

# Woman's Realm Social and Personal Fashions Literature

**YOUR COMPLEXION CAN BE LOVELIER**

if you're careful about the beauty soap you choose



Two of the finest beauty oils Nature has ever created go into the making of Palmolive



That's why Palmolive's lather is so silk-smooth on your skin... it seems to kiss away every trace of dirt and stale cosmetics... leaving your complexion smooth and refreshed.

You'll love the way Palmolive cleanses and soothes all your skin naturally. No animal fats in Palmolive, and no artificial coloring or bleaches. That's why Palmolive soap won't irritate even the most tender and sensitive skin.

**YOU KNOW ALL ABOUT PALMOLIVE**

You know its colour is natural, you know it's made with two of Nature's finest skin beautifiers, you know it's as pure and safe as a soap can be. What other beauty soap tells you so much? Let your skin enjoy Palmolive's extra advantages from now on - soaps you no more. Get three cakes today.



Keep that Schoolgirl Complexion

**A Morning Smile**

FORCE OF HABIT

MEANT GOOD

**Dorothy Dix Says—**

**WIVES, HUSBANDS SHOULD GO FORWARD TOGETHER**

Each Should Keep Abreast Of The News And The Things That Interest The Other—Don't Get Into A Mental Rut

Women are continually being urged to keep up with their husbands. It is wise counsel, for in all the world there is no more piteous spectacle than that of a brilliant, cultivated, sophisticated man who has so far outgrown his wife that he can no more be companionable with her than he can get into his wedding suit after he has got the middle-age spread. It is a tragedy for both of them, for it leaves two lonely, disappointed human beings keeping up the mockery of a marriage from which all that made it worth while is gone, living together, side by side, day in and day out, yet farther separated from each other than if continents rolled between them. Perhaps women need this advice to keep up with their mates more than men do, because they generally feel that marriage is the objective of their lives and having achieved that they have a right to slump and take things easy. Also, all the circumstances of a woman's life after marriage tend to narrow her interests down to the kitchen and the nursery, whereas with men marriage is the beginning of the serious business of life and the necessity of providing for wives and children is added. Also a man's life where he is continually seeing new things and hearing every subject under the sun, discussed, meeting clever people, sharpens his wits and gives him a polish unless he is hopelessly middle-headed.

**JO FORWARD TOGETHER**

Nevertheless in these times, when there are as many women college graduates as there are men, and when the number of girls who take a high-school education far outnumber the boys, it is not to put their best foot foremost to keep up with their wives. For wives outgrow their husbands just as husbands outgrow their wives, and no disaster more complete can happen to any marriage than for a wife to forge forward while her husband is still left at the post.

This also is a double tragedy because every wife desires to look up to her husband and it is a bitter disappointment to her when she finds that they have nothing to say to each other any more because they do not speak the same language. Nor does any man ever resent anything his wife does for him as he does her being his superior in any way. There is no happiness in the families in which the gray mare is the better nag.

Perhaps being warned so often that if they don't keep up with their husbands they will lose them has had its effect on wives. At any rate, practically all women beyond the grade of morals do make an effort to be intelligent and interesting companions to their husbands and to trot along in their class as well as they can.

**WIVES READ MEN'S NEWS**

Everywhere we see wives poring over the sports sheets in the newspapers, although personally they haven't the faintest interest in baseball or football and, like the sah of Persia, are perfectly aware that one horse can run faster than another and it is immaterial to them which one does. They talk sympathetically about the stock market so that they can act excited when Gold Brick goes up 10 points.

They listen with bated breath while their husbands discourse long and tediously about their work. And they study up on their husbands' professions or occupations so that they may be able to at least listen intelligently and describe the technique of a new operation or an archaeological find in an interesting way.

But did you ever hear of a man reading up on the fashions so that he could have heart-to-heart discussions with his wife about the length of skirts they are going to wear this season? Did you ever know a husband who didn't look like a martyr with his wife trying to tell him about her household troubles, or her big game, or what she saw in the stores, or her club rows? Nay, verily. It is the wife who has to entertain the husband and there is no vice versa about it.

All over this broad land of ours there is not a city nor a town nor a village that hasn't its cultural clubs where women are studying appreciation of symphony music and architecture and literature and science, and where they have experts come and lecture to them on every subject under the sun, and analyze current events for those who haven't time to read the newspapers, and give book reviews for those too lazy to read for themselves.

**WHAT MEN FAIL TO DISCUSS**

But how many men's clubs do you know that devote themselves to a pursuit of sweetness and light and the serious discussion of the Higher Things in Life? How often does the Tired Housewife does? And as for reading—well, any librarian will tell you that practically all bookworms are females.

The inference from all of this is inescapable—husbands are not keeping up with their wives, and perhaps that is why so many ladies go to Reno. They are tired of living with husbands who have stayed put since their wedding day while they have gone on.

**LOSING HIS HAIR**

Dear Dorothy Dix—I am a young man in the army, terribly in love with a girl back home and she is also in love with me, and we plan to get married as soon as the opportune time comes. I am of a very nervous type and the least little thing that goes wrong causes me to worry. Now what is making me unhappy is the fact that my hair seems to be falling out. I don't know how to get it back, or what she will think if I live with a bald-headed man. Should I tell her about it? Is there any way that I can stop my hair from falling out?

**ANSWER**—Millions of men spend millions of dollars every year for hair tonics, but judging from the number of bald heads you see, none of them work.

Don't worry about losing your girl because you are losing your hair. Women don't put the stress on hair that men do. No man would fall in love with a bald-headed woman, but whether a man has ambrosial curls or just one skimpy lock to comb over his bald spot cuts no figure in a woman's affections.

DOROTHY DIX.

**THE COOK'S CORNER**

SHORTBREAD I

1 cup butter  
1-2 cup fine granulated sugar  
2 cups flour

Method: Cream the butter thoroughly and gradually cream in the fine granulated sugar and beat thoroughly. Now gradually slow over until a very delicate brown. The temperature is 300 deg. F. and the time required is about 15 minutes.

If you roll the dough out to about 1-4 inch thickness, it may cut in any desired shape. These are also baked in a moderately slow oven until a very delicate brown. The temperature is 300 deg. F. and the time required is about 15 minutes.

You will find that this will keep well for about 2 to 3 months if first cooled and then wrapped well in waxed paper and stored in a tin box with a tight-fitting lid.

Finer sugar is used in place of the granulated sugar in the next recipe. Then the addition of a little cornstarch is supposed to contribute to a finer texture.

**SHORTBREAD II**

1 cup butter  
3-4 cup sifted icing sugar  
2 cups sifted flour  
2 teaspoons cornstarch

Method: Cream the butter thoroughly. Sift the icing sugar, measure it and gradually cream this into the butter. Beat the sugar-butter mixture until it is light and fluffy. Sift the flour once, then measure and sift again, with the cornstarch and the salt. Add this to the creamed mixture and mix until thoroughly blended. Turn the dough out onto a lightly floured 1-4 inch thickness. Cut with a small round cookie cutter with fluted edge and place a very small piece of candied cherry in the center of each cookie. They may be baked in a moderate oven (350 deg. F.) for about 5 minutes, or some people like to do them in a slower oven (300 deg. F.) for about 10 to 15 minutes. Watch them carefully when they are baking and take them out when they are just beginning to turn color. They have a much nicer flavor when they are only very delicately browned.

**OATCAKES**

1 cup flour  
1-2 teaspoon soda  
1-2 teaspoon salt  
2 cups fine oatmeal  
1-2 cup sugar  
1-2 cup fat  
Warm water

Method: Sift together the flour, soda and salt. Add the oatmeal and the sugar and mix well. Now add the fat (use any kind for this—lard, shortening or butter) and work this into the dry ingredients until the mixture is in fine crumbs. Now add enough warm water to make a dough about the consistency of pastry (about 3 or 5 tablespoons). Turn out onto a lightly floured board and roll very thin. Cut in any desired shape and place on a greased baking sheet. Prick with a fork and bake in a moderate oven (350 deg. F.) for about 10 minutes or until lightly browned.

**Delicious!**

**KING COLE TEA AND COFFEE**

**NEW YORK STYLE LETTER**

FROM ANNE M. GRIFFIN  
Peelers Fashion Service  
121 West 19th Street  
New York, N. Y.

There are lots of nice things about home-sewn garments and one the nicest of these is their fit. It's practically impossible to walk into a store and buy a ready-made garment that really fits, but if you sew your own, you can be sure that your dress is made for you. It won't pull across the shoulders, the waistline won't ride up above the belt, and the hemline won't dip at odd angles. That's why the world's smartest women have their clothes made for them; they know that half of a frock's style lies in its fit.


Now not only a good fit, but a perfect one, is obtainable by home dressmakers without even trying the garment on. A well-known sewing machine company has developed this epic-making timesaver—a process whereby an exact reproduction of your figure, a sort of second skin, can be obtained in a mere half hour. A soft plastic material composed of rubber and various waxes is applied over the usual foundation garments, allowed to harden and then removed. It's all ready for work. This ought to be a boon for mothers who make their children's clothes. No more waiting 'till school's out for a fitting, no more fussing and squirming and no danger of pin sticking, either!

What won't they think of next? It seems you not only buy a hat these days, you also buy the hair-cut that goes with it. In fact, it's attached. No matter what your hair's natural shade may be, you'll sport the color that goes with the hat. For instance you might get a new mauve turban. And if your present coiffure just doesn't live with the down-in-back hats, you'll merely cover up your real hair and buy a colored wig. At least, so they tell us.

**New under-arm Cream Deodorant**

safely Stops Perspiration

Novel Terrarium You Easily Make



Gay Blooms in a Glass Teapot

A new and delightful kind of terrarium in a glass teapot, you can grow with almost no effort a lovely African violet, a bit of fern—or whatever plant you like.

To make this or almost any other terrarium—the fishbowl type, for instance—you just put in the bottom some cinders or pebbles for drainage, and add soil. Keep the soil moist for an African violet, but don't let water get on the leaves.

A fine companion for your gaily blooming terrarium is a dish garden. Grow a dwarf pine from seed, pinching and pruning to get the effect of a grown tree in miniature. Or in your woodland rambles you may find a tiny pine, dwarfed by some accident. Dwarf trees do better with poor soil, little warmth.

You can make a fascinating dish garden, too, with an assortment of quaint seeds. Plant in sand mixed with a little garden loam, and water only occasionally.

Our 32-page booklet gives detailed instructions for all kinds of lovely dish gardens and terrariums. Tells how to raise exotic orchids and gardenias under glass, grow a practical and pretty kitchen herb garden in a window box.

**ARRID**

ARRID is the LARGEST SELLING DEODORANT. Try a jar today!

39¢ a jar (All stores selling toilet goods (also in 15¢ and 59¢ jars)

1. Does not rot dresses or men's shirts. Nor does it irritate skin.

2. No waiting to dry. Can be used right after shaving.

3. Instantly stops perspiration for 1 to 3 days. Removes odor from perspiration.

4. Pure, white, greaseless, stainless vanishing cream.

5. Arrid has been awarded the Approval Seal of the American Institute of Laundering for being harmless to fabrics.

**12 SHOPPING DAYS TILL CHRISTMAS**

Keep the Christmas Spirit Burning

Buy WAR SAVINGS CERTIFICATES

**THE COOK'S CORNER**

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**A YULTIDE THOUGHT**

Now, isn't it wonderful thing, The Joy that Christmas Morn can bring To them who have throughout the year So little in their lives, of cheer But, wouldn't it be better, much For him who hath to get in touch With them, less fortunate than he, And try to end their misery? To do this every chance he gets; For then he'll surely find himself, Devoid of all desire for self, Except for that with which he can Do some good for his fellowman. Would not this be a splendid way To have a year-around Christmas Day?

—Thomas A. Hanley

**CHAIRS CONTRIBUTE TO COMFORT OF BOUDOIR**

Red sail cloth with white welting and a blue skirt is the perky glories sheen covering used for a new chair with tufted back that would spruce up any woman's boudoir. It is also available in blue, with a red skirt.

Maple chairs platform rockers and, of course, the chaise longue, for relaxation, providing a setting as up to the minute as its owner's hair-do. Barrel chairs covered in colorful hamepun tapestry also are given prominence in many boudoirs.

**COOKING GUIDE**

Cooking guides are simple and most easily remembered if we number the points to be considered rapidly. That is, have the water boiling when it is poured over the point as quickly as possible, then turn down the heat so that the liquid continues bubbling gently but not madly. Slow cooking is needed only for foods that contain a good deal of protein which is toughened under high temperature.

2. Avoid over-coking. Fruits and vegetables are appetizing and digestible as soon as they are barely tender.

3. Use as little water as possible to prevent burning and use no soda to preserve the color.

4. Avoid stirring fruits and vegetables while they cook in water. Also avoid putting them through a strainer while they are still boiling hot. The combination of oxygen and high heat has a devastating effect on Vitamin C in most cases.

5. Save the water (another advantage of having a small quantity) and use it in making soups and sauces for other vegetables or meats.

6. Cut vegetables to be boiled, in large pieces, slicing them later if desired or leave them whole with the skins on whenever possible until after cooking.

7. Serve foods as soon as you can after the cooking period is over.

The reasons for these rules or guides are easy to understand. Both minerals and vitamins seep out into the water and dissolve in it. Vitamin A is destroyed by heat when there is air mixed with it. Vitamin B is particularly injured by high temperatures when a fat or a similar alkali is in the water. (If the usually alkaline community is used to a few drops of lemon juice to cooking water but not enough to make it taste acid.) The most damage to Vitamin G and nicotinic acid is done by the loss through dissolving in water because the heat effect is not bad. Vitamin G, except in tomatoes, which do not seem to be greatly touched by heat cooking, is easily destroyed by heat mixed with air.

**OFFICE WORKER NEEDS EXERCISE**

The young office worker, outside of taking an occasional swim every summer, gets no exercise of any kind, not to mention the lower half of his body. Unless the muscles between and knees are kept firm and thighs will bulge. Unless the abdomen remains firm and elastic, the stomach will protrude.

Exercise is the only answer possible to keep slender by not eating more than actually needed at every meal. It's best to eat a great deal of weight by dieting. But unless they are firm, any girl who sits for hours every day will, within a few years, have thighs and hips which are anything but slender.

Exercise necessary to keep each and leg muscles in excellent condition need not be complicated. And seven or eight minutes a day will suffice. The ideal way for a career girl to keep her hips and thighs from becoming flabby is to do the following exercises five times a morning before she takes a shower:

1. Lie flat on the floor with knees folded across the chest, then feet slightly off the floor, then over and over to the right and arms at sides, then come up and sit in position. Without rest, feet with fingers. Now lower upper half of body to prone position.

**Flat Abdomen**

Now, keeping shoulders flat the floor with arms at sides, ankles together, slowly lift feet ward until legs are perpendicular with the body. Knees should be straight. Lower legs even slowly. Notice the strain this puts on stomach muscles. To combat this routine, keep feet on the floor and arms at sides, then come up and sit in position. Without rest, feet with fingers. Now lower upper half of body to prone position.

**FOAMY SAUCE**

Now that it is not possible to make meringues often, there sometimes the white of an egg, spiced and if this is very stiff whipped, it can be used either as fruit sauces or custards and makes a delicious improvement.

**NOVEL SANDWICH FILLING**

Cream cheese mixed with either lemon or orange juice, spread on thin slices of bread and butter provides a filling of novelty as a sandwich filling.

**ACT FAST WHEN A COLD THREATENS**

Use This 3-PURPOSE Medicin

At the very first sniffle, sneeze, or sign of a cold just a few drops of Vicks Vapo-rub and each nostril. If used in time, Vapo-rub's stimulating action actually helps prevent many colds from developing.

... And remember this, when a head cold makes you miserable, to combat congestion "fills up" nose at night, spoon sleep—3-purpose Vapo-rub gives valuable help as it (1) shrinks swollen membranes, (2) relieves irritation, (3) helps flush out nasal passages, clearing clogging mucus. Enjoy the relief it brings.

**VICKS VAPORUB**

**This Home-Mixed Cough Relief Is Hard To Beat**

Very Easy to Make. No Cooking. Saves Big Money.

No matter what you've been using for coughs due to colds, you'll be the first to admit that this surprising relief, mixed in your own kitchen, is hard to beat, for real results.

Make a syrup by stirring 2 cups of granulated sugar and one cup of water in a few moments, until dissolved. No cooking is needed—anyone can do it.

Then put 21 ounces of Pinex (obtainable from any druggist) into a 16 oz. bottle, and add your syrup. This gives you 16 ounces of really excellent cough relief—about 4 times as much for your money. Tastes fine—children love it—and it never spoils.

You can feel this home mixture taking right hold of a cough. It loosens the phlegm, soothes the irritated membranes, and helps clear the air passages. Eases soreness and difficult breathing, and lets you sleep. Once tried, you'll swear by it.

Pinex is a special compound of proven ingredients in concentrated form, a most reliable soothing agent for throat and bronchial membranes. Just try it, and if not satisfied, your money will be refunded.

**BEAUTIFUL OLD MOTTO**

**GOD BLESS OUR HOME**



**763**

DESIGN NO. 763

A lovely old sampler embroidered in cross stitch. Inexpensive to make, if you use odd lengths of floss from your scrap basket. Hot iron transfer measures about 10 by 16 inches with 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. 763

NAME \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_

PROVINCE \_\_\_\_\_ CITY \_\_\_\_\_

**Your Individual HOROSCOPE**

By Frances Drake

Look in the section your birth date comes in and find your outlook is, according to the stars.

For Wednesday, December 10th (Copyright, 1941, King Features Syndicate, Inc.)

**MARCH 21 to APRIL 20 (Aries)**—Highly sponsored interests in A.M.; Shipping, dealing in liquids, oils, chemicals, investigations. P.M. warns against sharp aggressiveness and demands. Fine day for tasks requiring endurance, courage, stick-to-itiveness.

**APRIL 21 to MAY 20 (Taurus)**—You can advance in worth while interests through your far-sightedness and belief in sturdy, lasting projects. Weigh the spiritual gain or loss in whatever you do. Favors likely through well-intentioned friends.

**MAY 21 to JUNE 21 (Gemini)**—Slacken spending for personal desires or selfish reasons but go all out in your efforts to succeed in your particular line of employment. A fruitful period for arduous tasks, useful darning feats.

**JUNE 22 to JULY 23 (Cancer)**—The least sparing the more accomplished this activating Mars day. Much can be achieved in major and minor undertakings, difficult work and problems if you'll plan and keep in mind the future outcome. Fine for military affairs.

**JULY 24 to AUGUST 23 (Leo)**—Today calls for action and perhaps taking a few chances, too. With intelligence backing your moves and by avoiding previous mistakes you should be able to try with some success. Remember, DOERS get places, and you won't get hurt trying!

**AUGUST 24 to SEPTEMBER 23 (Virgo)**—This can be a difficult day to a Virgo's sensitive and meticulous nature but if you'll forget the little pin-pricks and think only of the bigger, more important things and let yourself get busy with your activities, and enjoying it, too.

**SEPTEMBER 24 to OCTOBER 23 (Libra)**—Properly handled and with plenty of pep and ambition you can get more than you suspect today. Don't sacrifice honesty, sincerity or fine principles—they always win out ultimately.

**OCTOBER 24 to NOVEMBER 23 (Scorpio)**—Personal matters and activities in which your special talents and capability will show are particularly favored. A good day for making headway in difficult and arduous tasks.

**NOVEMBER 24 to DECEMBER 23 (Sagittarius)**—Dealing in food stuffs, wearing apparel, and the many items necessary to everyday living are on the preferred list. Be rightly conservative and moderate.

**DECEMBER 24 to JANUARY 21 (Capricorn)**—May not be particularly favorable now for matters depending wholly upon quick, clear-cut decisions and speedy execution. Important issues will be decided through thoughtful and careful treatment if errors are to be avoided. Efficiency will count heavily.

**JANUARY 22 to FEBRUARY 20 (Aquarius)**—Nervous irritation forces and able mental equipment for the work at hand. It's up to your personal application and the tempo at which you work to indicate your success.

**METHYLATUM** gently soothes nasal irritation... relieves sniffing... clears and soothes nose, clears the tubes, etc.

**A NEW NOSE FOR 30¢**

**METHYLATUM**

**Needlecrafts**

—For The Home

Get into the Christmas spirit and make your own gifts this year! You'll get so much more pleasure out of giving a bit of your own handiwork rather than something you purchased in a shop and you'll save a pretty penny in the bargain. For the tiny girl on your list, we suggest this cuddly pattern. In about 15 minutes it's a pretty baby, the next, it's a big Mammy. She'll love to play with it, and her mother will be pleased, too, for it's both safe and unbreakable.

Pattern No. 3280, Mammy requires 1-4 yard 35-inch fabric for bodies, 5-8 yard for dress, 3-8 yard for fichu, 3-8 yard 18-inch for bandanna, baby, 1-4 yard 35-inch fabric for body, 7-8 yard for dress and hat with 1 yard lace.

Send twenty cents (20¢ coin preferred for pattern). Write plainly your Name, Address and style number. Be sure to state size you wish.

Style No. 3280

Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_

**MONTHLY PAIN**

which makes you CRANKY, NERVOUS

If you suffer monthly cramps, backache, distress of "irregularities," nervousness—due to functional monthly disturbances—try Lydia E. Pinkham's Vegetable Compound Tablets (with added iron). Made especially for women. They also help build up red blood. Made in Canada.

3280