Woman's Realm..

Mid-Morning Coffee

May I suggest that the next time you try the stocking saving scheme of boiling nylons of different colors to make extra pairs, you do it in the afternoon. Too many husbands complained of coming home to dinner and discovering a new, brown, and stringy vegetable simmering on the back of the stove. The shock seemed to be too great for them.—My own experiment with the left over stockings was completely successful and I certainly hope none of you were led into disaster.

• • •

One evening last week I saw a very attractive way to make open face sandwiches. Rectangles of bread with an arrangement of olives and cut celery stalks made in the form of flowers. In the same way tiny curls of carrots or cheese could be used to form petals in preparing a decorative sandwich plate.

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To give housekeepers and housemaids a certain standard in the United Kingdom the government is preparing a ninth-month course for domestics. During this time the student will learn how to plan and cook three-course meals twice daily, do a big wash and ironing, housecleaning, look after invalids, and make her own clothes. She is also taught how to write a business letter and basic facts of parliamentary procedure and civil government. Then the students are presented with a diploma showing they have completed the course. The diploma will be her passport to standardized domestic working conditions and wages.

• • •

This of course will insure a hectic household a competent manager. But many households can not pay a manager's wages and the weary mother of four or five may continue to do her own washing and ironing as before.

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Returning from a world trip in which she tried to find the universal interests of women, Kate Aitken, well-known commentator, has a very firm conviction that women, especially, have three weapons to use and insure a just peace. (1) the power of prayer, (2) the power of individual thought and (3) the power of individual effort. If a war does come, she thinks it will not be entirely due to Stalin or Russia, but partly because we have become too lazy to think; . . . Already in our own small province the women have begun to work on this. In many reports of women's societies we read daily of preparations for a women's world day of prayer. Noted especially was the New London group who have selected missionaries working in the east as their dedicated and daily prayer. In a muddled world such faith does continue to help others in their teaching of peace.

• • •

Now that people keep seeing robins or gathering the first bunches of pussywillows, don't you think it is a very good moment to consider your next year's garden? Of course a real gardener never forgets their plants and shrubs, but the beginner learns this through experience. Have you any flowering shrubbery around your house and lawn? Well, be kind to it, and have a look at the forsythia today to see just what damage it may have suffered in our last freezing rain.

• • •

Sunday school teachers say they have the most interesting and varied alibis from their pupils for not attending classes. A refreshing moment came for one primary teacher when a three-year-old looked her straight in the eye with, "Gee I like Sunday School. I'm three now and I can lick any of those guys!"

• • •

The reading of P. E. Island's newest industry of canning live lobsters, has moved Mrs. W. Greenberg of Toronto to write to the editor of her local paper, the Toronto Globe and Mail, the following letter:

PLEADS FOR THE LOBSTERS

I have just read with horror and disgust of lobsters being canned alive. Where is the conscience of our religious leaders, government members, and newspaper editors, that such a practice can pass without even comment from them. It is mere prattle to talk of "freedom" and "our way of life" while such atrocities are tolerated. Freedom for whom? Only man. Yet God made the other creatures, too.

Is it not enough that animals are exploited for our food, clothing, transportation, medicine and entertainment? Why can't we show a spark of decency and limit their suffering to the minimum in these fields? Canned alive and then boiled alive! Speak up, some one, please.

Mrs. W. Greenberg.
Toronto.

Obviously Mrs. Greenberg has never had any personal contacts with lobsters.—E.M.D.

NO FEAR OF CATCHING COLD

when the children have been built up with Father John's Medicine, which increases resistance to colds.

Father John's Medicine

Made in Canada

Better English

By B. C. Williams

1. What is wrong with this sentence? "The audience at the prize fight was unruly."
2. What is the correct pronunciation of "hauteur"?
3. Which one of these words is misspelled? Ludricous, lucrative, luminous, lucre.
4. What does the word "dilemma" mean?
5. What is a word beginning with ec that means "odd"?

ANSWERS

. Say, "The spectators at the prize fight." Audience means listeners. 2. Pronounce ho-tur, o as in no unstressed, u as in fur, accent second syllable. 3. Ludicrous. 4. A necessary choice between undesirable alternatives; a perplexing predicament. "I found myself in a dilemma, not knowing which choice to make." 5. Eccentric.

Household Scrapbook

By Roberta Lee

Pearl Buttons

Pearl buttons may be restored to their original brightness and beauty by first rubbing them with a little olive oil to take away the blurred appearance. Then sprinkle with nail powder and rub well with chamois skin.

Whites and Yolks

When a recipe calls for beating eggs separately, beat the whites first and add a little to the yolks before beating them. The yolks will thicken more quickly and are not as liable to stick to the beater or dish as when beaten alone.

Cellar Steps

The cellar steps can be whitened by use of a little kerosene in hot water.

DESIGN NO. 796

This interesting group of embroidery motifs offers a choice of designs suitable for children's clothing, towels, etc. Hot iron transfer pattern No. 796 contains 25 motifs with complete instructions.

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

Design No. 796

Name

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Thorold Woman Unique In Canada, Invaded Pulp and Paper Field

One of man's last strongholds has again been invaded by supposedly weaker sex, represented here by Mrs. Norma Wilson of Thorold, Ont., who on the death of her husband took over running of their small paper mill at Thorold. As superintendent of Canada's oldest and smallest groundwood mill in operation today, Mrs. Wilson, seen examining pulp texture, is mother of three grown children and has the distinction of being known as the only woman superintendent of a paper mill in Canada.

That Body Of Yours

By James W. Barton, M.D.

FIVE MEALS A DAY EATING USUAL AMOUNT OF FOOD

Those of us who were in Great Britain in the days before World Wars I and II could not fail to notice the good complexions and serene faces of the men and women. My own reaction was that they looked well and "satisfied" because they ate so much food—five and six meals a day. However, I learned while there that although they ate five meals a day, they did not eat any more food than we do with our three meals a day.

Research workers have been finding, and employers and employees also, that a little snack at 4 P. M. gives energy for the last hour or two of the working day.

A further finding is that the "tired" feeling at 4 P. M. is not usually due to tiredness from work but really due to hunger, and that a little food, or a drink in which there is sugar, gives a pickup which is more helpful than a short rest from work. Fewer mistakes are made in the offices and few accidents occur in the factory when workers stop for a small amount of food at this time.

Some years ago, Drs. Howard W. Haggard, and Leon A. Greenberg, Yale University, in their book "Diet and Physical Efficiency," recorded their experience is giving the same amount of food to various persons but giving it in five or six meals instead of the usual three meals. They measured the changes—up and down—every hour of the working day, of the working ability of 213 persons from 4 to 40 years of age. They found that the working ability of these persons was dependent on their meals—that the longer the time since the previous meal, the less the working ability rose for the first hour after a meal and then became less and less until by the end of three to five hours, it was at the same point as just before breakfast—the lowest point of the working day.

The average daily amount of work increased by 5 per cent on the same amount of food divided into five meals.

Now, in these days, no housewife can be expected to serve five meals a day, but a chocolate bar or piece of candy, an orange or a banana at 11 A. M. and 4 P. M. should solve the problem. For the office or factory worker, a small part of his noon lunch could be eaten at 11 A. M. and the snack at 4 P. M., which amount of food could be safely omitted from his evening meal. This would answer the purpose and mean no more work for the housewife.

Modern Etiquette

By Roberta Lee

Q. When you are talking with someone whose name you cannot remember readily, and a friend joins you, should you make any attempt at an introduction?

A. Yes, it would be even more embarrassing if you did not attempt an introduction. Simply say, "I am very sorry, but for the moment I cannot remember your name."

Q. How much room should be allowed for each guest at a dinner table?

A. A space of from sixteen to twenty inches. This is called the "cover," and each cover should be definitely marked with a service plate.

Q. When two men and two girls attend the theater together, how should they sit?

A. The two girls often prefer to sit together between the two men, and this is the usual accepted arrangement.

NEW YORK, Jan. 28 — (AP) — Don Gehrmann continued his mastery over Fred Wilt by winning the Wanamaker Mile in 4:07.5 and Bob Richards, the Flying Parson, became the second pole vaulter in history to clear 15 feet when he soared 15 feet 1 inch in the Millrose Games Saturday night.

How Can I!!!

By Anne Ashley

Q. How can I make a lotion for whitening the skin?

A. Mix two tablespoonfus of oatmeal, ½ teaspoonful of powdered borax, and ½-pint of rosewater. Let stand for two or three days, then strain well and add ½-ounce of alcohol.

Q. How can I treat silk stockings to make them last longer?

A. Before wearing for the first time, put ½ teaspoonful of alum into one quart of water and rinse the stockings in this. Repeat this process after each wearing.

Q. How can I keep eggs fresh a much longer time?

A. While they are still fresh, rub each egg thoroughly with either butter or glycerine.

The Stars Say - -

By Genevieve Kemble

For Tomorrow

IT is probable that rare, strategic or curious plans, ideals and ideas may be grounded upon firm foundations to be objectified by a tactful approach to those persons, corporations or institutions whose support is imperative. It may take skill, stratagem and the proper appeal to win over substantial capital or influence for promotion. There are indications of more than sordid denouements.

For the Birthday

Those whose wirthday it is, may enjoy a year in which their fondest dreams, hopes and wishes may be objectified. Imagination, curious ideals or inspirations, all instinctive feelings, emotions, urges, may be diverted to material channels, by the proper approach to influential factors for objective capitalizing, although it might be that charm, personality, peculiar talents, impress.

A child born on this day possesses exceptional talents for a successful, perhaps sensational, career. Certain unique ideas, drives or inspiration could prove spectacular.

A Country Garden

Mrs. Gordon MacMillan

Who loves a garden loves a greenhouse too,
Unconscious of a less propitious clime.
There blooms exotic beauty, warm and snug
Peep thru their polished foliage at the storm,
And seem to smile at what they need not fear.
—W. Cowper.

A cold February morning! and what a joy to open a door into a small garden room. There is a nice earthy smell, warm and moist, reminding us of a garden after rain; we forget the cold and the storms, we are in a world of fragrance and sun. A garden room is possible in the country home, without too much trouble or expense. Sometimes a large bay window may be fitted with glass shelves and hanging baskets. I remember one in my Grandmother's home that was very lovely with many Lady Washington geraniums and other colorful houseplants.

When the gift of Scillas was received last Fall, several bulbs were planted in bowls, for the house and now they are in bloom, the loveliest blue flowers you could imagine, and thanks again to the reader who was so kind to send them to me. Daffodils in white and in yellow add their fragrance to the garden room and the Hyacinths are showing color in white, rose and blue shades.

The fragrant Carnations that were lifted from the garden in the Fall are now blooming and will continue until Spring when they will be planted out in the garden again to bloom all summer, perhaps not as good as new plants but earlier blooms will be there when they are most needed.

The red Rose is covered with fragrant roses and many buds, this plant has grown into a large bush since a little slip was given to me by a friend and together with the Azalea is making the garden room a nice place to visit at this time. The sunny days have brought this beauty a bit earlier this year and the winter has not been any bother this season.

I have been reading about Rosemary, a hardy evergreen shrubby perennial, and it is much like Lavender that has grown in this garden for several years.

Fragrant flowers are a must with me and Rosemary will be tried this year. Sir Thomas Moore wrote about this fragrant shrub many years ago "As for Rosemary, I lette it run all over my garden walls, not onlie because it is the best Herb sacred to Remembrance and a friendship, whence a sprig of it hath a dumb

(Continued on Page 3)

Cook's Corner

JELLIED RHUBARB AND WALNUTS

Save this recipe for Spring rhubarb.

1 package lemon jelly powder
1 cup boiling water
1½ cups of sweetened rhubarb sauce
½ cup chopped nuts

Dissolve jelly powder in boiling water. Add cold rhubarb sauce and allow to partially set. Add walnuts. Pour in sherbet glasses, and chill. Serve topped with whipped cream.

Mrs. N. A. Cutcliffe, Fredericton W. I. in "Institute News."

Morning Smile

No Worries

Aren't you ashamed of yourself" asked the temperance reformer. 'Day in and day out you are in a state of intoxication. You know what such dissipation leads to. Already you show the symptoms of a man on the verge of delirium tremens. And I understand that some poor girl has been foolish enough to accept your proposal of marriage. I shudder for her, and for you!"

Never mind old chap," replied the hopeless case. "The girl I'm going to marry is a snake charmer."

ELLEN'S DIARY

By An Island Farmer's Wife

And one letter written in a prim hand said: "We went to a dance last night . . .It was all in the family, you might say — at Bob's sister's it was, and in honor of a pair of newly-weds and I may as well confess that I enjoyed it immensely. It's years since we last tried our steps . . . oh, somehow you never have the time or the heart for the like as you grow older . . . but it's like everything else once you've learned, though years may slip away, it comes back naturally. So we were as young as the youngest there as we kept time on that kitchen floor, and we had fun! We weren't quite so agile at getting up this morning but at the same time, still light of heart. Bob laughed at breakfast over swinging Mrs. . . at a corner, she's not as light as she once was, and neithor is he, so I guess it was a feat of arms for both! Looking back, Ellen, the old days weren't altogether monotonous, not nearly so static as present generations might think!"

• • •

One woman of the farm is quilting. "Just a quilt for the boys' bed — the cover of bits and pieces that have been gathering up from the sewing, the lining of flour sacks — bleached. "Catching the white frost o'nights to aid and abet this work of her hands. Another ambitious lady is "into the hooking, to pass the time — and use up the accumulation of rags. "With Jeanie, we pooled these resources and in a barter received colorful woolen blankets, though we sighed at the collecting which let fine rug material slip through our fingers, persuaded to it in part by what granddaughter might call "an old tune" which said: "Don't let me catch you at the hooking, Ellen!" "It's the same old tune" granddaughter will sometimes complain through her tears. "Yes, the same old tune till I'm sick and tired hearing it. It's 'Put on your sweater!' And 'Tie on your scarf!' And 'Wear your mittens!' You would have me bundled up like a little Esquimaux girl all the time if I listened to you! And HOW can I move wearing all that stuff!"

• • •

"And tell me how your W. I. is doing, Ellen? Do you attend the meetings? And what do you-all do?" This was the question or perhaps more correctly the series of questions in one of our letters of recent date. It came from another farm-wife, one we have known for years. She lives a considerable distance from us in a snug house at the foot of a hill. If it be true that we work only toward the fulfillment of our dreams, then hers were long ago realized. "When I come to marry" she used to laugh as a girl "I shall accept the first man that asks me — if his house is situated at the very foot of a hill! Oh, I can't say why, but there's something cozy and secure about a home at the foot of a hill. "While more than one suitor begged for her favors, she at length did find herself in her dream castle at the very foot of a hill.

• • •

We know — and have known the place well. A brook flows there, not far to the rear of the barnyard and buildings, and once upon a time twin willows leaned there across the tinkling stream. On Summer mornings the slim satiny leaves glistened in the magic of the sunlight as did the rippling rill below. By afternoon it was shaded, where above the pebbles the minnows darted on watery missions. . . we recall, but there it is again: This item called Time! How fast the hours of this day have gone from us!

Until tomorrow — — Diary — Good-night. . . .

Old Man Winter Hits Ottawa

Phyllis McCoy stands in front of Parliament Buildings as the Dominion capital experiences normal winter weather. Ontario's cock-eyed winter has everyon guessing as to what comes next. Southern Ontario is still having record warmth.

Pensive Farewells Said as Huron Leaves

Dockyard at Halifax was scene of many such scenes when Korea-bound Huron left port. Two-year-old Jimmy McDougall gives his father a hug and kiss before Able Seaman Don McDougall of Kingston goes aboard.

Looking pensive as his father prepares to leave is little Roy Plant, 21-month-old son of Stoker Mechanic Gordon Plant of Toronto Huron will replace one of Canadian destroyers now in Korean waters.

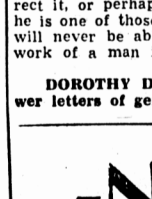
DOROTHY DIX SAYS—

Lonesome Bride

Newcomer To City Urged To Join Clubs, Church

DEAR MISS DIX: Three months ago I came to this city as a bride from another state. An utter stranger. My husband is a very reserved type of man who does not make friends easily. He works for a large organization and has many associates whom he likes very much and who like him in return. Most of these men are married, yet none of them have brought their wives to see us. We have been to church several times, but we go and leave and have met no one at all. My husband and I love each other dearly, yet this continuous and unending diet of each other's society is getting under our skins. Situated as I am, I do not know what to do about it. Can you make any suggestions on the subject?

YOUNG WIFE



ANSWER: If in your old home you belonged to any sort of an organization with wide affiliations, such as the Junior League, or any patriotic society, woman's club or philanthropic organization, write to your president and ask her to give you credentials so that you may join a similar organization in the city to which you have moved and which is to be your home. That is one way of getting in with the kind of people you would like to know.

DON'T JUST DROP IN

Another way is to join whatever church you belonged to at home. As long as you just drop into a church for a service as any passing stranger might do, you will have no chance of making contact with the members. But if you unite with a church you become one of the body, and if you show a disposition to take an active part in church work you will have no difficulty in making desirable acquaintances. Most communities are asking for volunteers for civilian defense; you will meet people this way too.

Don't feel hurt and offended because your husband's business associates have not brought their wives to call on you. It is only in small communities that that pleasant custom prevails. In large cities and in big organizations men keep their business and social lives apart so that the wives of even men who are friends often never meet.

DEAR DOROTHY DIX: I am 26, deeply in love with a girl who has very honestly told me that she has a past. The honorable attitude she has taken makes me love her all the more, but I am tortured by the memory of the other man. I try to dispel the thought of him, but it is always present. Can you suggest some way that will enable me to forget? The girl is lovely and I know that she loves me.

PAUL

ANSWER: Has your own life been so spotless that it has nothing in it that you would expect a girl to forgive and forget? Mighty few men are entitled to cast the first stone. Anyway, what the girl has done in the past is not so important to you as what she is in the present and what she is likely to do in the future. She has shown herself brave and honorable in telling you something that she need not have told you, and so I think that you need never fear that she will not be trustworthy.

There are girls who go wrong through the best that is in them. Because they love too much and are too generous to withhold anything from the man they love. These repent their wrongdoing in bitterness and tears, and once they have got back into the straight and narrow way no temptation will ever make them stray off it again. A man is safe in marrying such a girl.

DEAR MISS DIX: My wife and I have been exceptionally happy together. But we have a son who is a problem. He is nearly 24 years old and in perfect health. But he has no energy, no interest in anything and won't even try to amuse himself. He has always disliked school and made poor marks, though I sent him to various public and private schools. Finding he would not take an education I got him a job, but he would not work. I tried to interest him in games, but he was bored by golf and baseball and so on. He isn't bad morally. His only fault is that he will not tell the truth. What do you think?

A PUZZLED FATHER

ANSWER: Evidently your son is not normal, otherwise he would at least be interested in amusing himself. It is a case for physicians and psychiatrists. Perhaps they can find out what ails him and correct it, or perhaps you will have to reconcile yourself to the fact that he is one of those unfortunates who will always be little boys and who will never be able to assume the responsibilities of a man or do the work of a man in the world.

DOROTHY DIX cannot personally reply to readers, but will answer letters of general interest through her column.

-Needlecraft-

— FOR THE HOME —

CASUAL COMFORT

When it comes to tailored shirtwaist dresses, you want one that's easy to wear, neatly collared and cuffed, nicely pleated in front and back for walking freedom. This one qualifies on all three counts!

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