

Woman's Realm -:- Social and Personal -:- Fashions -:- Literature

The HOUSEWIFE and HER ACTIVITIES

FUSSY WILLOWS
As the rosy flush at dawn,
Is the promise of the day,

CLEANING WOODWORK
Mix 1 cup of vinegar, 1 cup of
kerosene, and 2 cups of warm
water.

CARE OF BOOKS
Books will be kept in better
condition if a little powdered
camphor is sprinkled over the shelves
occasionally.

A DAMP ROOM
The dampness can be taken from
a room very readily by placing
blocks of camphor in all corners

SILK HANDKERCHIEFS
Don't think that a silk handker-
chief, just because it is a small
article, should not be washed as
carefully as any other article of
linen.

A DELICIOUS DRESSING
An easily prepared and delicious
dressing can be made by adding
India relish and catsup to plain
mayonnaise.

LONG WEAR FOR PANS
Aluminum saucepans and kettles
should never be left with water

standing in them, or sooner or later
they will show tiny holes. If water
is boiled in an aluminum saucepan
for washing up or cleaning pur-
poses, put a little lemon rind or a
portion of lemon from which the
juice has been extracted in with
it. Otherwise dark stains which
are most difficult to remove form
on the inside.

NEW WASH FROCKS ARE EXTREMELY VERSATILE

Style types displayed at a show-
ing of wash frocks in New York
included
Chinese influence in aqua peas-
ant crash, one-piece dress with
brown patent leather belt and
inlay pearl buttons.

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Today's Short Wave Radio Program

- FRIDAY, MARCH 27
Moscow
4 p. m.—Soviet children, their
songs and their toys. RNE, 50 m.,
6 meg.
Oslo
4.15 p. m.—Light music or variety
program. LEJ—1, Jeloy, 31.4 m.,
9.57 meg.
Lisbon
5.05 p. m.—Chamber Music. GSL,
48.8 m., 6.15 meg.

Young People Need Training Dorothy Dix Says Good Taste Is Essential In Life

Those Who Cast Aside All the Conventions of Right Living Pay for Their Folly Later in Life—You Cannot Flaunt the Laws of Decency and Get Far in the World

One of the things that young people of today are most rabid about is the conventions of society. The most damning criticism that they can make of any one is to say that he or she is conventional.

They ignore the fact that conventions are the bulwark of civilization and that they alone make it possible for people to live together in peace and harmony in an overcrowded world.

No doubt conventions do cramp the style of those who are too lazy to keep themselves clean and who go about unshaven and unshowered in soiled linen and greasy spotted clothes.

They are contemptuous of the young man who is particular about his personal appearance, who is punctilious in his manners and who religiously conforms to the canons of good society.

A lot of girls are misguided enough to think that it makes them distinctive and alluring, somehow, to pose as being unconventional. They wear sloppy clothes and go in for shorts and nakedness generally.

Very often a romantic girl is lured into an unconventional relationship with some man who tells her that marriage is an out-moded institution and that the only thing that binds a man and woman to each other is love.

In every day life there are no people who are so pleasant to live with as conventional people and none are such pests as the unconventional. The only friends in whom you can take any real satisfaction are those on whom you can rely always to do the proper thing on the proper occasion.

But the unconventional know no such fine reserves. They make your house a free hotel and drop in on you without warning, when the children with the measles and the cook has left and you are ready to die of exhaustion.

They ruin your pretty dinner by coming in overalls and getting into a hot dispute with your guest of honor. They never write letters of thanks and after they have enjoyed your hospitality for weeks the only way you know that they have got home safely is because you haven't read any of the notices in the newspapers.

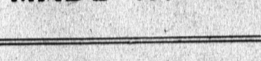
Especially among the young. DOROTHY DIX.

EVERYBODY'S EVERY DAY FOOD

EVERYONE likes de-
licious, nut-brown
Shredded Wheat. And it's
packed with vital food
essentials so necessary to
each member of the
family. Carbohydrates,
mineral salts and vitamins
—for sound growth,
energy and strength.
Order Shredded Wheat
for tomorrow's breakfast.



SHREDDED WHEAT MADE IN CANADA - OF CANADIAN WHEAT



For some woman who owns a
beauty shop — taking care of the
woman's kids. "They'll know in
half an hour if she's the girl."

She asked, "Did you make any
provision against her running away
again? Suppose she refuses to
come with the detectives?"

He explained, "That's why they
called before they'd finished her. I
told them to pretend to arrest her and
bring her back here. Would you
mind sticking around with me till
she comes?"

She threw a short ermine cape
around her (that was to remind
John that she was still Elaine Chal-
mers, the glamorous) and went back
to him. They had dinner together
under Elaine's popping eyes. After
dinner Elaine played for him on the
big piano that used to be Florence's,

Once she said teasingly, "And you
don't even know her name!"

"But I do now!" he declared, like
an eager boy. "It's Ruth Woodson."

"I believe I will," he answered
eagerly. "We're on the trail. A
Cleveland detective agency checked
all the hotels and lodging houses —
especially the cheap ones—but there
wasn't a trace. Then they set to
work on the theory that some one
might have noticed her on the road
Tuesday morning. Somebody did.
There's a garage about midway to
Cleveland that replaced a spent coil
for a man named Segwick. It hap-
pens the garage owner had to take
the man's check for the work and
hadn't yet cashed it. Segwick's ad-
dress was on the check, too."

"Was she with him?" Elaine
asked.

"We think so," John responded.
"The garage people say the woman
in the car was the man's wife. That
was brought out when they tried to
raise the money between them to
pay for the job. The girl with them
seemed to be a stranger they'd picked
up. The description of her tal-
les—"

They had time to do both. They
even turned on the radio and danced.
Elaine forgot to move away and re-
mained within the circle of John
McNeill's dropped arm, the fingers
of her right hand still clinging to
the fingers of his left. She looked
up at him intimately. He had only
to bend his head to kiss her. . . .
and suddenly she knew that he had
no desire to kiss her. His thoughts
were miles away.

When a car came into the
grounds and stopped before the
porch they both experienced nerv-
ousness and panic.

John opened the door. Two men
entered with a white-faced, defiant
girl between them. She, too, was
frightened, and it was her fright
that made John forget his own.

"Ruth!" he said to her quickly.
"You're not being arrested. It was
just a way to get you back here.
The only way we knew—"

She said, looking at Elaine and
then back at him again, "Why did
you want me to come back?"

"No," answered Ruth, tiredly and
wistfully. She could not keep her
love for him out of her face, out
of her voice.

Elaine moved closer, so that she
stood beside the dishwater girl in
the cheap tweed suit that had been
shrunk by rain. She thought,
"He must see us together. He must
look at us standing here. With his
eyes. With his senses. With his
mind. He must see us together—"

"Have you any beer on ice, Mr.
McNeill?"

Susie came and took them away,
her eyes bulging at the scene in
the front hall, Elaine remained.

John said to the rumpled girl in
his arms, "Will you marry me in
the morning, Ruth Woodson?"

She said that she would. Elaine
was practical. She said to
John, "We'll have a bangup wed-
ding as soon as you can get the li-
cense. But she must go home with
me now and get some sleep. She's
exhausted—can't you see it? Brides
must be fresh and beautiful—"

She took Ruth's hand and led her
across the lawn, through the althea
hedge, into the old Hunter house.
John listening, heard the blue door
close behind them. It had a friendly,
vibrant sound. As if the old house
was coming to life again.

When the laws of the Naval Acad-
emy permitted it, Elaine Chal-
mers married Dennis Davis in a
simple, forthright manner. Her
world was surprised. In response
to pressing questions from report-
ers she had this statement to make:

"Once I saw a young man in love
with a girl. I mean in love. Since
then I've known I could never
marry any man unless he looked at
me as that young man looked at his
girl."

"How did he look at her?" asked
the curious reporters, pencils poised.

She called across the room, Dennis,
what time is it?"

Dennis Davis said, "You know I
don't carry a watch, Elaine." But
he looked at her as he said it, and
the reporters saw. All of them
tried to describe that look after-
ward, but gave it up.

THE END.

The End Of Vision Uncertainty

Lack of knowledge and un-
certainty and neglect are re-
sponsible for every case of vi-
sual error that CONTINUES.
To take advantage of facili-
ties for improving vision,
which exist everywhere, means
the end of worry and uncer-
tainty and the beginning of
visual comfort and better gen-
eral health.

G. F. Hutcheson

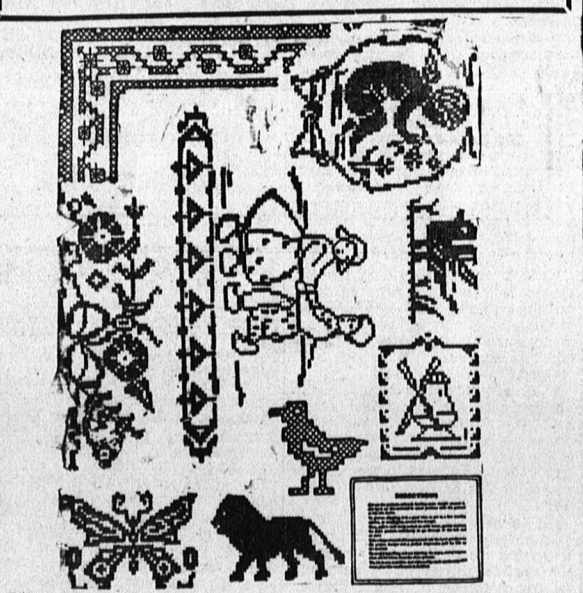
TREKS UPSTAIRS BAD FOR FOR HEART

SAN FRANCISCO, March 26. —
New York City's recent elevator
strike probably will take a serious
toll for the next months in hearts
damaged by stair-climbing. Dr.
J. G. Ciegler, San Francisco Health
Inspector, predicted today.

Ciegler advocates walking down-
stairs—but not upstairs—as an
ideal exercise for persons with
cardiac ailments.

Downstairs walking—two or three
flights—is beneficial, Ciegler said,
because even persons with heart
trouble require at least some ex-
ercise of the muscles and because
this form of activity permits it
with a minimum of strain on the
circulatory system.

Look at these Designs from the Guardian Wonder Package



If you like to do cross-stitch em-
broidery here is your opportunity
to stitch to your heart's content. The
illustration shows a group of de-
signs which are reduced and
cover only one-half of one of the
12 sheets contained in the Wonder
Package.

On some of the half pages we
have shown there have appeared
18 or 20 designs. The reason for the
fewer number appearing on this
half page is due to the large size
of the motifs. For example: the
little Dutch boy and girl dancing
in the center, actually measures
eight inches high and 18 inches
long. The particular design would
be splendid for a tray, especially
so if it could be put under glass
and preserved carefully. A sug-
gestion—the background of this
could be ecm linen and the figures
in bright blue.

Attractive Border
The wide border shown is two
and one-half inches wide, the cross
stitch coarse which would be very
attractive in black and bright
colors. The outer edge could be
made in black, the zig-zag in red
and the small squares in orange or
yellow. A very appropriate border
for a large luncheon cloth.

The roe spray at the bottom of
the illustration could be cross
stitched for another luncheon
cloth with the hem put in with
hand hem stitching (double).

The bow knot might be medium
blue, the leaves green and the
flowers in two shades of rose. The
birds animals and wind mill could

be attractively framed for the
children's room.

Chair Dollies
The butterfly and Cherub de-
signs are appropriate for dollies to
be used on the arms and back of
upholstered chairs. The edges may
be hemstitched and finished with
picoted crochet in the same color
as is used for the cross-stitch.

If you are familiar with cross-
stitch work you will see numerous
possibilities in these designs and
those of you who are not experi-
enced will want to try your hand
at it for it is very simple to do and
very fascinating.

Remember, the Wonder Package
contains 12 sheets, 24 by 36 inches,
and each one just crowded with de-
signs.

THE COOK'S CORNER

STUFFED FRIED FILLETS OF FISH
1 filleted place, 1 oz. veal force-
meat, 1 teaspoonful seasoned flour.
To coat—beaten egg and crumb. To
fry—in hot fat. To garnish—lemon
and parsley.

Method—1. Wipe and season fil-
lets. 2. Lay on board with skin
upward, and spread the force-
meat on fillets. Roll up from
head to tail. 4. Brush each roll with
seasoned flour. 5. Coat twice with
egg and crumbs. 6. Fry in deep fat.
7. Dish garnished with lemon and
parsley.

ITALIAN FISH STEW

- 3 cups tomato puree
1 teaspoon salt, salt, pepper,
cayenne and lemon juice, heat to
boiling. Cook onions in shortening
until tender and yellow in color,
add flour, blend well, add hot
tomato mixture, stir and cook until
smooth, add fish cut in pieces, cover
tightly, simmer 15 to 20 minutes,
stirring frequently to prevent stick-
ing. Serve with seasoned cooked rice
or noodles. Sprinkle with parsley.
Serve 6 to 8.

A Morning Smile

JONES WHO GNASHED
Little Jones presented himself at
the office with a noticeable gap in
his upper dentures.

"Hallo!" was the cry, "Had an ac-
cident?"

"No," was the reply. "Only a row
with the missus."

"What! You surely didn't come to
blow?" asked Jones, "but next
time I gnash my teeth I'll remem-
ber to take my pipe out of my
mouth."

LOOKING BRIGHTER

"Well, and how are you getting
on with your curiishness of the
banker's daughter?" asked Jackson.
The young sutor beamed happily.

"Not so bad," he replied. "I'm
getting some encouragement now.
Last night she told me she had said
'No!' for the last time."

NURSE LEARNED FROM PATIENT

"Everyone knows" said a practical
nurse who has helped many a patient
to leave a sickbed, "that recovery from most
illnesses is speeded up by keeping the
patient's eliminative system normal and
regular. For that purpose I have never
found an laxative quite so generally
acceptable, so gentle yet effective and so
free from any objectionable after-effect, as
Eno's 'Fruit Salt.' Its taste in water is
pleasant, makes a really appetizing and
refreshing drink. It was a patient of
mine who first convinced me of the many
good qualities of this alkaline laxative.
I have never ceased to be grateful to her."

For over 70 years, millions of people
have been helped to better health by the
daily dash of Eno's 'Fruit Salt' in a
glass of water. Some take more, some
less, according to the individual need. To
make a sparkling health-drink, a teaspoonful
is enough in one glass of water. If there
is incomplete elimination, two or more
spoonfuls may be taken. No matter how
much you take, there is never any
unpleasant taste. Eno's 'Fruit Salt' is a
100% alkaline, hence helps to neutralize
the acids in foods. You can take Eno in
hot water or cold. You can drink it
while it bubbles or after the effervescence
subsides. It always tastes good. No
matter how you take it, you'll find Eno
a great help in keeping you regular,
your stomach sweet and your entire
digestive system in a healthy condition. And
that's all most people need to be well
and happy. Handy size 50c. Household
size 85c.

The Blue Door

By Rachel Mack
CHAPTER XXXI

With Bertha Hunter's depart-
ure, Gibbs relaxed. The tears
and uneasiness she had felt for him
during his concealment in the house
had caused her to become almost
deranged. For years she had both
dreaded and longed for his escape.

This terrifying hope had culminat-
ed on the night when he reached the
blue door. . . . And now he had
gone. Not to live a fugitive's exist-
ence but to win his freedom, to
come back to this house a normal
man, with work to do like other
men.

From the hour of Duncan Hun-
ter's peaceful departure that morn-
ing Bertha was never again to be
more than a loyal old servant who
had had enough of loneliness. She
had held the fort.

As for Elaine Chalmers, she spent
a restless day. John's indifference
to her, his criticism of her conduct
infuriated her. She trembled when
she thought of him. Standing be-
fore her mirror that day she renew-
ed her vow to conquer him.

"That girl's the cause of it!" she
thought angrily. Well, defeat could
be turned into victory if you went
about it properly. She'd use the
little tramp as a means of reaching
John McNeill. "I'll be sympathetic,"
she decided. "I'll join the search."

She watched for John to return
home. Dusk was falling when his
car turned into the driveway and
she saw him get out and go into
the house. Elaine quickly slipped into
a coat and ran across the lawn.

He opened the door at her ring.
"John," she said in a soft husky
voice, "is there any news of her?"

The girl's sympathy reached him,
as a woman's sympathy will reach
any man. He believed her to be as
repentant and concerned as they
looked. "Sit down," he urged. "I'll
tell you what I know."

for HEADACHE and other pains

DR. CHASE'S PARADOL

Elaine said urgently, "Tell me all
you know, John. I've been rather a
little beast. Will you find her, do
you think?"

"I believe I will," he answered
eagerly. "We're on the trail. A
Cleveland detective agency checked
all the hotels and lodging houses —
especially the cheap ones—but there
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The only way we knew—"

THE CHARLOTTETOWN GUARDIAN
Enclosed please find 50c for which I wish you would
send me the Guardian Wonder Package of over 800 transfer
patterns.
Name
Address

Dr. Wood's NORWAY PINE SYRUP
Feel Chilly - Start to Sneeze
Nose Starts to Run
Then comes the cold which, if not attended to
immediately, shortly works down into the bronchial
tubes, and the cough starts.

Spring Fashions For Home Dress-Making

Ornamental or useful? Sometimes
both. But still I have a strong suspi-
cion that many of these little
sleeveless jackets are out for effect
rather than work.
However, they are attractive with-
out a doubt.
Navy blue and white print crepe
blouse adds gay dash and brilliance
to this smart wheat shade wool
crepe bolero model.
It's precious in white or tub
pasted silk, cotton or linen with the
jacket of some sharp contrasting
shade as vivid green, red, navy,
wine, etc.
Use the pattern again for a sep-
arate blouse, skirt or jacket.
Style No. 1720 is designed for
sizes 11, 13, 15 and 17 years. Size
15 requires 2 1/2 yards of 39-inch ma-
terial with 1 1/2 yards of 39-inch
contrasting.
Price of PATTERN 15 cents in
stamps or coin (coin is preferred.)
Wrap coin carefully.
No. 1720. Size
Name
Street Address
City State
ASTHMA
Sneeze, gasping, wheezing, coughing, choking,
sweaty, breathless, faint! Sleep soundly! Take
RAC-MAL. RAC-MAL has given quick relief
to people everywhere in Canada. No
smokes, no sprays, no snuff. No harmful
poisons. Relief—your money refunded. At
druggists 50c and 85c. Also stops the never-
ending cough, cough of Chronic Bronchitis.
Templeton's RAC-MAL Capsules.
1720