

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

The HOUSEWIFE and HER ACTIVITIES



MY KITCHEN.
The kitchen in my modest home is warm and snug. With painted cupboard doors and a white wall.
A braided rug:
The snowy curtains softly frame a window bright
With red geraniums on the sill —
A cheery sight.

I think I like this room the best of all we own.
For here I reign—a happy queen
Upon her throne;
For those I love I wash and mend,
I broil and bake,
Iron ruffles set on little frocks;
Make gingercake.

And to my kitchen comes at night
My homing fowl,
With all the great world shut away
Beyond the look.
And all the warmth of loving hearts
Kept safe inside;
With such a kitchen who would
Not be satisfied?
—From the Sunday Province, Vancouver, B. C.

TABLOID

To keep frostings made from fine sugar soft and smooth, add 3 or 4 tablespoons honey. Honey prevents frosting from becoming too stiff because it attracts moisture. Added to your cake butter it has the same effect as water. For a more luscious effect, use fresh dark raisins. Reduce the sugar of the recipe 1-2 cups, and the liquid 1 tablespoon and add 1-4 cup honey.

INSECT BITES MAY BE AVOIDED WITH CARE

To prevent insects coming into the house, wash the window ledges and frames with a solution of quassia chips or with lavender, eucalyptus, or any other pungent oil.

Before a country excursion, those who habitually attract midges, mosquitoes and gnats should rub the oil or a prepared lotion on their wrists and legs. Insects can easily penetrate the mesh of a stocking.

Children should be encouraged not to scratch such bites, and a little liquid ammonia — or even some vinegar or lemon juice—will help to allay irritation.

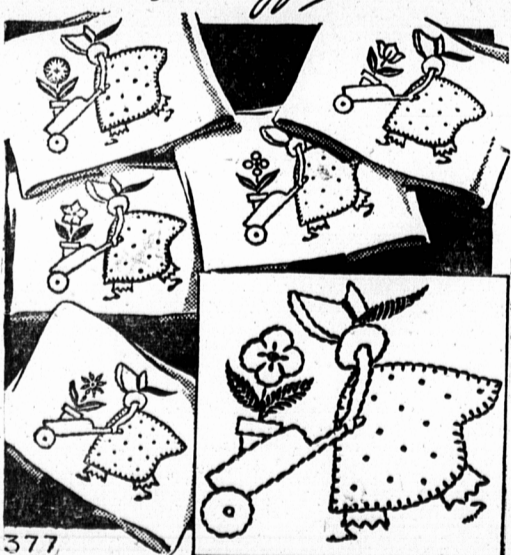
CORONATION COLORS USED TO TRIM WHITE

Paris—Fashions are not changing much these days. Summer clothes continue along the same lines as we have been seeing all spring, and there is no distinct change of silhouette in the mid-season collections.

Waists are slim while skirts are just above the mid-calf length and are quite full for both day and evening wear. The "swinging" skirt is still smart, and the only exception to the full-skirted rule is the classic evening gown with aethereal lines and a skin-tight skirt.

SUNBONNET GIRL TEA TOWELS

by Mayfair



377

Mayfair Needle Art
Little Miss Prim in a dotted dress and pantaloons wheels a different flower each day across your dainty tea towels in her colorful wheel-barrow. It is an amusing, informal design, pretty appealing and very colorful. As you can see from the picture, the stitches are very simple to do and have been carefully selected to give a much more elaborate effect.
The pattern includes transfers for six designs, color combinations, and embroidery instructions.

For complete pattern and instructions for all of these designs, send 20 cents in stamps or coin (coin preferred) to The Charlottetown Guardian Needlework Department.

Use this coupon. Print your name and address plainly.

To The Charlottetown Guardian Needlework Dept.

DESIGN NO. 377

Name _____

Street Address _____

City _____ Province _____

A Morning Smile

Husband—Why does a woman say she has been shopping when she hasn't bought a thing?
Wife—Why does a man say he's been fishing when he hasn't caught anything?
Teacher—Why was the tower of Babel not finished?
Son of Architect—Because the cost of building far exceeded the estimate.

brims or compose crowns to mesh hats for cocktail wear. Veils to these introduce ostrich dots. Feather flowers are frequently seen, and one tambourine beret in bright red felt is trimmed with a series of straw leaves in natural. Another felt with small curved-up brim is yellow, with a large printed chiffon square knotted through the brim at one side to form a scarf, if desired.

While taffeta is used principally for trimmings there is one open coat of black taffeta trimmed with dusty pink, this combination appearing also in a brimmed shape.

FISH AND POTATO PIE USED UP LEFTOVERS

This is an excellent method of using up cold fish and potatoes and makes a good luncheon dish. Half a pound each of fish and potatoes, finely minced, and a tin of salmon may be used. Mash potatoes, and raw, sliced skinned tomatoes will be required. Remove skin and bones from the fish and flake it. Melt 2 tablespoons butter in a saucepan, add a dessertspoon flour, and make into a sauce with 1 cup milk. Season with salt, pepper, cayenne, a few drops anchovy essence, and a pinch of nutmeg, and simmer for five minutes. Add the fish and put a layer of the mixture at the bottom of a buttered pie dish. In a layer of tomatoes season, and sprinkle with chopped parsley and a little finely grated onion. Continue like this until the fish is used up, then cover with the potatoes. Roughen the top and pour a little finely grated onion, half in moderate oven for half an hour, then brown the top under the grill.

THE GRACEFUL WALK

Do you walk well? Asks Ethyle Campbell in the London Sunday Express.

I have been watching people this week, especially women, and am amazed how really badly most of them walk.

Some women slouch along in such an untidy sort of way that at first glance I was inclined to think it was a case of a bad figure making it difficult for a woman to look attractive when she walks.

Then I looked again, and in nine cases out of ten I discovered that the bad walker really had an excellent figure, but its appearance was being ruined by her carriage.

These women seemed to be walking from their knees, and their figures were sagging.

FROM THE HIPS

Watch the graceful figure of the movie star as she walks across the screen; study the elegant manner of a queen as she displays the newest gowns.

She always walks from the hips. Sometimes with a too-exaggerated sway perhaps, but the movement is right, for directly you walk from the hips you straighten the spine and the whole body looks more shipshape.

The best way to learn to walk well is to walk backwards. Take ten steps backwards. What happens? You have automatically straightened your knees, and held your tummy in. That means you are walking correctly from your hips and tightening your abdominal muscles.

You do all this quite naturally without any effort when you walk backwards; even if you are ordinarily a really dreadful walker.

Now walk forward holding your body exactly as you did when you walked backwards. Can't you feel the difference? There is rhythm in your movements. Your knees hardly occur do they? Yet for years you have been walking from your knees, and that the upper part of your body and your legs don't seem to work together at all.

THE HEALTHY WAY

I don't think half of us realize what an important part walking plays in the health of our body.

We all know that a long walk in the country is good for us, but what most of us do not realize is that a long walk from the hips in the country will mean more than that we are breathing fresh air into our lungs. It will bring the abdominal muscles into play, and

ANITA LOOS' SARATOGA

Illustrated by Vincent
(Continued)

"Good evening," said Carol. "We're going there, Mr. Bradley and I. Will you forgive me for not recognizing you at first?"

"Oh that's all right. You never saw me before. I knew you from your picture."

"Don't think you have to 'con' me, Duke," she said calling him by his first name for the first time in their acquaintance. "You know you said we would just be fair foes."

"Oh that was in the dim and I hope to-be-forgotten past," he said. "I've been all kinds of a fool. But now—"

"Yes?" she said softly.

"But now I'm wise. Everything is to be changed, from now. I had about given up—and then you float in like an angel."

"Given up what?" she asked, hoping he did not hear the beating of her heart.

"Trying to keep Hartley here." Her mouth tightened into a hard thin line. She hated him, because he had hurt her as she had never been hurt in all her life. She hated herself even more for caring.

"Do you know why I came out here?" she said in a hard voice.

"To get Hartley back to his office in New York. I'm not going to let you trim him."

"Trim him?" Duke exclaimed.

"You heard what I said. And I thought we knew where we stood a long time ago. We are still standing in the same places, so let's drop the subject."

"Hasn't he talked to you long distance? Didn't he tell you?" he demanded.

"Tell me what?"

"That he's the one who's done the trimming. In the first three days, he took eighty thousand from me."

"Eighty thousand! Oh, that's too big a sum."

"I won't believe you're as heartless as you sound," he said. "But if you were, you'd have to listen to me, you'd have to help me. Carol, I can't lose him now. You've got to help me; let me have my chance. The money doesn't matter to Madison. It does to me. Time is all I need. Today, my luck changed. I won ten of the eighty."

"I can't see why you are complaining. Your business is taking bets. You must know you'll lose sometimes."

"Sometimes, yes; but always—that is a different matter. Can't you see the old law of averages is just beginning to work for me? Be a good sport and give it a chance anyway. You can and you are the one person in the world who can."

"She wanted to help Duke and at the same time she wanted to hurt him. She hesitated. Before she could speak, a man came up to them and spoke.

"Pardon me, Miss Clayton," he said. My name is Dinsmore. I'm at Mr. Madison's table. It's right over there."

help to keep the system all toned up and working perfectly.

"It's just like running a car—drive it badly and all sorts of things go wrong although actually they seem to have no bearing on the driving.

ADDS TO BEAUTY
It is impossible to over-emphasize how much more attractive a woman's figure looks if she carries herself well, and of course it is equally true that a really excellent figure can pass unnoticed if its owner walks badly.

Wear neat shoes and stockings and walk from your hips and you will be said to possess a "good" figure.

A LIVE LIVER MEANS NEW "LIFE"

This biggest organ of your body must be completely alive for complete life.
Because your liver affects your kidneys, blood, digestion, energy, glands, muscles, it must be in good health if you are to be in good health. If your liver does not work properly you feel rundown, half-sick, suffer indigestion, skin troubles, headaches, constipation, and other ills. So be sure your liver works properly by taking Fruit-a-Tives. Containing extracts of fruits and herbs, Fruit-a-Tives act to bring normal, healthy liver action; stimulate flow of bile; cleanse the entire system. Already thousands have found new health with this biggest selling remedy of its kind in Canada. Give Fruit-a-Tives a trial. Or sale at all drug stores.

FRUIT-A-TIVES LIVER TABLETS

THE COOK'S CORNER

STRAWBERRY RICE WHIP

1 cup rice
1 1/2 cups milk
1-2 teaspoon salt
4 tablespoons sugar
2 tablespoons butter
Method: Wash the rice well in several waters, put into a double boiler with the remaining ingredients and cook over rapidly boiling water until the rice is tender and the milk all absorbed. Turn into a large glass bowl and pour the following dressing over the warm rice. Serve warm.

STRAWBERRY DRESSING

4 tablespoons butter
1 cup icing sugar
1 cup strawberries, crushed.
1 egg white, beaten stiff.
Method: Cream the butter, then add the sugar gradually, creaming until the mixture is light and fluffy. Fold in the crushed strawberries and the well beaten egg white.

At this time of year when the strawberries are apt to be a little pale, or at least the juice is, I often add a few drops of red vegetable coloring to brighten it up a little.

ITCHING OF ECZEMA

Also externally caused pimples and rashes relieved by soothing, fast-acting medication of Cuticura. Buy today.

CUTICURA SOAP AND OINTMENT

'Packing' a Baby in Holland Town



"Why you know I said a while ago I had to take the early plane tomorrow."

"Yes—but that was a while ago. This is now. And with Miss Clayton coming across the continent just to see you—I'm surprised at you, Madison. What do you all about," he said looking around the table.

"Stay!" they cried.

"Show him you mean it, folks," said Duke. "Give him—and Miss Clayton, too of course—a great big hand."

"They rattled their favors, they beat their hands together, they shouted.

"Perhaps I missed my calling," said Duke to Carol. Seems to me I might have become a first-class cheer leader. What do you say?"

"That Hartley, despite all your bluffing, hasn't said he'll stay. And he won't. I promise you that."

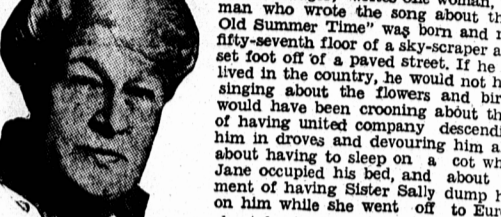
It looks as if all hands have combined to help Duke in this battle with Carol over Hartley's plans. Which one of them will win? Don't miss tomorrow's installment.

(To be Continued)

Are You a Summer Pest? Dorothy Dix

Most Persons Who Own Mountain or Seashore Cabins Have Them for Their Own Use and Guests as a Rule, Are Unwelcome

This is the time of the year when my mail is filled with heartrending SOS cries from farmers' wives and women who own mountain camps or seaside cottages and who are being worked to death and eaten out of house and home by summer visitors.



"I'll wager," writes one woman, "that the man who wrote the song about the 'God Old Summer Time' was born and reared on a fifty-seventh floor of a skyscraper and never set foot off of a paved street. If he had ever lived in the country, he would not have been singing about the flowers and the hours of having united company descending upon him in droves and devouring him alive, and about having to sleep on a cot while Aunt Jane occupied his bed, and about the torment of having Sister Sally dump her brat on him while she went off to Europe, and about having to spend his time frittling up his meagre income by taking in board, and instead of resting and relaxing and enjoying the scenery. And, believe me, that would have been a song that would have wrung tears out of a stone.

"When we bought a little place in the mountains," writes another woman, "we thought that we could spend our Summers simply, quietly, peacefully and cheaply. Little did we know that we were unintentionally opening up a free hotel and that before the Summer was over I would be worked into prostration and my budget knocked into smithereens.

"Yet that is what happened. Before we got the curtains hung, our unpaying guests began dropping in. People we hadn't heard of in years were spiltten with a sudden desire for our society. Members of our family cost them a cent. And nobody was had ever heard of came within fifty miles of us who didn't drop in to spend the night or a week-end, and they brought along their friends with them. When I have a nightmare I see a large automobile turning in at the gate filled with people who get out joyously calling for drinks and sandwiches."

"I took me all Winter to get over my Summer vacation," writes a third woman, "and so we gave up our place on the seashore much as we would have enjoyed it. It could we have been free from the self-invited guests who wished themselves upon us. But no servants would stay and I wasn't strong enough to do the cooking and the housework for so many people, and my husband didn't feel he could afford to supply the cigarettes and gasoline for the cars. We sold the house and spend our Summers traveling or at expensive resorts. It is so cheap."

These are all bona-fide letters selected at random from hundreds of others written by women who, like the proverbial worm, have turned at last and want to know if there is not some way in which they can defend themselves against these self-invited guests for whom they have sweated and toiled through so many hot Summers, while the company looted in hammocks in the shade and waited for their poor tired hosts to bring out iced drinks and cake.

Perhaps the only way these put-upon hostesses can rid their houses of their pestiferous guests is to do something drastic, like putting rough-nates in the cornmeal, or else getting hard-boiled enough to say "no" to decadent friends and relatives who propose themselves for nice long visits in Summer. But in either case a kind-hearted woman lacks the nerve to do it, so she is left a helpless victim to the guests.

But the situation calls renewed attention to the strange effect that temperature has in witting down our manners and morals even as it does our collars. For none of these people who descend upon their friends like the locusts in July and August would dream of doing such a thing in December and January.

In Winter until we are asked before we go to our friends' houses even for dinner. We would never think of such a thing as driving up to their doors with a car full of strangers and call for drinks and food as if we were in a roadhouse. But in Summer all bets are off and we pass the buck of making our friends not only entertain us but entertain our friends. Which explains why so many country places are for sale.

FASHION GUIDES FOR THE HOME DRESSMAKER

Defeat the summer's heat and look smart in this gored dress of crisp cool cotton.

Very easy to make, too, is the very recent fashion of fashionable cluster-motif field-flower lawn printed on white ground. Plain contrasting trim in a color picked out of the print completes its charm. It's tubbale and practical.

The action-flared hem and low square neck marks this model delightful for active sports. It's attractive in plain bright linen-like cottons, stripes or floral or shantung weaves and wearable for spectator sports as well.

It's so simple to sew, you'll want to make several versions. A step-by-step picture instruction chart is included.

Style No. 2704 is designed for sizes 14, 16, 18, 20 years. 32, 34, 36, 38 and 40-inches bust. Size 16 requires 2 yards of 39-inch material with 1-2 yard of 35-inch contrasting.

Price of pattern 15 cents in stamps or coin (coin preferred) wrap coin carefully address to Charlottetown Guardian giving—Style No. 2704 Size.....

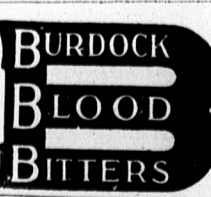
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2704

Those Splitting Headaches A Symptom of Disease



The cause of headache is the accumulation of poisonous matter in the blood which spreads with it, every moment, to all parts of the body.

This poisoning of the system must be cleared up before you can get rid of the headache, which is a symptom of an unhealthy condition of the body.

Remove the poisonous matter from the blood with Burdock Blood Bitters, then, "No more headaches."

Lost in antiquity is the origin of the custom which this Spankenburg, Holland, mother following as she "bundles" her baby up like a mummy on the 10th day after its birth. Frowned on by the village doctor, the custom of "packing the baby" continues with each birth—although no one knows why.

BRINGING UP FATHER



Mayfair Needle Art
Design No. 377
Little Miss Prim in a dotted dress and pantaloons wheels a different flower each day across your dainty tea towels in her colorful wheel-barrow. It is an amusing, informal design, pretty appealing and very colorful. As you can see from the picture, the stitches are very simple to do and have been carefully selected to give a much more elaborate effect.
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--By George McManus