

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

## Living & Leisure

— THE WOMAN'S REALM —

### Timely Notes On Nutrition

By Marjorie G. Hill  
ARTICLE NO. 10

Happy New Year, Everybody!

Over the Christmas holidays I received a very interesting letter from a lady whom we shall call Mrs. B. I am taking the liberty of publishing and answering her letter today. The letter reads:

Dear Miss Hill:

I have been hearing so much about this subject called Nutrition lately, that I finally decided to write and ask you to explain the meaning of it to me. Is it a new subject? Another thing that has been puzzling me is: Why do we need food? I know we need it to keep alive, but why is there so much talk about it? If it's not too much trouble I would like to have you write me the answers to these questions.

Yours truly, Signed—  
Mrs. B.

Dear Mrs. B—

Thank you for your very interesting letter. You could not have asked me two better questions. Too often a new word comes into the common vocabulary without bringing with it any clear understanding of what it means.

Actually Nutrition is a science, the same as Chemistry is a science. It is the science of nourishing or feeding the body so that we have optimum health, throughout our life span. Actually Nutrition is concerned mostly with two factors — the food we eat, and what the body does with that food once it is consumed.

You asked me "why do we need food?" Well, our bodies are very similar to a machine. A machine needs fuel to do work. It needs to be repaired as the parts wear out, and it needs to be oiled and greased to run smoothly. Our bodies use food for fuel so that we can do our work, and play. Our bodies have to keep their own tissues in repair. We cannot take them to a garage to be mended. So, again we eat food for repair, as well as for growth. And we eat food for a third reason — for smooth functioning. There you have it then — the three reasons as to why we eat.

Although you did not ask me what foods fulfill these functions, I will outline them briefly for you. Foods used for:

1. Energy or fuel are: breads, cereals, starchy foods, desserts of all kinds, butter, bacon and other fats.
2. Growth and repair are: eggs, milk, cheese, meats, fish and poultry.
3. Proper functioning are: fruits, vegetables and water.

Mrs. B. I hope the above answers to your questions are satisfactory. If you have any others you would like me to answer, just drop a line at any time.

Sincerely,  
Marjorie G. Hill.

**PLAN DRIVE AGAINST REDS**

MONTREAL, Dec. 30 —(CP)—Spokesmen for the city police anti-subversive squad said today their unit is being strengthened for a drive against Communist activities here early next month. A police source also said that the R. C. M. P. and the Provincial Police will co-operate with the municipal force.

### ELLEN'S DIARY

By An Island Farmer's Wife

And so one day gathered the family at Alderlea together for Christmas. And there was as well the day following when most of this same family spent some hours with The Old Folks at Home. We sometimes wonder as we approach the spot, what the like of Rob or Jock finds there. Probably only a place where some of their kin-folk dwell or forgather on occasion. For ourself, grey-haired and a grandmother by virtue of Jamie and our small ones, each return is a pilgrimage — and in the faces of Ellen, namesake to us and the others of newer generations we see the children, that dwell there in the long ago. It is a privilege indeed for folks to be able to spend Christmas at home. This fact was impressed upon us by the cars assembled about us, by the cars assembled about us, or that farm-home we visited, on our way thither, and children and grandchildren come home for the Day of days.

This year as in past Christmas seasons, we came to an alert conclusion that has the interests of their children down now to a fourth generation, much at heart. As at Alderlea, they still like to gather about an old armchair, occupied by one who, in an old fashioned yet very new way, is ever regarded and respected as the head of the house. And all find it interesting to look back with him along the years. It is often his pleasure to contrast present-day methods of farming with those of his earlier years and the current and more casual ways of living with those more restricted ones of the long ago. And sometimes he gives one gems of thought from an old book, a choice bit that one had almost forgotten, and with interest and very graphically, with not a detail missing, he brings from the lives of past generations, lessons to be taken to heart for the future.

One rite, unimportant in a way, and yet missing from the Christmas ceremonies at table is that he no longer carves the roast. Once it was done at the board, in a capable and dignified manner befitting the occasion, catering with particular deference to the individual wishes and tastes, with one of the number eagerly awaiting to claim the charm of the wish-bone. But who could preside at this, now that the family has grown to fill many a table?

And what of the one small lady, who rising long before dawn had attended to most of the preparations for her family's Day? Once daughters and feminine in-laws appear on the scene, her duties are given over to these, though it is not an easy role for her to assume. Familiar concerns are sometimes voiced and we smile to hear them. "Is the kettle full? Remember there's tea and coffee to be made!" and with forethought which never yet has been found wanting "You'll be needing lots of hot water for the dishes!" and "I'm just afraid the fire is getting low!" Not without good reason does she air these reminders — it is difficult to attend to these lesser and practical duties in the joy and delight of the Day at hand. The old home mostly silent now, again rings with the melody of happy

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### That Body Of Yours

By James W. Barton, M.D.

#### CANCER OF THE LUNG

What many of us forget is that nearly all symptoms of various ailments clear up of themselves within a reasonable time. If symptoms continue, with or without treatment, for an "unreasonable" time, then the cause of the symptoms should be investigated.

I have in mind at this time tumor or cancer of the lung, in which the early symptoms may be only a slight cough or perhaps a wheezy sound resembling asthma to some extent. It may be easily overlooked because the early symptoms are so mild.

When we think of cancer, we usually think of cancer of the stomach, intestine and brain, and the breasts and uterus in women, yet research workers report that cancer of the lung accounts for about eight per cent of all cancer cases.

In "The American Review of Tuberculosis," Dr. R. Adams states that the three most valuable approaches to early diagnosis of lung cancer are: (1) education of the public to consult a physician for any cough lasting more than two weeks; (2) education of the profession to inquire for symptoms, to fluoroscope (X-ray) every new patient and to advise X-ray films when necessary; (3) stopping the practice of treating cough symptoms and pleurisy without trying to find the cause.

Unfortunately, the early symptoms of cancer of the lung are so "ordinary" that they are likely to be disregarded by both patient and physician—cough, pain in chest coughing up mucous and wheezing, later symptoms are shortness of breath, collection of fluid in plural sac (dove's pat of sac in which lungs lie), severe pain, hoarseness, loss of weight and weakness. The X-ray gives the most lung cancer, and the next most valuable is the use of the bronchoscope, "which if handled by a seasoned expert will, in 90 per cent of cases give the proper diagnosis."

Removal of the section of the lung affected by cancer is at present the only hope of cure. By this operation, the records show 64 per cent alive at the end of one year or more, and 23 per cent five years later.

### Household Scrapbook

By Roberta Lee

#### Spilled Grease

If there are grease spots on your floor or stone steps, make a paste of fuller's earth and water and spread this over the spots, allowing to remain for 24 hours. Repeat if the spot is not entirely obliterated.

#### Soiled Feathers

Soiled feathers can be cleaned by covering with warm pipe clay and letting them stand for two or three days. Beat out the powder, and you will note a great improvement.

#### Suede Shoes

Keep suede shoes in good condition by rubbing over them frequently with a piece of fine emery paper, or a coarse brush.

### Chandler-Tapling Wedding Group



On December the 23rd the home of Mr. and Mrs. Ralph Balderston of Winsloe was the scene of a very pretty wedding when Miss Shirley Tapling, daughter of the late Mr. and Mrs. James Tapling of Truro was united in marriage to Mr. Robert (Bob) Chandler, son of the late Mr. and Mrs. Harry Chandler of Charlottetown. The bride looked very pretty in her street length dress of steel blue crepe and carried a bouquet of red roses. The groom wore a dark suit and carried a white boutonniere. The wedding march was played by Mrs. Major VanRooy and during the signing of the register Mrs. Silney Clay sang very sweetly "The Voice that Breathed O'er Eden". The ceremony was conducted by Major Hutchinson of the Salvation Army. At the close of the ceremony a very attractive and tasty buffet lunch was served by Mrs. Balderston in honor of the bride. After lunch Mr. and Mrs. Chandler bade their guests good night and amid showers of confetti and good wishes returned to Charlottetown where they will be residing.

### How Can I!!!

By Anne Ashley

Q. How can I make a good remedy for burns?

A. Use equal parts of linseed oil and lime water, applied on a soft cloth, then covered with another soft cloth to keep out the air. It is well to keep a bottle of this solution on hand for emergencies.

Q. How can I bleach white material that has turned yellow after being stored for a long time?

A. Dissolve two tablepoons of borax in one quart of water; boil the goods in this solution; then place in the sun to dry. Repeat this process if necessary.

Q. How can I prevent mold from forming on uncooked ham?

A. Rub the cut end thoroughly with vinegar. Another method is to spread lard over the lean part.

### DOROTHY DIX SAYS -

#### Allowances

#### Regular Spending Money Good Training For Children

DEAR MISS DIX: What do you think about giving children an allowance?

ANSWER: I am strong for it. It is just as important to know how to spend money as it is to know how to make it, and the young cannot be too early instructed in this art which will affect their whole future lives.

Half the waste and extravagance in the world is the direct result of people's never having been taught how to handle money.

#### ONE FAMILY'S PLAN

I know a wise father who, it seems to me, has worked out the problem of allowances for children better than anyone else I know. Starting at 6, each of his children is given an allowance that is increased every year. This must cover certain specific things and all their little treats. Each child has his own savings bank and in this a certain percentage of the money must go as soon as it is paid the child. This is to teach the habit of saving and that it must look out for the future.

The older children's allowance is increased to cover their clothes, and they are permitted to buy these under a certain direction from the mother, but if the fancy of one is caught by some inappropriate garment and it insists upon having it he or she is permitted to buy it, but is made to wear it, no matter how much he or she comes to hate it. Thus is inculcated a lesson in careful buying.

Often the children want more money than their allowance. This is never given them as a present, but they are permitted to earn it. Some task is always kept whereby the child can make money by working for it. John wants 50 cents. All right. He can sweep the sidewalk or bring in coal or scrub a floor or mend something that is broken. Mary wants a dollar. She can wash the dishes or darn socks or take care of the baby. Thus are the children made to realize that if you want more money you can get it by work. A salutary lesson that no youngster will ever forget.

DEAR DOROTHY DIX: Why are people afraid that a divorced woman will not make a success of a second marriage? I see many married women with wonderful husbands, who give no thought to them, but who take everything granted as if marriage owed them men's affection and attention. Yet men are afraid to marry a divorced woman. We, the divorcees, would love a good husband and show him how much we appreciate his efforts.

ANSWER: There is no doubt that many a divorced woman would

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### Modern Etiquette

By Roberta Lee

Q. Is it proper for a divorcee to wear the engagement rings of her first husband, after she has become engaged again?

A. The wedding ring should be discarded, of course. The engagement ring may still be worn on the right hand, if the new fiancé does not object.

Q. Is it always proper to smoke in another person's home?

A. Not always. It is still considered bad manners to light a cigarette, cigar, or pipe in the home of a stranger when no one else is smoking — and especially at the table if there is no provision made for smoking.

Q. Does the receiving of a wedding announcement require a gift?

A. No; nor does it require any civility beyond sending a like announcement if a marriage takes place in your own family.

### Better English

By D. C. Williams

1. What is wrong with this sentence? "We shall be there Saturday evening at 8.00 P. M."

2. What is the correct pronunciation of "garnishes"?

3. Which one of these words is misspelled? Grandsequence, grammarian, granddaughter, granary.

4. What does the word "disconsolate" mean?

5. What is a word beginning with eq that means "patience; composure"?

#### ANSWERS

1. Either say, "We shall be there Saturday evening at 8.00," or "Saturday at 8.00 P. M." 2. Pronounce as spelled, gar-nish-ee, and not gar-an-see as so often heard. 3. Granddaughter. 4. Deeply dejected; sad. "We were moved by the tears of this disconsolate man." 5. Equanimity.

### AT A TEA

We spoke of little foolish trivial things  
Our favorite movie star . . . the price of bread,  
The latest book, and how the fashions change,  
And oh, I longed to speak to her instead  
Of vital things that matter so much more  
Than curtains, or the polish of a floor.  
I longed to ask her (she seemed so alive)  
If she had ever seen a rainbow break  
In little shattered fragments on the lawn  
Or had she watched a baby robin take  
Her first small flight . . . or heard an old man teach  
A little boy his lessons on a beach.  
I wanted to reach down and touch her heart  
Beneath the thin veneer that shut me out,  
And let our true selves speak . . . to hear her tell  
The secret hidden things she dreamed about,  
And what she thought behind her lovely eyes  
That looked so very friendly and so wise.  
Of course we didn't . . . we just drank our tea  
And ate small cakes and laughed with stilted mirth,  
And parted strangers . . . and we went away  
Along the lonely highways of the earth,  
People who might have sealed Life's grandest peak  
If we had dared to be ourselves and speak

—Edna Jacques.

The spirit of America with a French accent can perhaps best sum up the trend of the first fashions for 1950 now being shown in the mid-season collections in Paris. The second half of the century, so far as fashions are concerned, is likely to be ushered in with a quiet but firm rebellion against the "frou-frou" and stilted silhouette of the '20s which have dominated Paris collecting since late. Jacques Fath, taking his inspiration from the most wearable

and commonplace clothes of America — the everyday lumber jacket, the battle fatigue jacket and the raincoat for example — has turned them into attractive models for round-the-clock wear. Shorter skirts appear to be here to stay. Day costumes are generally speaking 18 inches from the ground and occasional models, with disturbed hemlines, by Christian Dior, Edward Molyneux and Jacques Griffe, as much as 18 inches up. Balmain Gres and Paquin keep to 14, with some an inch longer and within the afternoon length range. Pencil-slim skirts reveal several new tricks in cut, including concealed pleats or slashes to give unhampered walking space. The most outstanding difference between the autumn shows and the new mid-season collections is in jacket lengths. These are definitely shorter to preserve the balance with the shorter skirt.

The spotlight in the mid-season day scene is focused on sleeves. Jean Dessus leads this sleeve accent in the grand manner, with leg-o-muttons in a variety of sizes. Unpadded, drooping shoulders remain popular with the fullness gathered and set in below the shoulder line about two to three inches down the arm. Fath, still carrying out his multiple button theme, puts buttons on stiff fabric tunics worn over pencil-slim skirts and again over material wool dresses. The buttons control pleats and abundant skirt fullness. In the top fashion houses the short-length evening dress is still being sponsored, although very few have yet appeared in the Paris night scene. Molyneux, Fath and Schiaparelli are showing the strapless short evening dress in pencil lines, white Dior sticks to the moulded strapless bodice above a very full skirt. All these new short gowns are shown with little fitted jackets which turn them into cocktail dresses and in some cases, especially with Fath's models, into little street frocks.

### Morning Smile

The following conversation was overheard in a London club after a siren had sounded:  
"What's that, warning or all clear?"  
"Don't know: lost count."  
"Sounds like an all clear, doesn't it?"  
"All right, have it your own way."  
"But then, if it's an all clear, why are the guns firing?"  
"Oh, don't keep asking me perhaps it's the King's birthday."

### Cook's Corner

#### BUTTER TARTS

2 eggs  
2 cups light brown sugar  
2 tablespoons vinegar  
1 teaspoon vanilla  
¼ cup butter, melted  
1-3 cups currants, chopped raisins, or nutsmeats

Pastry  
Beat eggs only until whites and yolks are well blended. Beat in sugar and add vinegar and vanilla. Stir in melted butter and add fruit.

Line patty pans with pastry and fill ½ to 2-3 full with butter mixture. Bake in hot oven (450 F.) for first 7 minutes, then reduce heat to 350 F. for balance of baking time, about 20 to 25 minutes, or until filling is firm.

## Needlecraft

— FOR THE HOME —

### SWEET AND SMOCKED

This is a little dress that will be pretty enough for young set parties with its puff sleeves, dainty smocking to circle the neckline. (Transfer for smocking included in the pattern.)  
No. 3503 is cut in sizes 1, 2, and 3. Size 2, 1 ½ yards 35-inch.

Send 25 cents 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. 3503

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City \_\_\_\_\_ Province \_\_\_\_\_

**JOBLESS FLOCK TO TORONTO**  
TORONTO, Dec. 30 —(CP)—Police said today homeless and jobless from all parts of Canada are drifting into the city, and railway police are having trouble each night with unemployed using passenger coaches as sleeping quarters. Twenty-three transients were arrested early today on trespassing charges.



"You're adorable"

Here's a complexion care that really makes skin lovelier! In recent Lux Toilet Soap tests by skin specialists, actually 3 out of 4 complexions improved in a short time!

Judy Garland finds these beauty facials leave skin softer, smoother. She works the fragrant lather well in, rinses, and pats with a soft towel to dry.

You'll love the generous new bath size Lux Toilet Soap, too—so fragrant, so luxurious!

"I'm a Lux Girl" says JUDY GARLAND

JUDY GARLAND is adorable indeed as she plays opposite VAN JOHNSON in Metro-Goldwyn-Mayer's "IN THE GOOD OLD SUMMERTIME"

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9 out of 10 Screen Stars use Lux Toilet Soap—Lux Girls are Lovelier!