

Woman's Realm Social and Personal Fashions Literature

It Looks Like New

You can do something with that "tired" old dress, especially nowadays, when it's so smart to wear a make-over! If the style and material of the skirt are still good, you can remake the top very charmingly in the new two-tone effect. A gold dress right which was badly faded under the arms, was washed and the top ripped apart. A new waist front was cut from 5-8 yard of Kelly green using the new pattern. The back of the old dress was re-shaped and short sleeves cut from the old sleeves, thus avoiding the worn parts. This is only one of the re-made garments to be modelled at the Re-make Revue being presented in Prince of Wales College Auditorium on June 30 at 3 and 8 p. m. This Revue is under the personal direction of Kate Aitken National Supervisor of Conservation for Consumer Branch of the War-time Prices and Trade Board.



War—25 Years Ago Today

JUNE 28, 1918 — British made local advance east of forest of Nienpe on the Western Front. Seven

Home Service

Don't Let Words Fail You at Right Moment



BEAUTIFUL SCENE

What a lovely scene—snow-covered mountain peak viewed through the lattice work of a tree's limbs. Much as you'd like to put your feeling into effective wording your vocabulary is limited to trite sayings and it sounds flat. No need to go speechless. To remain longer—develop your vocabulary and sound like a learned person. It's very easy and only needs a little practice. Our 32-page booklet will help you improve your vocabulary. You'll no longer stumble for want of the right word and you'll notice with improvement in your vocabulary you will also develop poise and self-confidence. A pleasant conversationalist is the most popular member of society. You can easily achieve it! Mastery of words is an indispensable personal asset. To remain dumb when the occasion calls for speech is to suffer painful embarrassment. Have words ready for your needs, be sure of their proper pronunciation and use! Success and good vocabulary go together. Send 15c in coins for your copy of "How to Improve Your Vocabulary" to the Charlottetown Guardian Home Service Address. Be sure to write plainly your name, address, and the name of booklet.

Name _____
Street Address _____
City _____ Province _____

A Morning Smile

Hubby: "Have you ever wondered what you would do if you had Rockefeller's income?"
Wife: "No, but I have often wondered what Rockefeller would do if he had mine."
—Pathfinder.

A flapper answering her doorbell encountered a snappy young man with a worldly look and a sample case.
"I represent the Soando Wool Co," he began. "Would you be interested in coag yarns?"
"Of course," breathed the flapper hopefully. "Tell me a couple."

CROCHET A DAINTY FASCINATOR



DESIGN NO. 1274
The delicate design of this fascinator is easy to crochet and lovely to wear at any time. Pattern No. 1274 contains complete instructions.
To order pattern: Write, or send above picture with your name and address with 15 cents in coin or stamps to Needlework Bureau, Charlottetown, Guardian.
Charlottetown Guardian Needlework Department,
Design No. 1274
NAME _____
STREET ADDRESS _____
CITY _____

Canadian Red Cross Corps



A group of workers from the Charlottetown Nursing Auxiliary Section (V. A. D's.)

Living & Leisure in the Woman's Realm

Time, thou art a friend,
Whence substantial element
Enriches us all
To mystify our wits;
Naught but that fond cherub,
And his bright sister, Longing,
Give us same transition.
—Peter Leonard.

Centuries old oak bark tanneries in Great Britain are now working hard on hides for army boots, coats and other Army needs. In many cases women are doing the work because of the shortage of skilled craftsmen. The tanneries are also producing hides for agricultural purposes, for saddlery and hedging gloves.

COTTON NEWS

You'll certainly "cotton up" to cotton this summer! They're crisp and fresh and prettier than ever, suitable even for bridal gowns. New "baby" muslins—perfect for visiting your soldier down south in a "bunny" and super for summer. Happy on the home front are cheery percales, striped, slick and span checks. Cottons are out earlier than ever this year and they're going to stay in it too so you'd better scoop up these cotton pretties now.

ABOUT HATS

Pretty is the word for the new summer hats! Wonderful to see, wonderful to wear are the beguiling, eye-catching, cat's, tomes, heaped with luscious hothouse flowers, coquettishly veiled. You'll get under big-brimmed beauties and look wide-eyed and wonderful—patent leathers, plaids, pert sailors with all your suits and you'll be true to soft brimmed casuals too. "Chesterfield" toppers, berets. You'll want a hat for every costume and you'll find the most fetching this spring. All in all the fashion picture looks rosy and completely right for the times. Because if there ever was a time for looking your brightest, prettiest, freshest self, it's now.

BLANKET BINDING SAVES SAGGING SWEATER

Cardigan sweaters that are developing gaps in the front can be fixed up with satin blanket binding. Use it to rebind the neck and front. Make buttonholes in the binding on the side, and sew the buttons on the other side. The added width will relieve the strain on the

sweater. This sort of binding comes in a wide variety of colors, but if you can't find an exact match, use a binding that contrasts with the color of the sweater. Be sure, of course, to test it for color fastness before sewing it on the sweater, so that you will have no cause to worry about the colors running when the times comes to dip it in mild, safe suds that won't shrink woolsens.

BALANCED MEALS

The wise housewife does not cater entirely to the likes and dislikes of the family. In planning meals but jukes up her meal so that the necessary vitamins and calories are contained within it. The average woman is a meat and potato man and the housewife must plan around that base to make it a perfectly balanced meal.

FOR YARN PICTURE

If you have a yarn picture hanging on one of your walls, don't worry about the dirt it collects. It can be easily cleaned. First, remove the picture from its frame and gently but thoroughly dip it up and down in lukewarm water and mild suds that are safe for anything safe in water alone. Be careful not to squeeze or twist the yarn in any way. Then rinse the picture several times in lukewarm water and lay it flat straight between two bath towels. Roll the towels loosely around the yarn picture stand for a flat half an hour. Then spread it flat on the wire with a thin cloth or white paper, and cover it with a dry towel. Dry it at room temperature. When dry, lay it face down on several thicknesses of paper, pin it straight and press it using a dampening press cloth.

WASHING TIP

You've probably had the discouraging experience of washing a sweater with a few extra-dirty spots on it that disappear immediately you put the sweater in water, and reappear with renewed brilliance as soon as the sweater is dry. Next time, before you dip your sweater in gentle suds, mark these extra-dirty spots with white or contrasting thread. Then, when the sweater is in the suds bath you will know exactly where it needs a little extra treatment. This idea can also be used when washing other garments, but remember to use a fine silk thread and a fine needle on rayon or other delicate fabrics, so that the material will not be damaged.

Glorious SUNBURN RELIEF



with cool, soothing Noxzema!
"Don't put up with hot, tender, sunburned skin! Get glorious relief with the popular medicated skin cream. Noxzema! Get relief with this soothing, snow-white cream relieves the sting and burn—how soon you feel cool and comfortable again. And Noxzema's so pleasant to use! It's greaseless, non-sticky, won't stain your clothes.
Lifeguards at America's biggest beaches as well as millions of men and women everywhere use Noxzema for quick sunburn relief. See how much it may help you! Get a jar today at any drug or cosmetic counter.
RELIEVES PAIN DOESN'T STAIN CLOTHES
SUNTAN CREAM FOR A RICH, EVEN TAN
SUNTAN OIL WITHOUT PAINFUL BURNING

THE COOK'S CORNER

GINGERBREAD MUFFINS

Four tablespoons butter, 1-4 cup sugar, 1-4 cup molasses, 1-3 cup thick sour milk or cream, 1 egg, 1 cup flour, 1-3 teaspoon soda 1-3 teaspoon baking powder, 1 teaspoon ginger, 1 teaspoon vanilla. Cream the butter, add sugar, molasses, sour milk or cream and egg slightly beaten. Sift flour, measure and sift with soda, baking powder, ginger salt and sift again. Stir into the first mixture. Put into greased baking pan. Bake in a pre-heated oven at 375 deg. Fahr. for 25 minutes, or bake in greased muffin tins for 20 minutes.

BAKED LIVER LOAF

Pour boiling water over 1 pound beef or pork liver, let stand 5 minutes and drain. Grind. Add 1 cup bread crumbs, 1-4 cup bacon fat (or ground salt pork) 1-2 teaspoons salt, 1-8 teaspoon pepper, 2 tablespoons grated onion, 1 beaten egg, 1 cup milk or tomato juice. Form into loaf and bake in shallow pan surrounded with whole onions. Bake 1 hour basting with hot water or tomato juice.

HINTS ON ETIQUETTE

The bride usually likes to choose her own bridal bouquet, but the bridesmaid can arrange to pay for it.

Dorothy Dix Says—

SWEET GIRL GRADUATES MUST FACE WORLD OF WORK, STRIFE

No 2-Year Intermision As Mother Had But Wartime Demands Of Self-Support, Cooperation

The nicest thing about June is that it brings us the Sweet Girl Graduates. That is a blossoming time that never fails and as we look at these flower-like young creatures, so beautiful and fresh in their white dresses, so stary-eyed with their hopes and dreams, and so pathetically ignorant of life, we are filled with love and admiration and a pity that chokes our throats and makes our eyes sting with tears. They are such brave little adventurers starting out to cross such a long stretch of years.



Heretofore when a girl "finished her education," as the old phrase went, she could count on a year or two of playtime between the school room and the altar. It was a sort of tacit recognition of the fact that even for fortunate women life is full of responsibilities and anxieties, and so a girl's family and friends tried to give her a little time in which she would have no burdens to bear, nothing to do but to wear pretty clothes and go to parties and have exciting dates.

NO TIME TO RELAX

But the war has changed all of that. For the Sweet Girl Graduate of today there will be no green oasis for her to retreat to when she is an old lady. No carefree time to her, for when she crossed the bridge where the brook and river meet she will plunge into a world of strife and blood and agony of grief.

In any national disaster American womanhood has never failed us yet. In every emergency it has always risen to the occasion, and I have no doubt that the grand-daughters of the pioneer women who helped their men to found an empire, will turn quitters in their country's hour of need.

But I would like to say something to these young girls that may perhaps make the tasks to which they must set their hands easier for them. It is this: Face reality. Do not indulge yourselves in the vague dreams of Fairy Princes and Ivory towers and lives of Subarctic ease in which so many girls anesthetize themselves. That vision is not for you. You can them, and prepare yourselves to meet them.

GRADUATES MUST BECOME SELF-SUPPORTING
Waste no time in idle regrets over what might have been and what used to be. They are gone with the wind and you cannot whistle them back to them. Begin by realizing that every girl is going to have to support herself and perhaps others, and start in to learn some trade or profession by which you can earn money.

No doubt you have thought that you would marry and have a husband to support you. Maybe you are a war bride who is only playing at it, but that is not the way to go. You must be ready to support yourself and perhaps others, and start in to learn some trade or profession by which you can earn money.

But—Mary pity women—after the war many girls will never marry because there will not be enough men to go around. And many a husband and dependent upon his wife for support. And many a little girl, and old fathers and mothers who must cling to help these potential responsibilities is far greater than it has ever been before.

So I urge you, Young Girl Graduates, to prepare yourselves for it. Quit thinking of marriage as a certainty. Quit thinking of working outside of your home as something that you will do such a little while that it is not worth learning to do it well. Remember that you are going to have to do it and that whether you succeed in it, or fail in it, depends upon the kind of work you turn out.

SKILL, APPLICATION TO JOB COUNTS GREATLY

Never forget that you will have to work just as hard and as long as any other girl who will have to work just as hard and as long as any other woman puts into it. It is the quality of their work, it is the skill that one woman can't sell hers for \$5. It is the expert who gets there. Be

Don't go into any occupation because you think it is fashionable, or romantic, or because Mame and Sadie are doing so. Study yourself, take stock of your own talents. Choose as a lifework the thing you like to do for its own sake, and put your back and your heart into it and you

And so good luck to you, little sisters.

A Job Only You Can Do

Price Control Questions And Answers

Questions and Answers on Price Control will appear in The Guardian as a regular feature each day. The questions are those which have been received from housewives in this region. The answers are given by the Board Readers who have intelligent questions to ask on price control. You are invited to send them in writing to the Women's Regional Advisory Committee of the Wartime Prices and Trade Board.
Q. Jan's there some way the prices of flour can allow me more than 10 pounds of sugar as I have fruit of my own to can and our family will get only 20 pounds altogether? A. Because of enemy action on the sea and shipping difficulties in war

WEEKLY WARTIME NUTRITION HINTS

Martha Logan, Swift's famed home economist, whose weekly wartime cooking column is a regular feature of this page. Look for these valuable hints each Monday by Martha Logan



Sandwich Secrets

Sandwiches should be good eating and good health builders. Preparing sandwiches for the lunch box—school child's or war worker's—needs consideration. Long hours in a warm locker or cupboard take their toll of freshness. Bread for sandwiches, of course, must be at least 24 hours old. Too-fresh bread gets soggy. Always use Canada Approved bread, brown or white. Butter should be creamed and spread to the edge of the bread. This helps keep the sandwiches moist. At least one sandwich in the lunch box should be made with meat, fish, poultry, egg or cheese. And remember that several thin slices of meat make a better tasting and easier-eating sandwich than one thick slice. Cold meats, (beef, lamb, veal or pork) sliced thin, all make attractive sandwiches, especially when combined with savoury spreads (see panel). For variety, grind or chop

leftover meats and mix with relish or dressing. Table-ready meats are a wonderful standby when there is no home cooked cold meat available. If meat is scarce, try stretching it with hard cooked chopped egg. Meat and egg sandwiches, of course, supply only two out of the five protective foods. Try to include vegetables, milk and fruit in each lunch box as well.

SWIFT CANADIAN CO. LIMITED . . . A Dominion-wide organization devoted to the conservation and efficient distribution of Canada's food resources.

Needlecraft For The Home

A FROCK THAT'S SOFT Yet Slender in Line

This little frock has just the right amount of fullness, and, moreover, the fullness is in just the right places. A slim, trim waistline and a most becoming neckline add to its charm. And with all this, it takes surprisingly little fabric. A really perfect design for plain or print. Style No. 3522 is designed for sizes 12 to 20, 35 to 40. Size 16 requires only 3 yds. 35 or 39 in. fabric. Pattern is hand-cut to United States Standard measurements and includes chart with step-by-step instructions. Send twenty cents for pattern. Address and style number. Be sure to state size you wish.

Name _____
Street Address _____
City _____ Province _____

Record Operation; Recover Metal Lock In Stomach

NEW YORK, June 26 — (AP)—In what doctors said was the first such operation on record, a Brooklyn physician yesterday fished out a metal lock from the stomach of a five-year-old boy by means of a magnet.
The patient, Donald Brown of Brooklyn, swallowed the inch-long lock 13 days ago. Many doctors tried to remove it by using an electro-magnet small enough to be inserted into the stomach, presented the problem to the General Electric Company.
Two days ago, Roy C. Muir, Vice-President of the Company, flew from Schenectady with a piece of highly magnetized compressed metal. The magnet was grooved to fit on the end of an ordinary stomach tube.
Dr. Silber, after experimenting with the gadget, lowered the tube through the boy's mouth yesterday. He established contact, and the lock was pulled out. Dr. Silber, after experimenting with the gadget, lowered the tube through the boy's mouth yesterday. He established contact, and the lock was pulled out. Dr. Silber, after experimenting with the gadget, lowered the tube through the boy's mouth yesterday. He established contact, and the lock was pulled out.

KELLOGG'S ASTHMA RELIEF

FOR ASTHMA & HAY FEVER