

Woman's Realm Social and Personal Fashions Literature

Dorothy Dix Says—

HOMELY GIRL DOES NOT HAVE TO BE WALLFLOWER If Nature Was Not Good To You When She Distributed Beauty, There Are Other Things To Make Up For It

A homely girl who does not wish to be a wallflower asks what she can do to compensate for lacking the beauty that her more fortunate sisters possess. Well, the first and most important thing for her to do is to forget it. The worst defect the plain girl has is not the shape of her nose, the size of her eyes, nor her complexion; it is her inferiority complex. The knowledge that she is not in the Miss America class makes her hunch her shoulders and duck her head and carry herself 40 per cent under her looks instead of walking like a queen and appearing 60 per cent better-looking than she is. If you act like a beauty, people will take you for one. Now no girl in these days needs to be as ugly as she was made, so don't run up the white flag and take a back seat among the wallflowers. Do something about your looks. Outwit Nature by learning how to make the most of what she has given you. You can do a great deal to improve the situation within your own individual limitations. Never covet a beauty for that which she has, but call attention to your shortcomings. Greta Garbo can wear a long bob, but it brings out every defect in the average girl's face and makes her look like something the cat brought in. You can acquire practically any kind of figure you desire by diet and exercise. You can learn how to comb your hair so as to make it such a beautiful frame for your face that nobody will notice the picture within. And you can buy a ready-made complexion at the drug store that will cover up all the blemishes of the one wished on you by your ancestors.

And then there are clothes which are an everpresent help in times of trouble to all women, but which are a godsend to homely ones. Learn colors that compliment you instead of those that sweat at you. And you will turn yourself from an ugly duckling into a swan. Nine times out of 10 when we speak of a beautiful woman we really mean she had on a lovely dress.

How to Become Popular

Then learn to dance, and I mean learn to dance. No girl who can float around a ballroom like this! town down town can't be popular. You must learn to play a game of bridge that will make men sit up and take notice. If you play an accompaniment or even sing in the chorus, that will win you a place in the sun.

And by all means learn how to cook some special dish that will make you a welcome addition to any party. If a girl is a good sport; if she can fit into any picture, if she can swim and play golf and drive a car, nobody ever thinks about her looks. She is just good fun.

Make yourself agreeable to every one with whom you come in contact. Be cheerful. Don't argue. Don't criticize. Don't talk about yourself. Don't tell your troubles. People are attracted to you by your pleasantness far more than they are by your looks.

Cultivating Taste Is Important

If you lack taste, cultivate it by first thinking: Would I like others to do that or say that to me? And then do as you would be done by. One of the homeliest women I know is the most popular because you never leave her without her having said something to you that made you feel uplifted and pleased with yourself.

And, finally, if you can't be beautiful, be interesting. Read. Study. Keep up with the times. Keep up with what your friends are doing and thinking and what's happening to them. Keep an assorted line of conversation topics so that you can entertain a bashful school boy, or get a scientist started on his hobby.

And if you can't talk, acquire the art of being an absorbed listener. After all, people would rather borrow your ears than your tongue. And if you will only beg them to tell you a little about themselves, you can snap your fingers in the face of any beauty and tell her where she gets off.

Bit of Fine Philosophy

Dear Miss Dix—I am a contented old lady who has seen better days. I continually remind myself that I will not let what I cannot do spoil what I can have and can do. I never say "no" to any plan proposed by others unless I have a much better reason than merely my preference. Every one is most kind to me and I am grateful for the blessings I have instead of mourning for the good things I have lost.

AN OLD WOMAN.

ANSWER—You have achieved a wonderful philosophy of life and found the secret of happiness. Would that there were more old ladies like you! For the reason that most aged people are feared and avoided is because they are so miserable themselves they make every one else miserable. They have not been able, like you, to adjust themselves to an altered way of living, or even to accept, with fortitude, the limitations that age puts upon them.

It is customary to blame young people for not getting along with old people, but often that is not it. It is the old people who refuse to get along with the young. My observation is that youth has a very tender pity and respect for age, and that when old people keep themselves sweet and amiable and appreciative they are the most welcome and favored guests wherever they go.

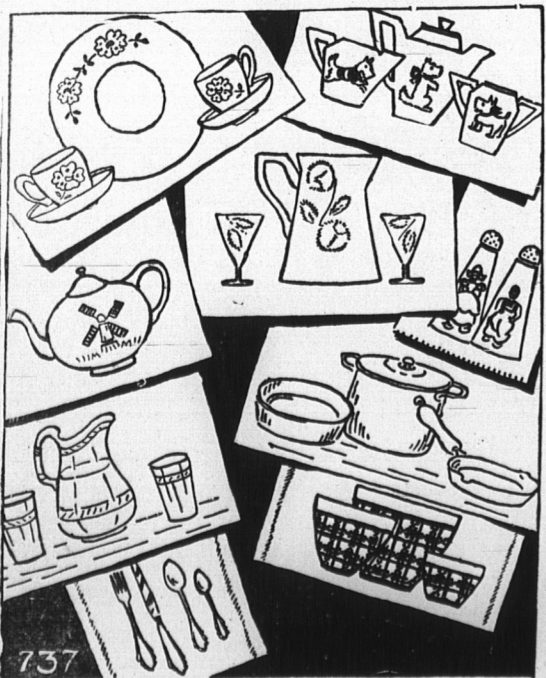
GRIMY NAILS

Never clean under-nail-tips with anything harder than orange-wood. Get scratches in the under-nail of the nail, and when this happens nothing will bring the grime out. It is a good idea to press the nail-tips into a softish cake of soap before doing a dirty job; it can be removed afterwards with a nail-brush.

HARD WATER

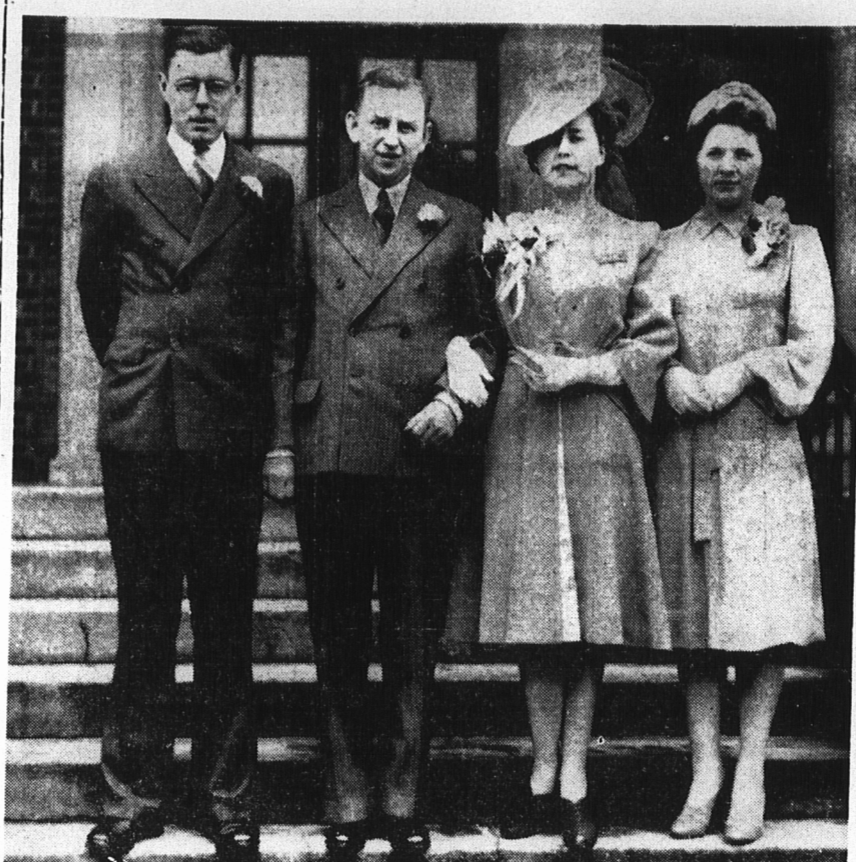
Try this for Baby's bath. Fill a cheesecloth bag 3 inches square with fine oatmeal or bran, and swirl it in the water until it is full of suds. You can use the bag three or four times.

QUICK AND EASY NEEDLEWORK



DESIGN NO. 737
These popular travel motifs are ideal kitchen accessories that may be embroidered on tea, dish and glass towels to brighten your kitchen. Hot iron transfer pattern No. 737 contains nine motifs measuring from 3 x 4 to 6 x 8 inches and complete instructions.
To order pattern: Write or send above picture with 15 cents in coin or stamps to Needlework Bureau, Charlottetown, P.E.I., or to Charlottetown Guardian Needlework Department, Design No. 737.
NAME _____
STREET ADDRESS _____
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McQuaid - McMillan Nuptials



Dr. J. A. McMillan and bride whose marriage took place on Wednesday morning in the Church of the McMillan, the bride Mrs. McMillan and her bridesmaid Miss Winnifred McQuaid.

The Golden Sands Riddle

By Alexander Campbell

"Hullo! Here come Lucy and young Parry. They look agitated. I hope nothing serious has happened."

Peter jumped to his feet, and one glance at the couple approaching the serious indeed was amiss. Lucy was pale. Terence looked stern, and his jaw was tight.

"I saw Peter, and her blue eyes widened."

"Peter?"

"I asked Mr. Crosby to join me," he said harshly. "Here—sit down, and tell us all about it."

"We were walking along the beach," said Terence Parry. "He was sitting under one of these big sun umbrellas. I went across to speak to him. When I touched him, he fell over. There was a knife in his back. He'd been murdered."

"You've notified the police?"

"Yes, they're down there now."

"Sir John leaned forward and patted his daughter's hand. 'Better explain his sudden death as best as you could.'"

After all, he and Monte had been strangers. They had met only once. There was no link to connect them. And he had made that money by means of a perfectly legitimate stock exchange deal. Why shouldn't it have been just a lucky fluff? Many people did it—and sometimes it came off.

Then he stiffened. What a fool he was! Less than an hour ago he had asked the desk clerk about Mr.

Living & Leisure - The Woman's Realm

Fragile with age is grandmother's

Brought from its chest for a bride to wear.
Fresh and fragrant are orange blossoms.
Blinding the veil to her golden hair.
Borrowed from one who is near and dear.
Is the cobwebby kerchief of Irish loam;
And blue as the midnight Summer sky
Is the sapphire that comes from her happy groom.

For brides today, as in times gone by,
Wear the something old and the something new;
Nor would they marry at ease without
The something borrowed, the something blue.

MALE ATTIRE SHOULD BE CORRECT

If a girl isn't awfully careful about it, she may get her side of the wedding beautifully planned and forget entirely about her bridegroom. He may turn up for all she knows, in his favorite crew sweater and slacks.

A girl really shouldn't take such chances.

She should consider what the bridegroom shall wear early in the game, so that she is quite sure she knows what it's all about. She probably ought to write it all down and then go with him to see that he buys (or rents) his wedding outfit according to the written instructions. Mourning coat, dark grey striped trousers, this is for the formal wedding where she is all dolled up with train and veil and it's all being done in a church; a grey waistcoat, grey tie (four-in-hand, usually), grey coat, a bow tie, and white shoes. But if she's going to a civil ceremony, she should simplify her own outfit a bit—some light summery fabric, and not quite so much veil.

Spotless linen, and, moreover, she'd better not forget her groom. He'll need some instruction. Most men do.

HOSTESS SHOULD BE PARTICULAR IN USE OF HER SILVERWARE

Table decoration is becoming more and more an art in which every hostess wishes to excel. Good form makes certain demands upon the bride, as upon the hostess, but despite this fact there is still sufficient leeway to allow for personal preferences, and to encourage individual expression.

Sparkling glass, dainty china, and shining silver, are the tools of the able decorator. Precision is one of the first requisites of the well laid table. Each piece must be arranged with care and must occupy its appointed place. If hostesses were more thoughtful in arranging their silver according to prescribed usage there would be fewer blunders, less embarrassment, and none of the awkward silences and seasoned glances that usually accompany each course until the proper fork or spoon has been found.

In arranging the centerpiece every bride has ample opportunity for expressing her individuality. The lovely sterling silver flower and fruit bowls so much in vogue can scarcely be surpassed, and with four silver candlesticks to match, the table is certain to delight even the most exacting

guest.

In the soft glow of candlelight at the end of the day, one forgets the hurry and bustle of the work-a-day world, all cares mysteriously fade away and a fresh spirit comes out to bask in the mellow light. Surely wits become keener, hearts kinder and eyes brighter.

Note of Splendor.

Where the table is sufficiently large, in addition to the centerpiece and candlesticks, silver candeliers filled with fruit, and colored candles, add a note of splendor to the festive meal.

The keynote of the luncheon or dinner party is often struck when the guests first look upon the beautiful table, and it is apt to prevail throughout the meal. The appearance of her table is just as important as the personal appearance of the bride herself, and it should be a manifestation of her good taste.

ELEVENTH HOUR NECESSITIES

June—and your wedding day just around the corner. Pause a moment, mademoiselle the bride-to-be, and take serious thought of all those last-minute "chores" which are so easily overlooked.

Have you, for instance, made out the list of all the friends and relatives, near and far, to whom those name-exchanging announcements are to be sent? And have you been one of the wise virgins who has kept space with the arduous task of wedding gifts with charming notes of acknowledgment?

Have you made that very important appointment for your wedding photographs, and made certain that there will be a photographer in the cfling to take the pictures of the wedding group? And, dear lady, have you remembered that the pre-wedding session with your favorite beauty shop should be arranged well in advance, so that your own special operator will be free to beautify you for the occasion.

SPEAKING OF OPERATIONS

It's difficult to say who suffers most—the patient who is gaffed through a siege of hospital convalescence, or the patients' friends who want to do something but are completely baffled by the practical limitations of a hospital stay to get the fingernails into shape.

Cologne's better than perfume because it's lighter and more refreshing. Give her a brand-new one that she hasn't tried before. "Heaven Sent" is one of the new ones.

Bath mits made of pink terry-cloth and filled with a mixture of soap and perfumed herbs will help to relieve the griminess of hospital bathing.

She won't use it in the hospital, but a bottle of liquid rum-glo will help her to dream about the time when she's "out of here at last" and losing her hospital palor in the sun.

A small specially arranged flower

THE COOK'S CORNER

GRAPE NUT BREAD

1 cup grape nuts
2 cups sour milk
3-4 cup sugar
2 cups flour
1 tsp. soda
2 tsp. baking powder
1-2 tsp. salt
Four sour milk over grape nuts and let stand a while. Add other ingredients. Bake in oven over 1 hour.

ORANGE BREAD

Peel of 2 seedless oranges chopped fine
1-2 tsp. salt
1 cup sugar
2 cups water
2 tsp. shortening, melted
1 egg, well beaten
3 cups flour
3 tsp. baking powder
Boil together orange peel, salt sugar and 1 cup water to make a thin syrup about 15 minutes. Cool; measure and add remaining water to make 2 1-2 cups. Add melted shortening and well beaten egg. Add flour sifted with baking powder, mix thoroughly, bake in greased long pan in moderate oven about 1 1-4 hours.

SCOTCH SCONES

2 cups all purpose flour
4 tsp. baking powder
1-2 tsp. salt
2 tsp. sugar
1 cup milk
Into large bowl sift flour, baking powder, salt and sugar. Stir these ingredients with a knife to mix thoroughly. Add milk and mix together with knife. Sift plenty of flour on to board and scrape dough out of bowl. Sift flour over dough and roll lightly to 1-2-inch thickness. Cut into squares or triangles. Bake in very slow oven for 35 minutes, on ungreased baking sheet.

PICKLE RELISH SANDWICH

1 cupful chopped cooked ham
1 chopped hard cooked egg
1 tsp. chopped stuffed olives
2 tsp. pickle relish
2 tsp. mayon. also
Mix ham, eggs, relish and olives together. Moisten with mayonaisse. Cut bread in thin slices and remove crusts. Butter and spread with ham mixture.

SNAPPY SANDWICH

3 tsp. butter
1-2 cup grated cheese
1 tsp. mustard, prepared
1-8 tsp. paprika
1 tsp. tarragon vinegar
2 tsp. anchovy paste
2 tsp. chopped stuffed olives
Cream butter and cheese together. Add mustard, vinegar, anchovy, olives and paprika. Cut the bread in thin slices and spread.

SARDINE SANDWICH

Remove skin and bones from sardines and mash to a paste with a little mayonnaise. Add sandwich relish, allowing twice as much as the sardine paste. Mix well and spread between buttered slices of whole wheat or rye bread.

bouquet—which arrives in a bowl or vase—will keep the floral situation in hand. A single fresh flower, wired on a class so it can be worn in her hair, won't be amiss either.

For Plenty of Partners Learn To Dance Expertly



Improve Your Waltzing at Home

Ask any man—he'll tell you the best bid a girl can make for popularity is to dance well. If you can float airily through a glamorous waltz it won't be long before the stagline notices you!

And with footprint diagrams to teach you steps, with pointers on being graceful, there's no reason why you shouldn't be an excellent dancer.

The secret of the lovely dipping motion in the waltz is that you take an extra long step on the first beat of each measure, bending the supporting knee slightly. Now try our diagram for the basic waltz.

Count 1—Take a long step forward on left foot. 2—Place right foot a short distance to side of left. 3—Close left foot slowly up to right. 4—Take a long step back on right foot. 5—Place left foot a short distance to side of right. 6—Close right foot slowly up to left.

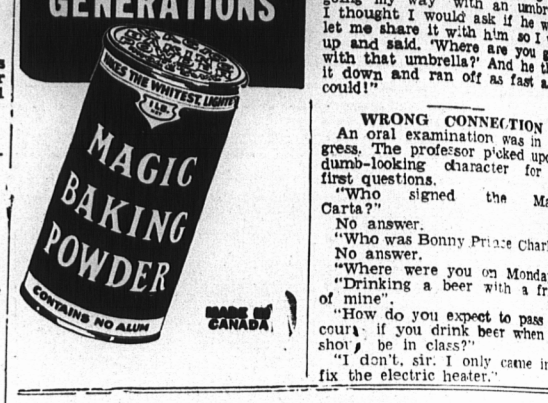
Other smart dances you can learn as easily. The diagrams and instructions in our 32-page booklet show how to dance expertly basic steps and variations of the waltz, fox-trot, Westchester, rumba, Congo, tango and shag. Gives tips on graceful posture, smooth leading and following.

Send 20c in coins for your copy of Home Course in New Ballroom Dances to The Guardian Home Service. Be sure to write plainly your Name Address and the Name of booklet.

Name _____
Street Address _____
City _____ Province _____

A Morning Smile

DEPENDABLE FOR 3 GENERATIONS



Your Individual HOROSCOPE - By Frances Drake

For Friday, June 13th

MARCH 21 to APRIL 20 (Aries)—Benefic for mental work, helpful in necessary activities. Financial transactions and economic matters in general ask thorough investigation and care in management.

APRIL 21 to MAY 20 (Taurus)—Up until 9:45 p.m. friendly aspects, with Moon Mercury and Sun favoring industrial and mechanical matters, but asking for spending in other enterprises. There is an admiration that prevails all day—go carefully in handling loan debts.

MAY 21 to JUNE 21 (Gemini)—A lucky Friday the 13th for you. Money days, sound investments, selling, buying; dealing in antiques, toilet articles, wearing apparel among the many favored. Finish up your work for recreation tomorrow.

JUNE 22 to JULY 23 (Cancer)—Discretion and common sense are necessary, but reckless spending in obstacles likely to appear. Until evening benefic rays urge full steam ahead in work, while interests.

JULY 24 to AUGUST 23 (Leo)—You may have to "tighten up" if you feel like going on a spending spree. Day favors almost all activities, but reckless spending in any taboo. Fine for familiar matter and recreation.

AUGUST 24 to SEPTEMBER 23 (Virgo)—Not auspicious for starting uncertain new undertakings or making changes that can just as well wait until next week. But proceed with duties and finish up incomplete matters.

SEPTEMBER 24 to OCTOBER 23 (Libra)—Study, research, teaching, holding conferences, making plans for execution later and consulting with routine affairs are advised rather than making up premeditated changes. Literary and legal efforts are sponsored.

OCTOBER 24 to NOVEMBER 23 (Scorpio)—Step carefully into all activities that carry great responsibilities. They can be handled well with proper thought and conscientious treatment. Avoid hasty promises, quick anger. Relax this evening and enjoy pleasant diversion.

NOVEMBER 24 to DECEMBER 23 (Sagittarius)—Financial returns may not be great today but any worth while work well done will result in excellent benefits soon. Favored: Plans, consultations, study, industrial and domestic

BABY'S TEETHING UPSETS QUICKLY CHECKED

YOUR BABY must "get a tooth." But he need not get a fever with it—his baby's mother will be glad to know that.

Here is what one wise mother, Mrs. Annie Beggs, of Concord, has to say: "We have not lost one night's rest through teething at all because of my old standby, Baby's Own Tablets. They are worth their weight in gold."

And Mrs. B. A. Selbie, of Oak, Ont., says: "I have given Baby's Own Tablets to my baby girl since she was three weeks old, although she cut her teeth rapidly (all four at once) she has never yet wakened us at night. I would not be without these tablets."

Give these safe, sweet-tasting tablets at the first sign of teething fever. Easy to take, prompt in action, yet safe. Analyst's certificate in every package.

Also effective in Constipation, Simple Fever, Diarrhoea, Upset Stomach, Colic, Simple Croup and Frequent Cries. Get a box today. See to it often strikes the light. It's common sense to get a box today.

Needlecraft - For The Home

Every well dressed woman has at least one jacket frock in her wardrobe. This new style has the popular softer shoulder line and a becoming V-neckline. A flower print made on these flattering lines is just right for the woman who wears a larger size as she has the cool comfort of the short sleeves and the added chic of a well cut bolero jacket. Make the jacket contrasting or matching fabric, but be sure to include this smart frock in your Summer wardrobe.

Style No. 2916 is designed for sizes 16, 36, 38, 40, 42, 44, 46, 48 and 50. Size 36 requires 2 7-8 yards of 39-inch fabric for dress; 1 5-8 yards for jacket.

Pattern (20c) coin is preferred. Write plainly your Name Address and the style number. Be sure to state the size you wish.

Style No. 2916 Size _____

Name _____
Street Address _____
City _____ Province _____

BURNING FEET

In the spring a young man's fancy may turn to thoughts of love but some of us older and weightier folk have thoughts turning to swollen and burning feet. If you have been on your feet all day and expect to do more footwork in the evening, take time off to bathe the feet in warm water containing some opium salts. Then don clean stockings to which some powdered borax or talcum is shaken. It will relieve the burning feeling and also act as a deodorant.

