE AND PINEAPPLE SET



DESIGN NO. E-1235

The rose motif in this pretty chair set is worked in flat crochet and finished with the beautiful pineapple design. Pattern No. E-1235 contains complete instructions.

To order: Send 20 cents in coin to Needlework Bureau, Charlottetown Guardian. Design No. E-1235

Name _____
Address _____
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Love at first bite!

Moirs

Beyond question... the Best!

Tongue-tingling... soothing and refreshing! If you like peppermint, THIS is for you. A cool and creamy peppermint patty richly covered with Moirs exclusive chocolate coating.

That Body Of Yours

By James W. Barton, M. D.

CHRONIC DIARRHOEA — COLITIS

A patient consulting his physician because of attacks of diarrhoea, followed by constipation for several days, was referred to an X-ray specialist for examination of the stomach and small and large intestine and instructed to report to his physician when X-ray films were completed.

He reported for a six-hour film, then again for 24, 48, 72 and 96-hour films, after which he was told that no further pictures would be taken. The X-ray specialist sent a report of his findings to the physician, but the patient did not report to his physician. Meeting him on the street, the physician asked why he had not reported, as the films had been completed for several weeks.

"I felt so much better, doctor, after those barium sulfate doses every week, and I'm not bothered with the diarrhoea or constipation any more."

"Why does barium sulfate help in these cases of colitis, as this ailment is called? It is because it sweeps out the lining of the stomach and intestine, and gives the whole lining surface of these organs a healing cleansing cure."

In some cases, where the lining surface has some pockets or small ulcers in the colon or large intestine, the barium spreads a coating over the small depressions—ulcers or pockets. They gradually heal because poisonous wastes do not get into them.

"In gastroenterology," Dr. Edward D. Kiefer, Lahey Clinic, Boston, describes a method of treatment of the severe form of colitis—ulcerative colitis—in which the diarrhoea is controlled by selecting a diet which does not irritate or too strongly stimulate the bowels, and to slow motility, and makes stools more solid. Protein foods—meat and fish—and extra vitamins should be added.

"Surgery may be necessary in chronic cases.

CONSTIPATION

It has been estimated that there are more persons who constipate than there are without it. For information on this subject send today for Dr. Barton's helpful booklet entitled "Constipation." To obtain it just send 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.

How Can I!!!

By Anne Ashley

Q. How can I remove a scorched mark from woolen fabric?

A. If the material is not washable, rub lightly with a piece of white flannel wrung very dry out of cold water and slightly moistened with glycerine. If the glycerine leaves stains, they can be sponged out with alcohol.

Q. How can I make a polish for metals?

A. By using 1 cup of cigar ashes mixed with 2 tablespoonfuls of bicarbonate of soda, brought to a smooth paste with water. Use on a clean cloth, rubbing vigorously.

Q. How can I weatherproof wood?

A. Wood can be made extremely durable and weatherproof by covering with several coats of hot linseed oil varnish.

Legends Of P. E. Island

By Uncle Joe

THE LAKE SERPENT

Few persons living today know the story connected with O'Keef's Lake, a small body of water which lies in Kings County. Tradition says that this lake was once the abode of a terrible sea-serpent of such length that its body stretched from shore to shore. When this strange creature exercised itself it used to have to circle the lake, keeping well in to the shore.

Old-timers used to go to this spot and watch a middle-aged or elderly man, who has had a long and happy life with his wife, is just as helpless as a lost child when she dies. She has been friend, companion and personal manager for him, and he doesn't know how to get along without her. He can't even find a wife in their own age class and who is, preferably, an old friend of their deceased mate.

When in need of food it would open its mighty mouth and wait till a passing fox or rabbit would run down its throat. Then the powerful jaws would come together with a noise that could be heard for miles. This act would be repeated a number of times, or until sufficient food had found its way into its mammoth belly to satisfy its hungry appetite.

Then it would swim out to the centre of the lake, wind its long body in neat coils and sink to the bottom, where it would lie in a stupor till the wild things it had swallowed were digested.

One day, so the story goes, a father and son were walking along the shore of the lake when all of a sudden the father heard a terrible scream and, upon looking around, was just in time to see the boy disappearing down the lake. Among the equipment were two small boats, twenty loaded muskets, several long knives, four stout grappling hooks and some heavy rope.

Raising his musket, he fired several shots into the monster's body, which had no more effect than rain upon the back of a duck.

Sadly he watched while the horrible creature withdrew itself to the centre of the lake, coiled and sank beneath the surface.

When the grief-stricken father arrived back in the settlement and told the tragic story, the people vowed that, come what might, they would capture the monster, dead or alive. So they mustered a party of twenty men and immediately set out for the lake. Among the equipment were two small boats, twenty loaded muskets, several long knives, four stout grappling hooks and some heavy rope.

Rowing out to the middle of the lake, they dropped anchor and, very cautiously, looked down into the water.

Sure enough, there on the bottom lay the object of their search, all curled up and apparently asleep.

The grappling hooks were brought forth and sharpened to a razor's thinness, and then fastened securely to long poles. The ropes, in turn, were secured to the end of the poles.

When they called for volunteers to go down, every man of them stepped forward, but only one was chosen. His job was to descend into the water reached his neck. Then a second man handed him the pole and grappling hook.

With a strong quick movement the man on the ladder brought the sharp hook against the monster's body. Another quick jerk and he felt it taking hold in the creature's flesh.

Then he came up and another man, armed with a second hook, took his place on the ladder. This act was repeated until the four hooks had been firmly driven home.

At the while the creature lay as if dead. Then, in order to raise it from its stupor, each man fired simultaneously a shot from his musket.

This had the desired effect. Suddenly there arose to the surface a great coil of flesh. Bang! went the muskets again, but this time their fire was directed squarely to the creature's head.

For a moment all was confusion. The coiled body began to uncoil itself. The men lightened on the ropes and again discharged their firearms directly at the monster's head. For moments there was a fierce battle in which the water was churned and sprayed over boats and men till they thought they must drown for certain.

After that the mighty lake monster lay upon the surface, broken and thoroughly subdued; but it took all of another hour before the thing was finally dispatched. Up till now everybody had been too busy dealing with the sea-serpent to give much thought to the boy.

DOROTHY DIX SAYS—

Should Widowers Remarry? Middle-Aged Or Elderly Men Find Second Marriage Greatly Beneficial

DEAR MISS DIX: My mother died a few months ago leaving Father alone at his home in a distant city. They were very happy together and we are sure he never will be happy again until he accepts another helpmate.

What do you think of second marriages? TWO DAUGHTERS

ANSWER: I think you two daughters are taking exactly the right attitude toward your father marrying again. Most children bitterly oppose this. They consider in respect to Mother's memory if he puts another wife in Mother's place, and feel that they are acting nobly when they invite Father to come and live with them.

None of these arguments cover the case at all. They ignore the fact that a middle-aged or elderly man, who has had a long and happy life with his wife, is just as helpless as a lost child when she dies. She has been friend, companion and personal manager for him, and he doesn't know how to get along without her. He can't even find a wife in their own age class and who is, preferably, an old friend of their deceased mate.

And Father, who has been at the head of his household for a generation, simply doesn't fit into his children's homes. He is used to giving orders and doesn't know how to adapt himself to his daughters-in-law and sons-in-law's regime. The children's noise gets on his nerves. Their friends bore him, and he doesn't like his daughter-in-law's cooking. It is the old adage come true again—that you can't teach an old dog new tricks.

So that is why widowers marry. It is the only solution of their problem, and it is the wise thing for them to do, provided they pick out a wife in their own age class and who is, preferably, an old friend of their deceased mate.

DEAR DOROTHY DIX: I am a girl of 16 and have been going with a guy, who is 19, for a year. He is very jealous and gets furious when I even look at another boy. He tells me not to go to town alone or with another girl for fear I might speak to some boy. But if I don't talk to you about what you shall do and leave undone.

No girl who has any self-respect will submit to a crazily jealous and over-protective man. There are lots of nice boys in the world. Why is it at least a girl for fear I might speak to some boy. But if I don't talk to you about what you shall do and leave undone.

DEAR DOROTHY DIX: I am in love with a boy who professes his love for me, but desires a couple of years of freedom before he settles down. Should I date him on his conditions, or will it be better not to date him at all until he feels sure that he really loves me? P. A. K.

ANSWER: I think that your boy friend is showing a lot of intelligence by frankly telling you that he wants to have his fling before he marries, instead of afterward. It gives him a chance to work off some of the effervescence of youth and to find out that there isn't so much fun in being a playboy, and find out if what he peels is the grand passion or just a passing fancy. It is a matter of common knowledge that no men are so horsebroken as the ones who have had wandering feet and are ready to settle down and be faithful.

And it is equally good for a girl of 18 to have had her little playboy. The most contented wives are those who have had lots of beaux and who have danced their toes off of their feet.

Modern Etiquette

By Roberta Lee

The Stars Say--

By Genevieve Kemble

For Tuesday, January 25

THE auguries may be considered encouraging for straight business contacts, with shrewd and sagacious moves to accelerate quick chances for renewal of cuts of it. Yet there are undercurrents of suspicion and distrust, in which suspicious situations or "sharp practice" may disrupt promising relations or understandings of a personal nature. A sudden switch may prove disconcerting or disastrous, unless discretion and sound principle be adhered to strictly.

For the Birthday

Those whose birthday it is may have to make quick decisions and fast moves if certain menacing situations are to be sidestepped. There are treacherous circumstances and suspicious angles, probably causing arguments, rash changes and radical upheavals. While the mentally may be keyed to sound objectives, with excellent promise, yet covert actions or treachery may make a sudden about-face advisable. Personal relations seem to be involved, with queer climax. Shun all strange complications and misplaced confidence.

A child born on this day, while versatile and enterprising, yet may alienate friends and associates by its misplaced confidence, being easily victimized by schemers or queer associates.

Until tomorrow... Diary... Good-night...

Cook's Corner

CHOCOLATE-CHIP COCOANUT PUDDING

In a good many of our puddings of this type, we include beaten egg whites and it does contribute considerable delicacy to the texture. But in this case, we are not using any egg at all. The pudding is a little sturdier for that reason, but is excellent eating and we hope will appeal to both adult and child. Serve with pouring cream.

Yield—6 servings.
2½ cups milk
1-3 cup granulated sugar
3 tablespoons corn starch
Few grains salt

SPECIALS

Olga's Beauty Parlor

Regular \$15.00 machineless permanents \$7.
Regular \$12.50 machineless permanents \$6.
Regular \$10.00 machineless permanents \$5.

Special prices on all machine permanents
150 Queen Street — Phone 2401

Ellen's Diary

By an Island Farmer's Wife

We missed the sparkle of frost diamonds from the hill-sides this morning, but were content with a light balmy wind that allowed us to come comfortably to our choring, and grand-daughter to ride after "our own mare" along the fields with her father on various hauntings. There was, of course, no sleighing as we know it, but only by skirting fences, where patches of snow still remain, they were able to reach farther fields. Perched happily on a warm horse-blanket and held within the safe circle of her parent's arm, it is doubtful if our small one will ever enjoy a more enchanted excursion than that afforded her in this morning's outing.

Pard, a brisk white figure scouted ahead.—In the afternoon, after the cattle-watering, he came to sit desolate by the gateway, to look out upon a quiet and almost deserted countryside. Only the mail-man's wagon came in along the hill, his long road at an end and there had been also Mr. S's car, which once would have carried Pat. He was on his way to the wood-chopping in the woodlands which neighbor us across the road, from whence when at our choring, we could hear the echo of ringing axes. It is always an industrious, comforting sound which promises warmth and singing kettles, and lovely odors of cookery and content within.

At this moment, a piece of wild cherry, a gleaming from our woodland and only lightly regarded by our farmers, gives off a sweet-smelling, pleasant scent. Perhaps one might not be so partial to its strange fragrance, if she did not remember how beautiful these trees are when crowned with the glory of blossom. Or again how bewitching when fruited, and birds come to feast. It is so easy to recall now in its essence, that a remembered orchard held a wild cherry tree in a corner. Close by a once-just bridge it was, beneath which a clear sunny brook dimpled a brook which harbored darting minnows, and frog-song, and odd warty trout, and on warm lazy days water-spiders walked unconcerned on any small wayward pool there.

It was an old tree even then, with low trailing branches that begged small maids to gather its nosegay. And there too they came to try the deceiving fruit, but disappointed left them for the robins to harvest. The cherry stick gives off its pleasant aroma, and evening now, James catches a nap on the couch in the silence of the kitchen. Hands are clasped on his chest in a funny way he has and hard, strange dog that he is, sits beside a nose tucked beneath James' arm. Tabby ousted from her cushion has taken possession of the old arm-chair, and is curled there in a colorful round of fur, though the shades are now faded.

To James as usual these days of wood-gathering, fell the afternoon choring, but today these duties were intermingled with some entertaining. He was host to more than one visiting farmer, from the neighborhood and further. One went to the stables, to see him at the feeding. "Well, my soul and body, clean every manger like that before you feed the grain do you?" James would be down on his knees then, and perhaps with a mitered cap, carefully dusting each eating-place clean. The same as Jack does, or Rob—or Jamie has learned to do. "I fed every one of the cattle their grain this morning, cleaned out the mangers first," he recounted as part of his news one Saturday recently. I know James would reply rather shyly: "I always think they relish it more from a clean manger—and besides there is none of it lost to them." That is what James would say. "And then what did he say?" I asked James who was relating the incident, and chuckling over it. "Well, bless me!" he commented, laughing, "I've seen a lot of farming in my day—and done a lot of it myself, but I never before saw the like of that!"

These days, the pigs, not so long ago, merry, bright-eyed, playful weanlings are turning into more languid creatures, and occasionally over-weighs some conjecturing as to "what do you reckon the best one of those weights?" No weights have yet been taken, at least none since they graduated to a pen of their own. But, James stirs; Pard pricks up an ear, and rushes to the door; Tabby jumps quickly from the armchair to the friendly shelter of the stove. And upon each clean manger—and besides there is none of it lost to them." That is what James would say. "And then what did he say?" I asked James who was relating the incident, and chuckling over it. "Well, bless me!" he commented, laughing, "I've seen a lot of farming in my day—and done a lot of it myself, but I never before saw the like of that!"

Until tomorrow... Diary... Good-night...

HEARTBURN Two Rennie's SWEET DREAMS

Slim chance of peaceful sleep if you're pestered with pains of heartburn and upset stomach. But you can get quick relief if you keep Rennie's handy. Digestif Rennie's are pleasant-tasting little tablets which you take like candies (no water needed). Dissolved in the mouth, they soothe and soothe ingredients soon help to neutralize excess acid; distress and discomfort are promptly relieved. You'll be asleep before you know it! And for digestive upsets during the daytime, remember you can carry Rennie's in pocket or bag; they're separately wrapped for that purpose. If Rennie's don't relieve you, it's high time you saw your doctor. 25c and 75c all drugists. Ask for Digestive Rennie's.

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the new improved Richard Hudnut home permanent

Direct from a famous Fifth Avenue salon to you! Same preparations as used in expensive salon waves. Simple, step-by-step directions. Latest improvements to insure a softer, more flattering wave in far less time! Ask for the new, improved RICHARD HUDNUT HOME PERMANENT at our cosmetic counter; \$3.25. Refills \$1.75.

Hughes Drug Co.

½ teaspoon vanilla
¼ cup desiccated coconut
¼ cup cut-up, semi-sweet chocolate

Measure milk into upper pan of double boiler; cover and heat to scalding point over boiling water. Combine the sugar, corn starch and salt; gradually stir in part of the scalded milk; stir back into double boiler and cook over low direct heat, stirring constantly, until smoothly thickened. Cover and cook over boiling water, stirring occasionally, until no raw flavor of starch remains — about 8 minutes longer. Remove from heat and cool to lukewarm. Beat pudding foamy with a rotary beater and stir in vanilla; fold in coconut and chocolate (pieces should be about the size of small peas). Turn into individual dessert glasses and chill before serving.

The little black dress which has been worn for so many informal occasions by the British women the past sartorially lean years looks as though it were being ousted. Navy blue dresses would seem to be taking the place of the ever-popular black. It is being done in fine wools, in crepes, silk jersey and novelty taffetas.

Other colors used for afternoon dresses are sombre bronze, metallic clover, with a flash of lightening blue. Where head or sequin embroidery is used it is jet or topaz and bronze. Other trimmings include braided, white beaded collars and cuffs, gilt or beaded eyelids.

Needlecraft FOR THE HOME

BACKWARD GLANCE

2403 SIZES 14-18

"This frock's fish-tail peplum does it—gives you that fashionable back interest you're looking for this season! Finish with either long, three-quarter or cap sleeves — all are included in the pattern. No. 2403 is cut in sizes 12, 14, 16, 18, 20, 22, 24 and 26. Size 16, 3½ yards 38-inch.

Send 20c 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. 2403

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BABY'S COLDS

Time-tested home remedy for relieving miseries of children's colds. No dosing to upset stomach. VICKS