

Woman's Realm Social and Personal Fashions Literature

The girl who hopes To answer 'YES' Should wear a FRESH and DAINTY dress!



How to keep dresses

Fresh and Dainty!

There's no substitute for daintiness. Men adore it! Don't spoil it with a dress that whispers "perspiration," for that may spoil your romance, too.

Dip your washable summer dresses in Lux frequently. A dip in Lux—and perspiration odor vanishes. Your dress is once more fresh and nice to wear. And Lux is so gentle that it keeps your colorful washables looking bright and new much longer, and that's doubly important these days.

DIP them often in LUX

HANDS SHOULD 'LOOK ALIVE'

To be lovely, hands must look alive! Anyone can develop hands that are sure, elegant and graceful. It is work but you can have speaking hands.

Lovely Nathalie Krasovska, Prima Ballerina of the Ballet Russe de Monte Carlo, gave the secret of her expressive hands—work, work, work! Then her hands learned to speak. Krasovska wears a brown orchid on her flexible wrist and matches her nail tips to that exotic flower shade.

Good for the wrists is a ballet position. Cup the hands, clench the fingers. Keep the hands bent

A Morning Smile

A HABIT

An old lady out shopping saw a queue and from force of habit attached herself to it. After a quarter of an hour, having very little progress, she asked her neighbor what they were queuing up for.

"Blood transfusions," was the reply.

Two "smart" young things were talking at the top of their voices in an affected jargon in a bus. At last the conductor could stand it no longer. As the bus started a stopping-place, he called out in a high pitched voice: "Darlings here's too, too sweet Smith S'ree!"

After that silence reigned.

Two contrasting materials are combined in a hat designed for black summer costumes. The stiffish crown is of black velvet with a pleated brim of white pique. Two white pique bows at back are caught by black velvet ribbon.

It CAN'T be fresher than Fresh



FRESHNESS, too, is responsible for the perfect flavour and mouth-watering goodness of "KING COLE" COFFEE.

In its modern plant, within easy reach of all Maritime districts, "KING COLE" COFFEE is daily roasted to perfection and rushed in regular deliveries DIRECT to Maritime grocery stores—insuring your cup of "KING COLE" the acme of FRESHNESS.

Blended by experts, roasted to perfection, and vacuum-packed, "KING COLE" COFFEE reaches your table FRESH, fragrant and delicious!

It is the natural choice of "KING COLE" Tea users having to conserve tea in wartime.

In fine and regular grinds—YOUR grocer has "KING COLE" COFFEE.



THE COOK'S CORNER

AMERICAN CHICKEN CHOP SUEY

2 cups cold cooked chicken
1 cup boiled celery
1-2 cups boiled rice
1 teaspoon salt
1-2 teaspoon pepper
1 tablespoon butter or fat
2 tablespoons flour
1-2 cups chicken stock

Cut chicken and celery in thin strips. Mix them with rice, salt and pepper. Melt butter and make into a smooth paste with flour. Add stock slowly, stirring constantly. Bring to a boil, continuing stirring. Add the chicken and rice mixture and heat thoroughly. A cup of sauteed mushrooms will add to this dish. Thin noodles sauteed until crisp in a little fat, make an appropriate addition. Arrange them on top of mixture. Serves six.

RHUBARB ORANGE MARMALADE

2 pounds rhubarb
2 cups sliced orange
5 cups sugar
2 cups honey
3-4 cup lemon juice.

Method: Wash the rhubarb, trim and slice it into about 1-2 inch lengths. Cut oranges into quarters or eighths, remove the seeds and slice through pulp and skin in paper-thin slices. Measure 2 cups of this—you will need about 3 medium-sized oranges, or 2 large ones, to give the required amount. Mix together the prepared rhubarb and sliced orange, then add the sugar and honey and stir the mixture until the sugar is partially dissolved. Do not add any water.

Place the mixture over a low fire and stir until the sugar and honey are completely dissolved. Then heat to the boiling point and keep cooking at this temperature until the juice will test for jelly, stirring frequently. The jelly should be reached in about 18 to 25 minutes.

Add the lemon juice at the point and boil for just 2 minutes longer, or until the jelly stage is reached again. Turn into hot, sterilized jars, and seal with melted paraffin. When the first coat has hardened, add a second coat, rotating the jars so that the wax sides of the jars cover the jar lids or with paper that is free, and store in a cool, dry place.

Make Better Jams and Jellies

Use CERTO— it gives SURE RESULTS



- Short Boil Saves Time and Effort.
- More Jam or Jelly from the Same Amount of Fruit.
- Natural Fresh Taste and Color
- No Fear of Failures.

CERTO Makes All Fruits Jell Perfectly Quick—Easy—Economical

SHORT BOIL—For jam you need only a one to two-minute, full rolling boil—for jelly a half minute to a minute.

MORE JAM OR JELLY—So very little juice has time to boil away that you get up to two-thirds more jam or jelly from the same amount of fruit.

BETTER TASTE AND COLOR—In this short boil the fresh flavor and natural fruit color stay in the fruit.

CERTO is Pectin Extracted from Fruit

When pectin is used in making jam and jelly, the Wartime Prices and Trade Board Order No. 150 allows you to use sugar not in excess of one and one-quarter pounds of sugar for each pound of fruit. On the basis that "fruit" means "unprepared" fruit, this allows you to make your jams and jellies the Certo way which gives you approximately two-thirds more jam or jelly from the same amount of fruit.

Look for Book of 72 Tested Recipes under the label of every Certo bottle.



Living & Leisure The Woman's Realm

RADIATION

To fill the world with happiness. And since it is the stir of stress, Begin Within—

Make it your sure resolve and plan To be as happy as YOU can. And when your heart is brimming over So full it cannot handle more. By radiation let it rise In word, and deed, and kindly eyes.

Till others round about you share The fruitage of your joyous air. —By John Kendrick Bangs.

Twenty-five-inch fitted jacket with notch collar, bobby collar or in cardigan style is the preference in sports suits.

The short-length nightgown is very much in the news at the

moment. The nightgowns are knee length, the quietest ones sized like those designed for nightgowns. Grandpa used to wear, while the most modern look like little boy's gowns and are actually pajamas with abbreviated sleeves. This fabric-saving idea in intimate wear should appeal particularly to the girl planning a vacation wardrobe. These simple nightgowns can be made by a beginner at the sewing circle, they take up little space in suitcase, they can be washed easily in hand soaps that rinse out the dirt without hard rubbing and leave the colors gay and bright, and best of all they can be made in soft seersuckers to save ironing. A ruffled hem and neck on the knee-length nightgown adds a touch of femininity.

GIVE YOURSELF A FACIAL

You don't have to have a lavish, fairy tale budget in order to keep your complexion firm, fresh and youthfully attractive. A weekly facial at the hands of an excellent operator is a wonderful idea of course. But if the budget allows money for finger waves only, then it's smart to learn the art of giving your skin efficacious treatments at home.

According to a famous beauty authority, who specializes in the application of natural substances as beauty aids, the well-timed refrigerator or kitchen shelf contains enough materials for really good facials.

Here are his directions for an egg facial.

First, assemble your "kit"—the juice of two lemons, one-fourth cup of fresh cream, the white of an egg, a handful of absorbent cotton.

Dip a piece of cotton into warm water and squeeze almost dry, then dip it in lemon juice and rub on face and throat. Let the juice dry on the skin.

Wash hands thoroughly, dip fingertips into the cream and spread it over face and neck, massaging it in with light upward and outward strokes. Leave the cream on while you take your bath, then remove with a coarse textured bath towel.

Now dampen another piece of cotton and squeeze almost dry. Dip it into lightly beaten egg white and apply an extra layer wherever there are tired lines and wrinkles. Lie down and relax until the egg mask is completely dry.

When you get up, add the remaining lemon juice to a bowl of lukewarm water and rinse off the mask with this mixture. Again cover skin with cream, pat gently upward for a second or two, then remove with cleansing tissues. Rub face and throat with very cold water and pat dry. Apply foundation lotion and makeup in the regular manner.

Dorothy Dix Says—

PEOPLE INDULGE IN DISCOMFORTS DURING SUMMER MONTHS

Part Of Tradition To Do And Live Differently Regardless Of Suffering

Who was the hopeless optimist who first began hallyhooping about the good old summer time? Anathema be his name, for I know it was a man. No woman who has ever gone through the struggle of trying to keep a permanent when it melted down in the heat like a plate of roundelay, though Heaven knows this imposes sufferings upon us that makes us often wonder if it will have the strength to live through it until fall.

In reality, summer is the time that combines most of the unpleasant phases of the other seasons of the year, and then adds a special line of afflictions of its own. It is when we are most comfortable in body, most irritable in disposition and when our morals and our morale get as flabby as our collars. We do things in the summer we would be incapable of doing in the winter. Men who are Josephs in January are Don Juans in August. Women who are models of virtue in December daily along the primrose path in July. Prim maiden ladies strip off their inhibitions along with their high-necked red flannel underwear and appear on the beach in bathing costumes that would make Sally Rand feel that she was so over-dressed.

Why summer has this effect upon us, we do not know. It just does. It is just part of the tradition that in the dog days we must do differently and live differently and be joyous and carefree and sing a merry roundelay, though Heaven knows this imposes sufferings upon us that makes us often wonder if it will have the strength to live through it until fall.

To attempt to catalogue all of the disadvantages of summer would take a bill of indictment longer than one of Mr. Dies' reports about his suspicions. But, passing lightly over the mosquitoes and sand-flies and red bugs and poison ivy and such minor afflictions that pertain particularly to summer, let us leap at once to that ever potent source of torture—the summer cottage or shack in the woods, or the tent by the brookside.

SUMMER DISCOMFORTS

What agonies of discomfort, what weariness of bone and muscle, what sleeplessness of nights, what boredom these impose upon poor, guileless, innocent men and women, no tongue can tell. Yet every year, driven by some inner compulsion they cannot resist, millions of people who have comfortable homes, with a delicatessen store handy and Joe's right around the corner, in case the cook leaves, go and live in squalor and eat in summer.

Summer is also responsible for that other horror—the week-end. At your Saturdays and Sundays to yourself and exercise your constitutional right to life, liberty and the pursuit of happiness, according to your own taste. But just let July show its head and the thermometer hover around the 90s, and you are a dead duck.

Everyone who has anything against you pays off the score by not only asking, but positively shaming you into spending a week-end with them at their little place in the country, where you take in a cubicle under the roof, help with the housework, nurse the baby, listen to your host's old stories for the tenth time, and lose the money at bridge that would have bought the hat you have been dying for and felt you couldn't afford.

OTHER DRAWBACKS

Still another drawback to summer is that it is vacation time. Especially for the children. Of course, we all adore our own precious darlings and want them to be happy and to indulge in all of their innocent sports and pastimes. We like to think of their merry laughs ringing out as they engage in games with their little comrades.

But when the back yard is filled with a mob of kids from morning till night, who yell and shriek like wild Indians; when there is an incessant cry of: "M-o-o-h-e-r what can we do next?" "Mother gave me five cents for an ice cream cone"—well, our nerves aren't what they used to be, and we long for fall to come when we can pass the buck to the school teachers for part of the time, anyway.

Oh, summer is a good old time: It is a wonderful thing to look forward to and make plans about. It is great to talk about after it is over. But while we are going through it, it is not so hot? Or is it?

RELIEVE SUFFERING QUICKLY WITH KELLOGG'S ASTHMA RELIEF

Shorthand Course for Home Study



Practice for Promotion

Chances do come in business, but only those who're ready can profit by them. A way to be ready is to learn a skill, shorthand, in your spare time.

Shorthand isn't difficult. You can learn it in simple home lessons. Then when an opportunity comes you're trained, ready to step in with an advantage over unskilled workers.

In Pitman shorthand, you write symbols based on the sounds of words, instead of on their spelling. The word "pay," you learn, is a light slanting stroke followed by a heavy dot. "Say" is a light curve and a dot.

There aren't many sounds in the language, so you soon master the symbols. And for common phrases like "in order that . . . as soon as," you have abbreviated, time-saving symbols, easy to learn.

Then for regular practise each day—with someone dictating to you, slowly at first. Before you know it you'll be taking real office-speed dictation.

Our 32-page booklet gives the essentials of the famous Pitman system in easy step-by-step lessons. Includes exercises; abbreviated symbols for words and phrases; pointers on acquiring speed, accuracy. Can serve as a foundation for a business college course.

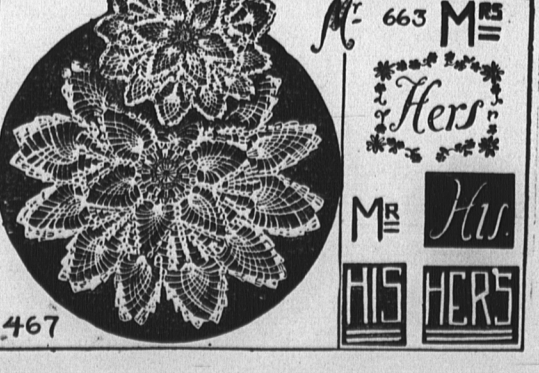
Send 20c in coin for your copy of "Self-Instruction in Short Hand" to The Guardian Home Service. Be sure to write plainly your Name, Address and the Name of booklet.

Name _____
Street Address _____
City _____ Province _____

HANDY NOTES

Be sure that your cheeks and lips are tinted to match your fingertips in a delicate confection color. Use one coat of polish to make quick changes easier. Wear the nails at moderate length. The long nail are not a wartime fashion. Cover the underside of the nail tips with a shield of polish.

When you take your sun bath be sure that the hands get their full share of sun.



No. 663 contains set of initials about 1 1/4 inches high—various sizes of Mr. and Mrs., His and Hers and flower sprays. No. 1071—crocheted shawl in shell stitch design. No. 467—crocheted dolly in pineapple design.

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. 663, 1071, 467
NAME _____
STREET ADDRESS _____
PROVINCE _____

MOTHERS FEEL SAFER

One Mother writes: "With a family of children constantly getting scratches, cuts, or bruises, I have proved Mecca an invaluable healer. I keep a tin of Mecca upstairs and another downstairs."

MECCA OINTMENT

Economy In Proper Storage



Canada's patriotic housewives take shopping baskets to market these days in order to save deliveries. They make their purchases carefully so as to get the greatest amount of nourishment out of the food they buy, and store it carefully (see above page) so that the nutritional content of the food will not be wasted before it is cooked.

71 YEARS AN ORANGEMAN
MONOTON, B., July 12—(CP)—The "glorious twelfth" had special significance for George Scott. Today he observed his 71st year of continuous membership in the Orange Order.

AIR RAID WARNING SUCCESSFUL
SAINT JOHN, N.B., July 12—(CP)—The first official transmission of an air raid precaution warning signal during the war in the Brunswick was declared highly successful Saturday by D. L. MacLaren, director of civilian defence in the province. The test signal reached all key points in 90 seconds.

PENANCE FOR WASTE
WINDSOR, England — (CP) — A 31-year-old former school teacher who was fined \$5 and some \$10 costs for "wasting bread" had announced her decision to give up eating bread for the duration as additional "penance for her waste." She has three brothers in the navy.

Needlecraft For The Home

This princess dress, good as the lines are, is really very simple in construction and therefore easy to make. And it is also a dress that lies conveniently flat on the ironing board, which makes it a handy time-saver.

Style No. 2701 is designed for sizes 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44, 46, 48, 50 and 52. Size 36 requires 4 1/4 yards 35-inch fabric with 1-2 yard contrasting; 2 yards braid.

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.

"The daisy look" is the name given to summer frocks combining yellow and white.

Dressy slacks costumes combine vivid colors such as cyclamen and green.

Relieves Distress From Monthly FEMALE WEAKNESS

And Helps Build Up Red Blood!

Thousands upon thousands of women and girls who suffer from functional disturbances—headache, backache, cramps, distress of "irregularities," nervous, tired, blue, weak feelings—have obtained most gratifying relief by taking Lydia E. Pinkham's Vegetable Compound Tablets (with added iron).

Pinkham's Tablets not only relieve such distress, they also help build up resistance against it. They help build up red blood! Made in Canada.

2701 SIZES 14-52

The Charlottetown Guardian Needlecraft Department.
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