

Woman's Realm Social and Personal Fashions Literature



The best you ever tasted!

KING COLE COFFEE

VACUUM-PACKED

ELLEN'S DIARY

By An Island Farmer's Wife

And what do we remember of "A" he that was Janet's husband-admirer from school days and on along the vicissitudes of many married years together? Years that saw them prosper in surety of the promise:—that "that hath shall be given"—hath the insight to realize the extent of their blessings and are trustful and unafraid. He was a quiet deliberate man. Biggish and kind. And we recall, God-fearing. A man like James, and yet unlike. Perhaps of a calmer nature, but then it comes to mind in the comparison that no one is more composed than is James in a crisis. And even if we cannot approach this without a bit of partiality, if there be signs, none can catch earlier or with more surety an exciting omen, however dim and imperceptible to us the outline may be! But at least Janet's man was more casual in his step and not so hurried by day. This however may have been due to the fact that in his day, if farming was a laborious operation because of the lack of labor-saving machinery, it was in our recollection not so continually busy as now.

The Stars Say --

By Genevieve Kemple

We remember how busy it is, nowadays with little time to be spent idly, in or out of seasonal work, so that sometimes, with James, we wonder if modern machinery does allow for more leisure. Indeed we sometimes like to believe that although farm folks are not less grateful than even the girls of shower and sun and fair winds — and food, even the Grace before Meat is hurried in seasonal undertakings! We think of the reverence of once, when time was less scanty and how mother-to-us smiled after an Elder, a patriarch of a man, with long flowing beard, had been a guest at table, and gone. And the maid-of-all-work grumbled as she cleared the dishes away "And why didn't he cut his blessing shorter? That's what I'm wanting to know! However does his wife — if that old lad's got one, and oh, dear, I wouldn't like those whiskers — manage to keep the victuals warm until he's through with his prayer and ready to eat? I declare, without one word of a lie, I could have gone to the corner and had quite a chat there too, and been back then in good time for the Amen!"

Those whose birthday it is are urged to weigh cautiously and objectively the varied elements that pertain to hard work, sound judgment and the long-range and enduring prospects, and not be carried away by rose-colored glasses into realms of speculation, gambles or other excess, enthusiasm or inflated ideas. Keep on firm ground, be persistent and practical and all should prosper. Protect all assets and resources.

A child born on this day, while diligent, practical and objective, yet may be carried to extremes by an inflated or over-enthusiastic point of view, to its detriment.

Pioneer Days

In P. E. I.

By F. H. MacArthur

It was in 1883 that Peter Fraser and Nathan Squires set out on a hunting expedition from Bangor to Lot 65. The distance, roughly, was forty-five or fifty miles, not a great journey for men who were accustomed to travelling almost every day on foot.

Their route of travel took them across country via Riverton, Lorne Valley, York, North River and Kingston, reaching the great 65 forest shortly after passing through the last mentioned village.

Both men had made the trip before, but not in the month of January. They took with them their guns, two dogs and enough food to last a few days. Extra supplies, so they had reckoned, only would retard their progress; and they wanted this to be a record-breaking trip.

The men left Bangor at 7.15 in the morning of January 21. The weather was quite cold and a light snow covered the ground. The going was good and they reached the fringe of the forest about nine o'clock that evening.

On January 22, a great storm began and the keen frost penetrated through the crude brush camp they hurriedly had made the night of their arrival. As the day advanced, the storm increased in its fury, driving before it a smothering mass of whirling snowflakes which soon covered the ground to a great depth.

The men ventured forth, each in turn, to take a shot at a rabbit or some other creature that would afford an extra meal for themselves and the dogs. But their efforts were without success. During the next six days the storm continued, and each day the hunters and their dogs lay about the camp, shivering and starving.

On the morning of January 28, they killed one of the dogs, roasting the meat on the ends of their muskets. The flesh, though not very reliable under normal conditions, proved an excellent diet now that starvation was staring them in the face.

The uneaten portion of the carcass was taken outside and buried in the snow, but sometime during the following night it was stolen by foxes or bears.

The morning of the 29th was clear and calm; so Squires and Fraser decided they would push on and try to find a habitation (Continued on Page 3)

DOROTHY DIX SAYS -

Social Vandalism

Why Do Visitors To Country Leave Their Manners Behind?

DEAR MISS DIX: Why do people who are well-behaved and who observe the conventions in the city apparently leave all of their good manners at home when they go to visit in the country? I dread the summer because of the city vandals who descend upon me, who lie on my beds with their shoes on, put their feet on the furniture, drive their automobiles on the lawn, pull branches off the trees, uproot flowers and shrubs and in every way show utter lack of respect and consideration for my property. Why do people who know better seem to think that anything goes in the country? RITA

ANSWER: It would take a better psychologist than I am to explain why people's manners and morals seem to suffer a sea change as soon as they get in the country. Maybe it is the warm weather that melts them down. Maybe it is the hoodlum in them that a vacation seems to bring out as it does in so many.

FORGET RULES

I don't know why, but I do know that never a law of God nor man, nor even common decency, rules with many people beyond the city limits, and that when they go to the country they are guilty of a lack of consideration for others that they would be incapable of in town.

Take, for example, the common custom of city people — inviting themselves to the houses of anyone they know who happens to live in the country. They would not dream for a moment of dropping in unannounced at a friend's house for a meal. But supposedly well-bred (Continued on page 9)

That Body Of Yours

By James W. Barton, M.D.

PHYSICAL AND MENTAL VALUE OF GOOD POSTURE

I often write about good posture, not only because it gives all the organs of the body more room in which to do their work, but also because it helps the morale of the individual. He not only feels well but he looks well.

In "The Journal of the American Medical Association," Dr. George S. Pfaalen, Cleveland, in discussing low back pain, states that good body balance is necessary to maintain the erect position. There are certain mechanical factors which prevent the maintenance of proper body balance. Among these factors are faulty posture, overweight, relaxed abdominal muscles, weak back muscles, and unequal length of legs.

When one stands properly erect, a perpendicular line dropped from the ear would pass through shoulder, hip and ankle joint. With good posture, the head is high, the chin up but drawn in, the chest up, the shoulders well back but relaxed (not held rigid), the abdomen flat, the lower part of the back flattened out to lessen lower back curve, the knees straight and the feet parallel.

Once we have learned to stand in the erect position by always standing tall, it requires little or no muscular effort to remain erect. It is "thinking" tall and erect that is most necessary.

Dr. Pfaalen points out, however, how quickly the normal body balance is upset by a sagging abdomen, a flattened chest, humped shoulders and swayed back. Therefore with poor posture, unnatural stresses and strains are thrown on muscles and ligaments which support the spine or vertebral column, particularly those supporting the lower back. This is the cause of so many cases of low back pain and sciatica.

The developing of the abdominal muscles holds the abdominal and chest organs in their proper position and takes the strain off the lower back muscles. Stand as tall as you can and you'll feel your abdomen drawn in and your lower back flattened.

To attain and maintain erect carriage posture: (1) Stand and sit tall; (2) keep head up and chin drawn back; (3) draw abdomen in, trying to pull it upward and backward.

Two simple exercises are used for the purpose of strengthening the abdominal muscles, which really hold the body erect. They should be done twice a day.

1. Try to touch toes with knees straight 10 times, gradually increasing to 20 times.
2. Lie on back, raise both legs, (knees straight) to a right angle, with the body forming two sides of a square. Do this six times, gradually increasing to 12 times.

Lenten

Guideposts

Personal Messages of Inspiration and Faith

Edited by Norman Vincent Peale

YOUR FAITH CAN KNOCK OUT FEAR

By Gene Tunney

Gene Tunney twice pounded out fistful victories over that great pugilist, Jack Dempsey, but his greatest knockout was scored over his own fears. During the recent war Gene organized the Navy's physical fitness program. He is also author of the book "Arms For The Living."

I was one scared young man on the morning of the new year in 1920. The opponent whom I was scheduled to box that afternoon was a tough veteran named Whitey Allen, as cagey and experienced a fighter as they come.

It was one of my first bouts since returning from France where I had served as a Marine in World War I. I was still wet behind the ears in the professional fighting sense. My fear on this day was based on a fear that I'd had all my life—of professionals.

I can remember praying that morning as fervently and humbly as any man ever has. I prayed that in the fight that afternoon I might not be permanently injured when I was knocked out. I didn't ask that I might win. I took it for granted that I'd be knocked out, and I was terribly afraid of being hurt for life.

In every fighter comes occasionally the supreme horror of not being able to fend off the blows showered on him, of being helpless to raise his hands to ward them off.

Gained Confidence

Thus when I prayed that I might not be permanently injured, I gained confidence that I wouldn't be. This took the edge off mad, irrational fear. If it hadn't been for this confidence I gained from prayer, I imagine that I'd have gone into the ring inwardly shaking and quaking, thoroughly beaten in advance.

As it was, I climbed into the ring that day with enough courage to go through the orthodox procedures of fighting a normal fight. In the second round I suddenly realized how groundless my fears had been. My opponent was no super-man. I went on to win the fight.

This happened before my title bout with Jack Dempsey. Dempsey was an overwhelming favorite to thump me out in an early round. Newspapers talked of what a murderous laceration he would give me. Being human I read the papers to find out what they were saying about me.

One night at the beginning of my long-training period I awakened suddenly and felt my bed shaking. It seemed fantastic. Ghosts or what? Then I understood. It was I who was shaking, trembling so hard that I made the bed tremble. I was that much afraid—afraid of what Dempsey would do to me.

The fear was lurking in the back of my mind and had set me quaking in my sleep, the nightmare thought of myself being braten down by Dempsey's shattering punches.

"I Had Lost . . . Unless

The vision was of myself, bleeding, mauled and helpless, sinking to the canvas and being counted out. I couldn't stop trembling. Right there I had already lost that ring match which meant everything to me—the championship. I had lost it—unless I could regain it.

I got up and took stock of myself. What could I do about this terror? I could guess the cause. I had been reading the newspapers, and all they had said was how Tunney would lose. I was losing the battle in my own mind.

Part of the solution was obvious. Stop reading the papers. Stop thinking of the Dempsey menace, Jack's killing punch and ferocity of attack. I simply had to close the doors of my mind to destructive thoughts—and divert my thinking to other things. It took (Continued on page 9)

Morning Smile

Explained

The foreman of an electrical repair shop was interviewing a boy who had applied for a job.

"Do you know anything about electrical apparatus?" asked the foreman.

"Yes," was the prompt reply.

"What is an ammeter?" asked the foreman.

"A football player who doesn't get paid."

Quite So

The neighborhood grocer, a man proud of his merchandise, handed the lady customer a small package of cheese and said: "I'll bet whoever tastes that Cheddar will never switch to another brand."

"How right you are!" she answered. "I'm going to bait a mouse trap with it."

Better English

By D. C. Williams

1. What is wrong with this sentence? "This is all the faster my car can go."
2. What is the correct pronunciation of "debonair"?
3. Which one of these words is misspelled? Antiseptic, anuity, animosity, annulment.
4. What does the word "volubility" mean?
5. What is a word beginning with der that means "disparaging"?

ANSWERS

1. Say, "This is as fast as my car can go." 2. Pronounce debonair, e as in bed, o as in un-stressed, a as in care, accent last syllable. 3. Annuity. 4. Fluency of words, as in speaking. "There are people who have volubility without depth." — Colton. 5. Derogatory.

Modern Etiquette

By Roberta Lee

Q. Is it ever permissible to contradict another person in conversation?

A. No. Of course, if you can politely present an opposing viewpoint, it will create further conversation. But drop the subject if you find that the other person is becoming incensed.

Q. Is it all right at the bridge table to pass your hand over to your "dummy" partner for his inspection before beginning to play?

A. No, this is the height of ill-breeding. It not only slows up the play, but gives the impression of possible gloating over good cards.

Q. Is it all right for three friends of a bride-to-be to combine on a wedding gift for her?

A. This is quite all right, especially if by so doing you can send a nicer gift.

Do not wring; hang up inside out, dripping wet to dry. Do not iron, but use a brush when dry to smooth the nap.

Spaniel Saves 3 Lives



The frantic barking of Tippy, six-month-old spaniel puppy, is credited with saving a family of three at Belleville, Ont., when they were threatened with coal gas asphyxiation. Tippy is at top seen with his master, O. Johansen, Russell St. Mrs. Johansen and son, Richard, five, below, were taken to hospital. All were sleeping when Tippy's barking aroused them. Mrs. Johansen collapsed from the fumes.

Household Scrapbook

By Roberta Lee

Disagreeable Medicine

The flavor of medicine will seem much less disagreeable if a piece of ice is held in the mouth for a short time before taking the medicine.

Shoe Polish

Add a small quantity of turpentine to shoe polish that has become hard, and it will soften almost immediately.

Corduroy

When washing corduroy use pure white soap and warm soapy water. Plunge the material up and down. Rinse several times in clear water.

BABY'S BOTTLE

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Cook's Corner

CORN CHOWDER

- 1/4 cup chopped onion
 - 3 tablespoons butter
 - 2 tablespoons flour
 - 3 cups cubed, cooked potatoes
 - 2 cups canned corn
 - 4 cups liquid (water drained from potatoes and milk)
 - 2 teaspoons salt
 - 1/4 teaspoon pepper
 - Chopped parsley.
- Cook onion in butter until onions are slightly browned. Blend in flour. Add potatoes, corn, milk and potato water. Season with salt and pepper. Cook 3 to 5 minutes. Sprinkle with chopped parsley before serving. Yield: six servings.

How Can I!!!

By Anne Ashley

- Q. How can I easily whip cream when it seems to be too thick?
- A. Place the dish of cream in another dish containing cold water. When it is chilled, place it in a dish of hot water for a few minutes. It will then whip very readily.
- Q. How can I purify the garbage can?
- A. Every time the garbage can has been emptied, pour a little kerosene into it. This will act as a disinfectant and will also keep away bugs.
- Q. How can I deodorize gasoline?
- A. Add five or six drops of oil of sassafras to each quart of gasoline used.



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