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

Living & Leisure
THE WOMAN'S REALM

It matters not about the prestige won, and riches gained,
Between the one and threescore ten—
It only matters that you lived in harmony
With God and loved your fellowmen.

—Adair

Grapes are high in minerals and vitamins and a quarter pound bunch of white seedless grapes has fewer calories than a thin butter rookie or a big chocolate cream.

AFTERNOON DRESSES IN ENGLAND GO GAYER

LONDON, Eng. — Afternoon dresses are going gayer. Manufacturers are finding it possible to introduce sequin and bead embroidery on ceiling price dresses selling in the shops at 15 pounds. Paris influence is seen in low-set knife-pleated skirts joined to a plain tunic bodice, and in the bateau necklines. Peplums are still popular, in some cases edged with sequin embroidery or accordion-pleated silk frills.

In evening gowns designers have combined dinner dress and evening gown. Blouses, which fit into the waist and resemble normal bodices, are whipped off for dancing or formal evening wear.

FRESH AND CRISP

NEW YORK — Summer clothes look their loveliest if they are fresh and crisp. Be sure that you keep a box of your favorite soap flakes in your closet and when your dresses droop like a wilted flower, tub them at once!

Cook's Corner

STRAWBERRY MOUSSE

1 qt. strawberries
1 tbs. lemon juice
3-4 cup sugar
1 cup evaporated milk, chilled for whipping.

Select sound, well-ripened berries for best results. Wash, hull, drain and mash, then press quickly through a coarse sieve or force through a potato ricer. There will be from 1 1-2 to 2 cups pulp and juice. Add sugar to pulp and let stand in the refrigerator for 20 minutes to chill and dissolve sugar. Chill milk in bowl surrounded with chipped ice and salt. Whip until stiff (1-2 pt. whipping cream may be used in place of the evaporated milk, but add more sugar). Add lemon juice and whip until very stiff, then cut and fold strawberry mixture lightly but thoroughly into milk, turn into freezing pan immediately and place in refrigerator trays to freeze, from 2 to 5 hours. Serves 6.

SCHOOL DAY SUNDAE

2 envelopes plain, unflavored gelatin
1-2 cup cold milk
2 1-2 cups hot milk
1-2 tsp. salt
2-3 cup sugar
4 egg whites.
1 tsp. vanilla.

Soften gelatin in cold milk, add hot milk, salt and sugar, and stir until dissolved, then cool. When mixture is quite thick, and almost set, beat with a spoon or wire whisk until fluffy. Fold in stiffly beaten egg whites and vanilla. Continue beating until stiff enough to hold its shape. Fill sherbet glasses with half of the mixture (1 1-2 cups) and chill. Serve with sauce made by boiling 1-2 cup raspberry or strawberry jam with 1-2 cup water and 1 tbs. sugar. Boil 3 minutes, cool and pour over gelatin sponger. Serves 6.

Morning Smile

A man on holiday had been told he would find splendid sport on the lower reaches of the creek and along the lagoons bordering the river.

Gun in hand, he wandered for miles without getting a shot, and was crossing a bridge on the way back to the hotel in the late afternoon when he met a small freckled boy.

"Is there anything to shoot about here?" he asked.

The boy scoffed thoughtfully and shook his head. Then his face brightened up.

"Here's the schoolmaster coming across the bridge now!" he exclaimed.

HAND-PAINTED FABRICS TO SELL

NEW YORK — The gay hand-painted, hand-screened and hand-blocked fabrics which have livened the costumes of some of the nation's top dress designers will be on sale by the yard for home dressmakers and decorators within the next few weeks, it was announced today.

The cotton and rayon fabrics, designed and manufactured in Philadelphia by June Groff, painter daughter of a Pennsylvania-Dutch farm family, will sell for approximately $2 to $4 a yard in widths ranging from 30 to 50 inches.

Miss Groff expects the fabrics will find their greatest use in drapery, upholstery and in informal and play clothes. They have been used by dress manufacturers, however, for more formal costumes. And a home needlewoman with imagination may fool Miss Gross.

All of the prints have a bold freehand look to them. The newest looking have geometric appearances. They feature a wide range of interesting color combinations in pleasing-to-look-at but non-representative design.

Others have taken their patterns from birds, butterflies, flowers and the heavens.

There is a handsome group of brush stroked plaids —red and dark green, blue and brown, orange and gray —which should be equally adaptable to young school clothes and sofa covers.

Pastel backgrounds are plaided with narrow black lines and the resulting squares decorated with black line butterflies in one pretty print.

WHO TOLD YOU THAT?

"I beg your pardon, ma'am," said the newly arrived Irish maid to the officer's wife, "but is it colonel or major I should be calling the captain?"

Household Scrapbook

By Roberta Lee

CARE OF EYES

Don't try to read with the light shining in your eyes. Don't read with the sunshine falling across the print. Don't borrow somebody else's glasses just because they seem like yours. Don't read while lying down, unless you are propped up sufficiently that the page is held at right angles with your line of vision.

FLOORS

When scrubbing floors use lukewarm water instead of hot. Hot water will sink into the wood and take longer to dry. Scrub with the grain of the boards, not against them.

LINEN

The edges of bed linen and towels will not be soiled from dust if an old discarded sheet is placed underneath them and the edges brought up over the linens. They will keep clean indefinitely

The Stars Say -

By GSUSVIEVE KEMBLE

For Wednesday, July 16

The sustained deceptive, chaotic and treacherous situation in current affairs may be abruptly brought to a head or some sort of irregular climax by an unforeseen event or a swift and revolutionary change of tactics. Change and innovation seem to be the only safe solution to the critical state of affairs. Ingenuity, strange leads or astute insight may turn the tide.

If It Is Your Birthday

Those whose birthday it is should be alert to some sudden break in current affairs, which have been submerged by strange, inexplicable and confused issues. A spectacular bit of news, an adroit move, a stroke of genius may be instrumental in turning the tide away from sinister and alarming intrigue into constructive and regular channels. The personal, emotional and business affairs having been wrapped up in illusion, probable fraud and weird allure, may be resolved by an unorthodox or abrupt circumstance.

A child born on this day may be blessed with ingenuity and skill, in an exceptional manner gaining success, progress and romantic adventure in out-of-ordinary lines.

"Island Maid" Bread is a quality food

"TRY IT"

STEWART BAKERIES LIMITED
CHARLOTTETOWN, P.E.I.

Ellen's Diary

By an Island Farmer's Wife

"It's gone!" I repeated to James, and surprised by my words, he himself a trusty flash-light in hand went to look over the situation. "Yes" he returned to tell me "there's no sign of it, Ellen." He sniffed wistfully "but the smell of it lingers. It can't be gone too long. Funny isn't it?" Not funny at all, but strange, I find it, the riddle hard to solve. The facts are these A fruit cake round and spicey, made in the cake pan, which for some years now has been no mean possession in my particular and exceedingly modest estate, and which out of respect was left cooling on a fresh white lunch cloth of "Jessie's" make on the dining room table, is missing. I could scarcely believe my eyes, when a few minutes since, on my return with James from spending our evening "abroad" I at once came there to admire it. It was one that in the cloudiness and showers of today, Jeanie had made for me, following carefully her pet receipe.

• • •

Jeanie makes a delectable fruit cake, whereas the family bore with mine because as James once explained "we sort of had got used to them" offered Jeanie's, even I, given to moderation, unfailingly accept a second portion eagerly. In any event neither "whip nor stitch" of it remains to tell it was there this afternoon, when James and I left to attend the funeral. I remember well. At the time I had gone to a mirror in the sitting room to tuck in a straying lock and from the tail of my eye I had glimpsed the roundness of the cake and felt for the moment rather elated. To a house wife, having a fruit cake "on tap" gives one a sense of social security giving more depth to the term than when it is bandied about by politicians. Besides I had been extremely pleased by the niceness of the gesture. Even "down on the Island," as I told James when we went down the short cut through the green front meadow this afternoon, "it's not every mother-in-law who is the recipient of the like from a son's wife!"

• • •

Many from near and far, who had known and admired "Mr. S. The Miller" gathered at the farm house out the road this afternoon to attend the funeral rites. James and others of his neighbors and good friends were his bearers and I could easily sense the regret it occasioned to James as once more he helped to carry another of his old friends to his last earthy resting place. Days of other years would return to him, one by one, as he stood by the grave side. But it is given to few to attain the advanced age of the departed one. Indeed for years we had marvelled at the keen intellect and the remarkable health he enjoyed. At last the grim reaper had severed "the golden cord" taking one of all, ripe—and ready for the harvest.

• • •

Later and unwittingly, James and I stepped into an incident that savored of an adventure, a strange state of affairs to us, accustomed as we have always been to pursuing our "even tenor" at Alderlea. Not so long since it was. The moon was trying feebly to scatter the surrounding dark clouds as she climbed the sky and only the braver of the stars glimmered faintly when the truck that was bearing us homeward sputtered warningly, then coughed a time or two and died in its tracks. There was a brief silence, then James turned to me and said expressively: "Well that's that!" We were stranded there on a deserted road, as the crow flies only short distance from Rob's and yet a matter of some miles the longer way. Time was when to James and myself "the longest way round was the sweetest way home." It had been tonight, in the softly enfolding and breathless darkness, until all of a sudden the machine stopped. Rob's returning from a visit to the city had called to pick us up at the home of relatives, and there it was that our younger grand-son had bestowed the favor of a brown-eyed dimpled smile on all and sundry and wonder of wonders at his age had displayed a lone pearl of a tooth to an amazed grand aunt. It will take much to surpass the glow of actual pride that came to his grand parents, as of course modestly, we stood beaming there. "Yes" I agreed with James "that's that!" We were a family alone there in the silence and immensity of the night. No glimmer of light showed from the near or farther farm houses, no hoped-for car light appeared on any horizon. All was grey and silent and deserted. I believe it takes an experience like this to have one appreciate the kindness of Islanders. James and Rob stepped off briskly into the dimness. In no time a light appeared in a dwelling nearby; a car rolled down a driveway and in spite of the fates our evening ended most happily. "A pretty good fellow" James says now of the man, who so kindly delivered us to our homes. "You know, Ellen" he tells me seriously "some will do a fellow a turn in a way that leaves you sorry you asked them at all. I do admire the person who does a favor with a good heart." Yes our outing ended well. But at the same time, the cake, with raisins and peel and brown sugar and spices in its insides that sat so comfortingly on the dining room table this afternoon has vanished.

Until tomorrow Diary — Goodnight.

Men, Women! Old at 40, 50, 60! Get Pep

Feel Years Younger, Full of Vim

Don't always blame exhausted, worn-out, run-down feeling on your age. Thousands amazed at what a little pepping up with Ostrex will do. Contains tonic often needed after 40 — when body is weak, old just because lacking iron; also supplements of calcium, phosphorus, Vitamin D. A middle-aged doctor writes: "I took it myself. Results were fine." Get introductory size Ostrex Tonic Tablets today, for only 15c. Why feel old? Try Ostrex to last purpose, get new vim and feel years younger, this very day. For sale at all drug stores everywhere.

Mr. and Mrs. Thomas Christopher Hirst of Montreal, who were married in St. Peter's Cathedral, Charlottetown. The bride was Frances Isabelle, daughter of Mr. and Mrs. John Reay, Charlottetown. Mr. Hirst is a son of Mrs. and the late Mr. Henry E. Hirst, Montreal.

DOROTHY DIX SAYS—

Children And Discipline

Parents Helpless Against Excuse That "All Other Kids Are Doing It"

Probably there is no other phrase in the world that parents so dread to hear as "all the other kids are doing it." For that is the ultimatum that silences all discussions and puts an end to discipline, and that leaves the poor unfortunate fathers and mothers helpless to make their youngsters do what they should do and keep them from doing the things they should not do.

The law of the majority rules in the juvenile world, and no one father and mother can segregate their Johnny and Mary from the herd and make them follow a different code of behavior from that of their gang. They are just bound to wear the same kind of sweaters, go to the same places, do the same things. If Johnny goes with his shirt tail out, so do the other boys. If Mary wears filthy shoes, all the other girls in her class consider it a disgrace to have clean ones. And against this wall of rubber stamps parents beat themselves up in vain.

Father may be a man world famous for his intellect and nations may be guided by his opinions, but he can't keep Junior from smoking if it is the fad for all the other little pipsqueaks to be cigarette fiends. Mother may be a social leader and renowned for her taste, but she can't prevent her bobby-sox daughter from smearing her mouth with lip stick and painting her face up like a barn door.

THERE IS A SOLUTION

And so millions of fathers and mothers wring their hands in anguish when they see their children headed for the pits in which they are bound to stumble, but they feel they can do nothing about it because to all of their tears and pleadings and arguments their youngsters return the invariable answer: "All the kids are doing it," as if that justifies their mass folly.

And, curiously enough, otherwise intelligent parents seem to have overlooked the fact that the youngsters have themselves furnished the cue to the solution of the problem of how to get our children back into bounds, instead of letting them run wild. It is the cooperation of parents. It is for parents to get together and organize themselves into clubs, with steel-bound rules and regulations covering the conduct of adolescents. For while it is true that no one father or mother can keep the children from straying off of the straight and narrow path, the embattled parenthood of any community can do it.

Nor would this curtail the happiness of the youngsters. It would only put them on a sane and safe footing. If mothers would buy nothing but decent clothes for their daughters, we should have the pleasure of beholding the novelty of a modest young girl again. If all parents were pledged to give no parties during the school week to children, and if all children's parties started early and ended early; if there were a curfew law with teeth in it that kept youngsters off of the streets unless accompanied by their elders, there would be such an improvement in the marks that their children got at school that it would make their parents wonder and their hearts sing for joy. And it would make children grow up with the knowledge that home was a pretty good place to stay, instead of being a prison as they regard it now.

Nor would the children rebel against the new regime. All they want is to be in with the crowd and doing what all the other kids are doing.

Modern Etiquette

By Roberta Lee

Q. How does a widow register at a hotel, as Mrs. Anne M. Rogers or does she continue to use her husband's full name?

A. She registers as Mrs. Herbert H. Rogers.

Q. When taking friends driving should the hostess sit in the front seat with her husband who is driving?

A. No; the hostess should ask one of the guests to sit in the front while she sits in the back with the other guests.

Q. Is it sufficient to send a printed card of thanks in acknowlegment of a wedding gift?

A. No; the donor is always entitled to a personal letter of thanks.

How Can I!!

By Anne Ashley

Q. How can I remove spots from white or cream linen window shades?

A. Each spot should be removed as soon as discovered. Apply powdered bathbrick with a clean dry nail brush, rubbing until the marks disappear. With this treatment the shades will stay presentable for many years.

Q. How can I prevent sheer hosiery from wearing out so quickly at the toes?

A. Some people are naturally harder on hosiery than others, but one thing is absolutely necessary. Keep the toe nails cut short. It is not only more comfortable but also more economical.

Q. How can I keep lemons fresh?

A. They will keep fresh if they are placed in an air-tight jar filled with water.

Better English

D. C. Williams

1. What is wrong with this sentence? "He is the man who gave me a boost in business."

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

3. Which one of these words is misspelled? Belligerent, denouement, irreverent.

4. What does the word 'incredulous" mean?

5. What is a word beginning with il that means "deceiving by a false show"?

ANSWERS

1. This is a vulgarism. Say, "He is the man who assisted me in business." 2. Pronounce first syllable kul, u as in up. 3. Denouement. 4. Refusing belief; skeptical. "He listened with an incredulous mind." 5. Illusory

That Body of Yours

By James W. Barton M. D.

PAINFUL SHOULDER TREATED BY X-RAY

I have written several times about bursitis of the shoulder joint, in which the lining of the bursa or bag of water becomes inflamed and causes considerable pain, especially when the shoulder joint or muscles are in action. This little bag of water, used by Nature to help protect joints, is found also in back of heel, back of elbow, back of knee, front of knee (housemaid's knee). Pain is caused by injury and sometimes by infection. If caused by injury, pain is aggravated by movements of the shoulder joint and muscles.

Some of the methods of treatment after cause has been discovered and removed insofar as possible are (a) strapping the shoulder with adhesive tape, (b) inserting a needle and removing fluid by suction, and if these methods give no relief, (c) injecting the bursa with a 5 per cent sodium morrhuate solution, (d) injecting skin above bursa with alcohol, (e) X-ray treatments and (f) surgical operation.

Some months ago I spoke of the succes obtained in several cases by X-ray treatment of bursitis, and further support of the value of X-Ray treatment is now reported by Dr. B. R. Young in the "American Journal of Roentgenology and Radiology," Springfield, Ill.

There were 87 patients treated by X-rays, some acute (recent) and some chronic (had the bursitis for a long time). All but two of the patients, with acute bursitis were relieved of pain, and the majority were well in one week or less. Those who had been suffering with bursitis for a considerable time required a larger number of treatments. Two-thirds obtained complete relief of pain in two weeks or less and only a few were not benefited. Of those with bursitis for a long time, (chronic bursitis) only one-third were cured and almost 50 per cent obtained no relief of pain.

The first thought, then, in painful shoulder is to try to find the cause which may not be injury but infection. In infection, pain is present even when shoulder is at rest and you should consult your physician and dentist to try to find the infection. If injury is the cause, any movement of the shoulder joint aggravates the pain and your physician may use one or more of the above methods of treatment or refer you to an X-ray specialist.

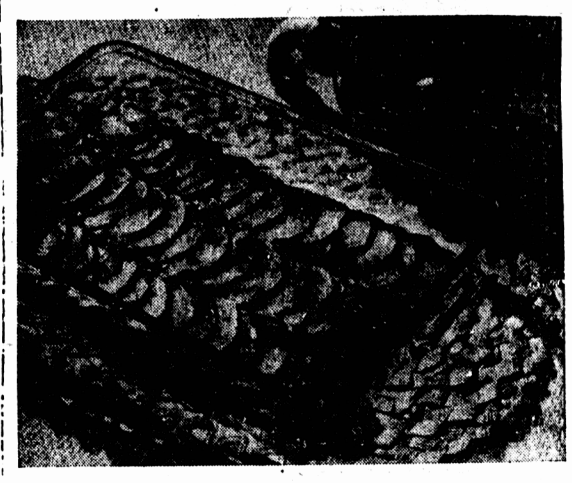
The earlier the treatment is given the better the results obtained.

FIRST AID

Know what to do in an emergency. Send today for Dr. Barton's helpful booklet entitled, "First Aid in Emergencies." Just enclose 10 cents and a three-cent stamp, to cover cost of handling and mailing, to The Bell Syndicate, in care of this newspaper, Post Office Box 99, Station G, New 19, N. Y. and ask for your copy.

For better-tasting bran flakes, look for Kellogg's golden-yellow package. Try the big economy size. As you know, some of the people need Kellogg's Bran Flakes *all* the time . . . all the people need Kellogg's Bran Flakes *some* of the time . . . so isn't it lucky they *taste* so good!

Broiled Jiffy Potatoes



Now that we know potatoes release grain for famine areas, it's popular to serve them well—and often. No doubt you've done them baked, boiled, mashed, creamed, scalloped, pan and deep fat fried. But here's a new one we're sure you've never tried:

Cut a pound of pared potatoes wafer thin—in such slender slices as to seem nearly transparent in the light. Lay these in over-lapping layers in a greased baking pan. Then coat with an elixer of your own making. And you'll have transposed a pan of mere potatoes into a crisp, delicate delight. (Serve as a finger food and the folks will eat them endlessly, like peanuts.)

To make this sauce, mix 3 1-3 tablespoons olive oil, 1-2 tablespoon beefsteak sauce, and 1-2 teaspoon salt. Blend well, and pour over the entire surface of the potatoes. Then bake under the broiler in a very hot oven (450°F.) for 15 minutes, or until each golden crisp is done.

The result is a pan of broiled potato chips unique for richness, succulence and tang. It's the blend of olive oil and beefsteak sauce that does this magic trick. The olive oil crisps, coats, adds bouquet and body. The beefsteak sauce imbues with a fire and flavor rarely found in a potato dish before.

KELLOGG'S ASTHMA RELIEF
FOR ASTHMA & HAY FEVER

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TWO-PIECE TRIUMPH

Nothing could be more versatile than this trim two-piecer with the new back-rippling jacket. Whether worn in town or country settings, it will keep you comfortably cool with its short sleeves and convertible collar. And, for more dressy occasions, it's nice to make with long sleeves.

No. 2162 is cut in sizes 10, 12, 14, 16, 18 and 20. Size 16 requires 3 7-8 yds. 35-in., 3 1-2 yds. ric rac.

To order: Send 20 cents in coin to Needlework Bureau Charlottetown Guardian.

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HELP ARCTIC FISHING

LONDON — (CP) — Scientists will explore little-known areas of the Arctic ocean for data to solve many deep-sea fishing problems which may result in much bigger catches. A special ship to carry them will be launched early next year.

GIRLS! WOMEN! TRY THIS IF YOU'RE NERVOUS

On 'CERTAIN DAYS' of The Month!

Do female functional monthly disturbances make you feel nervous, fidgety, cranky, so tired and "dragged out"—at such times? Then *do* try Lydia E. Pinkham's Vegetable Compound to relieve such symptoms. This fine medicine is *very effective* for this purpose!

For over 70 years thousands of girls and women have reported benefit. Just see if you, too, don't report excellent results! *Worth trying.*

Lydia E. Pinkham's VEGETABLE COMPOUND