Women's realm

How Can I!!!

By Anne Ashley

Q. How can I remove creases in curtains that have been folded and stored away?

A. When putting laundered curtains away in a drawer, fold them so that the top and bottom are together. If folded this way, the creases will work out when hung, but if folded lengthwise, there will be no weight to bring out the creases.

Q. How can I prevent the corks, for bottles containing glues and cements, from sticking?

A. They will not stick if a little Vaseline jelly or glycerine is rubbed over the ends of the corks before inserting them into the bottles.

Q. How can I recolor a fiber rug?

A. For recoloring a fiber rug, one may use any dye such as is used on cotton material. Dissolve it in boiling water and apply on the rug by means of a brush.

The Stars Say - -

By Genevieve Kemble

For Tomorrow

A PLEASANT state of affairs exists, with heart and home the scene and center of attraction. The trend there is along lines of friendship, love, romance, enhancing and vitalizing, perhaps glamorizing, all essentials for happy homemaking. Romantic adventures, parties, celebrating of special occasions are in store. Business services catering to these are stimulated by the occasion. Enjoy the passing hour.

For the Birthday

Those whose birthday it is are under the pleasant and propitious auspices of romantic Venus, fair goddess of the home and all pertaining thereto. Romance, engagements, weddings, the affairs of youth and children, even those of an older growth, should react to the sentimental and emotional stimulus of the Love Star ruling the heavens and the home with equal splendor.

A child born on this day may be artistically creative in diverse art forms and expressions, incited by emotional as well as spiritual temperament.

Better English

By S. G. Williams

1. What is wrong with this sentence? "We left directly we were through with our work."

2. What is the correct pronunciation of "viceroy"?

3. Which one of these words is misspelled? Unweildy, withal, withhold, weevil.

4. What does the word "contumacious" mean?

5. What is a word beginning with la that means "praiseworthy"?

ANSWERS

1. Say, "We left as soon as we had finished our work." 2. Pronounce vise-roy, two syllables; and not vise-er-oy. 3. Unwieldy. 4. Rebellious; disobedient. "The workers were becoming contumacious, and were defying their foreman." 5. Laudable.

False Face

By E. C. Buley

"I'm keeping myself for you," Marcia went on. "And it is all a woman has to give; just herself, unspoiled. Here I am, Peter, fully grown, and knowing very well what I want of life. I want you, my dear; I want to make your home, and to bear your children. And nobody else will do, Peter; I want you now."

She rose from her chair, and went to Marchant, throwing her round white arms about his neck, and pressing her lips upon his until he put her from him.

"I never kissed you like that before, Peter," the girl said—and there was a note of reproach in her voice. "I never expected to do so, until we were married. But I want you to understand the point which has been reached, in this engagement."

"You make me feel as useless as I sometimes think I am . . . " Marchant said huskily.

Marcia held up a hand to check him.

"Peter, I know what our engagement has cost you," she said. "You wanted to become famous at once, for my sake. You hurried your work, and you rather lost your way, poor Peter. We are farther away from one another than we were two years ago."

"Do you think I don't know it?" Marchant asked.

"Forget about my money, and marry me," Marcia invited. "You can do the work you want to do, and be what you would have been, if you had never known me. If I cannot help you, at least I shall never hinder."

"You don't understand, Marcia," Marchant said. "You have no idea of what a man must endure, if he is simply the poor and unconsidered husband of a rich wife."

"It is you who do not understand, Peter," Marcia retorted. "Because I am rich, is that any reason why I should waste the best of my youth, and the sweetest years of my life? When you think of what is said by people who do not matter, you sink to the level of a curmudgeon. What is a rich girl to do, if she does not marry? You know what they do, and what it makes of them."

"But Marcia . . . "

"I suppose I could fly to Timbuctoo," Marcia went on. "Or buy a lot of yearlings, and take to the Turf. Or punt in dix-mille bundles at Cannes and Le Touduet, and have my picture published as the girl who broke the bank. But, Peter, while I'm doing these things, and before you consider yourself successful enough to marry me, I shall be spoiled for you."

"Give me a year." Peter said. "Just one year, Marcia, to see whether I can justify myself."

"I knew that you would say that," Marcia said, sorrowfully shaking her head. "I can give you just about thirty-six hours, Peter; and no more. Listen, my dear, I have booked a return passage on the 'Berlinia,' which brought me to America. And I have also reserved a state room for you."

"For me?" Marchant said. "Marcia, you know it is not possible for me to return in less than two days."

"It is not possible that you would let me return alone." Marcia said quietly. "See, Peter; here are what the Americans call your reservations. Put them in your pocket; and go and arrange for your departure. See these people who want to hire my future husband to design swimming pools, and tell them that it cannot be done."

"But listen, Marcia . . . "

"If I listen, Peter, we shall quarrel, as we have very nearly done before. Say good-night to me now; and remember that I shall be waiting for you on the 'Berlinia' the day after to-morrow. And if you do not come, Peter . . . "

She drew down his head and kissed him again and again.

"If you do not come," Marcia repeated, "You'll never see me again. But you'll hear of Peter, yes, you'll hear plenty."

Marcia saw him go, with the feeling that she had won. But when the gangway was pulled aboard the "Berlinia," and the gap of water broadened between her great hull and the waving crowd on the quay, Peter Marchant had not come aboard.

(To be continued

Household Scrapbook

By Roberta Lee

Rugs

A rug can be cleaned without a vacuum cleaner by soaking some newspapers in warm water and then squeezing out the water until the paper is dry enough not to drip. Tear this in small pieces and scatter over the carpet. Sweep slowly with a good broom, beginning in the center of the room. The damp paper will prevent the dust from flying and the moisture will be beneficial to the carpet.

Cheese

Cheese will keep nicely if a thin layer of butter is spread over the cut edge. And it is not necessary to waste the butter, as it can be scraped off and used for cooking.

Plants

A few drops of ammonia added to each quart of the water with which plants are watered will improve the color of the foliage and increase the growth.

Modern Etiquette

By Roberta Lee

Q. It is my understanding that a prospective bridegroom's family is supposed to call on the family of his bride-to-be as soon as the engagement is announced. But what if the man's family lives in a distant city?

A. Then, of course, letters expressing mutual happiness over the forthcoming marriage should be exchanged.

Q. Is it proper to mail out engraved announcements of the adoption of a baby, just as is done for the birth of a baby?

A. This is quite proper. These may be worded: "Mr. and Mrs. James R. Williams have the happiness to announce the adoption of Mary Elizabeth, aged fourteen months."

Q. When attending a dinner dance, what should a person do with his napkin when leaving the table to dance?

A. Leave the napkin unfolded by the side of the plate.

New Canadians Marry Here

—Meyers Photo.

A very pretty autumn wedding was solemnized at the home of the bride's parents on Saturday, November 1st, when Gerrie Verhey, daughter of Mr. and Mrs. Gilbert Verhey, was united in marriage with John den Hollander, son of Mr. and Mrs. Gerrit den Hollander. Both families were former residents of Holland. The Rev. J. T. Irwin performed the impressive double ring ceremony, and Miss Wanda Henderson played the Wedding March.

The attractive young bride wore a beige suit with wine hat and accessories and corsage of American Beauty roses. Due to the illness of her father in Chatham, N. B., the bride was given away by Mr. G. Hollander.

The bridesmaid, Miss Maria den Hollander, wore a turquoise afternoon dress with corsage of Pink Delight roses. Mr. John Verhey, brother of the bride, was best man.

The living room was gaily decorated with both Dutch and Canadian colours. Delicious refreshments were served, which featured a beautifully decorated three-tier Canadian wedding cake made by Mrs. Warren Henderson.

A happy evening interposed with music was enjoyed by all the guests, former residents of Holland and their Charlottetown friends.

DOROTHY DIX'S COLUMN—

Frustrated At 26

Young Wife Needs Some Constructive Activity

DEAR MISS DIX: What can be the trouble with me? I'm a married woman of 26 with two small daughters. My husband's job keeps him from home a lot. I brood by the hour because all I think of is going dancing, having fun, taking trips to places I cannot visit and buying lots of clothes. These things I cannot do because of my family and my husband's income. I have a wonderful, considerate husband who tries to please me in everything. I'm never satisfied, though. I'm getting fat and people say it's because I'm frustrated. Is that so? Please try to help me.

LOIS A.

Muriel Nissen

ANSWER: You are indeed frustrated, but the situation isn't new or alarming. It's quite a commonplace problem among mothers tied down with young children. On the cheerful side is the fact that there are many solutions to your dilemma. In fact, I'm sure if you'll follow a few of the suggestions I am about to make, you'll be able to write me in a month and announce that you have already developed a better outlook on life.

Small children do tie one down, but freedom at this time of your life comes not from daydreaming but from pursuit of some rewarding activity. A certain amount of daydreaming is good, rather than harmful, but when carried to extremes it can be one of the most debilitating time-wasters in the world. It leads to self-pity, which leads to martyrdom, and where that leads I'm sure you needn't be told. The easiest way to lose friends, alienate your family's affections and send your husband flying to another woman is to become a downtrodden martyr. Don't let that happen to you!

ASSUME BRIGHTER ATTITUDE

Your first step toward reformation is a brighter and gayer attitude towards your immediate life. Don't regard your home and children as confining agencies. See them for what they are—the source of unlimited scope for happiness. Your children are two little souls for you to mold; what they learn from you now will remain with them the rest of their lives. Don't let their daily lessons be tinged with the reminder that you are bitter and morose because their presence keeps you from the merriment you miss. Your home is a kingdom of your own creation and over which you are absolute monarch. Use whatever talents you have to make it finer, more beautiful—a fit setting for its queen.

If you can paint a chair, make a curtain, embroider a scarf or frame a picture—do it. If you think you can't, learn. Learn, and do, something constructive, no matter how small. The antidote for frustration is to produce something in which you can take pride. Frustration and inferiority go hand-in-hand; put yourself in the superior class and you'll no longer be thwarted. Make friends! That's most important! Make them through church, through a civic organization, through the P. T. A. in your school. Learn from others and, in time, have something to impart to them in turn.

Above all, remember—your children will soon be grown, you'll have lots of time for the dancing, fine clothes, travel, but never, never will anything be as sweet to you as the babyhood of your youngsters. Learn to enjoy them every minute; their childhood is so fleeting.

As for your overweight, don't you honestly find yourself eating more than you need, because you have nothing else to do? Keep busy at something creative and the hunger urges will pass.

DEAR MISS DIX: My husband, who is 13 years my senior, has a habit of visiting his old girl friends and his two ex-wives when they come to town. He says I am very selfish and jealous for objecting to this strange activity. Am I doing the right thing by being a sweet and calm wife over this, or should I throw a fit?

SWEET WIFE

ANSWER: To get your share of attention, you might have to become ex-wife the third. Your husband certainly carries visiting to an extreme, but since he apparently has passed the first blush of youth, and even, I suspect, the middle-aged span, I doubt if he can be reformed. Better try being sweet and calm.

DEAR MISS DIX: For a long time we have wanted to have pen pals in other countries, and of other nationalities. We don't know where to get such addresses, and hope you can help us.

PAT AND SANDY

ANSWER: Since all my attempts to obtain correspondents for other people have been diverted to servicemen, I have no pen pal addresses for you. However, I know that many church publications carry them, so perhaps my kind readers will render assistance and forward to me some material along these lines. I, of course, will send the information on to you—and anyone else who will send a stamped, self-addressed envelope for it.

Morning Smile

Thoughtless

"I wonder why Mrs. Robinson brings her knitting to every meeting?"

"It gives her something to think about while she talks."

MASON'S 49 for Coughs and Colds 45¢ — 75¢

That Body Of Yours

By James W. Barton, M.D.

LASSITUDE AND WEAKNESS

The term "weakness" is used by patients to describe a variety of subjective (felt by the patient but not seen or known by the physician, such as headache) complaints which may vary in importance. Most of the subjective disorders included in this term will be found to be persistent or recurrent or temporary weakness."

I am quoting from the book "Principles of Internal Medicine" by Dr. T. R. Harrison and Associates, Southwestern Medical School, University of Texas, Dallas.

These physicians make a distinction between lack of energy (lassitude) due often to emotional disturbances, and the loss of muscular strength (asthenia, debility) which may be due to serious disorders of glands, or of nerves and muscles, or, more commonly, to old age or prolonged bed rest.

Loss of muscular strength may be due to weakness of a group of muscles or all the muscles of the body.

1. Lassitude. Listlessness, malaise, undue fatigability and lack of energy as characterized by loss of well-being, which occurs at times in persons who are healthy in both body and mind.

The mechanism of chronic or persistent lassitude is due to emotional disturbances, conflict within the personality. "If a person is so busy reconciling or adjusting himself to a myriad of fears, hates, or dissatisfactions, he will be unable to spend energy usefully in productive pursuits." Thus lassitude is an early symptom in neurosis (thinking you have an ailment that is not really present), depression or psychosis, and is to be regarded as a "distress" signal from a body laboring under unwelcome stress.

When lassitude is the patient's chief complaint, the most common cause is emotional disturbance such as depression, anxiety states, but as some real body or organic disorder is frequently present also, it is advisable to search for organic disease before concluding that the symptom is entirely due to nerves or nervousness.

2. Asthenia (muscular weakness). When muscular weakness is present in a patient who is not old or has not been on bed rest, it is suggested that anemia or some nutritional and gland deficiencies should be sought. Sometimes some low or chronic infection is causing the muscular weakness as infected teeth, tonsils, gums, large intestine, may be thinning the blood and sapping the muscular strength of the patient.

Also, an overactive thyroid gland (goiter) may cause the various body processes to work too rapidly and cause persistent weakness.

"The story as regards habits (alcohol), occupation and drugs may give a clue. The social history concerning the patient's happiness and problems relating to home, work and finances is essential in learning if the emotions are the cause of the weakness."

Barbara Brent's BUYS AND WHYS

A WEEKLY INFORMATION SERVICE

MONTREAL, November 20th — "Just a minute, kids! . . . breakfast will be ready in a jiffy." That's because it's fast, Quick "CREAM OF WHEAT". And no wonder your youngsters are so eager to settle down and begin eating it. M-mmm!—wonderful, topped with brown sugar and cream. It has such a delightfully *different* flavour. Fairly melts in your mouth. Yes, the kids will agree, Quick "Cream of Wheat" is *good*. And, mother, it's good *for* them, too. For, in addition to other benefits, Quick "Cream of Wheat" provides Iron, Calcium and Phosphorus for diets deficient in these elements.

Your Husband will change his mind about instant coffee when he tastes INSTANT CHASE & SANBORN COFFEE. It's delicious. The flavour's there—and the body and the real lift. That's because Instant Chase & Sanborn is the instant coffee made by real coffee people. Nearly a century of coffee experience makes it the best instant coffee you've ever tasted. I *know* your husband will like it. And he'll appreciate the money it saves you, too . . . up to 40c a pound compared with ground coffee! The regular size jar of Instant Chase & Sanborn gives you the same number of cups as a pound of ground coffee and there's a *big* difference in price.

There's Nothing Slow about the way babies grow. Almost every day they surprise us with some new development like a shiny new tooth. And it's wise, mother, to keep up with *your* baby's rapid growth by giving him nourishing, wholesome food made *specially* for him. Before the tooth . . . baby will grow healthy on Heinz Pre-Cooked Cereals. Then (post-tooth) he can graduate to HEINZ STRAINED BABY FOODS . . . meat food products, soups, vegetables and desserts—all expertly blended to give baby needed nourishment — and pre-cooked to suit his taste and tummy. Then, when baby's a little older he's ready for HEINZ JUNIOR FOODS. Your dealer has all of the Heinz Baby Foods. Next time you're shopping — look for them.

Fashion Model Virginia Owen was married recently. She was another beautiful Woodbury Bride in her hoop-skirted gown of satin. But it was her satin-smooth Woodbury complexion that "stole the show". Virginia protects her exquisite complexion by regular care with WOODBURY FACIAL SOAP. For she knows that Woodbury is *more* than a cleanser. You see, it contains a precious beauty-cream ingredient—the same softening oil used in finest face creams. It's intended to help *replace* the natural oils you wash away. Try Woodbury Soap yourself. See how its mild lather cleans your skin thoroughly, yet gently. And try the big Beauty-Bath Size Woodbury, too, for head-to-toe loveliness.

I Made Out My Christmas Gift List Today. A lot of question marks, of course . . . opposite Aunt Harriet, for instance, (she has everything) — and my young nephew who's at college (he *needs* everything) . . . and so on. I guess you run into the same kind of thing. But it's no longer a problem for me . . . BANK OF MONTREAL Christmas Cheques, Money Orders and Passbooks provide the perfect solution. I sent them last year and it turned out happily for everyone. For me — because sending them was such a time-saver. For the folks who received them — because it was a short-cut to the things they really wanted for Christmas. So again this year, I'm sending a Money Order to Aunt Harriet — gift-wrapped in a special Christmas envelope — one of the B of M's newer services. And a Christmas Cheque (all bedecked with holly) to my college-age nephew. And for my little nephews and nieces — Christmas Passbooks showing inside the balance of the Savings Accounts I'll open for them at the B of M. (Youngsters love having B of M Savings Accounts of their very own!) Yes, I'm looking forward to my Christmas "shopping" at the BANK OF MONTREAL again this year!

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