

Women's Realm, Social and Personal Fashions Literature

Helpful Hints For The Women Folk

LIFE'S LOOM

We each of us sit at the loom of life, And in through the warp and the woof, We are weaving threads of peace and love and hate and strife. Or of envy, hate and strife. And the Master sees, when the day grows late, How we've followed the pattern set, If its beauty is fashioned by threads of Love, Or marred by the threads of Hate.

—M. E. B.

HOUSEHOLD HINTS

Stale bread will be improved if placed in a steamer over boiling water and allowed to steam slowly from 15 to 20 minutes. The result will be a very light loaf. This is more effective than reheating in the oven.

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

When making fruit pies or tarts, mix a little cornstarch with the sugar before adding it to the fruit. This will make the juice like syrup and prevent it from boiling over.

CHECK IN FIREPLACE ESSENTIAL FOR CORRECT OPERATION

A fireplace damper, frequently overlooked by builders of homes, can assume an importance equal to the fireplace itself. Besides being a regulator device to control the fire, a fireplace damper prevents heat from escaping up the chimney when the fireplace is not in use. Without a damper there is no way to close off the chimney, and it becomes a conduit for warm air to pass from the house to the outdoors.

A great variation in types of dampers exists, some being entirely hidden from view, while others form part of the decorative scheme of the fireplace, yet practically all can be easily installed in the throat of the chimney. The expense of installing is slight in comparison with the loss of heat that results from damperless chimneys.

Both afternoon and evening gowns show a predilection for

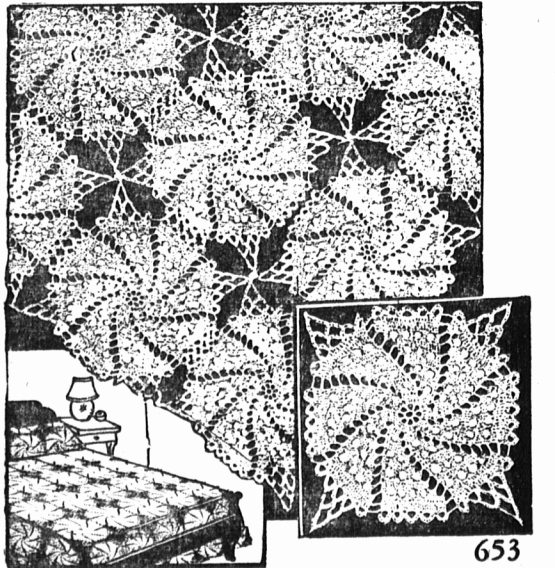
DON'T KEEP ON Sniffing and SNEEZING!

..without doing anything about it Put a few drops of Vicks Vapo-r-nol up each nostril right away. Feel it go to work. Notice how it relieves irritation and stuffiness of a cold. This treatment is successful because Vapo-r-nol is a medicine—containing several essential relief-giving agents plus ephedrine—and is expressly designed for nose and upper throat. And what's more, when used in time, Vapo-r-nol helps to keep colds from developing.



VICKS VA-TRO-NOL

To-Day's Popular Design By Carol Aimes



POPCORN MEDALLION SPREAD DESIGN NO. 653

Without a doubt popcorn stitch is one of the most popular for bedspread designs. Your letters ask for "more popcorn patterns." Our designer has used it in a spiral motif to create this lovely design you will enjoy working and be proud to own.

If you are thinking of giving, a few medallions sewn together make attractive pillow covers, runners and vanity sets.

The pattern includes easy-to-follow directions for crocheting the medallions, for assembling them, material requirements and directions for finishing.

To order this design, write your name and address on a piece of paper and send with 15 cents in coin or stamps to Needlework Department, Charlottetown Guardian.

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RUNNING A ROYAL PALACE

Models of Organisation

(By ELISSA ST JOHN IN THE SCOTCHMAN)

It must be understood that this article refers to normal times, the war having brought changes in the conduct of the Royal Palaces, as elsewhere.

It would seem that unmitigated, thinking or hearing about a servant of the Royal Household, immediately see a royal or noble and highly superior individual who spends most of his or her time lounging about the halls or corridors of palaces, and when something has to be done, summoning some underling to perform the service.

Actually, nothing could be further from the facts. Despite the numbers of the House hold staff—it runs into the hundreds—every member of it, from the Chief, who is known as the Master of the Household, to the lowest servant, has his or her duties to perform, and has to perform them. There is no shirking, or shifting of the responsibilities on to other people's shoulders.

Another fact which may remove a popular misconception is that, perhaps contrary to the rule of many private households, the higher the position of the individual servant on the staff, the harder he has to work.

The King's Valet For instance, one of the highest positions in the household, is that of the King's Valet. He has, of course, assistants, for it would be far more than one man could possibly do to keep such an extensive wardrobe as that of a royal, and the multiplicity of uniforms for all sorts of occasions, in proper order.

But the valet, in addition to supervising the King's toilet in person, is necessarily responsible for everything connected with it, an the job is no sinecure! Often, also, he has to undertake work which does not strictly belong to his province, or building material, for King George V, had to wind, clean, and generally care for the King's large collection of watches, as well as his collection of pencils.

Yeoman of the Silver Pantry Chief Yeoman of the Silver Pantry, is a fine sounding title, but the actual job carries with it a considerable responsibility and a vast amount of work.

The responsibility is for several thousand pieces of silver plate of all kinds, and the responsibility is even more exacting, for the plate has to be kept clean and in perfect order.

The Chief Yeoman is expected to (and does) know every set and every piece of silver, and he is able to put his hand upon it at a moment's notice, and produce it, either for inspection or service, in perfect repair and the highest degree of polish.

He has assistants whose main task is the polishing and cleaning of the plate, and they put in full working day on it every day. Some of the plate is antique, and kept mainly for its value or associations; some of it is used very frequently; some hardly at all except on very special occasions. But at any time some visitor to the Palace is invited to inspect it, and in that case the Chief Yeoman will be expected to act as cicerone, and to be able to give all the history and details about any set or piece of silver in the collection if called upon to do so. His job is decidedly no sinecure!

Highly Organised Staff The Royal Household staff is, of course, a highly organised body of men and women, carefully departmentalised and with each section or department under the command of a Chief or Comptroller, who are responsible to the Master of the House hold, and through him to the King himself.

At almost all times these departmental heads have easy access to the King or Queen, should necessity arise. The usual process is for the individual concerned to ring up one of the King's pages on the house-telephone and to ask if the King is free.

If the answer is in the affirmative, the head concerned will immediately change his shirt, black coat, which is the normal dress of the upper-servants, for a morning coat, and will then go straight to the King for his interview. No Palace official who interviews the King and Queen ever does so except in the ceremonial morning coat, this being one of the rules laid down by Queen Victoria which still remains in force.

Grades and Ranks The divisions between the various grades and ranks of the Household staff are very rigidly defined. First come those (mostly titled people) who occupy honorary posts. Then the paid secretaries and gentlemen clerks. Then such officials as the Pages, the King's Valet, the Yeoman of the Chamber and Silver Pantry, &c. These are known as Members of the Steward's Room. Finally come the rank and file members of the Servants' Hall, and presided over by the Sergeant-Poorman. The commander-in-chief is, of course, the Master of the Household.

Working Conditions Many people are under the impression that Royal servants receive very high salaries, but this is not so. The wages paid approximate to those paid in ordinary private households—and promotion is very slow.

Nevertheless, despite hard work at times, the leisure moments of the staff are amply provided for.

NERVOUS RESTLESS WOMEN

Lydia E. Pinkham's Veget-ble Compound helps calm jumpy nerves due to female functional troubles. Made especially for women. Try it!

Nearly all the Royal residences have their staff recreation rooms, canteens, gymnasiums, &c., while Buckingham Palace and the other larger establishments provide fine tennis courts, &c. For the use of the staff, who are encouraged in every way to use them. It is by no means an unprecedented event for the King himself to play tennis on a round of golf with one of the servants!

The kitchens, are necessarily, a highly important section of the Royal Household, and at both Buckingham Palace and Windsor Castle they have to be capable of cooking for very large numbers. In Buckingham Palace they are, of course, very modern and up-to-date in all their modern appliances, but in some cases considered best to cook by the old-fashioned (but still in some cases used) method of cooking by the open fire and the turn-spike.

The Ancient and Modern But the kitchens at Windsor Castle are a rather different proposition, and they present a somewhat incongruous spectacle, with the ancient stone-flagged floors and vaulted roofs hardly blending with the very modern and up-to-date stoves and other paraphernalia of culinary art with which they are fitted.

Nor has modern science entirely succeeded in finding a way out of the problems which, on certain occasions, very much harass the House hold staff at Windsor. For instance, some of the diningrooms and the very modern and up-to-date form the kitchens, and this makes the problem of transporting food from kitchen to table without it getting cold on the way a difficult one indeed to find a way out of.

And the kitchens themselves are so vast and labyrinthine that it sometimes takes minutes for a message to be conveyed from one part of them to another.

A Tiring Business So it is that, on State occasions at Windsor, after travelling literally, miles of corridors, they are very tired servants who finally seek their beds at night—and in order to get to them they sometimes have to climb as many as seventy stairs.

So it is that the Chief Yeoman is not altogether popular with the House hold servants—and particularly the kitchen staff—in spite of the excellent tennis courts and the other amenities which he provides for their recreation.

Reigning despotically over the kitchens, and, of course, one of the most important members of the household, is the Chief, who today is M. Poupard, who was for many years also Chief to King George V. On His Majesty's death, M. Poupard retired, but was recalled to service by the present King when he ascended the Throne.

M. Poupard is a very great Chef, and is never happier than when put on his mettle by some great and fine fourteen omelette which numbers of foreign royalties or nobilities are to be present.

His worst trouble is that at ordinary times the tastes of the Royal Household, for food or other things, is so extreme, simple.

But this, of course, is one of the traits that make the life of a British Royal servant such a happy and contented one.

YOUR INDIVIDUAL HOROSCOPE

(By FRANCES DRAKE)
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Look in the section your birthday comes in, and find what your outlook is, according to the stars.

For Wednesday, January 31, 1940

MARCH 21 to APRIL 20 (Aries) —Generally favorable for money interests if you mind the details and aren't too anxious for quick gains. Advantages through public works, friendships and good reading.

APRIL 21 to MAY 20 (Taurus) —Doubly fine vibrations. Differences in opinion in evidence, but headway can be made nevertheless. Notice what competitors and others are doing. Personal affairs brings happiness.

MAY 21 to JUNE 21 (Gemini) —On whole, friendly indications. Added effort needed. Confer with elders. Talk with your life-mate, or, if you are single, with a person whose sound principles and knowledge you can rely on to encourage yourself. If your hobby is the kind that can be remunerative, try new ways of promoting it.

JUNE 22 to JULY 23 (Cancer) —Ways for increasing your income. Avoid economical extremes. Judge carefully. Encourage those who may encourage you pleasantly.

JULY 24 to AUGUST 23 (Leo) —You may not find the way very active but headway can be made, especially in business matters. Your natural dauntless courage is required in full strength. If social contacts can help today, so much the better.

AUGUST 24 to SEPTEMBER 23 (Virgo) —Take advantage of the many good offers and opportunities afloat. Assistance of outsiders helpful in your present affairs. Don't neglect getting sufficient fresh air, exercise and the right kind of food. Accept unavoidable changes sensibly.

SEPTEMBER 24 to OCTOBER 23 (Libra) —Whatever is your duty is favored above hobbies and other interests. Romance rates high, too. Your powers of comparison will stand out in excellent position for judging values, which is very important. Square dealings will bring best results.

OCTOBER 24 to NOVEMBER 22 (Scorpio) —A good day for attending strictly to business. Heart and social interests and other matters take second place. Try for better contacts to improve your position and knowledge.

NOVEMBER 23 to DECEMBER 22 (Sagittarius) —Dealing with Virgoans, Geminians, Librans, Arians, Capricornians and Scorpio

Dorothy Dix

Experience is a Valuable Teacher But Too Few People Give Serious Consideration to What Confronts Them and Rush Right Back Into Trouble

One of the copybook maxims that Miss Sally used to assign us to write a hundred times after school when we had been caught throwing spitballs at our adversaries or had failed in our rhythmic lesson was EXPERIENCE IS A HARD TEACHER, BUT POOLS WILL LEARN FROM NO OTHER.

But, alas, after we have graduated from the kindergarten class and gone through the University of Hard Knocks, most of us find that we are even dumber than fools, for we have learned nothing from experience. We go on committing the same old follies, making the same old blunders, falling into the same old pits out of which we have had to dig ourselves a hundred times before.

Take health, for example. All intelligent men and women know better than any doctors do how to keep themselves well and fit. They know the things they can eat and those that are poison to them. They know when they are working too hard and when they are gorging themselves on food and drink, and working too hard and playing too hard, even though they know the price that they have paid before for their orgies.

Then there is money. Nothing in the world is stranger than that the experience of losing their money teaches so few people any lesson about thriftiness. Time and again we see the same thing happen. The A's, who have always lived in the lap of luxury, suddenly find themselves plunged down on the bony knees of poverty. They are reduced to living in squalid surroundings. They know shabbiness, hunger, want and, worst of all, the gnawing agony of insecurity of wondering where the next day's meal is coming from.

You would think, after going through that, if they ever got another dollar again they would have a death grip on it that nothing could loosen. But ninety-nine times out of a hundred they have learned nothing from their experience and when Aunt Matilda dies and leaves them the fortune she has amassed by pinching pennies they blow it in on high living just as they did before.

And divorce. Did you ever notice how often divorce is a repeat performance? A man's wife divorces him because he is untrue to her, or because he is a drunkard, or because he is a grouch, or a tightwad, or because he never does anything to make himself an agreeable companion with whom to live. But does that teach him anything about how to get on with a wife? No indeed. When he marries again he goes on philandering, or drinking, or doing out quarters, or making himself disagreeable in some way until his second wife follows the first to Reno.

Same way with women. They can be, and frequently are, married to half a dozen different men without ever learning from their vast experience how to stroke a husband's fur the right way and make him puff and under their hands. They go on nagging, fussing, being bad housekeepers and bad luck in marriage.

And the quarreling couples that make their homes hells on earth. No man and woman can live together for even a week without finding out each other's little peculiarities and what subjects are always the fighting word. They also know that every fight between them leaves them sore and bruised and loving each other less than they did before.

But does that experience teach them to walk high, wide and handsome around each other's pet prejudices and opinions? Does it teach them to avoid the subjects on which they disagree? Never. Knowing how to avoid the subjects on which they disagree is one thing, but to avoid them from making fun of her hat, or save both of them from fighting over politics, or religion, or the strength of the coffee, or naming the dog, from the altar to the divorce courts. Strange that we don't learn from experience, but we don't.

Dear Miss Dix—I have been married eleven years and have one daughter. My husband makes a small salary and in order to help me I feel that my place is at home with her at night. My husband, however, has friends who have poker games at their homes several times a week. I include drinking and much familiarity between the men and women in the morning drunk. These people insist that I, too, should play poker with them, visit beer joints and gambling houses, but I refuse to do so, not only on my own account, but because of the influence it would have on my little girl. Am I right in devoting myself to her and maintaining my own self-respect? Should I go with my husband or simply let him go his way and stick to mine?

Stick to your own way. Your first duty is to your child. You can do nothing to stop your husband. If he likes drinking and carousing and loose company your pining up with him would only encourage him in his evil ways. But you can do everything for your little girl by your example. You could not expect her to grow up into being a decent woman if she had both a father and mother who rolled home drunk from poker parties.

DOROTHY DIX.

Chic Costume Jewelry You Can Easily Make

Apply wax to catches of pins



A Bracelet from Safety Pins So smart and colorful—yet you can easily make this bracelet from some safety pins and seal wax.

You need 96 safety pins, half a dozen large, half small, and one stick of sealing wax in each of these colors: rose, ivory, canary yellow, apple green, royal blue and geranium red.

To apply wax, hold a stick over the flame of an alcohol burner, melt end, and cover closed catch end of pin. Then dip pin in cold water and lay on glass.

To vary colors cleverly, do in each color of the large pins and 8 of the small.

Next string pins on elastic cord—1-16 inch thick and long enough to fit and knot around wrist, plus 2 inches. Finish ends with a drop of wax.

You can make a dainty rose clip from sealing wax, too. And they would you like to make a flower-pot necklace of wool and thimbles—or a smart pearl clip from buttons? You can easily!

Complete directions for these and many other pieces of costume jewelry are given in our 32-page booklet. Tells how to turn inexpensive materials into stunning beads, clips, boutonnières, necklaces, bracelets.

Send 20c in coins for your copy of Costume Jewelry You Can Easily Make to The Guardian Home Service. Be sure to write plainly your Name, Address, and the Name of booklet.

Name _____
Street Address _____
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Name _____
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"GOOD FOR YOUR SKIN"

Palmolive's New Mild Blending



IMPROVED 3 IMPORTANT WAYS!

Now Palmolive's gentler than ever! I never thought I could be improved, but this new Palmolive really is gentler than before!

Finer texture, lasts longer! And Palmolive costs less to use than its former texture makes last longer!

Lovely new perfume! I like Palmolive even better for my bath, since it has such a lovely new perfume, delicate and refreshing!

Let Palmolive, made with gentle Olive Oil keep you "Schoolgirl Complexion" all over!

Get 3 cakes of the new improved Palmolive. You'll be thrilled to see how quickly it brings to all your skin a fresher, lovelier, longer-lasting youthfulness.

Follow this simple Palmolive beauty treatment. For your face, throat and shoulders, and for your bath, gently massage into your skin a warm, rich, Palmolive lather. Cleanse the pores thoroughly. Rinse with warm water, then with cold. That's all. Yet there is no surer way than this, to help keep real, all-over skin beauty.

Listen to Palmolive's "Happy Gang" C.B.C. Network, Mon., Wed., Fri., 9 to 10.30 p.m. Standard Time.

REMEMBER DR. DAFOE CHOSE GENTLE PALMOLIVE FOR THE QUINS

THE COOK'S CORNER

Add ginger, beat well and return to shells. Top each with a marshmallow and return to oven to brown.

CANDIED SWEET POTATOES 2 cups mashed sweet potato, 2 eggs, beaten, 1-2 cup milk, 1 teaspoon salt, 1-4 teaspoon mace, 1-5 teaspoon pepper, 1 grapefruit, 1 plum, 3 tablespoons brown sugar, butter.

Method: To mashed potato add eggs, milk, salt, mace and pepper. Spread into greased baking dish. On top lay sections of grapefruit and strips of plum to make attractive design. Sprinkle with sugar and dot with butter. Bake one-half hour in moderately hot oven, 375 deg. F.

GINGER SWEET POTATOES 3 large sweet potatoes, salt and pepper, 1-4 cup cream, 1-3 cup butter, 1-2 teaspoon ground ginger, 2 tablespoons chopped candied ginger, marshmallows.

Method: Bake potatoes. Split, scoop out, and mash with salt and pepper to taste, cream and butter.

Never let colored clothes lay in a clothes basket or with other clothes. Handle them separately, and hang them to dry as soon as possible, after they have been laundered.

For Bad Winter Coughs, Mix This Remedy at Home

Quick Relief. Big Saving. So Easy. No Cooking.

This well known recipe is used by many thousands of housewives, because they have found that it gives them an effective, dependable remedy for distressing winter coughs. It's so easy to mix—a child could do it.

From any drugist, get 2½ ounces of Pinex, a compound containing Norway Pine and stable quinine in concentrated form, well known for its effect on throat membranes.

Then make a syrup by stirring two cups of granulated sugar and one cup of water a few moments, until dissolved. It's no trouble at all, and it's but a moment. No cooking needed.

Put the Pinex into a 16 ounce bottle and add your syrup. This gives you 16 ounces of cough remedy, unusually quick-acting and dependable, and you get four times as much cough medicine for your money. It never spoils, and is very pleasant—children love it.

You'll be surprised by the way it takes hold of severe coughs, giving quick, satisfying relief. It loosens the phlegm, soothes the irritated membranes, and helps clear the air passages. Money refunded if it doesn't please in every way.

Smartest Fashions And Winter Styles

Little girls, as well as big ones, like to have a new dress, about this time of year. Every style-conscious tot will love this sweet frock with its spring-like flower embroidery and contrasting insets.

Light blue trimmed with darker blue is a becoming color combination for a child, and you will see how economical it is to make this dress with its matching panties. Be sure to have a deep hem for the little girl who is growing rapidly and she will be able to wear this cute frock for a long time.

Style No. 3114 is designed for sizes 1, 2, 4 and 6 years. Size 4 requires 1 5-8 yards of 39 inch material; with 3-8 yard of contrasting, for dress.

E-1122, stuffed elephant, must be ordered separately.

Send fifteen (15c) coin is preferred) for pattern. Write plainly your Name, Address and style number. Be sure to state the size you wish.

Name _____
Street Address _____
City _____ Province _____

METAL MOULDING A modern decorative effect can be obtained through the use of metal moulding. Metal mouldings are obtainable now in several different colors, while a wide variety of shapes are available by special manufacturer.

3114 SIZES 1,2,4,6.