

Woman's Realm Social and Personal Fashions Literature

Living & Leisure The Woman's Realm

True hope is swift, and flies with swallow's wings; Kings it smokes gods, and meaneer creatures kings. —Shakespeare.

GAY SPRING SUITS Spring suits of wool that are gay and dressy because they have lining, blouses and gloves of a bright printed fabric are on the way.

One-half inch thickness of sphagnum moss should be placed in a saucer under the cyclamen plant. You can get this material from your local florist. If the plant is watered generously every morning, this moss will keep the bottom of the pot thoroughly moist, as it should be kept.

JOSEPHINE'S JACKET Two contrasting sleeves — one sleeve each in a contrasting color and the dress in a third — is a sports fashion that will register by spring.

FALL HAT COLORS Men who received that certificate for Christmas will be interested in the announcement of the Textile Color Card Association, New York, that the colors for Autumn 1943 in fur felt are Mocha brown, Club

grey and Autumn blue. The first is a lively light coffee tone, the second a slate color and the third a deeper greyed blue.

PINCUSHION RETURNS With production of pins and needles cut way down because of their consumption of metal, it is going to behoove us all to revive the sentimental old custom of the pin cushion on the table. Bits of pretty silk and scraps of fine lace make beautiful pin cushions or make plain satin cushions with flower designs outlined in fancy headed pins.

HOW TO MAKE ICEBOX LAST With priorities placing mechanical refrigerators "one ice" for the duration and the new food rationing ahead of us, hints on how to make your ice box last — and how to make its contents last — should interest every housewife. Two leading manufacturers assert that the following simple rules will prolong the life of an ice box and increase its efficiency: (1) Make sure that there is air circulation over the top and between the back of the refrigerator and the wall. (2) Defrost once a week. (3) Wash inside once a week. (4) Keep door seals scrupulously clean by washing them with water and a mild soap once a month. (5) Wax the exterior at longer intervals and oil electric machinery once a year if necessary.

Defrosting day is a good day for washing the whole box inside with a solution of one teaspoonful of baking soda to three quarts of water. Do not omit shelves and freezing compartment if you would keep box odorless. And do not wait for washing until the butter and sugar which have been creamed together. Place the apples in a baking dish, add the water and bake in a moderate oven (375 deg. F.) until tender. Cover during the first half hour of baking. Remove the apples from the oven when tender. Fill the cavities with the hot marmalade and serve the baked fruit with well chilled plain cream.

HOSIERY EXPERTS ADVISE NOT TURNING STOCKINGS INSIDE OUT WHILE DAMP The importance of handling rayon stockings gently when washing them is reflected in the advice of hosiery experts who warn against turning them inside out while wet. Rayon is known to lose much of its strength in water. Daily washing in a mild tepid suds eliminates the necessity for rubbing. After several rinses moisture should be removed by wrapping in a towel, then hanging to dry for hours away from direct heat or sunlight. Cotton feet and welt on rayon legs are recommended as good combinations for durability. Darning with thin spots before threads break will also prolong wear.

IDEAL CAR BATTERIES SLOWLY DISCHARGE This winter many Canadian motorists are putting the family car in the garage and locking the door until spring. By doing this they will save gasoline for more important war jobs and keep the tires in better shape for the spring and summer months. Many people forget that all batteries in cars standing idle will slowly discharge. Consumer Information Service points out that in time serious injury will result if batteries remain in that condition, and it is not practical to keep a battery charged by running the engine when the car is not being used. Just as the car should be put up on blocks to save the tires, the battery should be removed from the car, and charged at the service station on an auxiliary charger so that it will be ready for use when needed.

BAD BREATH KEEPS YOU OUTSIDE LOOKING IN! 76% of All Adults Have BAD BREATH That's why it pays to use COLGATE'S TOOTH POWDER! Bad breath is a business and social menace OTHERS always detect before YOU do yourself. Take no chances! Guard your personality with Colgate's Tooth Powder. . . . clean your breath as you clean your teeth. Scientific tests prove conclusively that in 7 out of 10 cases Colgate's Tooth Powder instantly stops oral bad breath. SAVES YOU MONEY! Compared to other leading brands, a large tin of Colgate's gives you up to 30 more brushings, a glass tin up to 46 more brushings — for not a penny more! TIP TO SMOKERS! Colgate's Tooth Powder is one of the quickest, easiest ways to guard against tobacco stain and tobacco breath! COLGATE'S TOOTH POWDER 12 1/2c, 25c, 40c. CLEANS YOUR BREATH AS IT CLEANS YOUR TEETH.

GAY MEXICAN PICTURES 516 These clever Mexican designs are worked in simple outline and cross stitch. Hot iron transfer pattern No. 516 contains 6 motifs measuring about 3 1/2 by 4 1/2 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. Needlework Department, Charlottetown Guardian. Design No. 516. NAME \_\_\_\_\_ CITY \_\_\_\_\_ STREET ADDRESS \_\_\_\_\_

SMITH BROS. BLACK OR MENTHOL COUGH DROPS

THE COOK'S CORNER MINCEMEAT UPSIDE DOWN CAKE 1 tablespoon butter 1-2 cup brown sugar 1 cup mince 1-3 cup shortening 1-3 cup sugar 1 egg 1-2 cups sifted cake flour 3 teaspoons baking powder 1-2 teaspoon salt 1-2 cup milk 1-2 teaspoon vanilla Method: Melt the 1 tablespoon butter in a square cake pan. Sprinkle with the 1-2 cup brown sugar and then spread the mince over the top of this. Cream the 1-3 cup shortening with the 1-3 cup white sugar. Then add the egg which has been well beaten and beat until the mixture is light and fluffy. Sift the flour, measure and sift again with the baking powder and salt. Add this to the creamed mixture alternately with the milk. Add the vanilla and pour the batter over the mixture in the cake pan. Bake in a moderate oven (350 deg. F.) for from 40 to 50 minutes. Serve hot or cold, with plain cream.

MINCEMEAT STUFFED APPLES 6 large apples 1-3 cup brown sugar 1 cup heated mince 1 tablespoon butter 1-2 cup water Method: Peel the upper half of the washed apples. Remove the core to within half an inch from the bottom and fill the centre of the apples with the butter and sugar which have been creamed together. Place the apples in a baking dish, add the water and bake in a moderate oven (375 deg. F.) until tender. Cover during the first half hour of baking. Remove the apples from the oven when tender. Fill the cavities with the hot marmalade and serve the baked fruit with well chilled plain cream.

A Morning Smile THE SUGGESTION A Negro minister was caught hugging one of the sisters of his flock, and a church inquiry was called. Witnesses testified, and the minister confessed, but defended his actions as proper. He maintained that as pastor of the flock he had a perfect right to take one of his lambs in his arms. When the inquiry was finished, a brother offered a resolution: "We excuse Brother Johnson from all blame, but hereafter when he wants to hug one of his lambs in his arms we suggest that he select a ram lamb."

OUTGROW GASMASKS LONDON (CP) — Gas masks inspection at Bedfordshire schools revealed 70 per cent of the children had outgrown their respirators.

THIS GIRL GETS HER MAN BY THE PALMOLIVE PLAN FOR SHE HAS THAT Schoolgirl Complexion "Okay, Toots!" sez he. "You're topsy with me. I go for that Schoolgirl complexion!" Gosh, wasn't I the wise one to plan my beauty care with PALMOLIVE. You know, Palmolive is the only leading beauty soap made with Olive and Palm Oils. . . . two of Nature's finest aids to youthful charm and loveliness. And that Palmolive plan is simply grand too for beauty baths and showers. Palmolive's thorough cleansing lather, quick as a wink, floats away all dirt and body staleness. . . . actually soothes even the most sensitive skin. . . . as it daintifies and perfumes.

PALMOLIVE YOU'LL WIN HIS AFFECTION with a PALMOLIVE COMPLEXION

Dorothy Dix Says—

MARRY FOR LOVE NOT FOR MONEY IS STILL SOUND ADVICE TO YOUTH

Woman Uncertain Of Own Desires Brings Worry To Divorced Mate And Children

DEAR MISS DIX—My father died many years ago, leaving my mother with two small children—my sister and myself—and no money. My mother denied herself every pleasure and comfort, even that of having her own friends, and slaved to give my sister and myself a college education. I never regretted that she could. As a result both my sister and I hold fine positions.

But my mother has grown fanatic on one subject, and that is that both of us make brilliant marriages. We must marry into aristocratic families who are wealthy. The personal qualities of the man and woman we are supposed to marry and our feelings for them she does not even take into consideration.

Now I have found a girl with whom I am deeply in love, who is fine in every way and who I am sure is the ONE for me, but she comes from the wrong side of the tracks and Mother is wild at the thought of my marrying her. She says that if I do I will be throwing away my money and wasting all the sacrifices she has made and all that she has worked for. She reminds me of all I owe her and accuses me of ingratitude.

My sister has gone through the same experience, and her life has been devoted to a splendid young man whose only drawback was that he didn't belong to the "409." What is our duty in our dilemma? We adore our mother. We appreciate all she has done for us. But do we owe her our life's happiness? FUZZLED.

MARRIAGE NEEDS MORE THAN MONEY

ANSWER—The hardships that your mother has gone through have warped her judgment and given her a false perspective on life. She has become obsessed by the fixed idea that the most important things in the world are wealth and social position. Whereas, in reality, there are no two other things that minister less to real happiness.

Love and congeniality and respect and faith and loyalty are the things that make a marriage succeed, not the mere possessions of millions, or palaces, or pearl necklaces. A fine house does not make a home unless peace and affection abide in it. And you will find more smiling faces in cheap cars than in Rolls Royces.

So I think that you should regard your mother's demand that you marry for money and social position as just a mental vapidity and not let it be the decisive factor in your life, and you should do what you should do along and marry the girl and boy you love and want instead of letting Mother force a rich social life on you. You certainly owe much to your mother, but not your whole life's happiness.

There is always something very pathetic in the desire of a poor mother to have her children marry money and her willingness to sacrifice love's young dream to a bank account. She has worked so hard she cannot bear to think of her children going through the same experience. And she has seen how quickly romance withers and dies under the blight of poverty, that it seems to her that as the mother and a good charge account are worth more in marriage than love.

So many mothers, like yours, make their daughters, if they can, give up love for money from the side of the tracks with whom they are in love and marry the rich playboy or the fat old banker for whom they care nothing. And not only does the girl have to endure the desolation of a loveless marriage, but often and often, if the playboy loses his money, not only does she lose her money, but her social position.

And so often in this country does it happen that the poor boy makes a name and fortune for himself that it may almost be said that when a girl marries she has either a chance of being poor when she is young and rich when she is middle-aged, or rich when she is married and poor when she is middle-aged.

DEAR MISS DIX—My wife divorced me a few years ago and took our two children with her. I love the children so much that I have been very lonely I married again. My wife is a fine woman who is fond of me and I am of her, but I miss my two children, although they are up in their teens now.

The mother admits she made a mistake in divorcing me and wants all the past forgotten and for me to come back to them. She asks that I do this, regardless of my being married to another woman. I love my children and love her, but I cannot have her. The same time I love my present wife. My love for the children is different and more necessary to me than my love for my present wife. I hate to give up my present happiness, but I am miserable without my children. What would you advise? FRANK.

SELISH FIRST WIFE MAKES LIFE DIFFICULT

ANSWER—Whether your first wife was justified in divorcing you, I do not know. Apparently she was not, as she admits it was a mistake and wants you back. But you have no cause of complaint against your second wife, and it seems to me that you are doing everything in her power to make you happy.

Inasmuch as your children are in their teens and are at an age when they have a right to choose which one of their parents they will be with, why cannot you arrange that they divide their time between you and their mother? That is the way the matter is decided in almost all divorce cases in which there are children.

If the children love you, they will want to come to you, and surely their mother cannot object to their going to their father. She might at least stop her conscience by permitting them to visit you as often as they desire. But the fact that she asks you to divorce your present wife, because she has decided she will have you back, indicates that she is a selfish woman, high-handed in her ways, who considers nothing but her own desires.

It is hard to patch up a marriage that has been torn to tatters, and I doubt that you would be happy even if you did go back to Number One.

DEAR MISS DIX—Now that me at ration days are near I have a problem on my hands. My husband says he will do without meat, but he will never do without anything. He says God never intended it. I never did think we should eat brains, but I like calves' liver. My husband says God gave everyone their own individual brains to use and if He had not expected them to use them, He would have put the brains in the meat. What do you think? DILEMMA.

ANSWER—You are missing a lot of good food when you pass up the brains au beurre noir, tripe au lait, sweetbread with the brains in it, I think the government will have to issue us a set of extra brains to use to figure it out.

EMPHASIS LAID ON TRIM FIGURE

Material-regulated frocks alighty moulded silhouettes, a trim waistline, uniforms, make the smart woman even more figure-conscious than when gowns and such could be cleverly draped to conceal a bulge or a full-length mirror, an unbiased eye, and a tape measure are starting requisites for figure stock-taking. If your proportions are fairly true, but slightly heavy for eight and build, then ordinary brisk set-up exercises, some active outdoor sport, and a sincerely judicious eye on the diet, should whittle you down to form in good time.

But the woman who does not need general weight-reducing just smoothing out a bulge—needs special corrective exercises. Routines that are simple, rhythmic, suit best. For to be effective, they must be done regularly, correctly, persistently.

For instance, for too large hips, the most common figure fault, this is a tested routine: Lie flat on the floor, with arms straight down at sides. Pull the knees up to the chest, without aid or assistance from the arms, legs back to relaxed position. And repeat. The real pull here is in the hips and waistline.

And for slimming the waistline, a good twister is effective. Sit on the floor with legs wide apart and feet stretched out straight from

How to relieve MONTHLY FEMALE PAIN You who suffer such pain with tired, nervous feelings, distress of "irregularities"—due to functional monthly disturbances—should try Lydia E. Pinkham's Vegetable Compound. It has soothing effect on one of women's most important organs. Also a fine tonic for the stomach. Mailed and sent to you. LYDIA E. PINKHAM'S VEGETABLE COMPOUND

Girl On His Hands

By JOSEPH CHADWICK

At one o'clock, when John went into the house, he found Roger for lunch, he was still puzzling over the way Virginia had deceived him — still wondering what could be the real reason for her need of such a large sum as fifteen thousand dollars.

He had just finished ordering, "I beg your pardon, but are you Mr. John Stacy?"

"I'd like very much to make your acquaintance," the other went on. "My name is Roger Dane. I'm Virginia's father."

John was taken completely by surprise. No one had told him Roger Dane was in Rio.

"Oh, yes," he said. "Won't you sit down, Mr. Dane?"

"Thank you, I haven't yet had lunch, and so, if you don't mind, we may as well have it together."

"By all means," said John, wondering why Virginia's father had sought him out. He was working for As Roger Dane summoned the waiter and gave his order, John covertly studied him. The man looked like a diplomat or politician, like an actor portraying a diplomat.

Having given his order, he turned to John. "Virginia told me about you. I understand that my brother-in-law, Steve Mitchell, sent you down here."

"Yes," John hesitated, then added. "I didn't know that you were here with your daughter. Mr. Mitchell didn't mention it."

Dane smiled. "He doesn't know it. You see, he disapproves of me. I think I have a bad influence on Virginia — and so we've both kept him in the dark. Of course, he has no right to keep me away from her, but he has been her legal guardian for a number of years and is apt to be rather high-handed at times."

"I see," said John. Dane looked at him a moment, then said abruptly. "You rather upset my daughter this morning. I found her quite distressed. She was counting on Steve Mitchell's settling her debts, but she tells me that you are reluctant to act in his behalf—in fact, that you received orders from him not to help her out. She feels very badly because

Drink More Milk



This pretty Miss, smiling behind the milk bottles, reminds Canadians that milk is the most important sin . . . . . ally diet of both children and adults. Canada's Official Food Rules say that at least 1-2 pint of milk a day is necessary for adults, and they should have more when possible. Children require more than a pint a day. One of the objectives of the Canadian Nutrition Program is to get all Canadians to take at least their minimum daily requirement of this important food.

she is so extravagant, and she's terribly worried. I'd give my right arm to help her myself—but—uh—my funds at the moment are all tied up in a big deal I have on."

"John didn't say anything. He saw now why Dane had looked him up. It was plain that father and daughter were working together—that Dane meant to apply a little pressure."

If Steve himself had come down here, Dane went on, "Virginia could have made him understand. She hoped, too, to make him understand about Arturo Monteros. My brother-in-law is ridiculously prejudiced against foreigners."

"Then you approve of your daughter's marrying Monteros?"

"Oh, quiet! He comes of good family. His people are wealthy landowners in the Argentine. Anyway, if Virginia loves him, does anything else matter?"

"I suppose not."

"Then you agree that it was absurd of Steve Mitchell to send you here to interfere?"

"If Monteros is all you say," John replied, "perhaps Mr. Mitchell did make a mistake. However, he is convinced that Monteros is a fortune-hunter. Since it is his fortune that Miss Dane will inherit, naturally he is concerned."

"I assure you, Mr. Stacy, that Monteros has no interest in that fortune. After all, it will probably

Needlecraft For The Home

TURN A MAN'S SUIT Into a Very Smart Suit for Yourself Perhaps you know where you can lay your hands on a suit of good active service at present. Then you're in luck, for with the help of this pattern, you can readily transform it into a smart and good looking suit for yourself. In these days of fabric conservation, everybody's doing it, and this pattern is especially designed to make the transformation easy for you. You keep the same front closing with the buttonholes all made and the buttons in place; and you make no change in the pockets. All the really hard work is done. Style No. 2649 is designed for the express purpose of making a woman's suit from a man's and comes in sizes 14, 16, 18 and 20. See tabulation for sizes required: MEN'S SIZES WOMEN'S SIZES 14-36 — to make — 14 38 — to make — 16 40 — to make — 18 42 — to make — 20

Style No. 2649. Send for pattern. Write your name and style number. Be sure to state size you wish. Name \_\_\_\_\_ Street Address \_\_\_\_\_ City \_\_\_\_\_ Province \_\_\_\_\_

63 MILES OF STRING LONDON (CP)—In two weeks pupils of Ravensworth School collected enough string to make a ball five feet six inches high containing 63 miles of string and weighing half a ton.

For Quick Cough Relief, Try This Home Mixture

Splendid Results. Saves Money. Easily Mixed. You'll be surprised how quickly and easily you can soothe a bad winter cough, when you try this well known recipe. It gives you four times as much cough medicine for your money and you'll find it very pleasant and dependable for relief. Make a syrup by stirring 2 cups of granulated sugar and one cup of water a few moments, until dissolved. No cooking needed—no trouble at all. Or use corn syrup or liquid honey, instead of sugar syrup. Then put 2 1/2 ounces of Finex (obtained from any drugstore) into a 16 oz. bottle. Add your syrup and you have 16 oz. of medicine that will surprise you by its quick action. It never stops, last a family a long time, and tastes fine—children love it. This home mixture takes right hold of a severe cough. For real relief you'll say it's splendid. It loosens phlegm, soothes the irritated membranes, and quickly eases soreness and difficult breathing. Finex is a special compound of pure ingredients, in concentrated form well known for its soothing effect of throat membranes. Money returned if it doesn't please you in every way.

Home Service Cowboy Songs Jolly at All Parties

THE DREAMY BLACK HILLS Real cowboy songs go over big at gay get-togethers! Everybody gathers 'round the songbook and warbles his favorite, "The Dreamy Black Hills" is a bit grizzly, but they love it! "For old Sitting Bull or Comanche Bills, They will take off your scalp on the Dreamy Black Hills." They love the tender, dreamy "Red River Valley," too. Remember in "Grapes of Wrath" when Tom sang it to Ma Joad? "Come and sit by my side if you love me. Do not hasten, to bid me adieu. . . . Along Little Dogies" is the one that gives you the real flavor of cowboy life! "It's early in Spring that we round up the dogies; We mark them and brand them and bob off their tails. We round up our horses, load up the chuck wagon, And then throw the dogies out onto the trail." Our songbook has words and music of 18 Western songs every-one loves, with piano and some guitar accompaniments. Includes "The Old Sod Shanty," "Bury Me Not On The Lone Prairie."

WHEN IS IT A BUNNIE? LONDON (CP)—Figure it out yourself, but the British Food Ministry says: "A wild rabbit becomes tame when its weight exceeds 3-1/2 lbs. A tame rabbit is wild when it weighs less than that amount."

TWO-TIME SUITS Doubt-Cutty suits of fallie are scheduled for spring. In black or dark colors, they may be worn in winter. A wild rabbit becomes tame when its weight exceeds 3-1/2 lbs. A tame rabbit is wild when it weighs less than that amount.

NIGHT COUGHS due to cold, or caused without "doing." Rub VICKS VAPOR Rub VICKS VAPOR APPROVED BY 3 GENERATIONS