

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

Trim Tailored



Panel pleats hidden in one large centre pleat on this trim spring skirt. Belted, it has two side pockets set diagonally.

Timely Notes On Nutrition

By Marjorie G. Hill

NEW HIGHLIGHTS FROM THE WORLD OF FOOD

In a recent paper delivered at the University of Toronto, Dr. Jones of Canadian Industries Limited pointed out that, whereas much has been done to regulate and improve health of payroll employees the men and women who formulate the policies are largely left to their own resources so far as health is concerned. He urged plans for a service for executives and potential executives similar to that for employees in less responsible positions.

He described the executive class as a "well-fed somewhat congested group which has faulty habits of rest and recreation; and among whom incidence of heart disease, and stomach ulcer is relatively high." He suggested that executives who spend too much time thinking and too little exercising, should remember that the race of life is to the thin, and not to the fat, fast or strong.

It occurs to me that we who are so concerned with nutrition and hygiene could probably do more to help our own living habits and those of the executives with whom we work.

How are your breakfasts, and those of the executives on your staff? Do you... and they... eat three balanced meals daily? It might be that your food habits and theirs might stand some checking up... to your benefit, and that of your organization.

Crown Prince Gustaf of Sweden in an address to the 12th International Dairy Congress at Stockholm, laid stress on the enormous scope of milk and dairy production throughout the world. He set the tentative figure for present world milk production at 185 million tons avoirdupois, per year... a high figure, but considerably lower than before the war.

His Royal Highness felt there could be no doubt that the setback in dairy production caused by the war must to a large extent be responsible for undernourishment in the world, especially undernourishment of young children. Moreover, he felt that dairy products as a source of nourishment are so important that an improved standard of living cannot be expected without increase in the output of milk.

A recent study made in Toronto shows some disconcerting facts about adult milk consumption. Only 58 per cent of the business women, and 37 per cent of the housewives drink milk daily. Those who do not drink milk get some in their meals... but it is not likely they get the full recommended amount.

It is boring to harangue on any subject, but women especially should realize that milk is absolutely vital to health, well-being and good looks... and does not in itself put on weight! Let me make it clear, once and for all that milk eaten in made-up dishes is just as nutritious as milk we drink... so let us start using more recipes with milk in them.

Effective as bait. Always scald the trap thoroughly with strong soap-suds after trapping a mouse, before using it again.

ELLEN'S DIARY

By An Island Farmer's Wife

"Now a fair question, Ellen," friend of the family wrote in a recent letter, but for the moment that must wait... Farther into a spell of April's dampness, we came today. Since any brand of it is acceptable to us, even the wind-blown wintry snow flurries, or showers against the window, our sympathy rests with these youngsters, the younger lad who begs to be allowed out of doors irrespective of winds or weathers, and Jamie must plod now along a muddy road to and from his school. We find we are happy, those mornings that takes Rob to a piece of hauling from a stack or barn at the other farm, which brings Jamie that much nearer to his classes. And then Jamie smiles, and hustles his preparations to be off by sleigh, school-bag slung on his back. The contents of his lunch-box has not changed for the better during our tenure of office, though we fancy an improved appetite greets the supper meal. Sandwiches innocent of meat or fish, egg or cheese, are carried, having a favored strawberry jam for a filling or tiring of this, falling back on butter 'n' molasses as a preferred spread. A cookie, a piece of cake, an apple or an orange, or both, complete it to his satisfaction.

"You've no idea how muddy the roads are now!" he explained as he made ready this morning, brushing his hair with less care we suppose than will be given to it in the course of a few years. "I guess," he went on gravely, "they're about at their worst! Sometimes my boots sink so far," he twinkled "I'm just afraid I'll have to leave them there! And the sky's cloudy again today." "But right behind the gray, shines the blue!" we reminded him, setting straight a suspender. "Yes," he laughed, "and though it's pretty hard to believe it! April showers bring May flowers!" Despite the drooping clouds as he set out with a small boy's shining face, a pocket bulged, indicating that he hoped for an interval of fair weather at playtime. A gay striped rubber ball reposed there, an incidental to Springtime, as seasonal as a first robin about the lawn.

Continuing mild our day has been, damp and sunless, cloudy of fog. And beset, we remember and over-hung at times by a drift now, with a disappointing incident that to country folk was merely seasonal. No mail came today! We think Jamie's description of the roads was no exaggeration. "At their worst," they evidently are. "You know," Rob came in from a last round to the barn and pig-sty tonight to say, "I never pay much attention to reading the newspaper. Oh, I go over it... read any market reports, and the story, and look it over in a way that I have thought I should never miss, if it didn't happen to come. But," wistfully, "I guess it's in a class with the water—you never miss it 'until the well runs dry! James too would be 'all forlorn' in his old armchair this evening. It was he that helped Rob this morning to round up last loads of fire-wood from along roadside and stream to add to the heap in a field at Alderlea. In proper sequence, a can of gas was among the supplies fetched today from a corner-store, an indication that the season of the farmers' wood-sawing is nearing..."

"Now a fair question, Ellen," friend of the family wrote in a recent letter, "whose footfall would have brought the end of that perfect day? It wasn't clear!" Whose? But "speak about angels, and there's a rustle of wings!" and it is his form that is now framed by the opened door. Until tomorrow—Diary—Good-night...

The Stars Say --

By Genevieve Kemble

For Thursday, April 13

WHILE energy, initiative and ambitious purpose are under splendid stimuli for important and constructive programs, yet it could be easy to blunder, complicate or trip up very progressive projects, by wrong decisions, false reasoning. Or slipshod tactics could arrest progress or upset well-laid plans. Over-strenuous measures, based on faulty conclusions, could defeat initiative. Or an untimely intervention of the personal element could frustrate or impede. High pressure from relatives could arrest.

For the Birthday

Those whose birthday it is, although energetic, progressive with initiative and ability, could defeat their high purpose and ambitions by hasty, rash changes, in decision or wrong reasoning. High pressure from personal, envious or immature sources could be a factor for upsetting well-laid objectives. The interference of elders, or other unqualified advisers could prove detrimental to important projects. Fine initiative might win a child born on this day, while also progressive and enterprising, with much ability, could find itself defeated by outside interference, perhaps through personal pressure in making decisions.

DOROTHY DIX SAYS -

Blighted Childhood

Father's Duty to Save Son From Mother's Harmful Influence

DEAR MISS DIX: What do you think of a mother who will not allow her son, who is 9 years old, to play with other boys, but insists that he play with girls and keep clean and tidy like a girl? This boy is a real boy, full of life and fun, but his spirit is being broken. He wants to fish, play ball and boy games, get dirty and have the normal life of an honest-to-goodness boy. The father's heart aches for the boy, but he has no say in the matter. What about it?

A FRIEND OF THE BOY

ANSWER: Why hasn't the father a say-so about the boy? He is his son isn't he? He hasn't any right to let a silly and neurotic woman blight the lad's childhood by suppressing all of his natural instincts and distort his character by her inhibitions, and when he fails to save his boy from the mother's baneful influence he is committing an unforgivable sin against him.

MOTHER LOVE FALLIBLE

Because a woman has a child does not inevitably indicate that she has sense and judgment enough to rear it properly. Because she loves her child it does not follow that she will do the best for it. Mother love can be a curse as well as a blessing, and there are plenty of times when a father's first duty is to remove his children from their mother's baneful and destructive influence. It is the only way he can save them, and their good is much more important than their mother's happiness.

That is the only remedy in a case in which a mother tries to thwart Nature and make a little imitation girl out of a normal boy. She is lacking both in intelligence and common humanity, or else she would never attempt it. Why she wants to do it, goodness only knows. For, if she succeeds, she turns him into a sissy, and, if she fails, his reaction will make him a hellion. But in either case it is father's duty to do something about it. Right away. Before it is too late.

DEAR DOROTHY DIX: People say that my husband is too good for me. He has no bad habits. Brings home all the money he makes. Never takes a drink or smokes or goes out at night unless I know all about it. Would scarcely look at even Lana Turner if she should pass. But the trouble is some catty women are continually saying that he is a better husband than I am a wife, which may be true. I wish he would get drunk, or strike me, or have an affair with some other woman so as to lessen the disparity between us and thus stop these catty women in their tracks. For twenty years I have tried to catch him in something, but can't, and it is getting beyond endurance. What to do?

TROUBLED WIFE

ANSWER: You prove my favorite theory, that neither men nor women really want the ideal mates for which they sigh, and that they couldn't stand them if they had them. The contrast between them would be too great.

What they want is just some poor, faltering, weak human being like themselves who is continually stumbling and blundering and doing all those things which they should not do and leaving undone those things which they should do. Somebody they can forgive and feel superior to and cherish for their very weaknesses.

So you have my sympathy, poor Troubled Wife. It must be awful to be married to a man who is better than you are, a man you never have any reason to scold and who only looks pained and surprised when you fall down as a wife. And worst of all, it gives you no grievance. What on earth do you talk about when wives foregather and tell their secret sorrows?

DEAR MISS DIX: I am 39 years of age, very much in love with a married man ten years older than I am. He is married to a fine woman, who has been a good wife and neither of us would do anything to hurt her. The wrench of giving him up makes me sick to even think about, but have I the right to go on seeking him under the circumstances?

GRATEFUL

ANSWER: If you have to have a limb amputated, the sooner the better, the quicker it heals and the less danger there is of complications. So with an unhappy love affair. The quicker it is ended, the sooner you will recover from it. You gain nothing by letting it drag along, poisoning the years, until at last it ends in the death of everything that makes life worth while.

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

Modern Etiquette

By Roberta Lee

Q. Is it all right to use a handkerchief while at the table? A. Yes, if absolutely necessary. But above all, be sure that it is clean and fresh looking. Never be guilty of pulling out a soiled handkerchief at the table.

Q. Is it all right to take several kinds of foods upon the work at one time? A. This is not good form. Do not attempt to take upon the fork more than one kind of food at a time.

Q. Can you suggest a good phrase I can use when extending my good wishes to a new bride at her wedding reception? A. One good form is, "I hope you are very happy, and I'm sure you will be."

Cook's Corner

SUGGESTED GLAZES FOR HAM

Maple syrup honey, corn syrup or fruit juice. Pour over ham and baste several times during baking. A mixture of 1 teaspoon dry mustard, 1 1/2 tablespoons vinegar, 2 tablespoons sugar and 1 cup water or stock. Pour over ham and baste several times during the browning period. A mixture of 1/2 cup brown sugar, 1/2 cup dry bread crumbs and 1 teaspoon dry mustard spread over the fat surface. A mixture of 1/2 cup brown or white sugar and 2 tablespoons flour rubbed into fat surface. Honey spread over fat surfaces, then sprinkled with cinnamon. A mixture of 1/2 cup white sugar and the grated rind of an orange, spread over fat surface.

BAKED HAM SLICE

1 slice uncooked, smoked ham, 1 inch thick (about 1 1/2 lbs.) 2 teaspoons dry mustard 1/2 cup brown sugar 2 teaspoons vinegar 10 whole cloves 1 cup milk or fruit juice Trim the rind off ham and place in shallow baking dish. Mix mustard, sugar and vinegar together and spread over ham; stick with cloves. Pour milk or fruit juice around meat. Bake, uncovered, in a moderately slow oven 325 degrees F., until tender—about 1 hour. Yield: six servings.

That Body Of Yours

By James W. Barton, M.D.

HEALTH MORE IMPORTANT THAN REGULARITY OF ATTENDING SCHOOL

As a youngster, I had a very limited experience in playing hockey from school. Another boy and I sat in a near-by lane one Friday afternoon and I became so fed up with just waiting for "school to let out" that I never played hockey again. Had we gone fishing or swimming, I might have got a kick out of being absent from school.

One of the things common to all boys and girls is a dislike for school, but most of us went regularly because we enjoyed playing at recess and also didn't want to get behind the other children. A matter of pride, most likely.

However, from the standpoint of health I sometimes wonder if children and their parents do not make too much of "regular" attendance at schools. In my school days a boy with a running nose and a hacking cough often came regularly to school, which not only meant infecting other youngsters but that from being on his feet, moving about and playing, his cold was prolonged and broncho-pneumonia and pneumonia sometimes followed. He was considered a "sissy" if he stayed home from school for just a cold. During the flu epidemic of 1918-19, the newspapers reported that it was the young rugged men who developed pneumonia and died of a falling heart, whereas the less rugged, who were so weak when attacked by flu that they had to go to bed, finally recovered. The rugged fellows refused to go to bed until completely prostrated, so that by the time they reached our base hospital, they had so weakened their hearts that they were unable to fight flu or pneumonia and they passed away.

Applying this lesson to school children, school attendance of children with colds should be a matter of general concern. Of course, we know that some children welcome a cold and the chance to remain away from school. And in cases where a school nurse and physician are in attendance, the youngster is sent home if he has a cold. "There is a growing feeling, however, that the school should encourage parents to keep their children home when it is best for the children's health and that of their schoolmates."

Pioneer Days

In P. E. I.

By F. H. MacArthur

Tales of ice travel are always thrilling and the adventure which befell a party of Ellerslie and Tyne Valley folk almost one hundred years ago is one of the most exciting. It is still told from Ellerslie to Richmond Bay and no matter how often it is retold, it still grips and holds the listener.

Jessie Price and his son John, William Ford, Thomas Burleigh and Thomas Phillips of Ellerslie, with William Ellis and son, and "Billy the Duke" of Tyne Valley, and a couple of teen-aged youngsters, had loaded their sleds with timber gleaned from the surrounding forests. Their destination was Malpeque. The timber folk supplied a good deal of the lumber used at Malpeque, Darnley and Princeton. In return for the lumber the settlers got flour, groceries, fodder, and their spring seed—the old trade and barter system was then in use.

Our story opens on a certain day in the month of March. Their journey, a distance of twenty miles, had to be traversed by ice. The little party set out before daylight with the expectation of being back home early that same night. The party reached Malpeque without mishap, unloaded their lumber and secured a good supply of provisions for themselves and their livestock. This occupied considerable time and when they reached the ice field for their return trip one of the men, Thomas Phillips, father of F. W. Phillips, speaker of the House, had failed to join the others. After waiting on the shore for nearly an hour they decided he must have gone on to Summerside to spend the night at the home of a friend.

Already the sun had sunk to rest behind a great cloud bank, and a strong gale was sweeping across the country. There was every indication of a big storm. Now the farmers pointed to the sky, spoke of the wind, and the dangerous spring-holes that lay along their route of travel. On more than one occasion these spring-holes, often too wide for the horses to jump, had to be bridged with the bottom of their sleds or anything they come by. More than one unlucky traveller had plunged into the cold waters, and more than one valuable horse had perished in this manner during the height of a storm. Before half the distance had been covered the blizzard burst upon them in a maddening rush that promised to scatter them like Autumn leaves.

"Better rope the sleds together," advised Price, "then we can let the horses have a free rein and trust to luck."

The animals were used to crossing the ice and their owners had the feeling that, left to themselves, they would be able to keep the trail. But they had not reckoned on such a storm, and after bravely facing it for a time, even the faith-

Continued on page 8

Household Rapbook

By Roberta Lee

Thin Hands

To fatten thin hands, wash them in hot water, dry, and then rub a little olive oil into them. Make thin application before retiring, so that the oil can remain on as long as possible.

Cocoa can be prevented from lumping when making, by mixing a little sugar with it before pouring on the hot water or milk. A pinch of salt added greatly improves the flavor.

Indelible Ink

Indelible ink stains may be removed by soaking the stained article in a strong ammonia solution. If necessary, repeat the process.



LIKE MAGIC!

Delicious creamy mashed potato in one minute!



This creamy, delicious mashed potato is so easy to prepare! French's Instant Potato is made from top-quality potatoes—precooked for you! Just follow these easy directions and in 1 minute it's ready—best mashed potato you ever ate!

NO WASHING! NO PEELING! NO COOKING! NO MASHING!

HERE'S ALL YOU DO: Wait until dinner is ready to serve; then bring some salted water to a brisk boil, add milk and French's Instant Potato according to simple directions on package. Stir for a few seconds until potato has thickened, add butter and whip until light and fluffy.

-Needlecraft-

FOR THE HOME

EASY TO MAKE

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Better English

By B. C. Williams

1. What is wrong with this sentence? "When the entertainment was over with, we proceeded on to Ellen's home."
2. What is the correct pronunciation of "government"?
3. Which one of these words is misspelled? Conundrum, indecorum, equilibrium, interim.
4. What does the word "reconcile" mean?
5. What is a word beginning with gou that means "a connoisseur in eating and drinking"?

- ANSWERS
1. Omit the words with and on.
 2. Pronounce second syllable -ern. To cause to be friendly again. "He not government. 3. Equilibrium. 4. Was reconciled to his brother." 5. Gourmet.

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For Women (WHO BAKE AT HOME) Only TALKING IT OVER

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MY ROLLS AND MUFFINS GET EATEN UP IN NO TIME

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Delicious, easy, economical. Dissolve Lushus Jelly (any flavour) in 1 cup boiling water. Add 1 cup cold apple juice. Pour into mould and chill. Unmould and garnish with apple slices dipped in lemon juice to prevent discolouration.

Remember—only Lushus has the flavour "Bud" till you make the jelly. That's why only Lushus has that extra lively fruity freshness. Yet Lushus now costs no more than ordinary jelly powders.

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