

Mid-Morning Coffee

This morning I want to give you an interesting letter to read which contains a very practical suggestion for many of our Morning Coffee addicts.

Dear E. M. D.:—I want to congratulate you on your excellent column "Mid-Morning Coffee", which I find a very bright spot in the week's routine.

There is a subject about which I am very keen, and I wonder if you might find it of interest to your readers.

What housewife has not wished, in a family emergency when money was badly needed, that there was some way she could help—without going outside the home to do it?

I think there is a possible solution to this problem in the establishment of a women's handicraft and baking exchange.

The idea is far from new and has been successfully developed in other communities, some much smaller than Charlotte, town.

Almost every woman has some specialty she likes to make. It might be fruit cake, or cream puffs, or again Argyle socks, or hand-knit sweaters.

Members can take turns looking after the shop and perhaps when it is on a successful basis, some capable person can be paid a salary to take full charge.

The shop may be small, but the goods attractively displayed. Special orders can be taken at the shop, and the woman whose specialty is wanted, notified.

If you are interested at all I can send you copies of some very interesting clippings I have on the subject. (The clippings are at present stuck fast to a scrap book with an article entitled: "Shirts, the way Father likes them", on the back!)

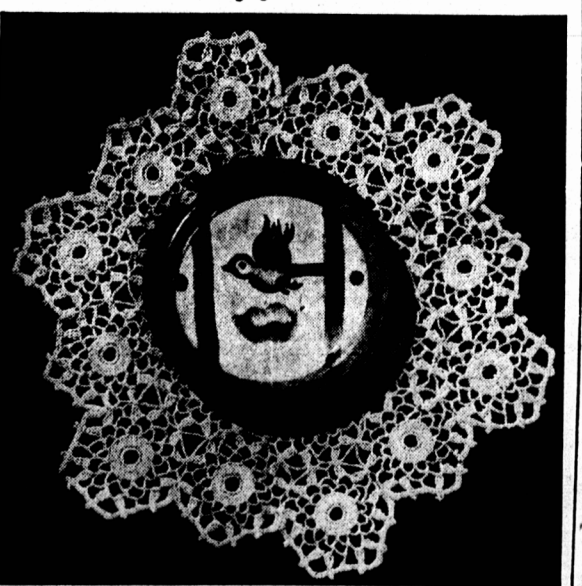
Don't you think it would be a worthwhile project? Yours truly, A.M.R.

Yes, I do think it is a wonderful idea and one which will give many local housewives a market for their creative designs.

I hope to publish in full one or two of the articles which A.M.R. has given me telling of successful

OWBRIDGE'S TONIC Quick Relief for COUGHS - COLDS

Snowflake Doily for Yuletide Season



Here's a pretty doily, in a snowflake design, which is easy-to-do and takes very little time and material.

A Country Garden

By Mrs. Gordon Macmillan

"This Christmas time I'm wishing you Joy and health the whole year through

Christmas week for the gathering of the Christmas tree and other greenery is here once more.

Small trees of evergreens look Christmas in the window boxes and with the sweet briar rose-hips or other shrubby roses as a decoration add to the festive appearance of the house.

The weather has been perfect this Fall for woodland walks and the gathering of the many lovely small Club Mosses (Lycopodium), Teaberry, Patched Berry, small Ferns and beautiful Lichens, Pixie cups and British soldiers, another common kind of Lichen, they have scarlet tips on their frosted grey-green stems.

A little girl on West Street will believe just whatever her mother tells her for a long, long time.

Continued on page 15

That Body Of Yours

By James W. Barton, M.D.

BRILLIANT RESULTS IN TREATMENT OF ULCERATIVE COLITIS

I write frequently about mucous colitis, inflammation, or more correctly, irritation of the large intestine, the colon, because, while so many complain of constipation, there are a great many in these straggling days who suffer with the opposite condition, chronic diarrhoea.

Just as any irritation of a lining surface causes a flow of liquid (nose, stomach) so does irritation of the lower bowel or colon cause a flow of water from its lining.

Unfortunately, there is another form of colitis, ulcerative colitis, in which there is real inflammation of lining of lower bowel with formation of pus. While the original cause is considered to be emotional disturbances, other factors must be present to cause this terrible ulceration of lining of the colon.

For years nothing but a serious and crippling operation gave any help. It is, therefore, encouraging to read the words of Dr. Frank H. Lahey, the Lahey Clinic, Boston, as reported in Postgraduate Medicine, in addressing the Postgraduate Medical Association in Philadelphia.

"I am particularly pleased to speak to you on ulcerative colitis because up to the last few years it has been an extremely depressing and crippling disease with a high death rate and one in which surgery (the best-known treatment) has been far from satisfactory.

There are a number of cases of ulcerative colitis which have been greatly helped by penicillin and other germ-killing drugs. In about 600 cases, many have been handled quite satisfactorily by medical treatment.

In regard to cases needing surgery, the death rate up to 1947 was about 22 per cent, whereas the death rate since 1947 is about 4 per cent.

As in so many other diseases, the earlier the treatment, medical or surgical, is begun, the lower the death rate.

Household Scrapbook

By Roberta Lee

Spilled Perfume If perfume has spilled on the dresser and the spots seem to have whitened, take a little of the same perfume on toilet tissue and rub over the spots. The spots should disappear immediately. Then apply a little furniture polish.

Fruit Cocktails When serving fruit cocktails, a novel idea is to dip the rims of the glasses into fruit juice, then into confectioner's sugar. This will put a frosty-looking ring around the top of the glass.

Varnish Stains Varnish stains can be removed from fabrics by saturating with turpentine, rubbing between the hands; then sponge with alcohol.

DOROTHY DIX SAYS—

By An Island Farmer's Wife

Out Of Work

Jobless Youth Should Not Let Pride Alienate Him From Girl

DEAR DOROTHY DIX: I am 25 years old. Have been out of college five years and have had a good job until two weeks ago when I got laid off. I am very much in love with a girl, but since I am out of work I feel constrained when I am with her because she also works and makes good money.

ANSWER: You pay your sweetheart a very poor compliment when you assume that she will lose her affection for you because you have lost your job.

MOST WOMEN WANT TO HELP You don't know much about the hearts of women if you don't know that there is something of the eternal mother in every real woman that draws her closer to her man when he is in trouble than she ever is when he is prosperous.

Your pride and your sense of independence are fine and admirable, but they are making you treat your girl cruelly when it causes you to shut up like a clam about your feelings and to quit talking and planning about your future.

Any way you are taking your loss of a job entirely too tragically. A chap who is as industrious and determined to have work as you are will get it. Perhaps you will get something better than you had before. That often happens, and what we think was a misfortune proves a blessing in disguise.

DEAR MISS DIX: After having been married only seven months, my husband and I realize that we had made a terrible mistake and that we could never get along together.

Continued on page 15

Cook's Corner

By James W. Barton, M.D.

WALNUT FINGERS

Super-delicious little cake fingers that are moist and rich but without the cloying sweetness of some mixtures of this type.

2-3 cup once-sifted pastry flour Or 1/2 cup once-sifted hardwheat flour

1/2 teaspoon baking powder 1/2 teaspoon salt 3/4 cup coarsely broken walnuts 2 eggs

1/2 cup granulated sugar 1/2 cup lightly packed brown sugar 1/2 teaspoon vanilla 2 tablespoons butter or margarine, melted

Measure and sift together twice, the flour, baking powder and salt; mix in broken walnuts.

Beat the eggs until thick and light; gradually beat in the granulated and brown sugars; stir in vanilla and melted butter or margarine.

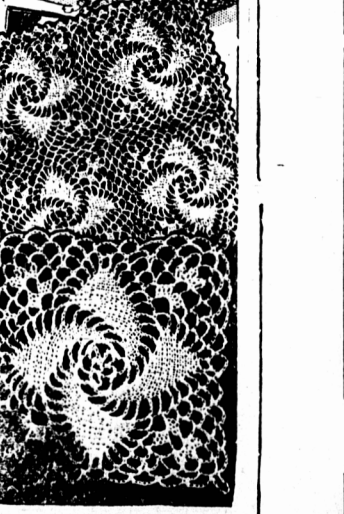
Fold in the flour mixture, about half at a time.

Turn mixture into a greased 9-inch square cake pan.

Bake in a moderate oven, 350 degrees, about 30 minutes — mixture will feel slightly soft in the centre. Leave in the pan until cold.

When cold, cut into fingers as needed—cut into 8 strips and cut each strip into 4 pieces.

WINDMILL MEDALLIONS



DESIGN NO. 1302

Beautiful 5-inch square medallions are crocheted and joined to make attractive luncheon mats, scarf or tablecloth. Pattern No. 1302 contains complete instructions.

To order, send 20 cents in coin to Needlework Bureau, Charlotte-town Guardian, Design No. 1302

Name Address City Province

ELLEN'S DIARY

By An Island Farmer's Wife

Jamie, eldest grandson of ours, is nine years today. "Soon be able to plow!" James added these words to his Birthday wishes, but Jamie laughing "I don't know!" left other alternatives.

He is not one as were ours, to catch a horse by the forelock and struggling valiantly, bridle him. Nor is he to be seen about the yards and fields with a haltered calf on a leading-rope, or driving one or a pair of them, delighting in the pasture. But Jamie likes to fashion things — to model with extraordinary attention to likeness and detail, figures and implements, trucks and machines.

It was a question we could not decide, whether or not he spent this Anniversary of his birth profitably — about the bedecked stores

Continued on page 15

Better English

By D. C. Williams

Modern Etiquette

By Roberta Lee

Q. When a young married woman is introducing her unmarried sister to another person, does she refer to her sister merely as "Miss Bernice"?

A. The best procedure is to state the relationship, as "Mrs. Harris, this is my sister, Ethel Barnes."

Q. When one is a guest at a small dinner, should one accept a helping of every dish offered?

A. Yes. We all have our likes and dislikes, but at a small dinner it is embarrassing to the hostess when a guest refuses a dish. One can always manage at least a small quantity.

Q. Should a man apologize for his glove when he is wearing them and shakes hands with a woman?

A. No, this is not required.

ANSWERS 1. Sy. "I have drunk three cupsful of coffee." 2. Last syllable is pronounced mine, not mine. 3. Accommodation. 4. Keen; piercingly effective. (Pronounce point-ant). "The tragic actress played her scene with poignant effect." 5. Latent.

For Tomorrow THERE are strong indications of substantial rewards for good work faithfully performed. It is a propitious time for seeking favors, promotion and preferment for practical abilities and talents.

THE STARS SAY -- By Genevieve Kemble

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-Needlecraft-

FOR THE HOME

SOFTER SHIRTWAIST

The shirtwaist, dress is an all-time favorite, a fashion that is wonderful in any season! Here's a suggestion with softness in deep collar and cuffs, in long center pleats which add fullness but not bulk.

No. 2248 is cut in sizes 10, 12, 14, 16, 18, 20, 22, 24 and 40. Size 14, 4 1/2 yards 39-inch, or 3 3/4 yards 54-inch.

Send 25c 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 some number in your address.

Address Pattern Department The Charlotte-town Guardian, Pattern No. 2248

Name Address City Province

How Can I!!!

By Anne Ashley

Q. How can I avoid getting colds?

A. The person who gives his body the proper amount and kind of exercise will seldom have a cold. Nothing is better than walking in the open. Step briskly, hold the head erect, let the arms swing, and breathe deeply through the nose.

Q. How can I ascertain, when buying a woolen fabric, if it has been stretched and is likely to shrink when laundered?

A. See if the fabric has a series of holes along the selvages. If it has, do not buy the material.

Q. How can I prepare a good skin whitener?

A. An application of equal parts of rosewater and lemon juice acts as a skin whitener.

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Morning Smile

The Big Hunter

The big-game hunter was telling his wife all about his encounter with a tiger.

"Yes," he wound up, "it was a case of the tiger or me."

"I'm so glad it was the tiger, dear," she said, "otherwise we wouldn't have this lovely rug."

That's Why

Adam and Eve were naming the animals of the earth when along came a rhinoceros.

"What shall we call this one?" asked Adam.

"Let's call it a rhinoceros!" "But why a rhinoceros?"

"Well, because it looks more like a rhinoceros than anything we've named yet."

ity to obligations, responsibility in all their affairs. Solid and enduring rewards are in sight, with security assured for practical and constructive efforts. Advancement and sound recognition are in sight for sustained efforts, with elders, friends, parents, kindly disposed and encouraging.

A child born on this day is splendidly equipped for practical, enduring and long-range benefits, with elders and employers ready to give security and solid rewards for work well done and responsibilities assumed.

If It Is Your Birthday Those whose birthday it is may find themselves substantially rewarded for worthwhile work, fidelity to obligations, responsibility in all their affairs.

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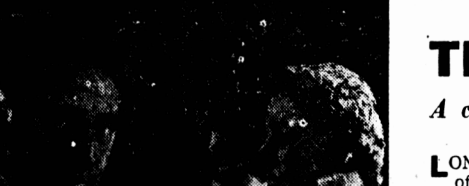
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(Top) Loris Rey, a distinguished sculptor, is also the organizer of the famous Chelsea Arts Ball.



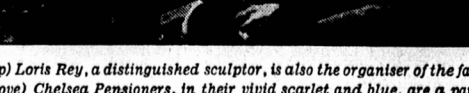
(Above) Chelsea Pensioners, in their vivid scarlet and blue, are a part of the Chelsea scene.



Godfrey Street, typical of the charming little Chelsea streets, gay with bright paint and carefully tended window boxes



In the gardens of the Chelsea Arts Club, where every great artist from Whistler to Augustus John has strolled.



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