

# Women's Realm Social and Personal Fashions Literature

## Helpful Hints For The Women Folk

**A HYMN OF LITTLE THINGS**  
I thank Thee, Lord, for little things  
The rainbow on a pigeon's wings,  
The dewy prayer that's offered up  
Within a purple crocus-cup;  
For shadows on a soaring hill,  
And rusky pools beneath a mill;  
For sunny clouds that sail the sky,  
And lonely curlews nesting-cry—  
Grant, Lord, despite a world in  
pain  
That these, Thy little things, re-  
main.  
Averil Stewart in "Chambers."

Of the 2,000 known kinds of germs and bacteria, only about 100 are believed to be harmful. The other 1,900 varieties are necessary to life in one manner or another.

Some printing firms now use rubber plates for printing on wax paper, corrugated boxes, burlap and cloth sacks, and transparent wrapping material.

If potatoes to be cooked in their jackets are well pricked with a fork and put into the oven dripping wet they will take well and be twice as tender as if put in when dry.

The style spotlight is again centered on ankle-length skirts since so authoritative a designer as Moly-neux reiterates his endorsement of this new skirt length in his mid-season collection. He carries on with the full skirted silhouette in this group of ankle-length formal gowns and this is important because the full skirt is certainly slated to continue in this country.

Slice a rind of lemon into the boiler of clothes. It will make the clothes beautifully white and take stains out of pocket handkerchiefs underwear and table linen.

When molten bell metal is poured into a mould, it may take several weeks for the resulting bell — if a large one — to cool.

You can easily make your own paper frills to put on the ends of chops or legs of fowls. Select small-sized paper doilies cut small holes in the centers and fit the doilies over the chops. Crush them into place or the them with cord. Adjust the frills just before the meat goes to the table.

Sweden, now pacifist, produced those conquerors and military geniuses, King Charles XII, and Gustavus Adolphus.

Pennsylvania still is 46 per cent forest land, despite its 10,000,000 population.

If you have not a suitable jardiniere for the new plant, paint the pot itself with a gay paint to correspond with the place it will be kept.

## Lenten Meditation

By Rev. James Henry Larson

**THE OLD MAN**  
This is the beginning of Lent, a period which was started long ago as a special time for holy living. Many once found the joy of it for forty days, why not continue throughout the year, and forever?  
On an arid Roman coin there stands an ox in the centre, on one side a plow, on the other an altar. Underneath are written these words: **READY FOR EITHER.**  
The true disciple of Christ must be ready for either. Why not make some special sacrifice and enter a real period of service during the Lenten period of 1940. A universal reformation is in the offing; the Christians of the world must lead this glorious parade.  
This year Lent begins February 7th and ends with Easter, March 31st. At the end of this period will you be a better disciple? You will, if you make one resolution and keep it: take from your neck the greatest millstone of sin that is crushing your life. It may be too much liquor or an unholy alliance; or the love of riches; or being too busy for work in your church. Help will come from heaven the moment you begin to pull the millstone off your heart to cast it into the bottom of the sea, never to find it again.  
The greatest sinners or the purest saint will find something to do during this holy season of Lent. What will you do? What will you give up? Total of all good for 1940, if all the other 700,000,000 Christians in the world do what you are doing? If we all pray, plan and work together we can pull the old set of sins from the mud, and place her feet upon the solid rock of brotherly love in Christ. God expects every man to do his duty.

## KITCHEN FANS

Installation of a kitchen fan to remove cooking odors from the kitchen need not be either difficult or expensive. There are now fans available that may be installed in the window. The installation does not require much labor, and the fan operates without interfering with the window.

## CHECKS FOR SPRING CHIC

When it comes to smart sportswear for spring, look for checks. They're "musts" for chic. Their usual combinations the general effect of many of the mixtures being on the dull side with tan or oxford predominant or wine combined with navy, etc.  
The beauty of these check sports costumes is that they fit into both town and country life. Lightweight smooth wools with medium size pattern and dull tones are good tailored town dress and suit types, while heavier weight ones and large patterns are smart in top-coats and jackets.  
Just to show you how varied is the check group that emerges from early showings, consider the dress with matching jacket with youthful pique collar, the swaggy back topcoat, the jacket suits with jackets brief or almost wristlength with big pockets, the jackets that go over solid color skirts or dresses.

## THEIR OWN POTS OF JAM

Save a few of the small glass jars that have held pastes. Then when making jam or marmalade, fill these for the children. Put their names on the jars, and you will find that these individual jam pots give so much pleasure that the trouble is more than worth while. They are also a cure for "difficult" appetites as the novelty is sufficient to make them forget to say, "I don't like—"

You can de-lump a mattress quite simply with your vacuum cleaner. Open up a little of one seam in the corner and put the nozzle of the attachment that blows out instead of sucks in, into the space. Switch on the cleaner and leave it blowing into the mattress for five or six minutes. The flock will get de-lumped and beautifully bouncy by the end of that time. If you haven't a vacuum cleaner and can't borrow one for an hour or so, then use a heavy motor tire pump. This is just as efficient provided you pump really hard and continue pumping for a total space of 15 minutes—less a rest in between by all means!

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## Dorothy Dix

### Every Man and Woman Should Make Ready for the Time When They Will be on Their Own Resources After Their Time of "Usefulness" is Over

All intelligent human beings recognize the wisdom of laying up money for a rainy day so that they may not be a burden upon others, or suffer the degradation of dependence when they are no longer able to be self-supporting.

But very few people ever give even a thought to making any mental provision for the time when their plan of life may be broken up and they are left alone, so that they may save themselves from becoming bored and afflictions to all who know them.

Of the two catastrophes, the latter is more likely to happen to us than the first. We can safeguard our money, but there is no way in which we can protect ourselves against the death of those we love, against separation from friends, against the breaking up of our homes, or against our children leaving us and going about their own affairs. When this happens to us we are paupers in happiness if we have not some resource within ourselves that makes us independent of the aid of the world. The few people who are proved by the fact that when most men give up their business or profession they are restless, dissatisfied and miserable, and rarely survive more than a very few years. As Chauncey Depew once said, there are few who retire on their own terms, but many who retire to die. They made shrewd investments for the long pull in business, but none for the long pull of age, and when it comes they are unprepared to meet it. No sight is more pathetic than that of men who have been used to bright lights and theatres trying to amuse themselves knocking little golf balls about.

With women the case is ever worse. Especially with the woman who is all mother and whose life has been a social life at her home. Since her first baby was born she has never read anything but the Baby Book, she has never talked of anything except the children and her household affairs. Empires may fall and dynasties rise and she has given up her own life for the sake of her children, and her own pleasures have gone up a cent a pound. She has had no interest, no thought, no pleasure except in her home.

Then her little world falls apart. The husband dies. The children marry and set up homes of their own. Young people no more brag gayety and laughing and dancing into the house. There is nooooy to get up good dinners for. There is no work to do. Nothing to keep her occupied. She has given up her life long ago. She has never been interested in any "causes," she is poorer and more unhappy and the washing woman who scrubs clothes for a living because she, at least, has something to do.

It is these women who have plenty of money to live on, but nothing within themselves to live with, who have a social life but who do more than any other one thing to disrupt their children's homes and send their children scurrying to the divorce courts. They wish themselves on their children because they are lonely, because they have themselves on their own and they camp on their children's heads, and they listen in on every conversation and give the husband and wife no privacy. And because they have no occupation they meddle with all the household machinery and stick their fingers in every pie.

Besides these parasitic mothers who suck their children's life-blood for their own sustenance, there are thousands of middle-aged, dissatisfied, disgruntled, peevish women who weep on our shoulders and tell us how they are not interested in their children any more. The children are gone and that they do not know what to do with themselves.

As one listens to these tales of woe one cannot help but feel for them some of the contempt and scorn for the spendthrift who has wasted his fortune in prodigal living and then comes begging for bread. One would like to say to them: Why in your days of prosperity did you not lay up something for your future? You knew that your children were bound to grow up and leave you (were they not men?) Why didn't you take the trouble to keep your husband in love with you so that you would have companionship when the children had flown the home nest? Why didn't you keep in touch with all of your old friends? Why didn't you join clubs and take part in civic movements? Why didn't you cultivate the habit of reading? And, above all, why didn't you learn to be a good companion to yourself?

In a word, why didn't you take out insurance against loneliness and lack of interest in anything? Why didn't you think of the future and prepare yourself for it?

There is No Magic in a College Degree  
Dear Miss Dix—I am a high school graduate. Have been working as a stenographer for ten years and hold a high position in the firm by which I am employed. Here is my problem: I have an inter-orty complex due to the fact that I did not go to college. Most of my associates are college graduates, or at least attend some university, and they are superior to me. What should I do?  
TROUBLED.

Answer:  
It is to get over the superstition that there is some magic in a college degree that assures its fortunate possessor fame and fortune. Most of the successful men and women in this country got their education in the University of Hard Knocks, which isn't any slant at the colleges, but to study to comfort you with the knowledge that education is where you find it.

Ask yourself these questions: Are the college girls I work with better stenographers than I am? Are they more intelligent? And which gets the bigger salary? That is the final test of efficiency.  
DOROTHY DIX.

## A Morning Smile

**JUST TOO BAD**  
The famous film star was worried and his friends were trying to find out what was wrong. "Well," said one of them, "I don't see what you've got to worry about. You've got everything you want—success, admiration, youth and, above all, plenty of money."  
"Yes," sighed the star, "I suppose that's what really matters in life—having success and money."  
"Then what's troubling you?" persisted the other.  
"I am just wondering," came the star's reply, "what good money is to me. Here am I with everything I want—and my poor old mother has to starve in a garret."

## FAMILIAR SAYINGS

An elderly Scotswoman was taken by her daughter to see the film version of "As You Like It." As they returned home the younger woman remarked thoughtfully: "What a wonderful man Shakespeare was." "Ye may weel say it," replied the old lady adding cautiously, "but don't ye think he's ever put 'o' quotations?"

## YOUR INDIVIDUAL HOROSCOPE

(By FRANCES DRAKE)  
(Copyright, 1939, King Features Syndicate Inc.)  
Look in the section your birthday comes in, and find what your outlook is, according to the stars.

For Wednesday, February 7th (MARCH 20 to APRIL 20 (Aries)—While day may not be particularly auspicious for business expansion, investment returns of extensive spending, if the favorable for every-day routine and necessary matters, including private affairs.  
APRIL 21 to MAY 20 (Taurus)—Your stars advise against running the risk of displeasure by carelessness in your work or neglecting to make improvements where necessary. Otherwise day can be turned to good account and advancement in personal and general issues.  
MAY 21 to JUNE 21 (Gemini)—Work toward improvement and paving the way for greater activity on a more advantageous day than this one. Don't be too anxious for showy gain. Your natural artistic talent can be of considerable help now.  
JUNE 22 to JULY 23 (Cancer)—Good vibrations in your favor, but if your schedule calls for strenuous activities and difficult mental strain, you'll have to exert yourself more than usual and resort to your ingenuity too.  
JULY 24 to AUGUST 23 (Leo)—Take a tip from your stars: The least said today the better! Of course, where you can put in a good word for someone, do it.

There'll be time for important details for pleasant recreation in the evening.  
AUGUST 23 to SEPTEMBER 23 (Virgo)—Immediate monetary returns from sales, investments or the like may not be forthcoming today, but you should go about your duties and activities just the same knowing that no worth while effort is ever lost.  
SEPTEMBER 24 to OCTOBER 23 (Libra)—Taking care of records, orders, correspondence, organization work, charity and regular favorable rays this generally good day. Guard health.  
OCTOBER 24 to NOVEMBER 23 (Scorpio)—Today is one for diplomacy and patience plus! Take everything in stride and note this: Pity never harms a man, except when he pities himself.  
NOVEMBER 23 to DECEMBER 22 (Sagittarius)—Not your best day "by a long shot" but you need not be out of the running either. Much depends upon your handling of situations and problems and knowing the terrain.  
DECEMBER 23 to JANUARY 21 (Capricorn)—Rather testy, day vibrations, in the A.M. but conditions clear and become better after the Noon hour. Think and act logically. Don't strain or worry but do be cheerful, hopeful.  
JANUARY 22 to FEBRUARY 20 (Aquarius)—Ideal period for browsing in rare books, making mental notes to improve old devices and exploring some dormant talent. Unless money matters are urgent, forget them for the present.  
FEBRUARY 21 to MARCH 20 (Pisces)—Aquarius' schedule obtains for you. Piscean Dressmakers, designers, milliners chemists, doctors researchers and specialists in all useful lines highly favored. Romance okayed.  
A CHILD BORN ON THIS DAY has the innate qualities that will fit it for activities dealing with the public or for organizations having many in employ. Politics, a literary field, nursing, surgery and medicine are especially suitable professions; it may have equal ability for mechanical work. Should be sensibly careful of diet; guard against sluggishness.

## THE COOK'S CORNER

**BANANA MEAT LOAF**  
1 1-2 lbs. ground meat  
1 small onion, minced  
1 tablespoon salt  
1-8 teaspoon pepper  
1 1/2 cups soft bread crumbs  
3 bananas  
3-4 teaspoon dry mustard  
1 tablespoon water  
1-4 cup chili, sauce, catsup or chutney  
Method: Buy 3 bananas that are slightly tinged with green at the tip. Peel these and reserve half of one to garnish the top of the loaf. Mash the rest of the bananas and mix with the ground meat, onion, bread crumbs, chili sauce, and mustard that has been moistened with the water. Season with the salt and pepper and mix this in well also.  
Place the mixture in a greased loaf pan and garnish the top with slices of the reserved half of banana. Brush the banana slices with a little melted butter. Bake in a moderate oven (350 deg. F.) for about 1 hour. This will serve 6 generously.  
Now, for something different to serve with vegetable with either meat or fish, you might try these banana segments, dipped in corn meal and fried to a golden brown in deep fat.  
**BANANA CUTLETS**  
6 bananas  
1 egg  
1 1-2 teaspoons salt  
Corn meal  
Shortening or oil  
Method: Use the bananas with slightly green tips for this too. Peel the bananas and cut in about 1/2-inch lengths. Beat the egg with the salt and dip the banana segments in this and then in the corn meal, coating each piece thoroughly.  
Drop these in deep fat which has been heated to 375 deg. F. or until a day-old cube of bread will brown in 45 seconds. Fry to a golden brown and drain on unglazed paper.  
If you make a habit of broiling your steaks and chops, the next time you do this you can broil bananas along with the meat. Broiling bananas only takes about half the time to broil that your meat will take. Of course, if the bananas are left whole they will take a while longer to become cooked thoroughly. Whole bananas take about 10 to 15 minutes to broil and quarters or lengthwise halves take from 3 to 4 minutes. All you have to do is brush the bananas over with melted butter and sprinkle with a little salt before placing on the broiling rack.

## They take away BABY'S TEETHING FEVER

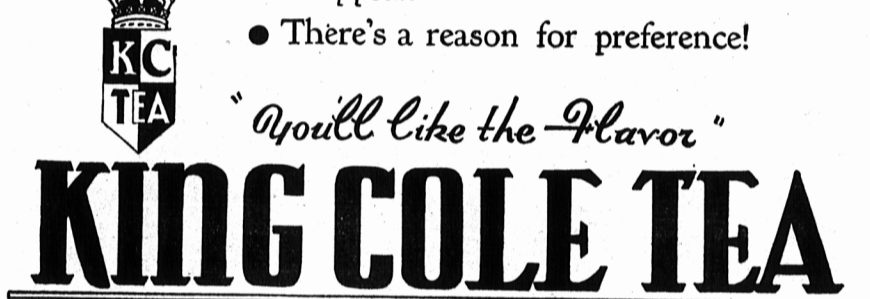
SO writes Mrs. B. of North Sydney. The Toronto mother says: "I used Baby's Own Tablets and the babies were teething. No cramps, pain or trouble when teething. In fact, I hardly knew they were cutting their teeth as they never were any trouble at all."  
Baby's Own Tablets are quick, safe and effective, sweet and palatable. They contain no opiates or stupefying drugs. Try Baby's Own Tablets not only for teething troubles but also for colds, constipation, upset stomach and other simple ailments of babyhood. Your money refunded if you are not satisfied.



FOR well over a quarter of a century "KING COLE" has held an honored name among tea lovers. Through the years it has faithfully kept to the high standards it first set for itself. To-day more and more people everywhere are enjoying its rich, invigorating quality simply because of its continued taste appeal.

● There's a reason for preference!

"You'll like the Flavor"



## Woman's Place In War Work

WITH THE BRITISH EXPEDITIONARY FORCE IN FRANCE, Feb. 5—(CP-Havas)—Some units of the British Women's Auxiliary Expeditionary Force are already in France, giving valuable aid to officers and men in a wide variety of tasks.  
Trim and neat in khaki uniforms, the women serve among other things as cooks, telephone operators, secretaries and chauffeurs.  
This correspondent has just returned from a visit to a barracks where 800 women, their ages ranging from 18 to 47, are billeted. They are lodged in simple but comfortable apartments formerly used by officers.  
The women rise at 7 a.m. and proceed to their tasks after a brief inspection and setting-up exercises. At 2 p.m. the early shift is dismissed and the women are off duty until evening, when they must return to barracks unless they have received special permission to stay out later.  
Their rations are about the same as those of the men except that they receive a greater supply of fruit and a better type of bread. The women apparently do not miss civilian life and enter into their assignments with zest and ability. They are drawn from all walks of life.  
I spoke with one woman sergeant-major who in civil life was a secretary, a lieutenant stenographer and a captain who is the niece of a peer.

## Smartest Fashions And Winter Styles

A suspender skirt with a contrasting plaid jacket is the delight of every little girl. You can make this outfit for your young daughter to wear to school, and very easily too. She will love the full flared skirt with its pointed waistband and trim suspender straps. The jacket will keep her extra warm on cold days, under her coat, and will serve as a suit jacket when the weather grows warm. Dark cotton, sheer wool or rayon crepe are all practical, suitable fabrics for such an ensemble. The blouse is included.  
Style No. 3087 is designed for sizes 6, 8, 10, 12 and 14 years. Size 8 requires 1 1/2 yards of 39-inch material for suspender skirt; 3-4 yard for short sleeved jacket; 1-4 yard for blouse.  
Send fifteen (15c) (coin is preferred) for pattern. Write plainly your Name, Address and style number. Be sure to state the size you wish.  
Style No. 3087 Size .....

Name \_\_\_\_\_  
Street Address \_\_\_\_\_  
City \_\_\_\_\_ Province \_\_\_\_\_

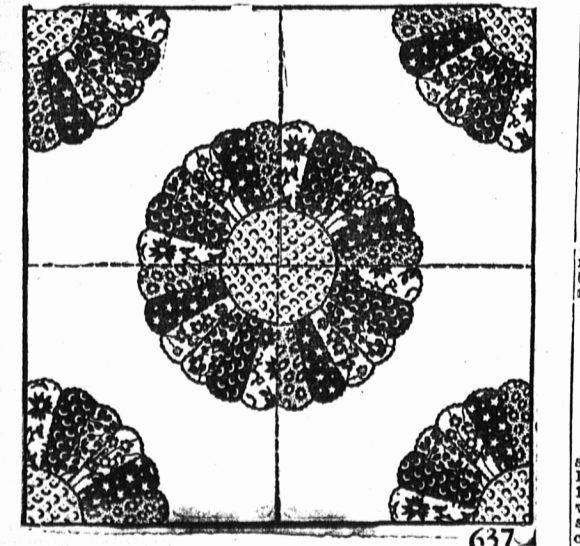
**OIL PRESIDENT DIES**  
MONCTON, N. B., Feb. 5—(CP)—Word reached here today that Dr. J. A. L. Henderson, President of the New Brunswick Gas and Oil Fields, Ltd., died yesterday in London, England, after a brief illness. Well known in Canada, he was prominent in development of the natural gas supply and oil fields in Alberta, Canada.

**VIENNA LOSES MASKS**  
VIENNA—(CP)—Gas masks issued to civilians in Vienna have been collected and sent to other parts of the Reich. The people have been told masks are needed in places more exposed to air attack than Vienna.

## Mother, Mix Your Own Cough Remedy. It's Fine.

**Gives Quick Relief. Saves Money. Easily Mixed.**  
This well-known home-mixed medicine costs very little, but it gives delightful, swift-acting relief from coughs due to colds. It takes but a moment to prepare—it's so easy a child could do it. And it saves real money.  
Make a syrup by stirring 2 cups of granulated sugar and one cup of water together—it's so easy a child could do it. And it saves real money.  
Then get 2 1/2 ounces of Pinex from any drugist. Pour this into a 16 oz. bottle and add your syrup. Thus you make 16 ounces of really splendid cough remedy—and it gives you four times as much good medicine for your money. It never spoils, lasts a family a long time and children love its taste.  
And for quick, splendid relief, you'll say it's really splendid. It has a three-fold action. It loosens the phlegm, soothes the irritated membranes, and helps clear air passages. You'll be delighted by its prompt, pleasing results. Pinex is a compound containing Norway Pine and palatable analgesic in concentrated form, a well-known and reliable soothing agent for winter coughs. Money refunded if it doesn't please you in every way.

## To-Day's Popular Design By Carol Aimes



**GRANDMA'S FAN, APPLIQUE QUILT DESIGN**  
DESIGN NO. 637  
We can think of many for names for this dainty design. Little Old Lady would be appropriate and we might call it Lavender and Lace. The naming of it, however, is not our responsibility. It was given its name many, many years ago for it has been a favorite with needlewomen for many generations. We judge by your requests, it is still just as popular as ever.  
The pattern includes cutting patterns for the patches, material requirements, directions for piecing, assembling and quilting.  
To order this design, write your name and address on a piece of paper and send with 15 cents in coin or stamps to Needlework Department, Charlottetown Guardian, Needlework Department.  
Design No. 637  
NAME \_\_\_\_\_  
STREET \_\_\_\_\_  
CITY \_\_\_\_\_ PROVINCE \_\_\_\_\_