

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

Household Scrapbook

By Roberta Lee

Brass Beds
Brass beds can be made to stay nice by going over them occasionally with a cloth moistened with lemon oil or linseed oil. Brass beds will retain their surface longer if they are coated with a little gum shellac dissolved in alcohol.

Waffle Iron
Baking soda can be used to remove grease and discolorations from the electric waffle iron, and will leave it bright and clean.

Hard Wood
A screw or nail will penetrate hard wood much more easily if first rubbed with soap.

Better English

By D. C. Williams

1. What is wrong with this sentence? "I have got to see him at once."
2. What is the correct pronunciation of "kudos" (glory)?
3. Which one of these words is misspelled? Anonymous, anonymous, unnil, analysis.
4. What does the word "warrantable" mean?
5. What is a word beginning with "me" that means "answerable; accountable"?

ANSWERS
1. Say, "I must see him at once."
2. Pronounce the "u" as in "cute," "o" as in "nose, accent first syllable."
3. Annul, 4. Justifiable, defensible, unnil, analysis.
5. Warrantable is never warrantable. 5. Amenable.



Veto
NEW DEODORANT

checks perspiration STOPS Offending Odor effectively — gently

Always creamy, smooth. Harmless to normal skin... even to flimsy, fragile fabrics.

25¢ 39¢ 39¢
STAYS MOIST IN JAR

That Body Of Yours

By James W. Barton, M.D.

USEFUL DRUGS IN URTICARIA (HIVES) AND OTHER ALLERGIC CONDITIONS

While most of us have seen cases of hives (urticaria) caused by strawberries and other cases caused by shellfish, we may think there is something peculiar about strawberries and shellfish that causes the hives. As a matter of fact it is not the strawberries or the shellfish but something about the make-up of the individual that causes these foods to bring on skin irritation. Similarly it is personality make-up that causes pollen to develop hay fever or asthma. The same pollen does not cause any disturbance in the rest of the population.

Men, women and children develop hives, hay fever, asthma, stomach upsets because there is too much histamine in their blood and tissues. Histamine, then, is the underlying cause and that is why antihistamine drugs are so successful in giving relief in all these ailments.

Among the antihistamine drugs the best known is adrenalin or epinephrine injected under the skin to relieve attacks of asthma and hay fever. Other helpful antihistamine drugs are benadryl and pyribenzamine, both of which can be taken by mouth.

In "Modern Medicine of Canada," Dr. Howard T. Behrman, Assistant Clinical Professor of Dermatology, New York University, states that in allergy conditions (where the individual produces too much histamine, and is allergic or sensitive to various substances), the antihistamine drug overcomes the action of the histamine so that it cannot cause skin eruptions.

Dr. Behrman points out that while these antihistamines are effective for hives and other skin eruptions, especially penicillin, and other substances in the air, they are equally valuable in hives due to foods and for eruptions due to drugs, especially penicillin, and pruritus (itching), often present from unknown causes.

It is true of course that some of these antihistamines may cause side effects such as nausea and vomiting, but these symptoms pass away when the drug is withdrawn.

FIRST AID FOR BABY'S FIRST SNIFGLE

A step in time often saves nine. So be wise, and take this simple precaution at baby's first sneeze or snuffle. Give Baby's Own Tablets to clear little bowels of irritating waste materials that make baby fretful, feverish and discourage the rest so needed to keep up strength. Designed especially for baby's delicate system, Baby's Own Tablets have a laxative action that is gentle, yet speedily and the relief they bring goes a long way toward giving baby comfort while nature works to cure the cold. Sweet-tasting, easily crushed to a powder if desired, Baby's Own Tablets have been used by mothers for over half a century. Get a package today. Only 25¢.

Lonely Parade

By Annie Hurst

The last glance "ole lady", as the staid slim and not yet gray, the cretling stairway of the hall of Twenty-one East her background, was for her stepson. Hat, gloves and cane in hand, he bowed with the slightly mocking quality that characterized him in the presence of the husband of his stepmother.

Rolfie was coming for dinner. Fumbling at the easel of a blue silk, square-necked frock which Kitty had originally inherited from Elsie Pretorius-Tweed and then, decided it would make over nicely for Erna. The blue of the frock enhanced the blue of her eyes. It was her first dinner dress and it proved what Kitty described as the hopeless "hiatus between Erna's narrow body and a gown that on another might have been lovely. But the total effort, if meager, was not too bad. The eyes were blue. The waistline trim. The set of her huge pompadour, backed up by a flat blue moire bow, had that quality which makes the turning of the head of even a homely woman something pretty.

Rolfie to dinner had been the Charlottentown's suggestion. "Bring him around before you make up your mind. But I can tell you now, from even the passing glimpses I've had, I'm for him unless he has developed rickets or a harelip in the interim."

"You aren't, really. You simply think I'm no better than my opportunity. But it's lovely of you, Aunt, to ask him to dinner. Of course he'll come."

It was a Monday evening and there were no guests. Completing her procedure of assembling herself in her first dinner gown, Erna kept wishing that she could dispense with her glasses. By now Erna was genuinely sorry she had ever complied with the Charlottentown's suggestion that she invite Rolfie. Their weekly habit of dining together at a little red-wine table d'hote restaurant in Greenwell's Village on Rolfie's free day to come over from Tenally, New Jersey, where he was now on a bridge project, had sufficed very nicely. Even though she had prepared him, it was scarcely probable that Rolfie, doubtless trembling in his boots already, and lank and wrong in his new and too-blue suit, had any idea of the quality of what awaited him in this house, the like of which the boy from Wilmington had never dreamed, much less beheld.

And yet something perverse and almost cruel in Erna wanted to see for herself the unadjustability of Rolfie to his environment. If their weekly habit of dining together so sure was going to be his relationship, or lack of it, to everything she wanted or needed for her sustenance of mind and spirit. Life in her world would be no more fitted to Rolfie than she.

STUNG BY THAT WHISPER!

"B.O."

"HOW COULD I have been so foolish! From now on it's Lifebuoy for me!"

"MAN, I SURE GO FOR THE BIG NEW BATH SIZE LIFEBOUY! ITS RICH LATHER REALLY STOPS 'B.O.'... LEAVES ME FEELING EXTRA CLEAN—EXTRA SAFE!"

USE IT DAILY

NEW BATH SIZE LIFEBOUY Gives you more baths—extra protection 11: more soap for the money!

FROM 'HEAD' TO 'TOE'... LIFEBOUY STOPS "B.O."

DOROTHY DIX SAYS -

No Conscience Married Woman Amuses Self By Stealing Another's Mate

DEAR MISS DIX: I am very much in love with a married man who is my physician. The affair began by my amusing myself by trying to lure him away from his wife to whom he was very devoted. Well, I have succeeded and, although she became my friend and was very kind to me, I can't let that stop me now. I have a husband and child, but this passion of mine is greater than even my love for my child and I am willing to sacrifice everything. But I am wondering if he will come through the test, or will the ties that bind him to his wife prove too strong to break? If I am willing to give up my child for him I ought to be very sure that his love will be lasting. What shall I do?

AN UNHAPPY WOMAN

ANSWER: The thing for you to do is the decent, clean, kind thing, and that is to give up this gully love. Break up your liaison with this married man. Restore him to his wife before she finds out about his treachery to her and go back to your own husband and child and do your duty by them.

You do not seem to be troubled with much conscience, but surely no woman's soul is so dead that she can escape having twinges of remorse when she thinks that just to amuse herself she brought dishonor on two families and broke up two homes.

Sometimes love comes to us unbidden and a married man and woman are swept into each other's arms by a great gust of passion before they realize what is happening to them. One can have sympathy and make excuses for this tragic catastrophe. But you have no such apology to offer for your conduct.

You were not in love with this man. You knew he was in love with his wife and yet you deliberately set yourself to work by using every feminine art and wile, to take him away from his wife and to inspire in him a passion that could only bring him misery. Could any woman do a more heartless thing to a sister woman? Could any woman do a crueller thing to a man, for you knew that you would not only ruin his happiness but wreck him professionally.

And you ask if his love for you will be lasting. Can a weak thing be strong? The man whom a woman can take away from his wife, a better-looking and more seductive woman can always take away from her.

DEAR DOROTHY DIX: Does a tidy, shrewish woman make a better wife than a good-natured, untidy one?

J. R. K.

ANSWER: Depends upon ease of mind versus ease of body, and whether you would rather have a wife who saved your pennies or saved your disposition.

There are homes where a man has to wipe his feet before he enters; where he dares not move a chair out of its appointed place; where to drop a paper on a floor or to spill cigarette ashes is a high crime and misdemeanor, and where the whole of life goes on with the never-ending nagging and fretting and whining and complaining of a shrewish woman.

And there are other homes that look as if a cyclone has just passed over them; where nothing is ever orderly or overly clean; where meals are never on time and are badly cooked; where there is a lamentable lack of thrift and management, but where there is always laughter and good nature and sympathy and understanding.

A man may come to such a home secure of being drawn by tender hands across the threshold, of being petted and made much of, of being praised and jollied and appreciated. Children's toys may be scattered over the floor and the dog may be asleep on the best sofa, but there is fun and liberty and human give and take, and the husband and children never want to leave home and adore the sweet-tempered, easy-going, slovenly woman at the head of it.

DEAR MISS DIX: How long should a boy and girl go together before they get married?

A. AND B.

ANSWER: The ideal length of time is long enough for them to get well acquainted with each other and not so long that they get tired of each other.

DOROTHY DIX cannot reply personally to readers, but will answer problems of general interest through her column.

Cook's Corner

HONEY LEMON CAKE

1/2 cup honey
1/2 cup butter
1/2 cup sugar
1/2 cup milk
2 eggs
2 cups flour
2 teaspoons baking powder
1 teaspoon cinnamon
Grated rind of one lemon
1/2 teaspoon salt

Cream the butter, add the sugar and cream well together. Add the honey and the eggs one at a time, beating well after each addition. Add the lemon rind and then the sifted dry ingredients alternately with the milk. Bake in a moderate oven 300 to 325 degrees F. for 30 to 40 minutes.

Morning Smile

GOT A COUPLE

Friend: "Did you get any replies to your advertisement that a lonely maiden sought light and warmth in her life?"

Spinster: "Yes. Two from electric light companies and one from a gas company."

Modern Etiquette

By Roberta Lee

Q. If I have issued invitations to a small and informal affair in my home, and now find it impossible to give this affair, how can I recall these invitations?

A. Either by telephone or by brief notes, explaining the circumstances and advising your intended guests that you will get in touch with them at a later date.

Q. How can a family that has moved into a new neighborhood get acquainted with the neighbors without seeming to thrust itself on them?

A. By going to church and tak-

Timely Notes On Nutrition

By Marjorie G. Hill

It is a privilege to have been granted the position of Director of Nutrition with the Red Cross for Prince Edward Island.

The field of Nutrition in Canada is comparatively new—especially so on our Island. Three years ago Mrs. Reddin (Estelle Haines) was appointed as the first Provincial Nutritionist. In these three years she has launched many a fruitful programme, through the medium of our rural schools in the way of School Lunch programmes, also through the Women's Institute, the Homemakers Service in Charlottetown and Summerside. Mrs. Reddin brought the word "Nutrition" before the public by means of radio broadcasts, group discussions etc. I have been able to carry on the programme started by Mrs. Reddin as well as to render Nutrition services to clinics such as those held for crippled children and well babies. However, I realize that it will be impossible to contact each group and organization personally. The Guardian has kindly consented to help me in this matter by allowing me to write a weekly column for their paper. It will appear every following Wednesday and will deal with topics not only in Nutrition but other subjects of interest to the home and family, and after reading one or two of these columns you might have a few questions you would like answered, or you might have some ideas as to topics that could be discussed in the column. If so, by all means send them along to me. They will be accepted with appreciation. The first column appears below. With best wishes to you all.

Sincerely,
MARJORIE G. HILL

I am sure many of us have acquaintances, or relatives in England, by whom a food parcel, no matter how small or big it may be, would be received with thanksgiving. You know, Britain's new austerity programme recently outlined by Sir Stafford Cripps, does not allow a festive Christmas outlook for our English friends.

What could we put in a food parcel for Christmas? Last summer my friend and I spent two months in England. We bought second-hand bicycles, joined the Youth Hostel Association, and set out for our 1500 mile bike ride. We took as much food over from Canada as possible, and we cooked our own meals in hostels or by the roadside. Many a day we would have gone hungry if it had not been for our own supplies, as most of the food was unavailable in England, or on the other hand very strictly rationed.

Perhaps our experiences in cooking in a country terribly short of good things to eat will give you ideas for your Christmas boxes. We found tinned meats were the most valuable part of our luggage. We found the steaks, beef and lamb, very satisfying. By sharing a pound tin of corned beef and gravy with two English youths we made life long friends. One night we invited two Scandinavians to eat dinner with us, because they had never heard of hamburgers before we opened our can, all done up in tomato sauce!

"We really put Prince Edward Island on the map while there,

The Stars Say --

By Genevieve Kemble

For Saturday, November 5

IT is probable that any gesture in over-acting, over-talking, waste and extravagance in outlay and spending, even on legitimate lines, could upset some "best laid plans." There are excellent opportunities for growth in business, possessions, investments as well as in personal enhancement—in social, domestic or romantic affiliations. Yet the judgment is uncertain and feelings, emotions, impulses may be carried to dangerous heights of activity, reckless plans and exaggeration.

For the Birthday

Those whose birthday it is are urged to give calm consideration to certain excellent prospects for growth of possessions as well as pleasant and gainful personal relations or commitments. Resist a tendency to overdo, to rush into projects of magnitude, in which feelings and emotions run away with common sense. Use calm judgment, even in new exciting fields of operation, in which there are hazards. Wise and farseeing plans call for consideration, tact, wisdom, strategy. Shun wild gambles and weigh cautiously before action.

A child born on this day may be prone to rush into hazardous situations or innovations, urged on by impulses and emotions rather than logic and common sense.

Now—She Laughs at age

"Good news, old girl," he said. "I've got a job as a night watchman."

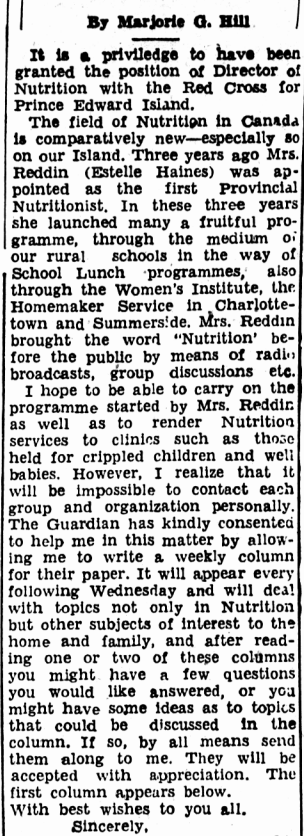
"Well," said his wife, "if that isn't aggravating! I've only just finished making you a couple of new night-shirts."

Don't Make This Mistake When Child Is Constipated

Don't upset a child already upset by constipation with nasty-laxative or cathartic pills. Use Dr. Williams' Pink Pills for Pale People. They are gentle and safe. They are pleasant to take—no gas or griping. They are effective in restoring normal action. They are safe for growing youngsters. They are especially without disagreeable reactions that even the fittest child won't object to their use. Make laxative-taking time easy on the child and yourself, mother and child. Give Tablets today at your drug store.

DR. WILLIAMS' PINK PILLS

Just THE RIGHT INGREDIENTS!



fasty Economical FOOD ENERGY

Enjoy

Eastern Bakeries' BUTTER-NUT BREAD

as we had twenty-four tins of Is-land chicken and turkey, and opened one for lunch every day, leaving the tin sitting so that the map of the Island would catch a wayfarer's eye. Often we would heat a can of chicken for dinner—heat it—pour off the melted jelly.

(Continued on Page 12)

EXTRA! Last-Minute Baking Turns "Leftover" Lunch into Triumph!

Thanks to **FAST-ACTING FLEISCHMANN'S YEAST!**



A spur-of-the-moment baking idea—and soon piping-hot Parker House luncheon rolls are out of the oven calling for butter or jam! You can turn the trick often—with luscious dessert breads, spicy hot buns—when you use dependable fast-acting Fleischmann's Yeast. If you bake at home, insist on Fleischmann's Yeast for best results every time.

Choose either form FRESH or DRY

FLEISCHMANN'S ROYAL FAST-RISING DRY YEAST

WHEN THEY'RE Beautiful NYLONS lovely to look at LAST LONGER

Chipman Knit HOSIERY for all the family