

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

Living & Leisure THE WOMAN'S REALM

A SMILE

Get others cheer the winning man, There's one I hold worth while; 'Tis he who does the best he can, Then loses with a smile. Beaten he is, but not to stay Down with the rank and file; That man will win some other day. Who loses with a smile. —Anonymous.

A STEADY MIXTURE

It is safer to have a fixture that fits firmly into the ceiling on the outside porch. The swinging lanterns may be more attractive but in a strong wind are apt to fall and perhaps cause damage.

FRANCE TRAINING 'MOTHER'S HELPERS'

PARIS — In order to remedy the difficult situation of mothers of families in large cities, a great effort is now being made to train "mother's helpers." Many organizations are giving young girls training in household economy, cooking and child psychology, so that they can serve as efficient mother's helpers and demand adequate wages for their services.

Another approach to this problem is the organization of "volunteer assistance to mothers." In both Paris and Lyon, young girls of all social classes are urged to take advantage of evening or part-time training as mother's helpers.

Upon completion of 300 hours of theoretical and practical work, the girls are asked to give 600 hours of voluntary service in private homes. The Paris Municipal Council issues to women who are pregnant with their fourth child a voucher for 100 hours of assistance from a mother's helper, providing the family income does not surpass a certain figure. Much still remains to be done in this field.

THE HABIT OF PRAYING

Sir William Osler, famous Canadian scientist and physician, liv-



Conversationalists the New York scarf, with letters of the alphabet (left) or their Morse code equivalents is a big hit. Fashion designers say it can be worn in conventional manner or draped into a barefoot playtime blouse. What to do with a brilliant scarf is demonstrated at right, and it lives up what is termed a "simple yellow daytime dress." Costume jewelry and belts hold the scarf, which is draped from shoulder to hip.

ed a victorious life. His peace of mind was established by a life-long habit of praying. He once wrote: "I begin each day with Christ in prayer. At night as I lay off my clothes I address my soul, too, and address His sins. In the presence of God I lie down to rest and to wake a free man with a new life."

GLOW RATHER THAN GLITTER

The average man does not like his girl to go to extremes to be conspicuous. In short, men prefer girls who glow to those who glitter.

That's what Dr. Henry A. Bowman and Priscilla Scott who are in charge of courses in family life and grooming at Stephens College state in an article in the January American Magazine.

"The girl who is most likely to be successful in courtship is the girl who is sincere and feminine," the educators say. "Men, for all their talk, are rank conservatives about women's grooming, especially that of their sweethearts or wives, and will usually be embarrassed if their feminine partner shows up in a spectacular outfit. They also are apt to detest any outfit on the woman that are sharply tailored or otherwise unfeminine."

In conjunction with their work in designing of clothes, students at Stephens College took a survey among their escorts to determine the latter's preference in feminine styles and here's what they discovered:

"By more than 3 to 1 the men preferred feminine to ultramodern clothes on girls. And they favored 'subdued' colors to 'bright' colors by more than 4 to 1."

The article's authors are convinced that in grooming a woman should strive for simplicity and avoid a cluttered, or overdone look. "A girl must not only appear genuine; she must actually be genuine," they state. "No amount of grooming will bring such appealing ingredients of loveliness as warmth, alertness, friendliness, and gentleness to a girl who is basically cold, listless, or uninterested in people."

JOINT ACCOUNT CHEERS WIVES

The joint checking account has probably done more to make modern wives their husbands' business partners than any other one thing, comments Ruth Millett.

No matter how hard Grandma worked or how thrifty she was, when it came to money matters she had no standing in the family circle.

If she wanted a pair of new shoes she had to ask her husband for the money. She had to ask for every cent she put in her purse. If she had the misfortune of being married to a tight-fisted man, she learned to fall back on small dishonesties to get spending money. She would hold out a little from the grocery money, or rifle her husband's pockets.

That was family finance at its worst. At its best, a wife continually had to go to her husband for money, and, while that may have built up his ego, it certainly deflated hers.

But the joint checking account changed all that. If a husband and wife put their money into one fund—to which they both have access—they're really business partners.

Under that set-up any half-bright woman can see that if she is extravagant she is robbing herself as well as her husband. And she can also see whether or not she can afford something. So she thinks and acts like a responsible member of a partnership.

Cook's Corner

CHICKEN CHOWDER

This chowder is really a main-course dish. You would like it for Sunday night supper — along with heated crusty French bread and a raw salad of whatever vegetables can be drafted to make it, in these days of restricted and expensive vegetables.

Yield—6 servings.

2 ounces finely-diced salt pork or 4 tablespoons chicken dripping
1 cup diced cooked chicken
2 to 4 tablespoons finely-chopped onion

2½ cups ¼-inch dice potatoes
1 cup ½-inch dice celery
2 cups chicken stock
1 No. 2 can kernel corn
1 tall can evaporated milk
¼ teaspoon paprika
¼ teaspoon powdered ginger
1 teaspoon salt
¾ teaspoon pepper
2 tablespoons finely-chopped parsley, if available.

If salt pork is used, cook in sausage pan over low heat until lightly browned—heat chicken dripping.

Add diced chicken and chopped onion and cook until the onion is soft, but not brown.

Add potatoes, celery and chicken stock. Cover and simmer until vegetables are tender.

Add corn, evaporated milk, paprika, ginger, salt, pepper and parsley, if being used.

Heat thoroughly, stirring occa-

That Body Of Yours

By James W. Barton, M. D.

GAINING COOPERATION FROM ALCOHOLIC PATIENT

Most physicians studying alcoholism feel that unless the alcoholic wants to be cured, there is not much hope of curing him. The medical treatment which has been successful in many cases is a Benedrine sulfate tablet, 5 milligrams, after breakfast and another after lunch, with a quieting drug, phenobarbital, 1 to 1½ grains, at bedtime. Another method successful in some cases is putting atropine or digitalis in any alcoholic drink used.

I have spoken before of the work done by Alcoholics Anonymous, which has been the most successful so far in curing alcoholism. Groups of men and women, former alcoholics, band together in cities or towns. At their meetings, they talk frankly of their experiences as alcoholics and how they are resisting alcohol by the help of other former alcoholics and also by trying to help those who currently are alcoholics.

Because an alcoholic does not want to be cured however, is no reason why his family, friends and physician should not try to help him. Thus, Dr. H. M. Tiebout in "Quarterly Journal of Studies on Alcohol," New Haven (Yale), says that gaining the patient's cooperation should be regarded as the first part of the treatment. It is known to students of alcoholism that every sufferer from the disease of alcoholism passes through a long period when he is completely resistant to the idea that he is sick and needs help.

"No patient will cooperate with treatment unless he is conscious of the need for help." In fact, he is greatly indignant with family and physician when he is called an alcoholic. I often feel that if patients could see a moving picture with sound effects of themselves, when under the influence of alcohol, it would show them they were sick and not as they do.

In trying to help the alcoholic, the helper must show the alcoholic that he is sick and has a real job ahead to get cured, and that his own present methods of getting cured are "doomed to failure."

Once the alcoholic recognizes that he is sick and needs help, then the physician—with family and friends cooperating—has a real chance of bringing about a cure. Getting the cooperation of the patient, then, is the first step in curing alcoholism.

The Stars Say—

By Genevieve Kemble

For Saturday, January 24

ALTHOUGH there may be some tendency and opportunity for an energetic attempt to build firm foundations with practical techniques for developing ambitious objectives, and with prospect of successful cooperation from influential sources, it appears that the disposition may be drawn more to the pursuit of pleasure, to social and domestic diversions, rather than workaday activities.

Birthday Forecast

Those whose birthday it is may be disposed to concentrate their energies and ambitions on the easier and more seductive pathways of life than in utilizing their energies and resources for promoting constructive programs. The lure of pleasure and self-indulgence may avert from the practical to ways of confusion, dissipation and glamor, to the loss of prestige, good standing and personal integrity. Strange attractions and things may intrigue into dangerous fields.

A child born on this day may have good equipment for a sound and happy career, but it may be led into dangerous associations.

Season to taste with additional salt and pepper if desired. Serve very hot in soup bowls or soup plates with crackers, hard rolls or toast.

COFFEE CREAM

2 tablespoons granulated gelatine
¼ cup cold water
¼ cup coffee
1/3 cup sugar
1½ cups rich milk or thin cream

Soak gelatine in cold water and then dissolve in hot coffee. Add sugar and milk. Strain into mould. Chill.

MILK FRUIT GELATINE

2 tablespoons granulated gelatine
¼ cup cold milk
2½ cups scalded milk
¼ cup sugar
¼ teaspoon salt
1 teaspoon vanilla
1 cup diced fruit

Soak gelatine in cold milk. Heat milk in top of double boiler and add salt and sugar. Add soaked gelatine and stir until dissolved. Chill and add flavouring. When partially set, add 1 cup of diced orange, pineapple, dates, cooked prunes, pears, peaches, or apricots.

BLACKHEADS

Blackheads simply dissolve and disappear by this one simple, safe and sure method. Get two ounces of peroxide powder from any drug store, sprinkle on a hot, wet cloth, and apply gently—every blackhead will be gone.

Rumors of Royal Stork Due



Princess Elizabeth, shown above at a christening before her marriage, and her husband, the Duke of Edinburgh, "will decline all official visits to the British Commonwealth and the U. S." during official visits to the London Daily Mirror, reported that Elizabeth, 19, and her husband, 22, are expected to be married in London on Jan. 24. He added that if Princess Elizabeth is blessed with a son, the King may confer upon him the title of Prince of Wales. "We know nothing about it," a Buckingham Palace spokesman said.

Dorothy Dix Says—

Sideline Philosophy

Making Best Of Things Is Secret Of Happiness

DEAR MISS DIX: I am a young married woman with three children. My husband is a good man. He works hard, but we have to strain every penny to make both ends meet. No matter how sick I am, I have to cook, wash and iron to keep the house going. And I am always shabby.

I have several rich friends, who have all the good things of life, and they continually are advising me to "make the best of things." It is always so easy for the well and strong to tell the sick how patiently they should bear their sufferings and so easy for the rich to perceive the blessings of happiness is to be found only "in making the best of things" as they are.

We have to make our happiness as we go along by making the best of what we have and squeezing every drop of pleasure out of it. This is a hard thing to do when one is sick, tired and overworked and lacks the luxuries for which everyone's soul craves. But we make things better or worse by our attitude towards them.

Nobody will deny that it is nerve-racking to take care of little children, but whether motherhood is a curse or a blessing depends entirely upon how you take it. You can make the best of it. You can find joy in your little children's arms around your neck. You can find interest in watching their little minds develop. You can enjoy them now instead of waiting for them to grow up.

You have your husband as no rich woman has her husband. You are necessary to him as no rich woman is to her husband. Your life is fuller and far more interesting than any millionaire. I have heard many a rich woman say that the best years of her life were those in which she toiled to help her husband get his start in the world.

You have youth. You have a husband who loves you. You have little children. The gods have been good to you. Enjoy your blessings while you may.

DEAR MISS DIX: I am a widow in my late fifties. I have two boys, one of whom is about to be married and the other who is still in college. I am very lonely as my children are out every night with their young friends.

There is a man, an old friend of mine, who comes to see me and who has expressed the desire to marry me, but my boys object very much to my thinking of marrying, even though the man can give me a good home. What should I do?

A LONELY WIDOW

ANSWER: One of your children is about to leave you. The other will be gone in the course of the next few years. They will not consider it their duty to stay at home and bear your company. In that they are right, because the young should not sacrifice their lives to the old, but you should consider yourself also.

Your children have no more right to blight your life than you have theirs, so don't listen to their objection to your marrying. Marry your man and be happy.

DEAR MISS DIX: Is it possible for a woman to love two men? I have been married for 10 years and I honestly feel that I love my husband, but recently I have met another man whom I adore. My love for him hasn't changed my feelings or actions towards my husband and I do not feel that I have hurt him because he doesn't know. Somehow, I cannot think that there is any real harm in what I am doing. Can you?

WONDERING.

ANSWER: We always make excuses for ourselves and find justification for doing what we want to do, but that doesn't alter the status of the case as far as the rightness or the wrongness of it goes.

Your unfaithfulness to your husband is a black sin. Nor does the fact that he doesn't know it save your conscience. As a matter of fact, it makes your disloyalty all the blacker. Perhaps there are few men and women who, at some time during their married lives are not assailed by some temptation, but the strong and honorable ones do not yield as you have done. They resist it.

Ellen's Diary

By an Island Farmer's Wife

And so as we sat about the fire in the kitchen last evening with Mr. C. from the house on the hill and Jock who had come to call briefly on his way then from the last round at the barn, we had discussed the potential lighting of the buildings at Alderlea and the mill, if one day the magical wires of electricity should be strung along this pretty byroad of ours. In fancy James would have them in the barns, the stables and piggery, conceding only grudgingly to "one or two in the house" and then in a more animated tone "we could have good strong lights in the cellars, I think. They would be fine for the Fall potato grading. Yes," he said, and the other two nodded in agreement "they would be 'all right there!'"

And so with much anticipation, if with different views on the subject, James and I look forward to the time when such conveniences, in the way of light and water and heat will be within reach of this every farm home. When I recall: "I am glad to have you here, the best is yet to be" I am apt to think in terms of the benefits electricity will bring to us here and on other farms. It will help to lighten many a task now burdensome; it will serve to make farm life more attractive for young folk, agriculturally minded and more comfortable for us who are older, and, I believe, put tenants in rural homes now vacant.

"Yes, we used to live on a farm too," a young woman, an office worker told me not long ago "but we're living in town now. I am a city girl—no, not an islander." "And why did you leave the farm?" I asked, a bit curious to know. She shrugged her shoulders in a hopeless gesture. "I stayed as long as I could—more than a year" and she laughed ruefully "and long as I year it was, I can't tell you. I didn't mind, nor that we had no near neighbors—I didn't bother much with them anyway, but there was neither lights nor bath in the house—and we had to burn wood! Dan liked it there, you see his people had been farmers, and he didn't know much else. He's got a job now, with fairly good pay, and we have rooms. No, we didn't sell the farm, but we did get paid for it. No more living in the sticks for me! I came away rather sorry for the lad I had never seen, but liked who "didn't know much else" than farming. Thus, when finally city conveniences are brought to rural homes, I fancy it will contribute in this "day and age" to more happiness and continuity of farm life on the Island."

"This is the coldest yet, Ellen!" James came to the door this morning to tell me, when first steps had taken him to read the glass at a house-courner. "Yes," he said "though you'd hardly believe it—it's down to two below. It was barely zero when we looked last night." Then his footsteps crunched noisily and went with a certain music, as he went to the feeding stall at the barns. A pleasant winter morning, found it when after setting the kettle to boil over the new-lit fire, and spreading the breakfast table I followed him to my small share of the choring. The snowy slopes sparkled bewitchingly to sunward, and from the houses the smoke billowed upward, held there in the calm, frosty air. "Getting on towards Burns' Anniversary time," James remarked when I met him in the barn-yard, a forkful of hay on his shoulder, "and that!" he continued, looking back doubtless through his youthful years "usually brings a cold snap." Pard' purling about stopped at the gateway and barked though only mildly as if someone familiar approached. His eyes were toward the crispness and the animal movement there—a small dark sheen of the crispness and the animal movement there—"A skunk on an early morning!" "A skunk on an early morning!" "A skunk on an early morning!" "A skunk on an early morning!"

Q. How can I make good tarts?
A. Tart molds can be made over the backs of muffin tins. Make a syrup of sugar and water, drop fresh gooseberries in it, and cook for a few minutes. Fill the tarts and serve with whipped cream.

Q. How can I remove lime that has accumulated on the inside of the teakettle?
A. Boil a strong solution of vinegar in the kettle. Rinse thoroughly before refilling with water.

Q. How can I prevent soggy potatoes?
A. Never cover the potato dish when sending to the table, or the potatoes will become soggy by absorbing their own moisture.

Q. How can I prevent soggy potatoes?
A. Never cover the potato dish when sending to the table, or the potatoes will become soggy by absorbing their own moisture.

Q. How can I prevent soggy potatoes?
A. Never cover the potato dish when sending to the table, or the potatoes will become soggy by absorbing their own moisture.

Q. How can I prevent soggy potatoes?
A. Never cover the potato dish when sending to the table, or the potatoes will become soggy by absorbing their own moisture.

Q. How can I prevent soggy potatoes?
A. Never cover the potato dish when sending to the table, or the potatoes will become soggy by absorbing their own moisture.

Q. How can I prevent soggy potatoes?
A. Never cover the potato dish when sending to the table, or the potatoes will become soggy by absorbing their own moisture.

Q. How can I prevent soggy potatoes?
A. Never cover the potato dish when sending to the table, or the potatoes will become soggy by absorbing their own moisture.

Q. How can I prevent soggy potatoes?
A. Never cover the potato dish when sending to the table, or the potatoes will become soggy by absorbing their own moisture.

Q. How can I prevent soggy potatoes?
A. Never cover the potato dish when sending to the table, or the potatoes will become soggy by absorbing their own moisture.

Q. How can I prevent soggy potatoes?
A. Never cover the potato dish when sending to the table, or the potatoes will become soggy by absorbing their own moisture.

Q. How can I prevent soggy potatoes?
A. Never cover the potato dish when sending to the table, or the potatoes will become soggy by absorbing their own moisture.

Q. How can I prevent soggy potatoes?
A. Never cover the potato dish when sending to the table, or the potatoes will become soggy by absorbing their own moisture.

Q. How can I prevent soggy potatoes?
A. Never cover the potato dish when sending to the table, or the potatoes will become soggy by absorbing their own moisture.

GOOD BREAD
Gives more good nutrition for your money than any other Food.

"Always Good"

Eastern Bakeries

BUTTER-NUT BREAD

Modern Etiquette
By Roberta Lee

Q. Is it good taste for a girl to write some words of endearment on a photograph of herself that she is giving to a young man?
A. This is not a matter of good taste so much as a matter of good sense. Unless she is very sure of herself, it is perhaps wiser to omit any endearing words she may regret later on.

Q. In what way can a house guest be of assistance to a hostess who does her own work?
A. She can be of much assistance, and show the proper consideration, if she will keep her room clean and orderly.

Q. Is it all right for a girl at a dance to powder her nose without going to the dressing room?
A. Yes, when she can do so inconspicuously.

Morning Smile

THE CODE

An elderly woman went to the counter of a telegraph office and said she wished to send a greetings telegram to her nephew in Australia. Unfortunately, she had mislaid the name of the town, but was certain it had something to do with a dog's tail. Could the post office help her?
The counter clerk thought for a moment before he asked: "Is it Wagga Wagga?"
It was.

"I'll go walking with you as soon as I change my traffic cop shoes."
"Why do you call them that?"
"If I park them too long in one place they pinch me."

ANSWERS

1. Say, "I'll to the wastebasket" to, do, in, direction. 2. Pronounce the th as in smooth, not as in both. 3. Servicable. 4. Sincerely affected by a sense of guilt; repentant. "Be penitent, and for thy fault contrite." — Milton. 5. Levity.

How Can I!!!
By Anne Ashley

Q. How can I make good tarts?
A. Tart molds can be made over the backs of muffin tins. Make a syrup of sugar and water, drop fresh gooseberries in it, and cook for a few minutes. Fill the tarts and serve with whipped cream.

Q. How can I remove lime that has accumulated on the inside of the teakettle?
A. Boil a strong solution of vinegar in the kettle. Rinse thoroughly before refilling with water.

Q. How can I prevent soggy potatoes?
A. Never cover the potato dish when sending to the table, or the potatoes will become soggy by absorbing their own moisture.

Q. How can I prevent soggy potatoes?
A. Never cover the potato dish when sending to the table, or the potatoes will become soggy by absorbing their own moisture.

Q. How can I prevent soggy potatoes?
A. Never cover the potato dish when sending to the table, or the potatoes will become soggy by absorbing their own moisture.

Q. How can I prevent soggy potatoes?
A. Never cover the potato dish when sending to the table, or the potatoes will become soggy by absorbing their own moisture.

Q. How can I prevent soggy potatoes?
A. Never cover the potato dish when sending to the table, or the potatoes will become soggy by absorbing their own moisture.

Q. How can I prevent soggy potatoes?
A. Never cover the potato dish when sending to the table, or the potatoes will become soggy by absorbing their own moisture.

Q. How can I prevent soggy potatoes?
A. Never cover the potato dish when sending to the table, or the potatoes will become soggy by absorbing their own moisture.

Q. How can I prevent soggy potatoes?
A. Never cover the potato dish when sending to the table, or the potatoes will become soggy by absorbing their own moisture.

Q. How can I prevent soggy potatoes?
A. Never cover the potato dish when sending to the table, or the potatoes will become soggy by absorbing their own moisture.

Q. How can I prevent soggy potatoes?
A. Never cover the potato dish when sending to the table, or the potatoes will become soggy by absorbing their own moisture.

Q. How can I prevent soggy potatoes?
A. Never cover the potato dish when sending to the table, or the potatoes will become soggy by absorbing their own moisture.

Q. How can I prevent soggy potatoes?
A. Never cover the potato dish when sending to the table, or the potatoes will become soggy by absorbing their own moisture.

Q. How can I prevent soggy potatoes?
A. Never cover the potato dish when sending to the table, or the potatoes will become soggy by absorbing their own moisture.

Household Scrapbook
By Roberta Lee

Creases on Clothes

Clothes should not be in such need of pressing that the first creases are gone. The creases will stay in particularly well if the garment is pressed until thoroughly dry under a pressing cloth.

Discolored Aluminum

Aluminum vessels that have become discolored can be cleaned by rubbing with a cloth dipped in lemon juice. Rinse in warm water.

Starch

An added gloss to the linen will be produced by making the hot starch with soapy water. This also prevents the iron from sticking to the goods.

Better English
D. C. Williams

1. What is wrong with this sentence? "I threw the paper in the wastebasket."
2. What is the correct pronunciation of "loathsome"?
3. Which one of these words is misspelled? Septennial, servicable, severance.
4. What does the word "penitent" mean?
5. What is a word beginning with le that means "lightness"?

1. Say, "I'll to the wastebasket" to, do, in, direction. 2. Pronounce the th as in smooth, not as in both. 3. Servicable. 4. Sincerely affected by a sense of guilt; repentant. "Be penitent, and for thy fault contrite." — Milton. 5. Levity.

Heinz
CONDENSED
Beef Noodle
Soup

It's richer!
It's tastier!

Needlecraft
FOR THE HOME

NIGHT OR DAY

With this wonderful pattern you can make brother and sister pretty pajamas in cotton or winter-warm outing flannel... or a playstout of cunning corduroy... whichever suits your mood! Choice of long or short lengths.

No. 2228 is cut in size 2, 4, 6, 8, and 10. Size 8 requires 2½ yards 35-inch in the long length, 2 yards 35-inch in the short length.

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 zone number in your address.

Address: Pattern Department, The Charlottetown Guardian.

Pattern No. 2228

Name _____

Address _____

City _____ Province _____

2228
SIZES 2 - 10

LONDON, England — (CP)—The Lord Mayor's National Air Raid Distress Fund has been offered money to build memorial homes for old people bombed out during the blitz.

HEALTHY BABIES are not cross. Your baby should not be cross, if he is, then something is his little system is "out of order." Probably Baby's Own Tablets can promptly "put it right." Mrs. R. W. of Boston writes: "My little girl was terrible, feverish and sometimes sick at her stomach. She was a real trial to her mother. Baby's Own Tablets, to see how much better she was."

Never be without a full box of Baby's Own Tablets. Except on other trials at the night 25 cents. Money back if you are not satisfied.

Never be without a full box of Baby's Own Tablets. Except on other trials at the night 25 cents. Money back if you are not satisfied.

Never be without a full box of Baby's Own Tablets. Except on other trials at the night 25 cents. Money back if you are not satisfied.

Never be without a full box of Baby's Own Tablets. Except on other trials at the night 25 cents. Money back if you are not satisfied.