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Morning Smile

Always

Ling: "If you looked at a postage stamp, how could you tell we were never going to lose a war?"

ELLEN'S DIARY

By An Island Farmer's Wife

Considering it, we would say, that even if raindrops gleamed on a window at times, in token of passing showers, this has been an exceedingly pleasant evening for James and his namesake. James had come to join us at supper, straight from the farmers' current interest of gathering Rob's supply of fuel-wood to a distant one of the Alderlea fields, which brings the scene of it not far from us here . . . Our main dish was an oven-cooked one, that took in beef and potatoes, silvers of turnip and carrots, and out of respect to Rob's taste, we omitted the onion, with which this cook would ordinarily point the flavor. He is one who can find nothing to commend either onions or tomatoes as tasty foods, and it is surprising to find many another who shares this notion.

We recall when a visiting farmer sat at table with us, in the harvest-time, back in those years when ripe "love-apples" were looked upon with some suspicion as an article of food other than when cooked to make a relish or pickle. He hesitated when James offered him slices of these in their most delectable state, raw, red, and to our minds exceedingly appetizing. "I'll try one slice," he said, "I'm one that can try anything once!" and we were amused over the surprise that was expressed on his face after the adventure. "Well," he commented, "I'd owned it! But to tell you the truth if it, like garlic, a little of that would go a long way with me!"

Strange thing that it is, we notice the children here have added their father's dislikes in foods to their own, for no reason at all, other than to follow an example. At Alderlea, we have no pronounced dislikes though our farmers are more partial to some. For our dessert, with James as our guest, we enjoyed plums of Karolyn's canning, that came out whole and in an ingratiating burgundy shade. A white cake of this afternoon's baking was given added vitamins by the addition of raisins — a floured layer spread mid-way in the pouring stage. It comes to mind now that at this house no mixing bowl goes begging for want of someone to collect and enjoy the clinging tidbits. Nor can there be found a more appreciative recipient than the alert three-year-old, that of late has been our companion in many an endeavour.

"And now," James suggested putting aside his after-supper pipe, and Jamie his reader "what do you say if we go down to the stable and have a spell brushing those fattening cattle of yours?" It was an agreeable suggestion. There is something fascinating about being abroad in the night hours. Jackets and boots were put on in a twinkling and it was two companionable fellows, one a namesake of the other, that well pleased with the turn of events that offered them this hour, went out to the chore — James is away along the dim, foggy fields now, and Jamie to a well-earned rest.

With James, we find much of interest and delight in these small ones, and it was with regret we heard on this evening's news of the passing of a wee maid of two years. So bonny they are then, and precious, but often "not ours — only lent." The April month, we remember, — old and respected friends of the years and younger, as well, leaving this world lonely to those of us that are older, but to another better known. Fair as it is this is not our "continuing city."

Until tomorrow — Diary — Good-night . . .

The Stars Say --

By Genevieve Kemble

For Wednesday, April 13

REWARDS of merit, returns for past performances as well as for future diligence, persistent efforts, and working toward distant goals are the highlights among this day's planetary prospects. The long-range view and future security are encouraged. At the same time, present needs, opportunities and concentrated planning and attack on current affairs should bring much happiness and lasting prosperity. The personal equation is strong.

If It Is Your Birthday

Those whose birthday it is, are encouraged to marshal all their forces and faculties, energy, initiative and persistent efforts with a view to developing long-range and enduring objectives. Plan for future security and happiness, in all programs and plans of the moment, in which there may be immediate and very practical support and cooperation. Present performance, personal influence, perhaps individual charm and personality carry weight in shaping future welfare and happiness.

Those whose birthday it is, are in line for excellent work well done, with the far vision for security, well-being and happily established personal joys and gratifications.

Pioneer Days In P. E. I.

By F. H. MacArthur

"Believe it or not," but flour was once ground in this Province on curious little hand-mills, which could be carried about from home to home. This pioneer mill consisted of two stones pounding or rubbing together, worked by hand, and grinding at one operation enough wheat to last a family for a single day.

The first mill of this kind is supposed to have been made by Peter McNair, a Scotch shepherd, who brought his wife and family to Prince Edward Island to settle in Belfast.

The grain was placed on the flat surface of the upper stone and passed to the lower stone through a large eye, near the spot where the spindle worked. Through this eye a hand-spike could be driven and the mill carried from one farm to another, if desired.

The neighbors usually brought their grain to Peter's however. When the day's work was ended and lingering shadows stretched across the pioneer homes, the big Highlanders appeared each with a little sack of grain in his hand. Each in turn had his grist turned into coarse meal while current events were discussed. Then they went home with enough flour for a week's bread.

The process of grinding worked something like this: Once the grain passed from the upper to the lower stone, the miller took hold of the spindle and turned it so as to cause the stone to rotate. By this process of grinding the grain made its way from the centre and poured out in the state of flour near the rim.

These milling stones are still used in remote parts of Ireland and Orkneys and Shetlands.

With such primitive implements of milling flour, one can readily see that milling was at first a domestic industry. The millstones were a part of a families' furnishings and the ancient law forbade anyone taking them for debt. "No man shall take the upper or the nether millstone to pledge: for he taketh a man's life to pledge."

Not much flour could be turned

(Continued on page 12)

Better English

By D. C. Williams

1. What is wrong with this sentence? "Here are a pair of shoes for you to try on."
 2. What is the correct pronunciation of "hoop"?
 3. Which one of these words is misspelled? Mackerel, clientel, dishevel, bagatelle.
 4. What does the word "pristine" mean?
 5. What is a word beginning with "be" that means "improvement"?
- ANSWERS
1. Say, "Here is a pair of shoes."
 2. Pronounce the oo as in too, not as in hook. 3. Clientele. 4. Belonging to the earliest time; primitive; uncorrupted. (Pronounce last syllable teen). 5. "The foliage had a dustless pristine freshness."

Household Scrapbook

By Roberta Lee

The Gums

If the teeth are so sensitive that the time spent in a dentist's chair practically exhausts one, try rinsing the mouth with baking soda and water several times before going to the dentist, and it will be found that this treatment will help very much.

Enlarging Gloves

If a pair of kid gloves are too small in the wrist, they can be stretched by dampening the wrist on the inside with water, and stretching them on a glove stretcher until they are dry?

Wilted Celery

Wilted celery can be revived and made crisp by placing in cold water, to which a teaspoon of vinegar or lemon juice has been added.

That Body Of Yours

By James W. Barton, M.D.

ALCOHOLISM MAY BE CAUSED BY DEFICIENT GLAND JUICE

I have written several times about the school of studies on alcohol and alcoholism conducted at Yale University, and particularly of their summer session in which research professors on alcohol conduct classes attended by physicians, nurses, clergymen and social workers. It is now gratifying to learn more about alcoholism, its causes and treatment from Bellevue Medical Center, New York as recorded in "General Practice Clinics," Dr. James J. Smith, Director of Research on Alcoholism, Department of Medicine, New York University.

While many of us have believed that alcoholism was due to something "missing" in the alcoholic's make-up, we thought of it as an unbalanced nervous or emotional condition. Dr. Smith states: "Our laboratory and clinical studies of alcoholics during the past several years have convinced us that alcoholism is a metabolic (gland) disease." Although the signs and symptoms of alcoholism point to a "behavior" disturbance, this behaviour disturbance was not the disease itself but merely a symptom of an underlying metabolic (gland) process.

The glands Dr. Smith and his associates blame for alcoholism are the adrenal glands, situated one on top of each kidney. Exhaustion of these two glands, resulting in an insufficient supply of adrenal juice in the blood, so lowers the resistance power of the body that something seems needed by the alcoholic to make up for this loss of adrenal extract. These research workers found that in delirium tremens, the final stage in alcoholism, there was a change in the chemistry of the blood similar to that found in Addison's disease, particularly a decrease in the sugar and salt of the blood. Accordingly, they studied the "behavior" of 1800 male alcoholics. From this study it appears that there is a certain constitutional type of individual who becomes an alcoholic, or problem drinker. The peak of severest alcoholism appears to be in the early forties when the alcoholic is faced with his heaviest responsibilities (which generally speaking are no heavier than those of others). The average male adult attempts to face his problems. The alcoholic tries to avoid it.

By the use of adrenal extract and the new wonder drug, cortisone, obtained from adrenal glands, good results in treating alcoholism were obtained by these research workers.

Cook's Corner

TURNPUPP CASSEOLE

2 cups boiled mashed turnips
3 tablespoons butter
1 tablespoon sugar
1 teaspoon salt
Dash of pepper
1 cup soft bread crumbs
2 eggs

Mix together turnips, butter, sugar, salt, pepper, 1/2 cup of bread crumbs and lightly beaten eggs. Place in a casserole and sprinkle with remaining 1/2 cup of bread crumbs. Bake in a moderate oven, 350 degrees F., until top is lightly browned. Yield: six servings.

Modern Etiquette

By Roberta Lee

Q. How long before the wedding takes place is it permissible to send a wedding gift?

A. If desired, one may send it as early as two months in advance of the wedding, although usually one sends it as soon as the invitation is received.

Q. If a man and a woman are in a crowded elevator, is it permissible for the man to step out first if the woman is in the back of the car?

A. Yes, provided he is closer to the door.

Q. Isn't it a breach of etiquette to spear bread from its plate with the fork?

A. Yes, this is one of the worst.

A Country Garden

By Mrs. Gordon Macmillan

"Awake thou wintry earth —
Fling off thy sadness!
Fair vernal showers, laugh forth,
Christ is risen."

Easter is a happy time, and with the glad Easter story we have beautiful flowers in our worship services, and all through the ages flowers have been grown for this purpose.

St. Phocas was the patron saint of gardening and he lived in the third century. The greater part of his life was spent in his garden just outside the city of Sinope in Pontus. What part of his waking hours was not spent in prayer was devoted to his garden, in which he grew vegetables for the poor and flowers for children and the sick.

April is the month of rain and running water, and there are changes in the garden every day. There was a good deal of freezing and thawing in the Winter months and some losses will be found if there was not perfect drainage. I think this is the most important part of gardening. Living on a sunny slope and gardening there, the Winter losses are very few in this garden even through the toughest season. If your garden needs drainage it is possible to make good drainage by digging out the soil and filling in with stones or other suitable material.

Fansies were picked in this garden in March in a sunny corner of the house, it is true that a broken window pane covered the plants, but there they were, a bit sad looking and of a blue color. Small bunches were picked the latter part of December so only in the colder months of January and February out of the twelve months of the year we did not find pansies or heartsease as they were called in the long ago.

My summer's supply of seeds have arrived, annuals, biennials, and perennials, all of the hardy varieties, these will be planted in the open ground in a few weeks as this is the easiest method for me.

The tuberous begonias have been potted up in their permanent summer containers and they will not require anything more except care in watering and staking, the potting mixture is of a rich porous nature and it was gathered and stored in the cellar last fall. New bulbs can be planted until June and they will be successful, though blooming later in the summer.

I received one of my nicest letters from an Island lady who is wintering in Halifax, and in her letter she describes her mother's garden in the Eastern part of the Island, a garden with many rare and unfamiliar shrubs to me, a tree of the Japonica family about twelve feet high with heart-shaped leaves on branches right to the ground and feathery blooms creamy to white. The Laburnum Golden Chain, a small tree-like shrub with green bark and foliage like exaggerated clover leaves, flowers are pure golden, yellow and formed like those of Wisteria, it is a very beautiful shrub. Then she writes of the Japanese Quince in her Mother's garden and the Magonia blooming in the Public Gardens in Halifax. All through her letter I learn of the great love she and her mother have for the flowering trees and plants of their garden, a love inherited from their Dutch English ancestors, and they are experimenting with new bulbs and shrubs every Spring.

"Turn thine eyes to earth and heaven
God for thee the Spring has given,
Taught the birds their melodies
Clothed the earth, and cleared the skies,
For thy pleasure or thy food —
Pour thy soul in gratitude!"

—M. Howitt.

How Can I!!!

By Anne Ashley

Q. How can I overcome the unpleasantness of taking a medicine?
A. When medicine is unpleasant to take, try placing a bit of alum in the mouth for a moment before taking the medicine. It will usually overcome any unpleasantness.

Q. How can I remove stains from the inside of the percolator?
A. Place one teaspoon borax, some soap, and hot water in the vessel, and allow it to come to a boil. Rinse well with boiling water and dry thoroughly.

Q. How can I prevent patent leather from cracking?
A. Rub the leather occasionally with olive oil, glycerine, or sweet oil.

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DOROTHY DIX SAYS -

Early Marriage

Parent Would Warn Teen-Agers Of Its Responsibilities

DEAR MISS DIX: I have a girl of 15. I expect and hope that she will not desire to marry until she is at least in her 20's. However, I am not ignoring the fact that many youngsters of her age are forming friendships which within a year or two may result in marriage. I am making her understand its responsibilities and its pitfalls and preparing her as far as I can so that if she should suddenly get married she would be in a fair way to make a decent job of it, while at the same time I am showing her the advantages of waiting a few years and the losses and disadvantages of too early a marriage. Perhaps these youngsters should not be considering marriage now, but they are, so isn't it better to advise them concerning it than to laugh it off and have them suddenly pop up some day with a marriage license, utterly ignorant of how to make the most and best of the occupation which they have suddenly chosen for themselves?

T. N. B.

ANSWER: These are words of wisdom which I commend to the consideration of parents, and especially to those parents who regard the puppy love affairs of their children as a merry jest instead of the very real danger that they are. For no one can tell when these unsophisticated infants are going to take it into their heads to get married. And Mother and Father are shocked and horrified. But the deed is done. Mammie and Tommy are married, and the fault is largely their parents' because they never taught their youngsters anything about marriage.

HAVE FALSE IDEA

They let their children get their ideas of marriage from novels and movies which entirely ignore the responsibilities and hardships and sacrifices that are an inevitable part of it.

Certainly it would keep many a boy from rushing precipitately into marriage if he had been taught from his babyhood up that no man has a right to ask a woman to marry him until he can provide for her, and that when he marries he must make his own nest and not expect his father and mother to share their life with him.

And it would keep many a girl from marrying in her teens if she had been taught by her mother that her parents would expect her to be a good sport and stand by her bargain instead of rushing off to the divorce court the minute she found out that marriage meant sacrifice and hard work instead of romance. For my part I have never seen why parents didn't use a few object lessons in certain conditions. Thereby they might save their precious darlings from making tragedies of their own lives.

DEAR MISS DIX: My son and his wife have lived with me ever since their marriage several years ago. He is my only child, all I have in the world, and I cannot bear the thought of his leaving me. He always comes to me with his difficulties in business matters and tells me that I come first in his life. His wife is not as appreciative as she might be and is not always in the best of humor. Now don't you think I am doing right by keeping my son with me as long as I can?

MOTHER

ANSWER: No, I think that you are doing a very great wrong, not only to your son's wife, but to your son himself. You are ruining his life, because you are wrecking his marriage. You are separating him from his wife, because you are coming between them. And even if the marriage doesn't end in divorce—as it probably will—you will have made it one of those accursed husks of marriage that are nothing but an endurance test.

Every marriage is a failure in which the wife does not come first with the husband. If he does not love her better than anybody else in the world, better even than his mother; if he does not go to her for sympathy, for advice, for understanding, it simply means that he is not getting the companionship out of marriage that he hoped for. And if the husband turns to his mother instead of his wife; if he depends upon his mother instead of upon his wife; if mother comes first, then marriage is an utter failure to the wife, and she is filled with a jealousy that eats out her very soul.

So if you have for your son that love that makes you put his happiness above your own, you will not want to be first with him. You will abdicate the throne in favor of his wife, and you will send them off to live by themselves so that they will have to depend on each other and have a chance to grow together.

DEAR MISS DIX: What is love?

G. B. D.

ANSWER: It is the unsolved mystery of life. No man knows why he loves, nor why he ceases to love. No man can force himself to love, or refrain from loving. It is so strong that it can survive all things and so frail that it can perish with a breath, and, once dead, no power can revive it. It has no reason for its existence and no explanation for its end. It is, and it is not, and that is all we know about it.

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

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