

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

## THE COOK'S CORNER

**PREPARING GRAPEFRUIT.** Peel the fruit, not bothering to take off the pithy part. Cut in half longwise. Then with scissors cut the membrane of the first section close to the core from one end to the other; fold it back, when whole pulp will come out usually in one luscious piece. Then do each section in the same way. There will be a little pile of dry skins left, and not a drop of juice lost. Grapefruit prepared in this way goes much further than eating from the skins. One good-sized one will serve four.

**FOUR-IN-ONE MARMALADE.** Three oranges, 2 lemons, 4 tart apples, 1 No. 2 can crushed pineapple, 3 cups water, 6 cups sugar. Wash and cut the lemons and oranges in sections, remove seeds and either put through fine knife of food chopper or slice very thin. Put in a granite saucepan with the water and cook slowly, covered until the rind is tender—about 20 minutes. To this add the apples which have been washed, cored and minced (but not peeled), and the pineapple and juice. Add in the sugar and cook until thick and transparent. Try a teaspoonful on cold plate—and when of desired thickness, pour into hot sterilized jelly glasses when cool cover with layer of paraffin.

**HAM AND MACARONI SAUVORY.** Ingredients: Two ounces of macaroni. One cupful of white sauce (thin). Five ounces of ham. One ounce of grated cheese. Pepper. Crumbs. Cut up the ham and roll in slightly salted water for about a quarter of an hour—or till it is thoroughly cooked. Strain, add the sauce and grated cheese, and blend. Put a layer of the macaroni in the bottom of a fireproof gratin dish and cover with ham (previously cut in small pieces and lightly fried and dredged with a little pepper). Cover with the rest of the macaroni, sprinkle with grated cheese and crumbs, and brown in the oven or under a grill.

**YORKSHIRE PUDDING.** One-half cup flour (bread or general purpose flour), pinch of salt, 1 cup sweet milk, 3 eggs. Mix the flour until smooth and free from lumps with some of the

## bag-dad DATES OF QUALITY



**PITTED and UNPITTED**  
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milk. Add enough to use one cup, then put in the unpeeled egg, and beat well with a Dover beater until flour, milk and eggs are well mixed. Finally, add the remaining cup of milk and beat well again. For baking, use a heavy tin, 8 x 8 inches, and perhaps 2 inches in depth. Grease liberally and have about 1 dessertspoon of melted butter in the warm pan. Pour in the batter, and put at once into a good hot oven (425 to 450 degrees), or if you haven't a thermometer, have the oven hot enough for pastry. This amount serves four.

## NO PLACE LIKE HOME



Enjoy beautiful surroundings to the full, with all the comforts and conveniences of a home. Our new 1938 Seed and Nursery Book is full of illustrations, many in natural life colors. All the newest and finest in flowers, vegetables, fruits, shrubs, trees, and more. Your copy ready now. SEND TODAY!

**DOMINION SEED HOUSE, GEORGETOWN, ONT.**

## Fashionable Hand Knits for the Younger Set



Knitting either of these lovely frocks is fun and relaxation—and think of the joy they will bring to the younger members of the family. They are pretty enough for any occasion, yet practical and sturdy enough to stand strenuous hours of play. Lacy leaf stitch is used for the short sleeves if you prefer. Plain stocking stitch is used for the teen-age frock, with a row of triple diamonds across base of two purr—two plain ribbed to shoulders.

No. 445A, little girl's dress, is available in size 6 years with stitch tension for sizes 2 and 4 years.

No. 445B, teen-age girl's dress, is available in size 10 years with stitch tension for sizes 8, 12 and 14 years.

Pattern includes sample of wool used in the original garments.

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.

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**QUAKER OATS**

**Quick HEALTH BREAKFAST**

30 GENEROUS HEALTH BREAKFASTS IN EACH PACKAGE

Each serving provides the energy value of 2 eggs.

## Dorothy Dix

**If Women Would Accept the Philosophy of Life That Enables Them to Accept the Inevitable With Good Grace, They Would Be Far Happier**

I wonder if women will ever acquire a philosophy of life that will enable them to accept the inevitable without kicking too hard against the things they don't like, and make them realize that if they can't feast on angel's food they can get a lot of nutriment out of roast beef and potatoes.

There are millions and millions of girls, for instance, whose whole youth is embittered by their not being attractive to men. Perhaps they are lovely, perhaps they are not, but they never have dates. They never have a honey pot. They never have a date. They are never in on the good times of other young people. They spend their evenings at home with Papa and Mama reading an improving book. And when they are parties to a boy of his own volition asks them to dance, they shoo him away with an unwilling and ungracious "No, thank you."

Lucy paper the walls unless some determined hostess shanghais an unwilling lady into taking a turn with the music.

What these girls suffer would make a tear-compelling chapter in the Book of Martyrs. No victim at the stake ever went through greater torments than they. And, no matter what the way of money or social position or intelligence or culture or home surroundings, it does not compensate them for their lack of popularity with boys.

But, strive as she may, there is nothing that the girl who is unattractive to men can do about it. She is just that way. If she lacks sex appeal, she lacks it, and no earthly power can give it to her. What a pity, then, that these girls, instead of breaking their hearts in futile longings for the bellefleur they can never have, do not accept the limitations that fate has put upon them and make the most of what they have.

What a pity that Dorothy Dix can't shrug her shoulders and say: "Well, what of it? I am not a bit with the boys?" There are plenty of other things to enjoy. Books and travel and ambition, making my own place in the world and the companionship of interesting people, and the very men who will never call me sweetie will like to call me friend.

Then there are the millions of disillusioned wives who spend their lives beating upon their breasts and proclaiming to all who will listen that they are the most miserable creatures alive. Many of these wives are along with, and who swathe them and take the most of what they have, and who swathe them and take the most of what they have.

What a pity that Dorothy Dix can't shrug her shoulders and say: "Well, what of it? I am not a bit with the boys?" There are plenty of other things to enjoy. Books and travel and ambition, making my own place in the world and the companionship of interesting people, and the very men who will never call me sweetie will like to call me friend.

## Don't Experiment—Treat Colds Proved Way

Doubly proved in the world's largest cold-remedy, and by every day use in more homes than any other medicine of its kind. No "dosage." Just massage VapoRub on throat, chest, and back at bedtime. Relief begins almost at once. And long after sleep comes. VapoRub keeps right on working. Its soothing and vapor action loosens and relieves irritation and coughing, helps break local congestions, and relieves the worst of colds.

**VICKS VAPORUB**

chiefly deep Red Azaleas, and a picture.

Her sister, Princess Beatrice, and other members of the Royal family also greeted the occasion.

Her Royal Highness was chaperone at Rideau Hall in Ottawa from 1878 to 1883, when her husband, then the Marquess of Lorne, was Governor General of Canada.

It was during the second administration of Sir John A. Macdonald, Princess Louise, in her youth the best looking of Queen Victoria's daughters, who only when she went to Ottawa but has always maintained great interest in the Dominion which she has seen grow from infancy to nationhood. The Province of Alberta is named after her, that being one of her christian names.

Nowadays she rarely leaves Kensington Palace, in the gardens of which Londoners walk daily, most of them not realizing that within the Palace walls lives the daughter of a great queen.

Her husband, the Duke of Argyll, died in 1914.

GLASS INGENUOUSLY USED TO INCREASE A SENSE OF SPACE

The Ideal Home Exhibition opening at Olympia April 5 was planned to give the last word in fashionable decorations at the most convenient time students of London School of Interior Decoration and its commercial studio, London Design Centre, have carried out a series of rooms.

There are many pleasing surprises: a dining-room table which disappears into the floor, cocktail-lounge bar that may fit into the hall of a London flat and "never be noticed." Designers say it's done by mirrors.

"Clear and mirror glass have been ingeniously used to increase the sense of space the scheme includes a bar, high stools and a window-seat without unduly interfering with the normal function of an entrance hall," they say.

**TWO JOLLY GAMES**

When you have a party you should try this game.

First of all, one of the players

## The Housewife And Her Activities

**KEEP ON HOPIN'**

Keep on lookin' for the bright, bright skies, and hopin' that the sun'll rise;

Keep on singin' when the whole world sighs— And you'll get there in the mornin'.

Keep on sowin' when you've raised the crops, Keep on dancin' when the tide stops.

Keep on faithfull till the curtain drops— And you'll get there in the mornin'.

Keep on trustin' in the cause of Right, Keep on lookin' to the dawn of Light, Keep on fightin' till you've won the fight— And you'll get there in the mornin'.

—Frank L. Stanton.

**EXTRA SHEER**

A half-size lower stocking than usual is wise when buying the very sheer chiffon weight. They wear better and are so sheer they will not annoy the foot by extra length.

**A SMALLER BELT**

When another hole is needed to make the belt smaller, make the new hole neatly by using a heated steel knitting needle, holding the belt firmly on a wooden board. This will make a perfectly round hole.

**HOUSEMADE DUSTERS**

Soak one yard of cheesecloth in warm water and then wring it dry. Saturate the damp cloth with a good furniture polish. Now roll it tightly together and let it remain until the oil has spread throughout the cloth. Dry and use as a duster.

**AN ONLY CHILD**

Consider the only child's feeling sometimes when going off for a trip or a ride and include one of her friends so she may have someone on the back seat for company. Write to Mother and Dad the pleasure is complete. Write just the three of the family, many times the child would be far more content with someone of her own age along.

**TONGUE TWISTERS**

See if you can say these sentences very quickly several times running:—  
Rough viewed the blue hued yew.  
Martha mustn't mustard mother's nuttun.  
This store stocks Choto's socks.

When were there only two vowels?  
In the days of no (Noah) before U and I were born.

**HOUSEHOLD HINTS**

For that shelf on which the wise

## A Morning Smile

**SO WHY ANOTHER?**

He had bought a very old car, and felt he owned the road. When another driver, whom he adoped behind him for a mile, yelled, "Get in your old iron out of the way!" he was furious.

"Look here!" he cried, pulling up. "I demand an apology!"

The other looked pityingly at the disappointed man.

"You've got it!" he said.

**WHY HESITATE?**

—Well, of all the rotten luck! Short of gas right in the middle of traffic.

She—But you can't stop for that, John; here comes an officer.

## A MENTAL "SPRING CLEAN" IS A GOOD TONIC

It is an old joke, that a new hat to a woman, is a better pick-me-up than all the tonics in the world—but there is a grain of truth behind it.

Something new, whether it is trying out a new make-up or a bright idea for the spring outfit, makes all the difference to getting through these sometimes trying days at the tag end of winter.

Though it may be a little early for a practical spring clean, it is not at all too early for a mental one!

Dear Quins—  
I have you to thank for my lovely new Palmolive complexion.  
P.S. And my nice new husband!



**WHY DR. DAFOR CHOSE PALMOLIVE**

Because the Quins were born prematurely their hair was very thin and they required special care. Here is Dr. Dapor's own statement:

"For some time after their birth, the Dione Quins were bathed with Olive Oil. When the time arrived for soap and water baths, we chose Palmolive Soap exclusively for bathing these famous babies."

alle-roy-d'off

## Today's Short Wave Radio Program

(All Time is Eastern Standard)

**WEDNESDAY, MARCH 23**

**PARIS**  
9:30 a.m.—Symphonie Concert.  
TPA-2, 19.6 m., 15.34 meg.

**BOSTON**  
4:50 p.m.—News of Science and U.S. Government. WJAZ, 25.4 m., 11.79 meg.

**BERLIN**  
6:00 p.m.—Margarete (Folk opera by Charles Gounod). DJV, 25.4 m., 11.77 meg.

**LONDON**  
6:30 p.m.—Scenes and Songs from the Latest Musical Film Showing in London. GSD, 26.1 m., 11.76 meg.; GSC, 31.3 m., 9.66 meg.; GSB, 31.8 m., 9.4 meg.

**BUDAPEST, HUNGARY**  
7:00 p.m.—Dances from G. S. HAT-4, 32.8 m., 9.1 meg.

**EINDHOVEN, NETHERLANDS**  
7:00 p.m.—Phoni Program by the Western Hemisphere. FOU, 31.2 m., 9.59 meg.

**MADEIRA**  
7:30 p.m.—Program for English Listeners. EAR, 27.6 m., 9.8 meg.

**ROME**  
7:30 p.m.—Famous Voices of Yesterday. Rosita Jemma Wady. Just talking on... 2RC, 31.1 m., 9.68 meg.; TRF, 30.6 m., 9.83 meg.; TQY, 25.21 m., 11.6 meg.

**BERLIN**  
8:30 p.m.—Press Review. DVB, 25.4 m., 11.77 meg.

**CARACAS**  
8:30 p.m.—The Continental orchestra. YVSRG, 51.7 m., 5.8 meg.

**BOSTON**  
8:45 p.m.—For the Short-Wave Listener. WJAZ, 49.6 m., 6.04 meg.

**LONDON**  
9:20 p.m.—"World Affairs" a talk by the Rt. Hon. Sir Malcolm Robertson. GSD, 26.5 m., 11.76 meg.; GSC, 31.3 m., 9.68 meg.; GSB, 31.8 m., 9.59 meg.; GSA, 49.1 m., 6.11 meg.

**SCENETADY**  
11:00 p.m.—Science versus Crime. WJAZ, 31.4 m., 9.68 meg.

**SYDNEY, AUSTRALIA**  
4:30 a.m.—(Thursday)—China from G. P. O. Sydney. VKRME, 31.26 m., 9.59 meg.

## BABY'S HOT LITTLE HEAD IS A DANGER SIGNAL

WHEN your baby's head feels hot to your hand you must do something. And do it quickly. Read what Mrs. Bernard Breon, of Enterprise, does and what results she gets: "My baby's cheeks and hands were so hot I was frightened. I gave him a Baby's Own Tablet at noon and by after supper he was all better."

And Mrs. Francis Carroll, of Midland, has this to say: "My little girl was so feverish I was really alarmed. Then I thought of Baby's Own Tablets, so I gave her three every two hours and by night she was up and around."

They are sweet-tasting, easy to take, absolutely safe and harmless. Work quickly and can be given to the most delicate baby. Analyst's certificate in every box.

For upset stomach, constipation, troubles and other minor ills of baby.

Your druggist is authorized to return your money if you are not satisfied with Baby's Own Tablets. Get a box today. Sickens so often strikes in the night. 25 cents.

## FASHION GUIDES FOR THE HOME DRESSMAKER

A delightfully simple shirtwaist dress with flared skirt that is amazingly simple to sew. Its sophisticated styling makes it very popular with the school age who like to copy the grown-up mode. No need of being laid for school either! It's simple to slip into. The buttons may be quickly fastened and are in easy reach right down the front of the bodice. Brief puffed sleeves are a quaint detail. Print cottons with crisp white contrasting collar are very practical on this dress for either school, or play. There are so many lovely and different types of prints..... flowered dotted candy striped, Fairy Tale, Tyrolean, etc., for going to Sunday school, washable silk is pretty as can be with bright velvet bows and self-material pleated ruching. School-girls will find it fun to sew a few yards to the pattern. Included is a complete step-by-step instruction chart. It shows in pictures exactly how each part is joined.

Style No. 2740 is designed for sizes 8, 10, 12, 14 and 16 years. Size 12 requires 2 3/8 yards of 36-inch material with 1 1/2 yard of 36-inch contrasting and 1 3/4 yards of ruffling.

Send fifteen cents (15c) in stamps or coin (coin preferred) with carefully addressed to Charlottetown Guardian office:—  
Style No. 2740 Size.....

Send 20c in coin for your copy of Lively Figure Changes for Barn-Dance Shag to The Guardian Home Service, Address, Be sure to write plainly your Name Address, and the Name of booklet.

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**STOPS under-arm PERSPIRATION**

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**Home Service**

Lively Figure Changes for Barn-Dance Shag

"Here's a Couple of Shiners"

Get the gang in a circle, warm up with step, hop, kick, is your caller ready? We're off!

**ALL TO THE CENTRE WITH THREE STEPS AND SWING. REPEAT MOVING BACK TO THE OUTSIDE RING.** All shag promoters to centre of circle and back. Starting on left foot take three running steps—left, right, left. Then a hop on left foot. Repeat, starting on right foot.

**TURN TO THE RIGHT WITH A FAST TRUCKIN' STEP.** All make a quarter turn to right, and placing hands on shoulders of person in front, truck around circle. **LADIES TO CENTRE WITH THEIR MERRIEST SHAG.** Girls do back step to centre with GENTLEMEN TO CENTRE WITH A HOT SUSIE Q. HOME AGAIN, HOME AGAIN, SHE'S WAITING FOR YOU. Men Susie Q to centre and back.

Our 32-page booklet gives full directions for basic shag step, shag promenade, truckin', Susie Q. Big Apple figure to the Guardian Home Service, Address, Be sure to write plainly your Name Address, and the Name of booklet.

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