

Mid-Morning Coffee

When "Days at Home" were part of Charlottetown's living, tea-cups, tea services and tea cakes were ready at a regular and appointed time each month for "callers" who knew they were sure to be welcomed. Each section of the town had its visiting day set aside the first Monday, the second Friday or perhaps the third Tuesday of the month. Wealth or position did not interfere with friendliness. Somewhere the old custom of a Georgian garrison town has disappeared and this pleasant neighbourliness has survived only in a rather dressed up fashion.

Perhaps someone has a list of these visiting days tucked in their memory. Bringing them to light again might re-establish the sociable habit of dropping in from 4-5 o'clock.

Of course, you should not forget the quick spontaneous gesture of inviting friends in for Morning Coffee.

If the weather is not co-operative and you are trying to whip a bowl of boiled icing into shape, try leaving it for a few moments in the dry even heat of a warming-closet. It will stiffen it and you will avoid having half your icing skidding down the side of the cake.

Few cooks enjoy the heavy odour of boiling fat when making French Frys to satisfy their families' appetite. The same effect can be obtained by doing the potatoes in the oven. The potatoes are pared and cut in strips and put into a long-casserole in which a small piece of fat has been rendered. The strips of potato have been well covered with a thin coating of this fat by turning them around in the fat several times. They are allowed to bake, turning to brown occasionally.

If you wonder why Doctors are so consistent in recommending eggs in a child's or an invalid's diet here it is. Eggs are a natural protective food to be included in the diet in some form every day. The protein in eggs is complete. They furnish all the amino acids essential for building and repairing body tissues. Eggs contain Vitamin A, the B vitamins (B2, thiamine (B1) and riboflavin (B2), niacin and Vitamin D... all necessary to growth and health. Eggs also contain iron, phosphorus and calcium, essential for building and maintaining strong healthy bodies.

Getting several requests for information on women in political life I looked into Canada's contemporary history and found that one, Dr. Charlotte Will the Ottawa might have written the answer. Her qualifications fill two typewritten pages, concisely written, at that. She is known as a Social Worker, Writer, Lecturer, and more recently controller and acting mayor of the city of Ottawa. A short note from her secretary asking for a close up in her life to help other women who are thinking of entering the political ring brought a rewarding answer. "I should be glad to give you a 'close up' as I have been her secretary for many years, if you will let me know what points you would like covered, then I shall get Dr. Whitton to O.K. it." If the questions asked were not too controversial Dr. Whitton's answers via her secretary will prove interesting and helpful.—E.M.D.

Modern Etiquette

By Roberta Lee

Q. When a person is using both knife and fork for cutting his meat at the dinner table, is it necessary for him to transfer the fork to his right hand before taking the morsel into his mouth?
A. No; the "criss-cross" manner of eating is no longer considered necessary. It is perfectly proper to convey the food to the mouth with the fork in the left hand.

That Body Of Yours

By James W. Barton, M.D.

ATTAINING MATURITY IN LIFE

At a large convention of parents and teachers in 1945, a resolution was presented stating that, "In the opinion of this gathering the boys and girls of today are less respectful to parents and teachers and less self-reliant than when present parents and teachers were boys and girls." The resolution was adopted unanimously. The chairman then informed the gathering that the date of the resolution was 1845, just one hundred years previously!

We will all agree that most parents and teachers honestly believe that our teen-agers are less reverent, less thoughtful, more selfish than they were in their teens. In Mental Hygiene, Dr. Ruth Strang states that the immaturity, the failure to act their age of our adolescents, is emphasized. A large number of teen-agers are actually more intelligent, more capable in making and carrying out plans and emotionally more mature than some of their parents and teachers.

"Although maturity is manifested in many ways and in different degrees in various persons," writes Dr. Strang, "a few characteristics of a mature person are: (1) ability to feel with others; to see things from their standpoint and to be creative and happy rather than antagonistic and indifferent in one's relations with others; (2) objectivity toward one's self-ability to recognize and accept one's own emotions as natural; (3) ability to select suitable long-term goals and to organize one's thinking and acting around these goals, willingness to work and sacrifice at present to attain those far-off goals; (4) ability to make adjustments to situations; (5) ability to meet unexpected stresses and disappointments without experiencing emotional or physical collapse; (6) ability to give as well as to receive affection; (7) ability to form opinions based on sound reasoning and to stand up for them and to accept compromises which do not violate fundamental convictions."

Dr. Strang states that the secondary schools can do much to develop emotional maturity by providing experiences that bring out mature behavior—group games, dramatics, various recreations, committee activity.

"Almost all pupils can carry more responsibility than they are given at present. They should be encouraged to be creative in their work and their relationship with people. They need to understand the world of man and also to understand themselves."

Q. Is it necessary to make the "thank you" letters lengthy ones?
A. Not at all. It may be a brief note, just so it is written promptly and is sincere in its tone.

Q. When the wedding is to be in the afternoon and the bride is to wear her going-away costume, what should her bridesmaids wear?
A. Afternoon frocks.

ELLEN'S DIARY

By An Island Farmer's Wife

We remember now at day's close that many incidents were woven into its fabric — on a gold and blue background, with a nice blending of threads in the pattern of our living... the shades that are children's happy laughter, the tints of pleasant living that are made up of shelter, and home and friends and kin; the items of the daily round, commonplace to some, but ever new and fine to us in the doing.

"The poor woman" we recall playing a farmwife in the long ago to an older and wiser friend. "What a sorrowful life she had! Just children and work. Never a holiday — no moment to call her own. 'Yes' our friend agreed — in part. 'But Ellen, have you ever watched her set a table or sweep the floor? She seems to make a sacrament of it. She wears an expression that tells one there nothing else she'd rather do at the time, smiling always and so happy. You know, when I come away from there, I always feel I'm the one to be pitied, since I don't seem to have that spirit, well, not continually." She chuckled. "There are times when 'I long for the wings of a dove' to get away from my family of two No. I never pity her. She enjoys her lot in life — that is obvious."

Nevertheless some days bring their concerns and delays. Jamie met one of these recently. "Everything seemed to go wrong this morning to keep us from getting our work straightened away. It was as if everyone and everything got out of bed on the wrong side!" Jamie is now acknowledged to be of considerable assistance at the choring at Rob's, and with Gage has at present a lamb and piglet as their special care.

"What do you call those things that sometimes crawl in ewes' coats?" the younger lad asked in fun of granddaughter today as he scratched a shoulder well padded with sweaters and snow-suit, and warm from much playing. "Would it be a sheep-tick?" she answered. "Yes" he laughed merrily. "I'm itchy here. It must be a what-you-said!" He was her playmate after the truck bearing his parents and Mr. B., their neighbour, who in his four-score years and better, has taken many a trip to town, went thither a-marting today. Fat hogs rode with them, empty feed sacks, cream cans, egg crates, a miscellaneous collection and representative of more than one farm on this road of ours, and in the aggregate quite valuable. As the machine eased down the driveway outward bound, we "wished upon" it that the spring might be kind to farm-folks, giving them such travelling as would enable them to get off in good time, and without concern all marketings like these. In a new experience the young lad waved a parting salute to his mother, then knew a terrible moment of desolation, we suspected, before he turned away with granddaughter to a round of activity that kept the two employed busily until the afternoon brought Jamie from school to join them and all too soon, Rob's return from the city.

And somewhere in recent days a baby-boy was born to a family. "What you ordered?" we queried of the proud papa, a caller today. "We didn't actually specify the sex" he smiled "though we rather hoped for another girl — since we already had two boys. But one or the other made no difference. Ayerth" (Born in Ireland, this parent) "was very welcome, both to ourselves and the children. 'How blest is their place in life — the we beloved wanted ones! But 'There now, Ellen, this loitering here may be pleasant, but it's not one bit of good' James says, rising hastily from his armchair when the clock strikes an hour. 'Just look at that time — and we wanting to get an early start at the hauling in the morning.'"

Until tomorrow — Diary — Good-night...

For Mother and Baby... a Pretty Twosome



Fashioned in bolero style with a rolled-back collar and short sleeves both the lady's bedjacket and the tinner edition are made by first knitting the back panel and then picking up stitches and knitting on four needles to form the remainder of the back and front. The deep lacy border and the sleeves are then worked. It's a new and interesting pattern to do and makes a lovely pair of cozy jackets for the happy mother and the new little 'bundle of joy'. For directions, write to the Needlework Dept. of this paper asking for MOTHER & BABY BEDJACKET, Leaflet CW-17. Please enclose a stamped, self-addressed envelope.

DOROTHY DIX SAYS—

Chronic Visitor Tell Off Or Lock Out Garrulous Neighbor

DEAR DOROTHY DIX: I am a professional woman trying to make a little money by writing in spare time when I am not doing housework and taking care of my baby. My whole world is knocked silly and all of my efforts to work aborted by a neighbor woman, who is a perpetual visitor and who holds me up for hours with accounts of everything her grown sons and daughters, sons-in-law and daughters-in-law and grandchildren do and think and have. She keeps the baby from being put to sleep at the regular hour and she prevents me from ever doing anything on time. How can I get rid of her without insulting her?
A BORED WOMAN.



ANSWER: There is no use in trying to deal subtly with the chronic visitor. She, and just as often she is he, is so sheathed in self-conceit that she has a hide like a rhinoceros and any hint that you may let drop about being busy glances off her consciousness without even making a dent in it.

DON'T BE VICTIMIZED — I think you are very foolish to let yourself be victimized by a garrulous bore. As a direct way is always the simplest and the best, you should just tell her that you mean no offense but that your time is valuable to you and that you can't afford to waste it in idle talk. Or, if you haven't the nerve to tell her the truth, lock all your doors tight and fast before her arrival and let her knock and ring in vain. After she has done this for a couple of times she will get the idea that you are not pining for her society.

Everyone has to go through this experience with the time-wasters because there are so many idle men and women who have no resources within themselves, and who inflict themselves and their insane chatter on anyone who is good-natured or weak enough to stand for them. Apparently it never occurs to them that they are interfering with the work of busy people or that anybody could get tired of listening to their oft-told tales or fail to be thrilled with their small beer chronicles of family happenings. They are enjoying themselves listening to the sound of their own voices and they should worry if they are driving you to thoughts of suicide.

DEAR MISS DIX: I am a young man and have been married a little over a year to a woman to whom I am very much devoted. Our marriage would be ideal except that my wife has told me that my mother shall never be allowed to put her foot in our house as long as we are married. She accuses my mother of trying to dictate to us as to how to run our affairs, which is absolutely not true. My mother lives far away from us and has only once visited us. I am her only child and I have told my wife that under no condition will I continue living with her as long as she refuses to let Mother come to see us. Don't you think I am justified?
UNHAPPY MAN.

ANSWER: Your wife is just insanely jealous of your mother and alas, there is no cure for jealousy. It originates without cause. It needs nothing to feed it. It cannot be reasoned with. The only thing you can do is to submit to the tyranny it imposes upon you, or else make a clean break with it. There is no hope that the person afflicted with it will ever change.

I think you are acting the part of a man in insisting that your mother shall be permitted to visit you in the house you support and of which you are the ostensible head, but even if you force your wife to receive her it will be an empty victory. She will treat your mother so badly and hurt her in all the little mean ways that women know so well that there will be no pleasure in the visit for your mother.

DEAR MISS DIX: Is it wrong for a woman to keep her age a secret from the man she is going to marry? If she looks ten years younger than she actually is, would it be terrible to pretend that she was that age?
JANE.

ANSWER: A woman is as old as she looks and just how many birthdays she has had is her secret, which she is not bound to tell anyone.

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

Household Scrapbook

By Roberta Lee

Patent Leather Shoes — Before taking off patent leather shoes rub them with a little Vaseline jelly. Allow to remain on the shoes until ready to wear again; then remove with a cloth, otherwise it will collect dust.

Candle — You can mend a split in your tall candle by lighting an old candle of the same shade and allowing the dripping wax to seal the broken place in the new candle. Scrape carefully with a knife to remove any surplus wax.

Frying Food — When frying food that is liable to spatter grease, it is a good idea to slip an ordinary paper bag over the hand holding the fork. This will avoid messy burns.

Better English

By B. G. Williams

1. What is wrong with this sentence? "Mr. Johnson differs from me on that particular subject."
2. What is the correct pronunciation of "understand"?
3. Which one of these words is misspelled? Beguilement, begger, begonia, beleaguer.
4. What does the word "predominant" mean?
5. What is a word beginning with "pro" that means "extraordinary in bulk, quantity, or degree"?

ANSWERS: 1. "differs" with "me." 2. Pronounced first syllable as "und", as in "up." 3. Beggar. 4. Prevailing. "His predominant theme in life is the amazing of wealth." 5. Prodigious.

A Country Garden

Mrs. Gordon MacMillan

"Wherever snow falls, or water flows, or birds fly, wherever day and night meet in twilight, wherever the blue heaven is hued by clouds, or sown by stars, wherever is danger, and awe, and where there is Beauty, plentiful as rain, shed for thee, and though thou shouldst walk the world over, thou shalt not be able to find a condition inopportune or ignoble."
—Emerson.

The Pelargonium commonly known as Lady Washington or Show Geranium is now in bloom and it is covered with buds that will continue the flowering for weeks. There are many varieties and here we grow the soft pink and also the bloated varieties. In March all the geraniums are at their best and the scented leaf geranium is a favorite of mine; all by itself is P. tomentosum, once named P. piperitum, whose peppermint scented, soft, velvety green leaves are so white and silvery in certain phases of the sunlight because of the incredibly downy hairs that cover the large leaves. It frequently grows to great size in a single season in well-drained soil. There is also, among other minty pelargoniums, one of much slower growth, called P. rapaceum.

In the rose group, perhaps most familiar, are usually classified the deep cut P. graveolens, the true rose geranium, and its varieties such as the "camphor-scented," the "skeleton leaved," the fern leaved and other rose geraniums with less cut leaves. In the spice-scented group are P. scorpioides, known as "apple-scented" and the variety "cocoonscented." There is P. fragrans, nut-meg-scented, the "Prince of Orange," P. citriodorum and many others.

In the lemon group is the Italian finger bowl or "citronella-scented," P. crispum and there is the "gooseberry leaf and the parsley leaved." There are pelargoniums with leaf scent of strawberry, some with lavender-scented leaves, others of pine, musk, tansy, anise, violet, ginger, clove, and citron. Some have the scent of cinnamon and there are hundreds to tempt the collector of these lovely plants with delightfully fragrant leaves and small, colorful, exquisite flowers. The study of their leaves, the shape, the scent, the mystery of their names, all combine to cast a spell over the most hardened gardener who once gives up and starts "with just a few."

Our grandmothers knew well the "rose geraniums" and when the jar of apple jelly was filled, placed on the top a leaf. The scented leaved Geraniums are native of the Cape of Good Hope, whence they were brought to England chiefly, I read, through the medium of the British fleet, "when it was operating with the Dutch helping to uphold their supremacy at the Cape," about the year 1785. These novel plants sprang into immediate and wide-spread popularity. It was soon discovered that P. capitatum furnished a most plausible adulterant of the costly Attar of Rose and it was widely grown in Southern France and Turkey and I believe is still cultivated for the same purpose and for use as a basis for many Rose perfumes and for Pot Pourri.

A few pots of sweet leaved Geraniums ranged along the window ledges of the living rooms will give pleasure. And the taste is set down as Victorian so is a good deal else that is comfortable and agreeable. In the garden I find that most persons like to cull a fragrant leaf here and there as they make their way about, and if we can furnish them with an intriguing variety so much the better. I always put a few plants of Rose Geranium in my beds of Hybrid Tea Roses. They make an uncommonly good combination and there is no sweeter nosegay than one made of such a fragrant Rose and the Geranium.

Once no bouquet was deemed complete without a bit of this fragrant foliage, and far from detracting from the sweetness of other flowers it has the faculty of enhancing it. The large cut leaves make a delightful frill for a bunch of Sweet Peas or Stocks, and of course they are invaluable for use with flowers that have no scent of their own. White Pinks and Lemon Geranium are delicious together and if you want a nosegay that is altogether "different" try Rose Geranium and a few sprays of Mock Orange. Ralph Austen in 1863 said: "Sweet perfumes of immediately upon the spirits their refreshing, sweet and healthful airs are special preservatives to health and therefore much to be prized."

Itching Scalp

A Simple Home Treatment — If your scalp has broken out with ugly scaly rashes or irritations—DON'T DIG WITH FINGER NAILS as that only serves to make it worse, and spreads it. Go to your drugist today and get a bottle of Moore's Emerald Oil and use this mixed with an equal quantity of olive oil. It's easy to use — all you do is apply to the scalp with your finger tips gently rubbing into the roots of the hair. Do this at least once a day and about every fourth day shampoo using a good soap. Soon you'll find this combination start right in promoting faster healing. Continue the treatment until relieved and the loose floating dandruff has disappeared.

Keep this up for 2 weeks, and if then you are dissatisfied get your money back—every drugist is authorized to sell Emerald Oil with this guarantee.

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Women's realm

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The Stars Say --

By Genevieve Kemple

For Tomorrow

THE combination of brilliant ideas and plans cleverly developed, with versatility and ingenuity, and sustained by determination, honest effort, and persistence, are bound to promote greatly-desired ambitions. Concentrated action, with confidence and well-laid-out programs are bound to secure support of solid and enduring cooperation.

If It Is Your Birthday

Those whose birthday it is, are encouraged to forge ahead, by due preparation of wise and sagacious plans, to win the enduring and worthwhile cooperation of elders, old institutions, or other long-range elements impressed by clever and practical efforts. Put these over with sound ideas, unflinching determination and far vision. Work quickly for range benefits. Aim, substance, for a steady climb.

A child born on this day has splendid equipment for solid growth, secured by keen mentality, sound efforts and worthy efforts, well worth its aims and aspirations.

How Can I!!!

By Anne Ashley

Q. How can I remove stains from a tile hearth?
A. Stains on a tile hearth can be removed with a strong solution of washing soda, mixed with fuller's earth. Apply in a thick paste and allow to remain for about an hour, then wash with hot soapy water.

Q. How can I make a good soap jelly?
A. This can be made from the scraps of soap around the house. Dissolve these small pieces of soap in just enough water to cover them. Add one teaspoonful of borax for each pint of the mixture.

Q. How can I prevent pies from overflowing in the oven?
A. Insert a short piece of uncooked macaroni in the top of the crust. This will stop the overflow. Or do this at the start to prevent overflowing.

Cook's Corner

SWEET-SOUR PORK CHOPS

Loin chops may be used if you prefer them to the shoulder or find them easier to get, but either will be very tender, flavorful and unusual. When the chops are cooked, there is just a little bit of thick sauce in the pan, which should be spooned over them. Very delicious.

Yield—4 servings.

- 1/4 cup vinegar
- 1/4 cup water
- 1 tablespoon corn syrup
- 2 teaspoons brown sugar
- 1 tablespoon drained sweet pickle relish
- 4 shoulder pork chops
- 2 medium-sized onions
- 1-3 cup flour
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- Shortening or pork dripping, heated
- 1/2 bay leaf

Measure vinegar into a broad shallow baking dish and add the water, corn syrup, brown sugar and pickle relish; stir to combine. Wipe the chops with a damp cloth and trim off excess fat if desired. Arrange the chops in the vinegar mixture.

Feel and slice the onions and spread over the meat.

Let stand for 1 hour, basting chops about every 10 minutes with the liquid.

Lift chops from vinegar mixture and dry thoroughly.

Combine the flour, salt and pepper, coat chops with flour mixture

Introduced Hand-Made Woven Ties

Montreal — In 1939, a tall, young Danish woman named Karen Bulow came to Canada. With her she brought a knowledge of handweaving, some capital and common sense. It took her four years to become familiar with Montreal and its bilingual tongue. Then she established a small hand-weaving business. Today, Miss Bulow, dignified and grey-haired, is the only woman with a display at the Canadian Men's Apparel Fair in convention here. And though the fact is little known, she is the person who introduced men's hand-woven wool ties to Canada.

Miss Bulow is not at her display. In her place is a slim Latvian girl, Ilge Niede, who painstakingly works at a loom. Around her are woven mats, drapes, ties and scarves.

Sitting in her Union St. studio, surrounded by ceramic and woven goods, Miss Bulow was amused that she, who is primarily interested in interior decoration, should have brought a first in men's wear to Canada. "It was not a planned move — to introduce hand-woven ties," she explained. "I made a few, and people liked them. Then I visited many shops, carrying my samples."

At first Miss Bulow found salesmen indifferent, some pessimistic. Woven ties, they told her, would not sell. She kept trying, and the idea caught on.

Miss Bulow now does little weaving herself. She helps in choosing colors and advises her customers in pattern design. The actual weaving — which is almost anything from drapes to floor rugs is done by 15 girls, many from Europe. All work in the Union St. shop.

One of Miss Bulow's recent assignments was one of the most difficult of her career. She made curtains for 22 TCA planes. "It was necessary to make the curtains light in weight, but at the same time they had to be closely woven to keep out daylight," she explained. These curtains were done in grey and green stripes to match the plane's upholstery.

The ceramics that Miss Bulow has in her studio come directly from Denmark. Made by her sister Vivi, Miss Bulow receives an average of 200 pieces each year. "But the business I like is upholstery and drapes," she states. "Ties, they are a bread and butter line."

Morning Smile

The Real Diplomat

He was conscious that trouble was brewing when he went out in the morning. When he got home that night he learned what he had done.

With tears in her eyes his wife exclaimed: "I know you don't love me — you've forgotten my birthday!"

"Darling," he said, "I'm more sorry than I can say, but it is really your fault."

"My fault?" she exclaimed. "How can that be?"

He took her hand in his. "How can I remember your birthday," he asked, "when there is never anything about you to remind me that you are a day older than you were a year ago?"

And brown well in a little heated shortening or pork dripping; drain off excess fat.

Add liquid and sliced onions to the chops and add the bay leaf. Cover closely and simmer, basting occasionally, and turning once until chops are tender—about 1 hour—if necessary, add a little boiling water during cooking.

Remove bay leaf before serving

-Needlecraft-

FOR THE HOME

PRACTICALITY PLUS

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