

# Woman's Realm / Social and Personal / Fashions / Literature

## Living & Leisure The Woman's Realm

It is no use to grumble and complain; We just just as cheap and easy to rejoice When God sorts out the weather and sends rain Why, rain's my choice.

### ABOUT THINGS NEEDED IN WAR

There will probably be less variety of shoes in the months to come but no actual shortage of footwear, according to experts in the business. Boots for marching feet are the first interest of the shoe industry these days, but while there will probably be less variety in civilian footwear in the months to come, no immediate shortage is anticipated.

Both labour and leather are needed in great quantities to keep the fighting forces well shod and if curtailment of shoe styles becomes evident that will be the reason for it.

Skipping ropes have now been thrown into the war effort—at least the seals that go into skipping ropes is being conserved for more important uses.

Manila hemp has got on to the "critical list" with the Japanese overrunning the Philippines and to meet the need for ships' cables and all other marine ropes, true hemp may again be grown in Canada after a lapse of four years.

In the meantime a substitute for manila is found in seal and to conserve the supply, the government has forbidden its use for non-essential purposes.

This situation suggests that in future the housewife would do well to treat her clothes lines with care and respect.

Have String Ordinary household string is, as a rule, made from cotton—and at the present time no shortage of it seems likely, nevertheless in these days of "waste not" no string should go into the dust bin.

The world is divided into people who put string on parcels and those who have the patience to untie the knot. Regardless of what camp you are in, it may be as well to get the saving habit.

Brass Needed No longer will shining brass adorn the front doors of new Canadian houses. Manufacture of brass door furniture has been banned because an ever-increasing amount of brass is needed to make cartridges for the armed forces of Canada and her allies.

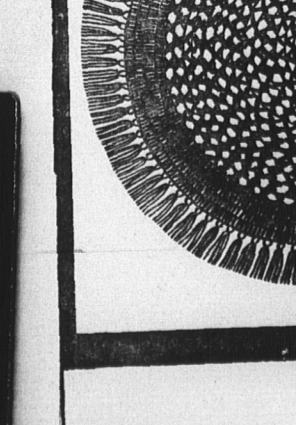
So far the government is not finding it necessary to buy up old brass so antique collectors may still enjoy the adventure of hunting in the dark corners of second-hand shops for this shining metal in handkerchiefs and table sets, bed-warmer and door knockers.

LEARN TO RELAX FOR EFFICIENCY These strenuous days call for efficiency and organization in the use of your time—else you're very likely to be a victim of six o'clock exhaustion. And you know what follows that either you don't get to your important dinner, or you appear at the family table with hair and spirits both straggling.

It's hard to begin? You figure on lining up your day more expertly, but all that happens is you come up with no time for keeping quiet?

Try it the other way round. It's a surprising fact that many times just giving yourself a small break will cut your tension and step up your energy to such an extent that more is accomplished, and particularly more order than you obtain by constant self-policing.

### CROCHETED ROUND RUG WITH FRINGE



DESIGN NO. 1083

This lovely round rug was made by crocheting carpet warp over old silk stockings, which were cut in strips. It is fascinating work and a durable, attractive rug is the result. Pattern No. 1083 contains list of materials needed, illustration of design and 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.

To Charlottetown Guardian Needlework Department Design No. 1083

NAME \_\_\_\_\_ STREET ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ PROVINCE \_\_\_\_\_

Let Down So, next time you face a late afternoon overcrowded with responsibility and chores, and an evening of relaxation which you know will find you too fatigued to enjoy it, just slack a moment and set aside a half hour for yourself before dinner.

### Cat-nap Helps

Maybe you will cat-nap—it's the most efficient thing you can do. If you don't, you'll appreciate just lying there with your mind made up to pay no attention whatsoever to "things to do" in your thoughts. Then get up and remove the cream, and apply fresh makeup and nail polish.

Very likely you'll spend a relaxed, refreshing evening, and therefore will be truly fit to function efficiently next day.

VEILS MUST BE CRISP TO BE SMART If you wear veils, be sure they're fresh and crisp. There's little so dreary looking as a bedraggled wisp of veiling. So, if it's time to renew, consider something springy and different. Something like white chenille dots on crisp black over a shiny black straw, rose-petal, pink or bright scarlet on navy for your new spring dark blue, or fine, sheer meshes of lovely blue to cloud flower bedecked bonnets.

For eyeglass wearers who like to play badminton and ball games a transparent plastic visor has been devised.

Stained First Mahogany furniture that is nicked in many years of service and shows the wood through the varnish will respond beautifully if rubbed down with plain stain and then waxed with a good wax. It will remove that shabby look like magic. This is particularly good with dining room chairs which seem to take a great deal of punishment.

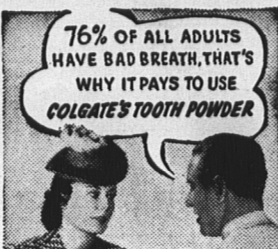
CHILDREN'S BOOKS When a break appears in one of the children's books, mend it at once with transparent gummed tape. Otherwise, the book will be shabby in no time.

GROW YOUR OWN VITAMINS Grow your own vitamins. Say to yourself as you sow carrots, "they'll see we get our A"; "here goes for B" when you put in peas, beans, leeks, potatoes. C when sowing greens, sweeds. Keep on sowing and planting at intervals. Bear in mind the family's minerals wants; there's iron in spinach, parsley, rutabaga, or green vegetables will be richest in calcium salts, must not be wasted.

LORD GORT'S KINDNESS AT GIBRALTAR "Rock" can find them bestowed upon the comeliest soldiers to whom Lord Gort, commander-in-chief at Gibraltar, has given up his summer residence. One hundred soldiers are already accommodated.

## NO DATES?

THEN CHECK YOUR BREATH



76% OF ALL ADULTS HAVE BAD BREATH, THAT'S WHY IT PAYS TO USE COLGATE'S TOOTH POWDER

Bad breath is a romance-robber... a friends-loser... a success-stealer... far others always detect it before YOU do yourself. Take no chances! Use Colgate's Tooth Powder—the tooth powder that cleans your breath as it cleans your teeth.

TIP TO SMOKERS! Colgate's Tooth Powder is a grand way to guard against tobacco stain. It quickly helps remove dull, discolouring film... gets hard-to-clean teeth sparkling with all their natural whiteness and lustre. Stare this easy, pleasant way to clean, sweet breath, sparkling, attractive smiles—today!

COLGATE'S TOOTH POWDER 12 1/2c, 25c, 40c

CLEANS YOUR BREATH AS IT CLEANS YOUR TEETH

## Dorothy Dix Says—

TEN HELPFUL HINTS FOR GUIDANCE OF YOUNG BRIDES-TO-BE

### First Pick A Husband Whose Tastes Are Similar To Yours Then Court Him For Rest Of Your Life

A young bride-to-be asks me if I will give her a few suggestions about how to get along in peace and harmony with the man she is about to take for better or worse. Well, dearie, believe me it is an undertaking that requires the sly powers of Sallust Crispida, the abilities of a mind-reader, the technique of a gold-digger and the diplomacy of a delegate to the League of Nations. But, nevertheless, it can be done, and I offer the following ten helpful hints for your guidance.

(1) First and foremost pick out a husband whose character and disposition jibe with yours. You can't mix oil and water, neither can you blend two natures that swear at each other. They should be the best part of each other's good times. So if you and John get in each other's hair during the days of courtship, pass him up for some lad who has the same tastes and habits and likes the same kind of pie that you do.

(2) Take your husband as he is. Don't try to make him over. Nothing makes a husband so sore as to have a wife who is always taking tucks at his vanity. You have led him to believe that he is the hero of your girlish dreams. Keep up the illusion. No husband ever disputes with a wife who is always telling him how big and handsome and wonderful he is.

(3) Feed the brute. All animals, husbands included, are surly and irritable when they are hungry, but when they are well fed they are so gentle that even a girl child can handle them. So if you want your husband to come hastening home, feed him first. He will be sure that there is a better dinner awaiting him than he could get in a restaurant.

(4) Don't argue. When you don't agree with your husband's opinions, which you won't half the time, don't dispute them. Just let them ride and you will save nine-tenths of the fights that leave a husband and wife made at each other.

(5) Don't set yourself up as your husband's mentor. Don't correct his statements, or set him right when he tries to tell a story. Don't Emily his manners. Let other people tell him of his faults. It is too dangerous a pasture for a wife to invade who is a husband will condone many faults in his wife, but not her being a critic on the hearth.

(6) Drive with a light rein. Give your husband his head a little. Don't make him feel that his home is a jail. It is his castle. It is his home. Don't look at it as if he has committed a capital crime if he isn't home on the dot for dinner. Don't wait up for him with a certain lecture on the end of your tongue if he stays down town and plays poker with the boys now and then. There wouldn't be so many wandering husbands if there were not so many tyrannical wives.

(7) Be nice to your husband's old friends and try to make his family love you. There is nothing else that a wife can do that will so fill her husband with gratitude towards her as for her to give his old pals a warm welcome, instead of her serving them cold shoulder, when they come to his house. And if she will show his mother some affection and appreciation, he will simply grovel at her feet.

(8) Ask your husband's advice. You don't need to take it and he won't care whether you do or not, but he craves that little gesture that recognizes him as the head of the house, and that implies that you consider his taste impeccable and that you desire to please him. Never order your husband to do things. Suggest that he do so-and-so and you will save a million domestic scraps.

(9) Never throw the salve-spreader into the ash can, as so many women do as soon as they are married. Jolly your husband along. You know what tactics you used in catching him. Redouble them to hold him. Marriage isn't a place where the wife can sit down on the do-nothing stool and let Nature take its course, for unhappily human nature leads her towards women who are easy on the eyes and who flatter them and entertain and amuse them, and away from wives who let themselves get slovenly and dull and fail to show his mother some affection and appreciation, he will simply grovel at her feet.

(10) Don't take your husband for granted. Tell him every day how much you love him, and how much you admire him, and how grateful you are to him for the daily salary he goes through to keep you safe and comfortable. As long as a man feels he is the centre of his wife's universe all's well with his world, and there are no Other Women.

DOROTHY DIX.

## No washing job is complete without...

## SUNLIGHT'S "EXTRA-SOAPINESS" for the extra dirty parts



CLOTHES get badly soiled in the same difficult places week after week. Pillow cases are dirtiest where sleepy heads have rested... shirts at the collar bands and cuffs. Almost everything in the wash has extra soiled parts which require an additional soaping to get them really clean.

Every soap-bar, powder or flakes—will remove the general dirtiness. But much of the grime clings tightly, and only the Sunlight method of washing will remove it. Sunlight has a wonderful "extra-soapiness" which enables you to get right at the extra dirty spots at once. Just apply lightly—scarcely more than a mere touch—and you leave a film of soap right in contact with the dirt. And because it is Sunlight Soap this film is sufficient to loosen the last tiny speck of stubborn grime.

In the rich Sunlight lather every particle of dirt is carried away, yet its action is gentle—safe for the finest materials. It is all good pure soap—and that purity means perfect safety for everything in the weekly wash. It's gentle to your hands, too.

You can't do without SUNLIGHT SOAP. A LEVER PRODUCT

## THE COOK'S CORNER

### SPICY GINGERBREAD

2 eggs  
1-2 cup brown sugar  
3-4 cup light molasses  
2 cups boiling water  
2 teaspoons baking powder  
2 teaspoons ginger  
2 teaspoons cinnamon  
1-2 teaspoon nutmeg  
1-2 teaspoon baking soda  
1 teaspoon salt  
1 cup boiling water

Method: Melt the butter and add the brown sugar, molasses and eggs. Stir in the water until well blended. Pour the mixture into a greased square pan and bake in a moderate oven (350 deg. F.) for about 45 minutes. Serve with sweetened and flavored whipped cream.

### STEAMED SUET PUDDING WITH MAPLE CREAM SAUCE

2 cups stale cake or cookie crumbs  
1 cup suet  
1 egg  
2-3 cup corn syrup  
1-3 cup seeded raisins  
1-2 cup diced nuts  
1-2 cup diced citron  
2 tablespoons flour  
1 cup milk  
1-2 teaspoon cloves  
1-2 teaspoon nutmeg  
1 teaspoon cinnamon  
1 teaspoon salt  
1-2 cup diced figs

METHOD: Mix the dry ingredients with the suet, with hands finely chopped, then the liquids. Pour into a well greased pudding mold and steam for two hours. Will keep for weeks. Reheat and steam for one hour longer. Serve with Maple Cream Sauce.

### DRAWN BUTTER SAUCE

6 tablespoons butter  
4 tablespoons flour  
2 cups boiling water  
Salt and pepper

Method: Melt 4 tablespoons of the butter and stir in the flour. Gradually add the boiling water and cook, stirring constantly, for about five minutes, or until the sauce is thick and smooth. Season with salt and pepper and beat in the remaining 2 tablespoons butter.

### JOHN BULL'S FLINTS

LONDON (CP)—British-made flints soon will be available for mechanical lighters. To make Britain independent of foreign supplies, two factories are producing a new type of flint, which formerly came from the United States, Germany, or Switzerland.

### COIFFURE SHOULD FRAME YOUR FACE WITH FLATTERY

Think of the shape of your face when you get your spring coiff, and also when you make up for a party—or for work.

If nature blessed you with an oval face, the shape many women strive to achieve by illusion, then take care to reveal it clearly.

Don't blur the lovely outline by a fuzzy hairdo, nor part the hair too low, nor draw it back tightly, nor year bangs or dips. All of those things detract. Your hair style should follow through with the oval line of your countenance.

For the same reason, you should

## A Morning Smile

A young woman attorney was about to argue her first case. On that morning she washed her hands five or six times. Her mother said: "Don't be nervous, Marie, but these judges make such a fuss about coming into court with clean hands."

"So you've just had a medical examination. What did the doctor say?"

"He said that I was in pretty good condition but that I shouldn't start reading any continued stories."

part; rather, wear side rolls, which add no height to the face. Rouge should be carefully blended in a circle in the centre of the cheeks with lipstick, the upper lip made rather full at the corners.

## Needlecraft For The Home

Whether you're a young bride about to bake your first batch of biscuits or an old hand with mixing bowls, you'll approve this cutting. The front closing and curt sleeves mean a maximum of freedom while you beat batters and stir dough. Style No. 3267 is designed for sizes 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44, 46 and 48. Size 36 requires 3 5/8 yard and 35-inch fabric for dress; 3/8 yard 35-inch contrasting for collar.

To order pattern: Write or send picture with your name and address with 20 cents in coin or stamps to the Needlecraft Bureau, Charlottetown Guardian.

To Charlottetown Guardian Needlecraft Department Style No. 3267 Size \_\_\_\_\_

Name \_\_\_\_\_ Street Address \_\_\_\_\_ City \_\_\_\_\_ Province \_\_\_\_\_

## Relieves MONTHLY FEMALE PAIN

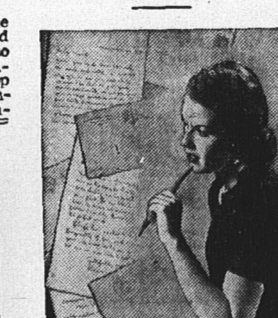
Women who suffer pain of irregular periods with cranky nervousness—due to monthly functions—discomfort—should and Lydia E. Pinkham's Vegetable Compound Tablets (with added iron) very effective to relieve such distress. Pinkham's Tablets made especially for women help build up resistance against such annoying symptoms. Follow label directions. Made in Canada.

TO-DAY'S Beauty Treatment FOR WALLS and CEILINGS is Inexpensive Easily Applied

## Alabastine

ON SALE EVERYWHERE IN CANADA

## Letters May Be Written Quickly



Sample Letters Show You How "How letters do pile up," worries Joyce, ready to put off writing again because she can't think how to begin, what to say.

A great pity to lose friends that way! Easy to write quickly, charmingly with hints from sample letters by good writers.

No hesitating then over that note of thanks to Margie for her gift. Trippingly you write, "Darling of you to send me that exquisite lamp—it's a bright spot in my room."

With correct forms before you, you quickly answer the tea invitation written on Mrs. Grey's visiting card. Using the third person, you begin, "Miss Joyce Jones accepts with pleasure..."

That letter of introduction is simple when you have a guide at hand. Tactfully you write, "An old friend, Alice Graham, is moving to Middleton. She's devoted to music—I'm sure you two will find much in common."

Where to get good sample letters? There are lots of them in our 32-page booklet! Has letters for business and social occasions, invitations; tips on bright interesting phrases, colorful words. Right beginnings, closings, correct stationery.

Send 30c in coins for your copy of "Good Letter-Writing Made Easy" to The Guardian Home Service. Be sure to write plainly your Name, Address and the Name of booklet.

Name \_\_\_\_\_ Street Address \_\_\_\_\_ City \_\_\_\_\_ Province \_\_\_\_\_

## DAILY MENUS Sugar-Saving

(FOR WEDNESDAY, APRIL 22)

### BREAKFAST

Cereal with Raisins  
Toasted Muffins (left over)  
Tea Coffee

### LUNCH OR SUPPER

Corn Soup (Rich in Vitamins)  
Raw Vegetable Salad  
"Honey Meringue"  
Tea Coffee

### DINNER

Curried Lamb (left over)  
Mashed Potatoes  
\*Steamed Suet Pudding with Sauce  
Tea Coffee

### HONEY MERINGUE

(A Chateau Institute Approved Recipe)  
1 egg white  
1-2 cupful of honey (strained or granulated)  
1 egg yolk and unbeaten egg white in the top of a double boiler.

Cook seven minutes, beating with a cover beater while cooking. Remove from the double boiler, beat and spread as desired.

## MAPLE CREAM SAUCE

2 cups stale cake or cookie crumbs  
1 cup suet  
1 egg  
2-3 cup corn syrup  
1-3 cup seeded raisins  
1-2 cup diced nuts  
1-2 cup diced citron  
2 tablespoons flour  
1 cup milk  
1-2 teaspoon cloves  
1-2 teaspoon nutmeg  
1 teaspoon cinnamon  
1 teaspoon salt  
1-2 cup diced figs

METHOD: Mix the dry ingredients with the suet, with hands finely chopped, then the liquids. Pour into a well greased pudding mold and steam for two hours. Will keep for weeks. Reheat and steam for one hour longer. Serve with Maple Cream Sauce.

### MAPLE CREAM SAUCE

1-2 cup maple syrup  
2 eggs yolks  
1-2 cup evaporated milk  
1-2 teaspoon lemon rind if desired

METHOD: Beat yolks slightly. Scald milk in double boiler, pour over egg yolks and syrup. Return to double boiler and cook, stirring constantly until it coats the spoon. Lastly add grated lemon rind.

### COTTAGE CHEESE APRICOT DUMPLINGS

1-2 lb cottage cheese  
3 egg yolks  
3 tablespoons cream of wheat  
Pinch of salt  
Piece of butter about the size of

Advertisement for Alabastine Beauty Treatment, showing a woman's face and the product box.