

Mid-Morning Coffee

What do housewives talk of on a day that begins a new year? In two homes in Charlottetown yesterday the conversation concerned the ever current event—food—in the form of sandwiches and small cakes and cookies.

Household Scrapbook

By Roberta Lee

Cold Cream To make a good and inexpensive cold cream for the face and hands mix white wax, 12 grams; spermaceti, 24 grams; cocoa butter, 24 grams; oil of sweet almonds, 80 grains. Rub well into the pores.

Cooking Rice Be sure to wash rice before cooking. Put the rice into a strainer and wash in cold water, placing strainer over a bowl of water. Change water and repeat three times, or until the water is clear.

Steel Wool The steel wool will last longer if dried on the radiator or in the sun after using. This will prevent rusting and becoming unpleasant.

Modern Etiquette

By Roberta Lee

Q. Is it really considered correct to accept a second helping of food when your hostess offers it to you, or is this a sign of greediness?

A. One may certainly take a second helping if one wishes. It is a compliment to the hostess' cookery to do so. However, if you don't care for a second helping, you may say, "No, thank you."

Q. Is it necessary for a man to remove his hat when entering a business office?

A. Yes. No gentleman wears his hat into an office, even where there are no women employed. And the best bred men remove their hats, too, when entering their own offices.

Q. Is it proper for the train bearers in a wedding to carry flowers?

A. This would be practically impossible, because it is their duty to hold up the trailing edge of the bride's train.

How Can I!!!

By Anne Ashley

Q. How can I take a grease stain out of a frock, if it has been spilled on when eating out?

A. Try this method: Rub the hands together briskly until heat is created. Place one palm under the spot and rub vigorously with the other palm. The heat generated will usually make the stain disappear.

Q. How can I make a good remedy for chapped lips?

A. Mix 20 parts of white wax, 40 parts of spermaceti, 10 parts oil of sweet almonds, and 30 parts of perfectly pure and fresh lard.

And does your Christmas tree still stand in the corner of the living-room? Not wanting to be a spoil sport or anything, but have you noticed how the needles have already begun to drop down and into your gifts arranged under its spreading branches? The children don't want you to throw it out into the snow. Well, if the needles have started to fall, you have sitting in your house one of the greatest fire hazards that man has yet invented.

Yesterday I began to pack my Christmas gifts, take them upstairs and to try, if I could, to find some place to put them. The post-uletide always brings its problems and packing and storage is not the least so I brought all my presents downstairs again. I'm a saver. The greater problem now will be, "What have I been hoarding secretly all these years that in the next ten will I never need?" The sorting and choosing will probably take the usual day or two before I turn these ancient belongings of former years to the furnace and replace the space they occupied with my Christmas gifts. Some I find, date back to kindergarten. Books—to give "Winnie the Pooh", or to give to some child who might enjoy it? To keep "Wind in the Willows"? Now what will I do with the first, and now quite empty perfume bottle I ever owned? It could be used as a sachet for lingerie... but there is not much fragrance left to it. The only thing to do is to be quite ruthless, cold-hearted and throw them all out.

Household hint. Colorfully painted, cleverly planned closets help enormously in keeping things in order. A badly lighted, dreary-looking storage nook is discouraging to the stoutest heart. It's bad enough to have to look at it while you open the door to toss in your galoshes. But when you have to get down on your hands and knees to find them again it's still worse. A little planning, some paint, and your natural ingenuity will bring color, light and efficiency to your closets. How true, but as one Grafton Street housewife keeps repeating: "Just give me the closets. I'm tired of keeping my blankets and linen under the bed."

The perfume hatband trick is a good one and if among your gifts you have a bottle of scented you can experiment. This is suggested for women who like a lingering scent for their hair but who don't want to apply perfume to it directly. In France, when a woman has a shampoo her hairdresser will ask her if she'd like a "friction." A "friction" is a vigorous scalp massage with an application of the customer's favorite perfume in cologne form. Charlottetown women can get the same effect with a favorite bonnet, an atomizer and a small amount of perfume. A mist of heady scent sprayed on a hatband is a tricky way to per-

ELLEN'S DIARY

By An Island Farmer's Wife

"I have seen the coming and going of the old wood-burning locomotive," wrote eighty-four-year-old F. G. Endelman in Coronet "the link-and-pin coupler, the hand brake and the wooden passenger coach. I have seen the tremendous speed of forty miles an hour give way to supersonic speeds. I have lived to know the atomic bomb, radar, the rocket plane and the helicopter... When I was a boy on a Nebraska farm, I milked the cows, churned the milk into butter. Today, creameries supply the butter. I fed the fire that smoked ham and bacon in the smoke-house, studied my lessons by the light of homemade candles. Mother knitting our socks by the same light, made the clothes for

Continued on page 9

fume hair and keep the inside of a hat fresh and fragrant. Sometime ago a reader said to me, "You know, there are several women in this town that I'd love to meet and they're the wives of the married members of the Islanders hockey team. If I could only find out some of their favorite recipes and menus I'm sure I could get my youngsters to eat their meals. Can't seem to get it into their heads that their heads that their heroes, Vitale and Red Favero have to have plenty of good food to eat to continue the strenuous hockey playing they do."

Charlottetown women have really disappointed me. Remember several weeks ago the interesting letter from "A.M.R." telling of a practical plan for the marketing of handicrafts, baking and cooking to supplement a housewife's income? As in 1951 I hope to see such a store in operation in Charlottetown. This morning I've had reprinted a little farther over on this page the article which I found in A.M.R.'s scrapbook. And as I've said before her phone number and address can be obtained by writing to Morning Coffee and stating that you are interested in her idea. Remember this is not a plan which will include only Charlottetown women.

Answer for F. who wants to know how to remove lipstick stains. (This reader does not say whether the lipstick was on a handkerchief, dress, tie, or face towel, so I am giving directions for both washable and non-washable fabrics.) Rub lard into stain thoroughly. Scrape off excess, then wash in very hot soapy water. Bleach any remaining stains with Javelle water or hydrogen peroxide. For a light stain on a non-washable fabric—Sponge with carbon tetrachloride. For a heavy stain, rub lard lightly into stain, scrape off excess, then sponge with carbon tetrachloride. Bleach any remaining stain with hydrogen peroxide.

New Year's morning enjoyed a very early breakfast and ate an orange marmalade which was good and will try to get the recipe by next week.—E.M.D.

Better English

By B. C. Williams

1. What is wrong with this sentence? "It seems as if we must leave today, and we feel badly about it."

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

3. Which one of these words is misspelled in italics, imnedo, inquituous, innocest.

4. What does the word "misnomer" mean?

5. What is a word beginning with ost that means "characterized by unnecessary show"?

Morning Smile

Time Piece

As most people know, the B.B.C. employs "scouts" who inquire among the public what items are popular and so forth. One of these lacked a man who stated that he didn't listen much, but usually heard "Lift Up Your Hearts."

"Then I take it you are interested in religion?" commented the scout.

"Well, no—but I wait for it to start because I know by that time I ought to be shav'ng."

35 Debs Presented To Governor - General At Ottawa



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Hon. Hose Alexander was among the 35 Ottawa debutantes who were presented to Governor-General and Lady Alexander at a ball at government house in the capital. A precedent was set by the ball, at which, for the first time, debs made curtsies to the governor-general. 18-year-old Rose was the first daughter of a Canadian governor-general to come out during father's term of office.

That Body Of Yours

By James W. Barton, M.D.

HEART DISEASE DISCOVERED BY X-RAY CHEST SURVEY FOR TUBERCULOSIS

It is gratifying to governments and organizations interested in finding cases of tuberculosis to see the large number of apparently healthy individuals undergoing X-ray film examinations for tuberculosis, in addition to those with real or suspected lung trouble. A simple and fairly trustworthy method of looking for tuberculosis is what is called miniature radiography (x-ray) films, only 4 by 5 inches in size.

In American Heart Journal, Drs. A. R. Mathison, W. Morris and G. B. Wilson, Vancouver, B. C. report their experience in finding heart disease cases from examination of these small films. If heart disease was suspected, a large film, 14 by 17, was taken. Fluoroscopy and electrocardiograms were done where there was any question of heart disease being present. From a total of over 7000 electrocardiograms, 158 showed abnormal heart conditions — high blood pressure, thickening of blood vessels leading to heart, rheumatic heart disease, heart disease due to overactive gland, and heart disease present at birth (congenital). There were 33 of this number who did not think any symptoms present were due to heart disease. In this same period, only 22 cases of tuberculosis were discovered, 13 active and 9 apparently arrested.

All of the heart cases were engaged in strenuous occupations. It is this group that can be helped by a change in employment, so that they can make a living at the sort of work their heart can withstand safely. Further, the discovery of these heart conditions makes it possible for surgeons to perform operations which will not only save life but will enable these individuals to earn a living. Formerly patients born with disease due to malformation of the heart at birth died early, often before reaching their teens. Surgical operation prolongs their lives for many years. While there have been a few criticisms of the cost of the general x-ray survey of communities large and small, these observations show that the mass chest x-ray survey is an excellent method of finding unknown cases of heart disease as well as tuberculosis. The x-ray chest survey is now even more worth while.

If It Is Your Birthday

Those whose birthday it is, may find themselves confronted by conflicting or complicated situations in which high principle, sound plans, ways and means must be kept on a workable and tactical basis in order to avert certain menacing, peculiar or pernicious circumstances. While there is scope for practical manipulation of strange situations, the mentality seems involved and, the emotions and feelings could incite in the dangerous direction. It could be easy to put over unsound plans or techniques through false reasoning, overstimulated energies, or perhaps slipshod methods. A child born on this day has such a complex and variable character as to complicate its life by false moves, tricky feelings or emotions.

Cook's Corner

COFFEE CHARLOTTE

This is a super dessert. It can be made in a large pudding bowl or turned into individual glasses. If you are using it for a big party, you will of course, want to double or even further increase the amounts we give here. If you choose to do so, you can line either the pudding bowl or the dessert glasses with lady fingers—you may like to sprinkle these with a little run or sherry. They turn in your mouth, creamy-textured Charlotte. Don't expect a large pudding to un-mould—it is too delicate. This is so simple to make that no greater hazard is involved than keeping the lady fingers in place while you fill up the dishes. Yield—8 servings. 1 tablespoon plain gelatine 1 cup cold strong coffee. 2-3 cup granulated sugar 1/4 teaspoon salt 1/4 teaspoon vanilla 1/2 pint whipping cream. Combine the gelatine and 1/4 cup of the coffee and let stand for about five minutes. Measure remaining 1/2 cup coffee

The Stars Say

By Genevieve Kemble

For Tomorrow

SOME exceptionally astute and shrewd manipulation of existing prospects demand sound attack, clever insight and keen analysis of a complex and baffling set of circumstances. While there is excellent promise for unraveling such challenging factors, at the same time the judgment may not be clear, and may trend toward the illicit, underhand or pernicious. With precaution, sound judgment and correct tactics some unusual benefits or advancement may be engineered. Perhaps a "hunch", inspiration or intuition could assist.

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We Needed Money

By Ellen Sutton

About three years ago in our little town of two thousand inhabitants, a group of eight busy mothers and housewives who had been wage-earners before marriage, were spending an afternoon together. The financial depression which was already becoming quite apparent in our agricultural community was discussed. The thought uppermost in the mind of each of us was a desire to earn extra money, a rather difficult task for women with homes and children to care for. Someone said, "My preserves and marmalades are always praised, and I have often wished there was a market for them." Another said, "I know my cookies would sell if there were some way of selling them." Each had a culinary specialty that she felt could be turned into cash, if only it could be brought to the attention of the public. An earnest discussion followed, which resulted in the formation of a committee to decide on a way to market these wares.

On Main Street the committee found a vacant room, with two large windows, which was part of a second hand store. The proprietor agreed to fit it up with the necessary counters, display cases, etc. (Later it was learned that one of the grocers would have fitted up a corner of his store and put one of his clerks in charge). Two weeks were spent advertising the "Home Bake Shop," or "Women's Exchange" as some call it. Each member contributed a dollar toward this publicity campaign. Several catchy notices were inserted in the local papers. Posters were displayed. Almost everyone in our group belonged to one or more of the organizations in town, so it was possible to mention the date and place of the "Home Bake Shop" opening to a good many prospective customers. Before two weeks had passed, they were wondering about it, talking about it, and curious to see what it would be like.

After the project was launched, the woman who owned the shop took complete charge of everything, for which she receives a commission of 15 per cent on all sales. Any women finds it well worth her while to pay this fee because of the increased business she can do. Special orders are taken at the shop and the woman whose specialty is wanted, is notified. If this woman is unable to fill the order, one of the other women is called, because the "Home Bake Shop" aims to keep its reputation for filling special orders promptly and satisfactorily. What to charge for homemade products is almost always a problem. In general, prices should conform to those charged by local stores. Usually, however, they are a trifle higher, for most people are glad to pay a few cents more for homemade articles. The outcome is a splendid, up-to-date shop handling practically all kinds of home-cooked foods besides fancy work, aprons, house-dresses, children's clothes; anything the women think will be salable. The few articles not sold are returned to the contributors.

Quick Profits

During the first year one woman averaged from her potato chips alone, about ten dollars a month. Three women specialize in bread and rolls, one woman selling twenty-two dozen rolls in one week. Others specialize in pies, cakes, cookies, candy, jellies, marmalades, relishes and hot dishes — anything that it is convenient to furnish. Some supply cakes, doughnuts, cookies, pies, etc., to restaurants, tea rooms and drug-stores, where lunch is served, to church socials, etc. Seldom a party or banquet is held but that some of the "eats" come from the "Home Bake Shop."

Some exchange part of their specialties for something they do not like to bake — as cookies or bread. All the articles are delivered at the "Home Bake Shop" where customers call and pay for their purchases. About a twelve hundred dollar business was done the first nine months and it has been steadily increasing. As a result, children have been kept at their music lessons, college students surprised by finding extra money in the weekly letter, dental bills paid, books bought and many other things done with these earnings. One woman, whose husband has been out of work for several months has supported the family with her returns. Our group feels that the undertaking was well worth while in many ways — especially in dollars and cents.

DOROTHY DIX SAYS—

Butting In Justified

Man Should Save Friend From Predatory Woman

DEAR MISS DIX: I have a friend, a man around 50, who is married and has nearly grown children, but who has fallen in love lately with a woman whom he met by chance somewhere. This woman wants my friend to help her divorce her husband, and get him to get a divorce from his wife, and marry her. Do you think my friend has any chance of happiness with a woman who, first, while married, accepted his attentions, knowing he had a family; second, poured out her grievances against her husband to him, saying he was jealous, suspicious, and didn't provide for her, etc.; third, accepted money and clothing from him; and fourth, carried on a secret correspondence with him, and met him clandestinely? My friend thinks a lot of my opinion and I will risk butting in and give him a good talking to if you so advise.



ANSWER: I certainly do advise you to try to save your friend from this predatory lady, if you can. I think that we are altogether too mealy-mouthed about such ourselves and wreck their lives it is just as much our duty to head a rescue party and try to save them as it would be to save them from some physical danger.

HAS NO HONOR

The woman you describe has neither courage nor honor nor heart nor delicacy of feeling. No married woman who has a love affair with a married man has any real principle. No woman who would break up a home, who would take a husband away from his wife and half-orphan children, has any heart. Such a woman is a case to her husband, and if your friend is foolish enough to marry her, he will bring Continued on page 9

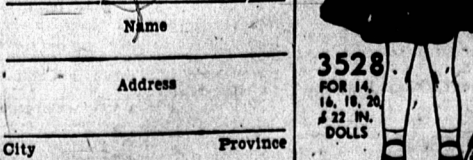
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FOR THE HOME

WARDROBE FOR A DOLL

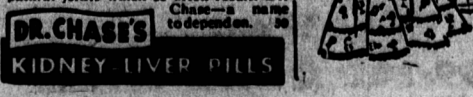
What little girl wouldn't like to have more clothes for her favorite new Christmas doll? This is a complete wardrobe—fun and easy to make. No. 3528. Please order by size for 14, 16, 18, 20 and 22-inch dolls. See the pattern for the fabric requirements. Send 25c for each PATTERN which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you want. Include postal unit, or zone number in your address. Address: Pattern Department The Charlottetown Guardian. Pattern No. 3528

Name _____ Address _____ City _____ Province _____



LIVERISH?

"Troubles never come singly" they say! So take Dr. Chase's Kidney-Liver Pills and get two treatments in one! This proven remedy helps you feel better faster—because it relieves both liver and kidney disorders and the backache and painful joints which so often result. Dr. Chase's Kidney-Liver Pills to depend on.



Advertisement for Lux Toilet Soap featuring a black and white photograph of a man and a woman. The woman is smiling and looking at the man. Text includes: "Adorable!", "SPARKLING-little Ann Blyth has appeal you can't resist in her newest screen role. Her lovely Lux Complexion is so radiantly fresh in camera close-ups! 'Naturally I'm a Lux Girl,' says Ann: 'Active-lather facials give my skin wonderful, protecting care!' There's no finer care for delicate skin than these beauty facials screen stars recommend: Use Lux Toilet Soap regularly—discover how truly lovely your complexion can be! 'I'm a Lux Girl' says ANN BLYTH. 9 out of 10 Screen Stars use Lux Toilet Soap.