

Woman's Realm Social and Personal Fashions Literature

Living & Leisure

THE WOMAN'S REALM

SIBELIUS SYMPHONY

There's pow'r and glory in Sibelius songs. And naked sorrow, like the searching wind...

FORMALS ARE BALLET LENGTH

Nearly all formals shown at a recent Fashion show were ballet length or shorter — with skirts ranging from pencil slim to a burst of fullness...

SELF-APPRAISAL NEEDS RECORD

If you find it difficult to make an unvarnished appraisal of yourself by looking in a mirror — and at times most of us are more inclined to hunt for excuses for our appearance rather than remedies for faults — try writing down your description.

Cook's Corner

DATE AND NUT LOAF

1 cup dates, cut fine. 1/2 cup honey. 1/2 cup butter. 1/2 cup boiling water. 1-1 1/2 cups all-purpose flour. 1 teaspoon soda. 1/2 teaspoon salt. 1 egg, well beaten. 1/2 cup chopped nuts. Combine dates, honey, butter and boiling water; allow to cool. Sift and measure flour, sift again with salt and soda. Beat egg and add to date mixture, then add sifted dry ingredients and lastly fold in chopped nuts. Bake in moderate oven (350°) for 50 to 60 minutes.

Do Your Nostrils Fill Up at Night?

Does your nose clog up and prevent sound sleep at night? Have you a sinus pain over the eyes? Is your breathing difficult? You can assist in clearing away these troubles in a simple way. Sprinkle a few drops of Catarrh-o-some on your handkerchief and breathe in the soothing vapor. Sneezing and Catarrh commence to disappear after Catarrh-o-some is used. Pain over the eyes fades. A weak throat is soothed, sinus pains get relief, getting and nasal discharge are abated. Get Catarrh-o-some today. Sold in 35c and 75c sizes at all drugists.

HE PLAYS WITH OTHER CHILDREN YET SELDOM CATCHES A COLD

Children cannot always be guarded against exposure, nor contact with other children who have colds. Careful mothers give their children Father John's Medicine regularly. It provides Vitamins A and D which build up resistance, and soothe throat irritation which bad weather brings. Get Father John's Medicine from your drug store today—keep a bottle always handy.

FOR COUGHS AND COLDS... Father John's Medicine

Lenten Meditations FUNDAMENTAL FAITH (The London-Times)

Both the historically actual and the logically prior foundation of the Christian doctrine and life is the belief in God gained by Israel and followed by belief in Jesus as, within human apprehension its perfect expression, confirmation, and consummation.

1951 HATS STARTLING AS ATOMIC BOMB

PARIS — It looks as though we're going to have "flying saucers" whether the scientists poo-poo them or not. Just leave it to the ladies.

"Flying Saucer" Donned

Some of Paris' choicest mannequins floated through the show with the new creations. Foreign buyers already had previewed the collection and placed orders for next spring.

Better English

By B. C. Williams

- 1. What is wrong with this sentence? "We submit the above figures." 2. What is the correct pronunciation of "delete" (to erase)? 3. Which one of these words is misspelled? Fahrenheit, fallible, factitious, fanciful. 4. What does the word "indictable" mean? 5. What is a word beginning with bi that means "addicted to drink"?

Household Scrapbook

By Roberta Lee

Lace A good way to mend a hole in lace is to place a piece of paper under the hole and stitch on the sewing machine until the hole is filled. Then pick out the paper. Very fine thread should be used for the stitching.

Apple Pie

Try adding a bit of dry mustard and a grating of cheese in your pie crust the next time you make an apple pie and you will be well pleased with the result.

Avoids Sticking

A little turpentine added to a pot of starch will prevent the iron from sticking to the material.

BLACKHEADS

Don't squeeze blackheads — dissolve them. Get two ounces of peroxide powder from any drug store and apply gently with a wet cloth over the blackheads. They simply dissolve and disappear by this safe simple method.

ELLEN'S DIARY By An Island Farmer's Wife

We suppose that those farm-wives now into the season of quilt and rug-making are somewhat dismayed, when they glance at a calendar these days to find this month already nearing its close, to hasten them at the work. Although unlikely to take up either activity this year, we nevertheless are aware of its call, and those afternoons when the sun beams in warmly and the water drips from the icicles at a roof's edge, and the sky is softly blue with a suggestion of Spring in the shade, we find we are rather regretful that we may not once again set the old frames in place in the kitchen and enter into the unfulfilling charm of these pastimes. We hear tidings of such work from several directions. One writes: "I was sewing some pieces together today — blocks they were, to make a quilt. I really fell the Winter or Spring's been lost if I have nothing like that to show for my time!" A second was "going to dye tomorrow — just by way of having something to fill up my time until the house-cleaning comes!"

What favored crafts these are!

We recall now the two elderly women of the long ago, concerned then that these handicrafts might disappear with successive generations of house-wives. Reading in a corner of the room near the fire-place we over-heard them discuss while we gathered nice memories, not found in the book. Rooking they were, one busy with a bit of mending, the other knitting socks of sheep's gray. About this time of year or perhaps a little later, "Her quilt or hook!" one exclaimed in a low tone of her busy daughter-in-law, "humpf! she has never yet added one quilt to the few she feigned with her! I shouldn't be saying the like, but words will do sometimes! And as for hooking, ah me! Do you know what she does with her rags — good ones too, woolen and all?"

The other one, a visitor, settled her cap more squarely and sighed with a whimsical smile.

"These times there's no telling!" "Burns them!" the first lady answered her own query, "yes, burns them! Actually takes them the stove-cover and rams them in! It's not fashionable now to cover your floors with mats she says — it's hardwood now, if you please with an odd mat here and there! Now what do you be thinking of the like of that?" "You'd think," the visitor sighed "that some people was born with silver spoons in their mouths. I notice it's all buy nowadays, with never a thought of saving or making as you and I had to do!" The first one nodded. "Indeed I'm of the opinion that in another generation or so, there'll be neither quilting nor hooking!" But if these did skip an odd turn of the season along the years, grand-daughters and great-grand-children into it finding as much charm and interest and thrills in the stitches and loops as ever did the pioneer women of those bygone years.

Modern Etiquette

By Roberta Lee

Q. Is it permissible for a man to guide a girl along the street by her elbow? A. No; this is a social crudity. He may take her arm only when crossing traffic-congested streets or through crowded sections of the walk. Q. Should a man, when starting to smoke, offer a cigar or cigarette to the other persons in the party? A. Yes, or if the party is too large to do this, he should offer one to those nearest him. Q. Should a business acquaintance of the bridegroom send his wedding gift to his friend's home? A. No. All gifts should be sent to the bride.

For the Birthday

Those whose birthday it is, may prepare for a sudden and sensitive break of long-range and dramatic denouement, in which the entire life pattern, adventures and associations as well as environments may prove thrilling and inspiring. This probably will occur after the breaking up of some crystallized situation, or after the serious obstacle or handicap is summarily removed or conquered, opening the way for fulfilled ambitions, rich rewards or cherished recognition, with romance and drama in personal as well as business or professional life within grasp. A child born on this day may be conspicuously talented, original, versatile and progressive, with rewards beyond its highest hopes and aspirations. A dramatic, adventurous and vivid career in art...

Pioneer Days In P. E. I.

By F. H. MacArthur

For the following story, the writer is indebted to Mr. Peter Inman, Cornwall, now in his 88th year. Mr. Inman was born in a log cabin at Argyle Shore where his father was engaged in fishing and farming.

At the age of 15 Peter left school to help his Dad aboard their trim little fishing craft. "The little fisherman," as he was sometimes called, knew something about sailing before then; having frequently joined the men when the fleet put out to gather the harvest of the sea. Once or twice when the ships had been caught in a bad storm, young Peter had stood up and braced himself against the side of the boat, just like an old salt; and when she rode the crest of a large wave, or fell back into the trough of the foam, the boy would laugh heartily and exclaim "What jolly fun we are having!"

By the time Peter had turned 16, he was reckoned by all hands aboard to be a good sailor. "Some day," they added, "you'll be one of the best fishermen in the waters of the south shore." The fact that he was entrusted with part of the tasks by his father, filled the boy's heart with pride. Speaking of those first experiences, Inman said:

"I felt myself to be quite an important person, putting out to the fishing grounds was an old story; but now, I was taking an active part in the actual work. Once we'd reached the fishing grounds, we baited our lobster pots and then sunk them in the water. In those days we used woden traps, several feet long, and often rectangular in shape, sometimes they were shaped like a half-moon, the flattened part being the bottom of the trap. Across one end of the pot, we stretched a net, while in the centre of the pot, we called it the parlor — hung the bait. The lobster crawled through an opening in the net to get at the bait; he never came out again on his own."

"How were the catches in those days?" I queried. "And the price per pound?" "Lobsters then were very numerous," continued Mr. Inman. "Indeed they were almost unlimited. Sometimes the fishing fleet took so many in a single day that the factory was glutted and we'd be obliged to leave the boats at anchor until conditions became normal."

"Now about the price, the fishermen received the vast sum of 50c per hundred pounds of live lobsters — that is, during those first years I was in the business; later, the price advanced as the catches grew smaller. We never caught any lobsters that were not pretty well grown. We didn't have to bother with the small fry as there were plenty of large ones to be had. Some of the big fellows weighed as much as 12 pounds."

"Besides catching them in traps, we used to hunt 'em under the rocks along the shore, when the tide was out. 'Rock fishing' as we termed it, often yielded good returns. We'd drag the big fellows out with a stick or a fork and then toss 'em into a cart to be hauled to the factory."

"Does a lobster shed its shell every year?" I ventured, "or is that just another fable?" "Not every year," replied the retired fisherman. "But they do shed their shells every year for several seasons, then they retain the casing permanently, or until they are forced to give them up."

The Stars Say

By Genevieve Kemble

For Wednesday, March 1 DESPITE some impediment, or very tenacious obstacle, some thrilling and unlooked-for stimulus or opportunity may set the stage for a sudden break. In this the grand climax may be far-reaching and radical with the happiest of reactions on life affairs and patterns. With a headsnap removed there may be a spectacular leap toward cherished goals, wherein good judgment, original tactics, and preparedness assure enhanced popularity, prestige and, even riches. A dynamic and romantic adventure is possible.

Morning Smile

Not Worth It

A man who wanted to be a centenarian was told by his doctor to give up drinking and smoking. "Will I live to be a hundred?" asked the patient. "No," said the doctor, "but it will seem like it."

Is Your Back Aching Today?

When you feel short, sharp twinges with every sudden move — you simply don't feel like working. Ask any housewife how painful it is to iron, sweep, or wash dishes — when her back aches so she can scarcely straighten up. Many women have found that Dr. Chase's Kidney-Liver Pills bring quick relief from backache because this time-proven Dr. Chase remedy acts on both the kidneys and liver. For over 50 years, Canadians have used Dr. Chase's Kidney-Liver Pills for backache and painful joints, kidney and liver disorders and a sluggish system. Try Dr. Chase's Kidney-Liver Pills tonight. At all drug stores.

A Country Garden

By Mrs. Gordon Macmillan

I have been reading a book called Gardener's Tribute, written by Richardson Wright, on the anniversary of thirty-three years as editor of House and Garden. Mr. Wright has written many books on gardening and rural living, and as he is a practical gardener who works in his own garden, they are helpful and very interesting; this book is about gardeners of the past and each chapter is dedicated to a gardener of the present.

In telling us about his home and garden of seven acres in Connecticut he says: There is a credit in gardeners that no passage of the seasons dims...we plant seed with the sublime faith that it will all come up. Indeed, if it weren't for our faith, few of us would long continue gardeners.

Nor can we long continue unless, as the years pass, there grows on us, with increasing intensity, a sense of our stewardship of the land entrusted to us. Now "it is required in stewards, that a man be found faithful." After my fashion I have been faithful to this land. It has caused me to spend many a pretty penny, it has sopped up rivers of my honest sweat, it has furnished me with the tissue of many dreams and it has sustained my spirits when all else failed. I harbor the solemn belief that, one of these days, I shall be held accountable for my stewardship.

To one whose knuckles are never quite clean, there is something blasphemous about those people who think gardening a habit you can pick up and lay down at will, a sport to pursue when the mood is on you, a diversion for an idle hour when the balmy winds of spring blow down the land. In short, that gardening is easy.

Gardening is hard work, so long has gardening in this country been pre-empted by the ladies that the notion has gotten about that it is a gentle art, a soothing pastime, a flower-embowered ivory tower into which you can escape. I hold that gardening is part of a disciplined way of life, and like any discipline sets its own preconditions. We toss the most precious of our gold in the earth. And all for what end? That we may behold a perfect rose of a June morning, enjoy ruby tomatoes so full with juice that it dribbles down our chins, that we may kneel like little children to gaze in wonder at a violet.

This is the way the author describes a good gardener in his latest book, and it may be borrowed from our public library.

This is the time to order your seeds, bulbs, roses, and shrubs, because early orders help the busy seedsmen, and quite often some items are in short supply. Look over the bulbs you have as they may need a sprinkling of water if they are drying out, the dahlias especially do well with this treatment.

When I attended a wedding anniversary last week I could not help thinking about the lovely flowers covered with many blooms, daffodils and daffodils to make the lovely Winter afternoon brighter. Flowers make every happy occasion happier.

A fragrant white Calla Lily is blooming in the garden room, also some Carnations brought in from the garden in the Fall, they are not perfect specimens but are so fragrant I like them very much, and early in the Spring I plant them out in the garden again and have many lovely blooms all Summer.

Are you feeding the birds?

"Think on these little creatures in the snow, They are so fragile and so fine, So pitifully small, so lightly made, So brave and yet so very much afraid. They die so readily, with all their song."



DOROTHY DIX SAYS -

Bored Girl

Must Create Interest In Life For Herself

DEAR MISS DIX: I am a girl of 18, a freshman in college. I have devoted parents whom I love, a good home, good clothes, everything to make me happy, but I have lost all interest in life and for no reason at all. I have no interest in my studies and don't care when I flunk. I have no interest in boys and don't care for dates. I don't care for anything. Why is this, and what is the remedy? BET

ANSWER: A lackadaisical condition, such as you describe yourself to be suffering from, is generally attributable to some physical cause, and before you sink into a state of melancholia I urgently advise you to go to a good physician and have him find out the root of your trouble and cure you. It is pitiful to think how many people ruin not only their lives, but the lives of those who have to live with them for lack of a little medical attention.

You are 18, Adolescence. That may be the explanation of why you have got into a morbid state in which you take no interest in anything. Of course, if that is the case, you will outgrow it in a year or two and be just as thrilled with life as all the other girls are.

NO ONE CAN HELP But you must realize, my dear, that no one else can pull you out of the well of despair into which you have fallen. You must work your own way out of it by your own efforts and your own determination. You must use your own will power.

No one can present you with a full and interesting life. You must find that for yourself. Nature and civilization and society give us the raw materials. They spread before us a world that is full of every imaginable wonder. They give us with every variety of human being, they give us all sorts of cultures. They give us music, books, art and travel. They open up before us all the marvels of science. They give us work and achievement. But out of these we have to fashion our own interests. Nobody can do it for us.

Learn to find interest in wherever you are and whatever you do. Enter into the lives of the people about you. Play their games. Above all, learn to find interest in your work. Whether your studies are interesting or not depends upon how well you apply yourself to them and how much you try to get out of them. (Continued on Page 8)

That Body Of Yours

By James W. Barton, M.D.

mentally and emotionally to receive subinsulin shock treatment is most important. The patient, having been without food four to 12 hours, is given insulin by deep injection of five to 15 units into the muscles. The dose may be increased by 10 units daily until "mild" shock occurs. This condition is shown by weakness, increased perspiration, thirst and sleepiness. The patient is kept in a state in which the amount of sugar in the blood is below normal; usually about 50 to 100 units of insulin is sufficient to cause this condition, subshock that is, not quite the amount of shock that occurs in the regular shock treatment. The patient reaches the desired condition in about an hour and is kept in this condition from about 30 to 90 minutes. The reaction of the insulin is stopped by giving the patient sugared fruit juice followed by a meal rich in carbohydrates.

All but one of the 26 patients showed improvement as the result of this subshock treatment, and 17 recovered completely. For patients, and the families of patients, the use of insulin subshock treatment to give relief from anxiety is certainly worth a trial. It is free from the danger of the regular shock treatment which is so necessary in severe types of mental illness.

-Needlecraft- FOR THE HOME

SPRING-INTO-SUMMER

This is Spring's popular unlined two-piece — and one of the best of modernizing styles. The jacket has a peplum to round the hip-line; the skirt is in six gentle gores. No. 3095 is cut in sizes 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44, 46, 48, 50. Size 16, jacket and skirt, 4 1/2 yards 39-inch. Send 25 cents 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 some number in your address. Address: Pattern Department The Charlottetown Guardian, Pattern No. 3095

Form with fields for Name, Address, City, Province, and a large illustration of a woman in a dress.

For Swift, Safe, Gentle RELIEF of KIDDIES' CHEST COLDS. 3095