

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



ONE TWIST ITS OFF!
... NOW comes a new delight in using Barbour's ACADIA Baking Powder—the new, easy opening tin. No more struggles with a stubborn cover... no more temper (and Baking Powder) lost in a shower of wasted powder. Your favorite, double-acting Baking Powder is now doubly easy to get at.

THE SAME LOW PRICE 25c PER POUND TIN

It's a real treat to get this wonderful new tin, along with the double-acting efficiency of ACADIA, at the same low price. ACADIA'S double action makes it worth double what you pay for it. The first action takes place in your mixing bowl when liquid is added... the second when heat is applied. It is this well-timed, continuous action that ensures your baking success.

ACADIA DOUBLE ACTING BAKING POWDER



CHAPTER XVI

"You're crazy!" Aunt Harriet stormed. "Absolutely crazy! I might have known you'd do something insane. And now, pray, just what do you propose to do, Alma?" She glared at her niece.
"It was the next morning and she was in Alma's bedroom.
"Here I manage to bring Sig Borndike back here, and give you a beautiful opening, and instead of appreciating your opportunity, you deliberately quarrel with him, and insult him!"
"Would you trust my happiness to that man after knowing what he did to my father?" Alma blazed.
Aunt Harriet shrugged impatiently.
"We've been all over this before, Alma! And, now may I ask you just what you intend to do? You can scarcely hope to continue being a pampered, sheltered social butterfly. I've barely enough to get along on myself."
"Don't worry," Alma declared. "I'll find some way of taking care of myself. But I'm certainly not going to marry a Sig Borndike, whatever happens!"
"It's that tramp at the back of it all!" stormed Aunt Harriet. Alma laughed bitterly. "On the

contrary, Johnny Anthony has made it very plain that he's not going to ask me to marry him. So you see," she added wearily, "you were wasting your time in not letting him speak to me when he phoned."
"You are being very unreasonable, Alma!" her aunt said jolily. "Perhaps you'll come to your senses some day, and regret that you haven't heeded my advice."
"I'm sorry, Aunt Harriet. I appreciate what you've done for us—what you're doing for Father." She stopped, and drew a deep breath. "As soon as I get things straightened out a bit, I'll take the responsibility off your hands."
"How?" Aunt Harriet inquired scathingly. "You've thrown away your own chance. After all, what can you do except marry someone with enough money to look out for you and your father?"
"I'm going to work. I'm going to get a job."
"Job! Work!" Aunt Harriet laughed tauntingly. "At what, may I ask? You don't know how to do a single thing. To be a private secretary, you'd have to take a course at business college, and then would be a fortune to make twenty-five a week. A

(Continued on page 3)

Fashions' Latest For Chic Dressers



Here's a little smock that takes its inspiration from smart daytime clothes. It may be three quarter or full length. It is cut on princess lines with flaring hem. The four patch pockets are useful and create a tailored feeling. The neck may have a shirt or Mandarin collar as in the small view. The sleeves may be above-the-elbow or wrist length.
As this model cuts in one-piece from shoulder to hem, even a beginner at sewing can make it. The pattern is easily followed.
Tyrolean, pin dotted or a checked cotton in chintz or percale is very effective for this princess smock. Sateen is also lovely.
Style No. 1891 is designed for sizes 14, 16, 18 years, 36, 38, 40, 42 and 44 inches bust. Size 36 requires 3 1/4 yards of 39-inch material.

No. 1891 Size
Name
Street Address
City State

CLEAN PLASTER CASTS

To keep plaster casts clean, cover with fine white muslin and magenta or Fuller's earth. Use a soft cloth. Leave for several days, and then rub off with a soft brush.

Today's Short Wave Radio Program

(All time in Eastern Standard)

BERLIN
5:30 p.m.—For the Shortwave Amateur. DJD, 25.4 m., 11.77 meg.

ROME
6 p.m.—News in English. 2RO, 31.1 m., 9.63 meg.

LONDON
7 p.m.—Fred Hartley and his Novelty Quintet. GSP, 19.6 m., 15.31 meg.; GSD, 25.5 m., 11.75 meg.; GSC, 31.3 m., 9.58 meg.

PARIS
7:15 p.m.—Musical program. TPA—4, 25.6 m., 11.72 meg.

TORONTO
7:30 p.m.—"Guess What?"—unusual hits. CRGX, 49.2 m., 6.09 meg.; CJRO, 48.7 m., 6.15 meg.; CJRX, 25.6 m., 11.72 meg.

BERLIN
8:30 p.m.—Gay Musical Items from Mozart's Times. DJD, 25.4 m., 11.77 meg.

LONDON
9:45 p.m.—The Band of His Majesty's Scouts Guard (by permission of Colonel E. W. S. Balfour, D. S. O., O. B. E., M. C., commanding Scots Guard), conducted by Lieut. H. E. Dowell, Director of Music, Scots Guards. GSD, 25.5 m., 11.75 meg.; GSC, 31.3 m., 9.58 meg.

TOKYO
12 midnight—"Overseas Program." JVH, Nazaki, 20.5 m., 14.6 m.

DOLLAR DAY SPECIALS

AT THE MODERN SHOP

All Felt Hats ——— 59c
DRESSES, large sizes 2.98 and 3.50
Small sizes ——— 1.59
Upstairs Over Canadian Stores

A Morning Smile

Lady—"I wonder if you would be so kind as to weigh this package for me?"
Butcher—"Why, certainly; it weighs three and a quarter pounds."
Lady—"Thank you—it contains the bones you sent me in that four-pound roast yesterday."

Rastus—Ah's sure advanced in de pa's couple ob years.
Mose—How's dat?
Rastus—"Well" two years ago Ah was called a lazy loafer, and now Ah's listed as an unfortunate victim ob de unemployment situation.

WHITE NEEDLES

White knitting needles greatly help matters when working a complicated pattern in artificial light with a dark shade of wool.

The HOUSEWIFE and HER ACTIVITIES

When Duty comes a-knocking at your gate, Welcome him in; for if you bid him wait, He will depart only to come once more And bring seven other duties to your door.

—Edwin Markham.

Real love seldom applies for a divorce.
The man who isn't true to himself isn't true to anybody.
Worry is the only interest paid by those who borrow trouble.
There's a lot of difference in taking a bribe and taking a bride.
Some men spend all their lives in doing good, others in making good.
A man has to do considerable rushing around to keep square with the world.
The great trouble with remorse is that it seldom turns up till the next day.
A burglar might make a good husband after all—he'd be so quiet around the house.
It's all right for a man to rise to the occasion,—but he should know when to sit down.
The person who thinks he is just as good as you are is as great an egotist as you are for thinking he isn't.

NEIGHBORHOOD CHILDREN

It is very difficult to make the three-year-old take a nap when she can hear playmates outside having a fine time. Why not get in touch with the parents and try to set a uniform rest period for the children of the same age? There will not be objections to naps if this is the case and the neighborhood will be quiet

enough for a few hours to render sleep possible.

BACK TO THE BOB

A Return to short hair styles has been decreed by the leading Parisian hairdressers.
The fussy curls of last season are to give place to the short close-fitting shingle.
Most popular of styles at present is short hair brushed closely to the head in a cap-like mould with a round sausage-like curl edging the hairline.
The hair is parted to one side, with the short hair combed back from the face and then turned under in a continuous roll to the nape of the neck where the hair is shingled. The same style is worn with longer hair, but in this case the roll continues all the way round the head.

WHIPCORD FOR SPORTS

Whipcord, as used for riding breeches, makes country and sports wear tailored costumes.

Velvet is the fabric most flattering to the most colorful, most luxurious and most elegant. Its fragility has been a handicap, but women have bought it and worn it regardless of the fact that it murred and crushed. Now all this is changed. Velvets are crush-resistant and practical, but still glamorous and beautiful. For wraps velvet is the richest fabric in the world and the most elegant. It does not mar when sitting in theatres or motor.

BY THEIR TEETH YE SHALL KNOW THEM!

If you want to know a person's character, look at his teeth," says "Peritus," an Austrian characterologist.
The more civilized a person is, the more imperceptible the mask that hides his real feelings, "Peritus" finds. But we cannot change our teeth.
The real re-man, according to this expert, has four almost equal upper incisors and his chin is usually square. The womanly woman on the other hand, has a more or less pointed chin, and her two middle teeth are much larger than those flanking them.
The man with large middle incisors has female characteristics and therefore will respond readily to flattery. On the other hand, to flatter a woman with incisors of masculine evenness is just waste of time.
Similarly, the man with female teeth has motherly instincts, while the masculine-dentured woman will try to be "boss."

"Peritus" recommends using this knowledge in business as well as in private life—also with a mirror.

STATESMEN ON STAMPS

When Mr. Anthony Eden's effigy appears on Egypt's new postage stamp Lord Baden-Powell will be deprived of a distinction which he has hitherto treasured as unique (says the Evening Standard).
He was the only Englishman, apart from Royalty ever to have appeared on a stamp in his lifetime. The stamp was issued in Mafeking.
In foreign countries living statesmen are occasionally represented on stamps. Dr. Benes, for instance, has appeared on a Czechoslovakian issue.



It was always my favorite!

"You find REGAL best? So did I. It was always my favourite, and with six hungry children to feed I did a lot of baking in my day. Always gave them plenty of good home-baked bread, made with REGAL. They thrived, and I saved—for I never had a poor batch of bread all the years I used it."



Dorothy Dix's Letter Box

Vitamin Addicts Are Adding Fuel to the Fires That Send Many Men Into the Divorce Courts or an Early Grave—Give Him Good Food

Dear Miss Dix—Can anything be done to a wife who has suddenly gone vitamin crazy? I am a middle-aged man, heretofore happily married to a noble woman, and all has been peace and happiness between us until the present.



hawk's eye every morsel of food that is introduced into my mouth. The bread slices are as thin as a paper napkin and the butter patties are transparent. I can't have potatoes if I eat bread.

But here is how trouble has reared its horrible head in our home: I am a strong, robust 200-pounder and having led an active life, I am all bone and muscles. All my life I have been accustomed to eating real food. Even as a child my mother fed me sulphur and black molasses in the Spring of the year to build red corpuscles. Understand, I am not subject to obesity nor am I gluttonish, but I just have a regular he-man appetite to which, up to now, my wife has catered. But recently she has joined some sort of a circle and the diet fad she has picked up there she is trying out on the family dinner table and especially on me. She scrutinizes with a

And as for pie, that is anathema. Some evenings when I go home after an active day's work in my law office or looking over the farm all I find is a note saying that she and the children have had their supper and gone to an early movie and that I'll find my supper in the refrigerator, and lo and behold, when I open up that air-conditioned metal box all that I discover are several thin slices of tomatoes and a lettuce leaf guarded on the side with a few ripe black olives.

In a word, vitamin D or H or X, or whatever its alphabetical name is, is wrecking my home and my wife's nerves and reducing my mental as well as physical powers. If this is part of the new life, I am against it. A few evenings ago I rebelled. I was hungry even for mere bread and butter, and when I beheld the unsavory layout on the table I gave my son a dollar and sent him to the corner grocery store to buy me a loaf of bread and a pound of butter.

Upon his return I began carving bread and spreading butter to suit my own appetite, whereupon my wife burst into tears and has been wearing a midwife face ever since. That's what I can't stand, to make a woman weep. Really, Dorothy, don't you think this diet stuff is all tommyrot? I wish you would tell my wife so. E. FLURIBUS UNUM.

Well, Mr. Unum, I certainly do agree with you and am against the whole diet racket, especially as practiced upon husbands by wives. It is my honest and considered opinion that the increase in divorce, which so alarms the moralists, is chiefly attributable to the present mania among women for keeping thin by the process of not having anything fit to eat on their tables, and also to the fact that being hungry makes a woman as bad tempered as it does any other half-starved animal.

It isn't just merely a coincidence that domestic life isn't what it used to be, and that husbands and children won't stay at home evenings as they did in the dear gone days when women prided themselves upon their housekeeping and had never heard of calories. Always the center of a happy home has been the dining room. Our ideal of family life has been father and mother and children gathered about a table that groaned with its load of good food. Smiles of contentment wreathed every countenance while eager nostrils sniffed up savory odors and mouths watered in anticipation of the luscious roast or fowl.

But no imagination is strong enough to picture a happy family gathered about a table sparsely furnished forth with a dab of spinach and a fragile lettuce leaf or two and some gosh-awful mess warranted to be non-fattening but to include the proper vitamins that will sustain life, through why anybody wants to sustain life under such conditions remains a mystery only a dietitian can fathom.

Of course, it would be all right for a vitamin hound to starve herself if she wanted to—and the quicker the better—if she could do so without martyring her unfortunate husband and children, and if it didn't reduce her amiability even more drastically than it does her figure; but, alas, such is not the case. When a woman suffers she never wants to suffer alone. She wants her family to be miserable with her. And so, Mr. Fluribus, I can offer you no help in solving your problem. Only sympathy.

But—here is a thought—if you could only induce a few widows, known for the tables they set, to ask you to dinner a few times I think it would lay the vitamin bogey in your house.

Dear Dorothy Dix—I am 26, deeply in love with a girl who has very honestly told me that she has a past. The honorable attitude she has taken makes me love her all the more, but I am tortured by the memory of the Other Man. I try to dispel the thought of him, but it is always present. Can you suggest some way that will enable me to forget? The girl is lovely and I know that she deeply loves me. PAUL.

Has your own life been so spotless that it has nothing in it that you would expect a girl to forgive and forget? Mightily few men are entitled to cast the first stone. Anyway, what the girl has done in the past is not so important to you as what she is in the present and what she is likely to do in the future. She has shown herself brave and honorable in telling you something that she need not have told you, and so I think that you need never fear that she will not be trustworthy.

There are two things a man should consider in marrying a girl with a past. The first is the character of the girl. There are girls who go wrong through the best that is in them. Because they love too much and are too generous to withhold anything from the man they love. These repent their wrongdoing in bitterness and tears, and once they have got

Today, these healthy Dionne Quins had Quaker Oats
Keen Appetites Like Yvonne's depend in large part on children getting enough Vitamin B to brace up appetite, keep from losing rest for food. Quaker Oats is rich in Vitamin B. Photo Copyright, King News Service, 1936
What do the Dionne Quins have to do with me? Doctors say we all need Vitamin B for nerves and digestion. Get it daily in Quaker Oats
If you like lovely English China buy the Quaker Oats package marked "CHINAWARE."
QUAKER OATS... rich in Nature's Vitamin for bracing-up Digestion, Nerves, and Appetite

DOLLAR DAYS

—at the—
STORE OF CHILD FASHIONS
COATS 20 per cent Off
MIDDY SUITS, regular \$5.00 For ——— 3.95
SWEATERS, sizes 24-26. Special ——— 89c
SKIRTS—Greatly reduced for this sale
CORDUROY DRESSES—Sizes 2-6 Regular \$2.50 for ——— 1.98
VESTS and BLOOMERS—Fleece-lined Special ——— 29c
With every dollar purchase you receive a coupon on a Snow Suit. Ask for yours.
The Misses HOLMES & BRADLEY
152 Queen Street Phone 92

THE COOK'S CORNER

DUMPLINGS.
One-half teaspoon baking powder, 1-4 teaspoon salt, 3-4 teaspoon butter, 1 cup flour, milk or water to make a soft dough.
Drop by spoonful into stew about 15 minutes before serving.

BRAN BREAD.
Two cups bran, 2 cups flour, 1 cup brown sugar, 1 cup sour milk, 1 teaspoon soda, 1 teaspoon salt.
Sift the salt and soda with the flour. Add the bran and sift again. Add sugar and beat in sour milk. Bake in greased pans.

STEAMED PUDDING.
Take any kind of stale cake, crumble and soak in milk. When soft mix in 1 or 2 eggs, and sugar to taste. Put in a buttered mould and steam 1 1/2 hours. Raisins may be added if desired.
This cannot be distinguished from a freshly made steamed pudding.

BAKED CARROT PUDDING.
One quart carrots, measured after being grated, 1-2 cup melted butter, 1 1/2 cups sugar, 2 eggs, 2 heaping tablespoons flour, 2 tablespoons milk, 1-2 graded nutmeg.
Mix batter with half of the half nutmeg. Put into buttered baking dish. Sift remaining nutmeg on top and bake 1 hour. To be eaten hot or cold.

CHOCOLATE RICE PUDDING.
One cup rice, 1 pint milk, 2 tablespoons chocolate, grated, 1-2 cup sugar, 2 tablespoons melted butter, 1 cup raisins, chopped, salt.
Cook in double boiler.

COULD NOT DO HER HOUSEWORK
WHEN everything you attempt is a burden—when you are nervous and irritable—try this medicine. It may be just what you need for extra energy. Mrs. E. L. Dridge Miller of Belmont, N. S., could not do her housework. She says, "I was in poor health for years. I tried various medicines. Then a friend told me about your Compound. It made a new woman of me."
Try Lydia E. Pinkham's VEGETABLE COMPOUND

Smart Embroidered Bedspread

by Mayfair
Any bedroom will automatically take on a rich and luxurious appearance with this beautifully embroidered bedspread and bolster. The very popular floral design lends itself to many combinations to blend or contrast with its surroundings. You will be pleasantly surprised at the little time it will take to finish this task.
Pattern includes transfer for bedspread and bolster, details of the embroidery stitches to be used as well as complete color chart and directions for finishing spread.
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