

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

Living & Leisure THE WOMAN'S REALM

DAY Easter and more fast. O'er night's brim, day boils at last: Bolla, pure gold, o'er the cloud-cup's brim. Where spurting and suppressed it lay, For not a froth-flake touched the rim. Of yonder gap in the solid grey Of the eastern cloud, an hour away; But forth one wavelet, then another, curled, Till the whole sunrise, not to be suppressed, Rose, reddened, and its seething breast Flickered in bounds, grew gold, then overflowed the world. —Robert Browning in Pippa Passes.

PERKY ACCESSORY LOOKS YOUTHFUL Costume accessories can be invaluable allies to a woman who plots ways to look younger. Two types of jewelry, for example, which will abet her in her plot are earrings and bracelets. Impressive bracelets are invaluable aids for flagging eyes away from hands. Barrings have an almost magic way of "lifting" a face, but this rejuvenating bit of glitter should be small and compact in design—not of the pendant type. Handbags which make the woman who carries them seem more youthful are the "clutch" type or are the kind of bag which she swings from her shoulder. The kind of handbag to shun because of its associations with the older lady of bygone days is the reticule type with a hand-swung handle. Gloves with a look of high-style faintness are more rejuvenating to a woman's appearance than the more conservative styles. High-heeled shoes of a classic open-pump design make a woman's feet, legs and figure look infinitely younger than low-heeled shoes with straps, bows or other details of trimmings.

Beets are delicious when they are peeled, shredded and cooked in a covered saucepan in just enough water to prevent scorching; they may be dressed with butter, salt and pepper just before serving. OFF-SHOULDER NECKLINE EVEN FOR AFTERNOON PARIS—A black and white off-shoulder dress in a recent showing here had a neck filled with white pique tied with a neat black velvet bow. This had a flared skirt and elbow sleeves of piped pique. There was a blue and white checked dress which boasted a neat front bolero worn over a white pique vest. A gray woolen dress with a pencil-slim tailored front with a fully flared back skirt was worn under a tailored hip-length jacket which buttoned at the side. STORMY WEATHER The kitchen linoleum will not be soiled on stormy days if a piece of newspaper is spread in front of the kitchen radiator. As the family comes home let them place their rubbers or galoshes on the paper until they are dry. LINEN BLAZER NEW YORK—A linen blazer is designed in both boxy and fitted versions. These little jackets are sleeveless and are worn with daytime shirtwaist dresses. Sour cream dressing may be made by combining a well-beaten egg with one-half cup sour cream, one-quarter cup prepared mustard and one-quarter cup lemon juice. Salt, pepper and sugar may be added to taste and the dressing sprinkled lightly with paprika just before serving. NOVEL SOUVENIRS A collection of Royal Wedding souvenirs said to be the only one of its kind in Canada, has been received by Mrs. M. Anderson of Boland, Man. from an aunt in England. The aunt, Miss Louise Henry, was one of 18 embroidery workers in Norman Hartnell's work on the wedding gown. She

assembled and sent to Mrs. Anderson a complete collection of ornaments and accessories used in the work. In addition she has included a piece of the actual satin used in the dress.

NEW YORK—A navy blue dress with deep square neckline and cap sleeves may be worn with a white linen bolero and wide rust-colored leather belt.

EVERYBODY apparently has a right to stand up at the head of the class and tell just what is wrong with modern woman—or "the lost sex," as she is sometimes cheerfully called.

So, please, ladies, may I be heard now? asks Ruth Millet. I say there's nothing wrong with the American woman of today—except other women. She just sees entirely too much of them—that's all.

All this leisure that women have been granted through labour-saving devices and small families has to be spent somehow. And how does the modern woman spend it? She spends it, of course, with other women. If she is a do-gooder she gets herself tied up with every woman's organization that comes along. If she likes to grow flowers she gets into a gardening club. If she likes to spend her afternoons sitting in one spot without moving she plays bridge. With clever cunning, women do their utmost to make each other dissatisfied with what they have. Mrs. Brown, who should be happy because she has a good husband, healthy children and a tidy house, comes home from a woman's club meeting at Mrs. Rich's house envious of Mrs. R.'s home. Even when several women are in the same boat, they like to make each other miserable. They never count their blessings. The trouble with women is—women.

NEW COIFFURE FOR NEW HAT If winter has you in its grip, if you just can't wait till spring, try a new hairdo and buy a new hat to give you the lift that you need.

Why not try your skill with the new side-swept hairdo? It's easy to manage when kept at the peak of loveliness with a liquid conditioning shampoo, and it is so striking and smart.

Your hat can be a little pillbox, tilted over the ear to form a perfect balance for the new coiffure. Such a half-and-hat duo is perfect for the in-between months, the months which lead into spring. Use witch hazel for a "circulation" scalp massage. Use vinegar in your last rinsing water to soften harsh hair. Use a pinch of soda in your last rinse if your hair is blonde and oily. Wash combs and brushes in borax water after each and every using. Dry by laying them in a sunny window. Use gold combs and ornaments if you have blonde hair. Use bronze and copper for brown or red hair, and silver if you have white hair. Use cologne in your rinsing water for "sweetness." Use a small brush to fix your hair when you re-do your face. Dry your hair in the sun. Use lintless towels for drying after a shampoo. Put a band around your hair while applying your makeup. It will keep the makeup out of your hair. Use common sense when giving yourself a permanent at home. Follow the directions, not your own ideas. The manufacturers know best how the stuff should be used for best results. Do you know that for a dry skin you need a rubdown with oil? A small amount of white mineral oil will give a nice, smooth sheen to your skin, will slay any flakiness and end that itchy feeling.

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That Body Of Yours

By James W. Barton, M. D.

STARCH FOODS TO SUPPLY MUSCLE ACTIVITY While it is not a pleasant thought to realize that most experiments on food and feeding are done by the use of rats, nevertheless it is true that from the food and digestion standpoint the rat most resembles man.

We all know that when the weather gets cold we need, and so eat, more food; that during hot weather we are satisfied with much less food. This is because about three-fourths of the food we eat is used to keep the body processes going and produce heat needed by the body for these processes—circulation of the blood, digestion, breathing and other processes. Together with heat necessary to keep us warm, naturally we need less food to manufacture heat during the warm weather.

An interesting fact is recorded in the "American Journal of Physiology," by Drs. S. Donohoff and J. Vonotsky. These research workers show that just as the temperature of the weather changes, so do these experimental animals make a change in their choice of foods—more in cold weather and less in hot weather. Whereas at a room temperature of about 70 degrees F., mice consumed a food rich in fat; at a temperature of about 58 degrees F., not only was more food eaten but there also was a shift to a diet rich in carbohydrate (starch) foods.

It naturally would be thought that, with a lower temperature, more fat foods would be eaten because fat foods give twice as much heat at starch foods.

Why, then, should these animals choose more starch food during the lower or cooler temperature? These research workers state that the preference for starch foods is due to the fact that starch foods best supply the needs of muscle activity (work or exercise), and both mice and men are more active in their work during the cold weather.

The thought, then, is that while protein foods—meat, eggs, fish—are necessary whether the weather is cold or hot, as they are needed to build up or renew worn tissues of the body, more starch foods are necessary where the individual is muscularly active as during cold weather.

hat bestows. But the best hat won't be worth a plugged nickel; if it is slammed around and otherwise carelessly handled, it will get out of shape in no time. Be kind to your hat. Slip your hat from the front, if your hair is better with bangs. Whether a hat be of felt, fabric or straw, it should be brushed after each wearing. Use a soft brush or a piece of velvet on felts, a soft brush on fabrics, and a stiffer brush on straw. Panama, or pique or other fabric stretched over buckram can be properly cleaned up with an art gum eraser. French chalk rubbed in and brushed out, quickly cleans felt. Paste-colored hats, which, incidentally, will be the big fashion for Spring. Don't forget to go over the inner headband frequently with cleaning fluid. Lay soft hats upside down, well stuffed with tissue paper to preserve their shape. A hat stand made from a cone of cardboard, "akes care of blocked felt or straw-hats. Don't cry over rained-out felts. Dry them out, and then, with a gentle circular motion, use a piece of camels to banish the spots. Revive flower clusters by shaking gently over steam, as the milliners do. Curl petals around a pencil. Ribbons can usually come off for a bath. Restiffen droopy veils by pressing between sheets of household waxed paper.

BRONCHITIS COLDS VICKS

Better English D. G. Williams

1. What is wrong with this sentence? "He was incapable of lifting the table." 2. What is the correct pronunciation of "grocery"? 3. Which one of these words is misspelled? Osculation, ocellation, ostentation. 4. What does the word "abridge" mean? 5. What is a word beginning with "t" that means "capable of being borne or endured"? ANSWERS 1. It is better to say, "He was unable to lift the table." 2. Pronounce gro-ser-i, and not groosh-ri. 3. Osculation. 4. To make shorter; diminish. 5. I see that time divided is never long and that regularly is never long and that regularly is never long. — Stevens, S. Stevens.

Dorothy Dix Says— Children Do Grow Up!

Too Many Fail To Realize Adult Offspring Have Own Minds

DEAR DOROTHY DIX: We have three sons for whom my husband and I have sacrificed our lives to give them the education that we did not have. But since the two eldest boys have come home from the war they act like complete strangers and we are simply crushed.



I had made such wonderful plans for them. I had picked out a wife for my eldest son, a girl with a nice family background who would make him a lovely wife, but he resents the fact and won't even go to see her. My husband had arranged to take our second son into his business, but he refuses to do it and is going on his own. What shall I do. I am at my wits' end trying to cope with them.

DISAPPOINTED MOTHER. ANSWER: After children have grown up and are adult men and women, the parents' motto should be: Hands Off. And, unfortunately, this seems to be the one thing that fathers and mothers are incapable of doing. Because they directed every movement and made every decision for Tommy and Susie when they were little tikes, they feel that they have the right to pick out their husbands and wives for them and decide on their careers, and generally play God to them.

Millions of unhappy marriages that have ended at last in divorce are the result of parental interference. Papa and Mama wouldn't let Sally marry the boy she loved because they didn't like the color of his eyes or the cut of his clothes.

It is soothing to parental vanity for fathers and mothers to think they always know best about what their children should be and do, but it isn't true. Every child is born with its own particular assortment of characteristics, and parents have no right to respect them.

DEAR MISS DIX: Ten years ago my husband deserted me and our three children and since then I have never heard from him nor do I know where he is. The two older children are now grown and married and the youngest one is 14 years old. I was left without any money, so I went to work and managed to support and educate my youngsters.

Now I am 41 years old and I have this problem. A man eight years younger than I am has been in love with me for two years and is urging me to marry him. He is a fine chap in every way. Has a beautiful home which he bought for his mother who has passed away, and he is old for his age as I am young for mine. I have told him he should get someone his age, but he wants someone stable as I am.

I am very fond of this man and I am very sure that I could make him happy, but I am scared of taking chances in marriage as my first one was so unhappy. What do you advise? L. M.

ANSWER: I do not think that the eight years' difference in your ages is any bar to your marriage being a successful one, especially as the man is one of the domestic, at-home-keeping sort. Your two older children are married and gone and the 14-year-old boy will soon be following in their footsteps. That will leave you, very lonely if you have no husband to keep you company.

After all, it is not so much a matter of birthdays as it is of temperament. If you can still thrill over a man's love-making, you are young enough to marry him.

DEAR DOROTHY DIX: My wife has a pet dog that she adores. Don't you think that instead of her spending all of her time kissing and hugging the mutt, besides lavishing baby talk on it, that she might bestow a little affection on me? I am by no means of a cold nature and I crave at least a little tenderness from my wife, and I am afraid if I do not get it, we will drift entirely apart. What do you think? M. D.

ANSWER: Your fear is well-founded, for no man can go on being romantically in love with his wife when she shows more affection for her dog than she does to him. There is an old proverb which says: "Love me, love my dog," but it doesn't include kissing the beast.

The Stars Say--

By Genevieve Kemble For Tuesday, March 16 THERE are excellent auguries for exceptional success and conspicuous achievement, in which there is prospect of promotion, distinction, with tokens of preferment from employers, superiors or other, impressed by good work and high ambitions. However, there is a hint of a confusion of thought, false moves, or too eager an effort to "make haste while the sun shines" thus complicating and frustrating. Be cautious in all activities, weigh facts carefully, and be attentive to all writings.

If It Is Your Birthday

Those whose birthday it is have auguries for a progressive, productive and pleasant year in which there may be support from those impressed by ingenuity, skill, and an aggressive determination to attain success. However, this much-desired aid might be complicated or frustrated by over-acting, unwise moves or flighty acts, signs of irresponsibility in thought and action. Pause before making revision of plans and ideas, watch all writings and refrain from all that could involve or confuse. At this period "haste makes waste" of

Household Scrapbook

By Roberta Lee Fitting a Cork If a cork has shrunk and is too loose to keep in the bottle, place it in a pan of boiling water and allow it to remain until the water cools. This will make the cork expand to its regular size and it will fit the bottle snugly. Old Nail Polish If the old nail polish becomes too thick and gummy for practical use, try thinning it out to its proper consistency with some polish remover. Hardened Putty If the putty has become dry and hardened, it can be revived by mixing it well with a few drops of linseed oil. Energy and Substance. A child born on this day will be cool-headed, enterprising and ambitious, winning support from high places, could forfeit all by haste, confusion and overacting.

Ellen's Diary

By an Island Farmer's Wife

Slim green shoots on an Asparagus fern and gentle golden and brown faces on the small Tagetes of Jamie's Fall planting, I fancied languished for a sight of March's sun this morning. But a chill day threw snow in a fine veil of it against the windows and a wind, which since Autumn has become a frequent and most unwelcome visitor to our valley piped a wild, threatening tune in the chimney. James looks over his glasses this minute to remark with a pleased sigh: "Well, it's a good thing that wind has calmed down, Ellen." A calm, a lovely one which follows a storm keeps the countryside now, and on our farmers' last round of stables and sleds, "stars are out."

The brief Wintry storm which granted our axemen a holiday from the wood-cutting is spent, leaving the buildings deep-nested in snowy surroundings. "We'll have to clear away the snow from some of the doors first thing in the morning" James remarks his mind not altogether on his reading.

Contrary to our expectations, the mail was in the box at lane's end, when Jamie made her way thither through the afternoon blizzard and drifts. Grand-daughter was into her nap at the time and Jack was revelling in works of repair about the barns, seizing eagerly the leisure afforded by the storm to mend a strap on a broken halter or one on a stable-rug; to polish a bridle or maybe to give the horses what is known at Alderlea as "a right good cleaning." James having finished his choring had come indoors then and at the time was making ingenious swiftness of his mail to hold a skin of me for my winding. It was a soft dark gray, for the mittens I presently started for James.

From Jamie's lamb, now a young and comely ewe, James is exceedingly patient such times as we wind yarn and mostly silent watching that the strands do not tangle and doubtless remembering a day when one most dear to him sat spinning rolls on the quaint wheel now long idle. It came to me as I continued my winding of yarn how superfluous had been some of the handicrafts I—and I suspect many another farm maiden—had mastered as girls, neglecting to learn the more essential ones of spinning or weaving. Indeed in this countryside round, it is rare indeed to find a woman who has had much experience or even a vivid remembrance of the latter ancient craft. Some may have memories of "mother" or "one of the older girls" or perhaps an "aunt" at the weaving,—making a web of warm blanketing or "the druggit"—for dresses and petticoats for Winter shirts for the men that James recalling some of his seniors thus clothed says "It was no wonder a man could be about on his shirt sleeves on a cold day those times, when it was of homespun!"

James has never seen, a loom of those bygone times in operation. I recall easily hearing the sound and catching sight of a woman weaving—one of "the corner women" (which name set the villagers apart from the neighboring farm wives) dead now these many, many years. The loom was in the upstairs of her cottage, and it appeared to be so cumbersome that I wondered at the time if the walls had been built about it. On a warm afternoon in early Summer it was mother-to-me had sent me there on a mission. I have forgotten what I carried, it may have been a pat of June butter or squares from a new, smelly batch of home-made soap. Or perhaps it was a pile of cheese-cake set rich with currants or a jar of cream. Whatever it may have been it was quickly deposited! I suspect the noise of the heddles or bobbin's or such-like quite drowned my timid knock, so in time I lifted the latch and entered. A small neat cottage it was, the humble stairway from the kitchen leading me to the source of the weaving above. The weaver did not hear me though I mounted with as much pater as my bare feet would permit. However, I was in the single room that was the upstairs before she was aware of my coming. The work ceased.

"Well young one"—she was one of many in my childhood who never seemed to be able to remember "Ellen"—"and what are you wanting?" When I finally found voice I replied meekly "Mother sent me over with this." "Well, you can put it there" and she nodded to a bench "and tell your mother 'thank you' till she's better paid" and she turned back to her weaving, dismissing me with... but Until tomorrow—Diary—Good-night.

RUSSIAN OIL INTERESTS Russian oil interests in northern Persia cover an estimated 40,000 square miles of the Azerbaijan Province.

BRINGS FAST RELIEF IN RHEUMATIC ACHES-PAINS RUB ON MUSTEROLE



What's come over me—these days Often a woman becomes panicky and gives way to fears and nerves—when perfectly natural changes are taking place in her system. And the unfortunate part is that these dark dreads and fears may cause a nervous breakdown... needless! Plenty of sleep, fresh air, wholesome food and Dr. Chase's Nerve Food will help to build up your vitality and tone up the whole system—so that nerves and hysteria are forgotten. Yes, when you're in good shape physically and mentally no condition of "nerves" can keep serene and happy through the most trying times. So remember, at the first of the fidgets, hysteria or nervous doubts—start building up with Dr. Chase's Nerve Food! You'll rest better, look better, feel better. Keep yourself in condition with this time-proven remedy which has helped thousands of Canadian women name "Dr. Chase's" is your assurance.

Dr. Chase's NERVE FOOD FOR NEW PEP and ENERGY

Morning Smile

"Look here, Mrs. Murphy, why have you been hitting my 'little Bobby'?" "I only hit him because he was rude and called me a fat old pig." "But good gracious, Mrs. Murphy, you ought to know better than that. Hitting my son won't do you any good; you'll have to start dieting!"

Cook's Corner

SOUTHERN SPICY GINGERBREAD 2 eggs 1/4 cup brown sugar 1/4 cup molasses 1/2 cup melted shortening 1 cup boiling water 2 1/2 cups flour 2 teaspoons soda 2 teaspoons ginger 1 1/2 teaspoons cinnamon 1/2 teaspoon cloves 1/2 teaspoon nutmeg 1/2 teaspoon baking powder Add beaten eggs to the sugar, molasses and melted shortening, which have been mixed and sifted, and lastly the hot water. Bake in small individual pans or in a shallow pan. This is delicious with whipped cream.

How Can I!!!

By Anne Ashley Q. How can I remove water stains from furniture? A. Use a tablespoonful of powdered pumice, mixed with enough linseed oil to make a thin paste. Rub on the spots until they disappear, then wipe off with a cloth dampened in polish. Q. How can I give the impression of extra width and height to a small window? A. By setting the curtain rods beyond the casing at top and sides, and then using material heavy enough that the easement will be seen. Q. How can I soften shoes being in the rain? A. By first washing them with warm water, then rubbing glycerine or castor oil into the leather.

Needlecraft FOR THE HOME

Smart, easy to wear frock combines the popular princess styling that is so smooth, so flattering to the figure... with a sweetheart of a neckline, a soft back sash for the new feminine look. No. 2428 is cut in sizes 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44, 46, 48, 50 and 52. 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. 2428 Name Address City Province ROYAL GUEST The only non-British subject buried in Westminster Abbey is Antoine Philippe, brother of Louis Philippe, king of the French.

YOU WOMEN WHO SUFFER HOT FLASHES then FEEL CHILLY- Here's Good News! See you between the ages of 35 and 45 and going through that trying functional "middle-age" period peculiar to women? Does this make you suffer from hot flashes, feel clammy, so nervous, irritable, weak? Then do try Lydia E. Pinkham's Vegetable Compound to relieve such symptoms! It's famous for this! Many who "middle-age" women take Pinkham's Compound regularly to help build up resistance against this distress. Pinkham's Compound contains no opiates—no habit-forming drugs. Lydia E. Pinkham's VEGETABLE COMPOUND It helps nature (you know what we mean). This great medicine also has what Doctors call a stomachic tonic effect. NOTE: Our special LYDIA E. PINKHAM'S TABLETS with added iron are "the best" for irregularities of the "monthly" — Stevens, S. Stevens.

NERVE PAINS - HEADACHES need a remedy that ACTS FOUR WAYS When you want relief from headaches, head colds, or other nagging aches and pains, you want it FAST—you want it to be long lasting. Then try BUCKLEY'S CINNAMATED CAPSULES that act four ways. This effective formula is composed of proven pain-relieving, cooling ingredients specially CYNAMATED for maximum relief and comfort. HERE'S HOW THIS FORMULA WORKS: 1. Relieve pain and feverishness fast 2. Reduce fever and soothe 3. Relieve nervous conditions 4. Give you the lift you may need They contain no habit forming drugs. For faster, longer-lasting relief, try 4-way acting BUCKLEY'S CINNAMATED CAPSULES today. Sold everywhere—Only 35c.

Needlecraft FOR THE HOME CUTE A GOOD FIGURE Smart, easy to wear frock combines the popular princess styling that is so smooth, so flattering to the figure... with a sweetheart of a neckline, a soft back sash for the new feminine look. No. 2428 is cut in sizes 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44, 46, 48, 50 and 52. 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. 2428 Name Address City Province ROYAL GUEST The only non-British subject buried in Westminster Abbey is Antoine Philippe, brother of Louis Philippe, king of the French.