

Woman's Realm Social and Personal Fashions Literature



CANNOT RETIRE

BECAUSE
She does such good Baking...

MRS. Herman Hansen of Londonderry, N.S., has always been known for "setting a good table." Having had a hotel for some years she decided to retire. But memories of her good meals persist, and she is still called upon to serve dinners for lodges and other gatherings in Londonderry.

"To make good meals, I use good ingredients," she says. "I bake all my own bread, cakes and pastry. For twelve years now I've used Robin Hood Flour for everything. It's grand and goes so much farther. Turning out delicious pies and cakes is so much easier when you use Robin Hood Flour."

Good flour costs less

Why not order Robin Hood Flour today and surprise your family with whiter, lighter baking! As Mrs. Hansen says, it goes farther and it's much easier to bake good bread and cakes with Robin Hood Flour. Milled from washed wheat, Robin Hood Flour carries a guarantee of "absolute satisfaction or your money back with an extra 10%." You will find the guarantee certificate in every bag.

Evangeline

HOME BAKING SERVICE
ROBIN HOOD FLOUR MILLS LIMITED

Robin Hood Flour

Milled from Washed Wheat

YOUR INDIVIDUAL HOROSCOPE

(By FRANCES DRAKE)

(Copyright, 1939, King Features Syndicate, Inc.)
Look in the section your birthday comes in, and find what your outlook is, according to the stars.

For Thursday, April 4th

MARCH 21 to APRIL 20 (Aries)—The little performances we go through in our everyday routine, kind words and deeds, patience with irritating persons and napping are the ones most favored and urged today. How they are performed measures our bigness of heart and character.

APRIL 21 to MAY 20 (Taurus)—Excellent. Moon-Mercury and Mars-Saturn vibrations this A.M. give the day a stimulating, favorable start. Gains possible through alertness and quick action. P. M. advises discretion in all dealings with others, particularly personal matters.

MAY 21 to JUNE 21 (Gemini)—It will take hard work and close attention to details to meet the requirements of exacting and difficult propositions this day. However, steady advancement is for you who are on the job and true to your inherent keenness and capability.

JUNE 22 to JULY 23 (Cancer)—If care is exercised to avoid confused thought and action, today can be productive of much good. Calmness and clear thinking are the requisites. Don't ask for the Moon and you won't be disappointed!

JULY 24 to AUGUST 23 (Leo)—The Moon in excellent aspects to your planet, the Sun forecasts a most propitious day for personal interests, social or business achievement.

AUGUST 23 to SEPTEMBER 23 (Virgo)—You should be able to realize some cherished ambition and to make substantial headway in whatever your schedule undertakes this friendly day. Amiability will enhance your chances for gain.

SEPTEMBER 24 to OCTOBER 23 (Libra)—Industrial and other practical and necessary matters

are more favored than are those things that are wholly of entertaining or artistic value. P. M. suggests relaxation.

OCTOBER 24 to NOVEMBER 23 (Scorpio)—Encouraging for you who like to achieve and make a new record for yourself. You can, with good headwork and application, do wonders for yourself and your job today.

NOVEMBER 23 to DECEMBER 22 (Sagittarius)—You have a full quota, beneficent rays. It's up to you to apply rightly and diligently yourself to the important issues. Make new tries, advance your, and your firm's, interests; make improvements. Advertise!

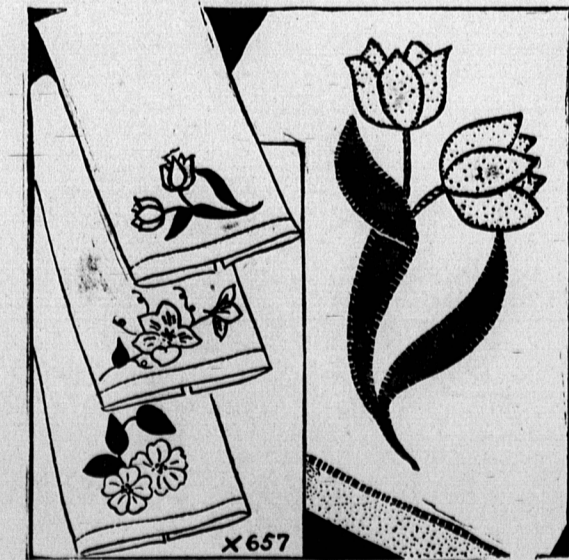
DECEMBER 23 to JANUARY 21 (Capricorn)—Personal attention to all duties and important issues is asked this intricate, but not unfavorable day. If you get things started right now it will help you to close the weak strong. PATIENCE AND TOLERANCE strong aids.

JANUARY 22 to FEBRUARY 20 (Aquarius)—This A.M. holds best rays for work and financial matters. Concentrate on necessary and urgent things first, including needed improvements. Carelessness taboo.

FEBRUARY 21 to MARCH 20 (Pisces)—Impatience at delays or obstructions will thwart your purpose, perhaps cause you unnecessary and avoidable mistakes and losses. Exercise your fine judgment and intuition. When you know you are right, act on it decisively.

A CHILD BORN ON THIS DAY will be musical and artistic; of an amiable disposition; capable of unusual success. But it must first learn to curtail too great a fondness for pleasure. Teach it to appreciate its splendid possibilities and to love work as well as fun. Both rightly indulged make for success and happiness.

APPLIQUE FLOWERS FOR SPRING



DESIGN NO. X 657
Applique blooms for tea, bath or kitchen towels. These designs would also be attractive framed. Hot iron transfer pattern No. X 657 contains complete instructions for stamping and applique work for the three designs.

To order this design, write your name and address on a piece of paper and send with 15 cents in coin or stamps to Needlework Department, Charlottetown Guardian.

To Charlottetown Guardian Needlework Department.

Design No. X 657

NAME _____

STREET _____

PROVINCE _____

Dorothy Dix's Letter Box

DOROTHY DIX SAYS— CHILDREN SHOULD HELP WHEN PARENT WANTS TO REMARRY

Bereaved Father or Mother Has the Right to Search for New Happiness in Life

Dear Miss Dix—I am a widow with no children, engaged to be married to a widower who has three children, two girls and a boy, ranging from 14 to 19 years of age. We are anxious to be married at once, as we love each other. But his daughters violently oppose it because his wife has only been dead twenty months. They think that it will show inconsideration for their mother and that he should wait at least two years before remarrying. Since their mother's death the girls have been doing splendidly housekeeping for their father. They never bother to sew on a button or mend his clothes or take any trouble to entertain and amuse him. Still less do they show him any affection except to give him a dab of a kiss once in a while as they dash in and out of the house. They regard him only as a provider for their wants. It isn't that they are not good girls. They are. It is only that they are young girls and absorbed in their own lives. And their father needs somebody to take care of him. Still we don't want to do anything that will hurt them. What is your advice?

Answer:—As much as all the objection the girls have to their father's marriage is that they think he should go through a longer period of mourning, there is no reason why you should not go on with your wedding at once. The conventional period of mourning is one year. That is supposed to show the proper respect for the memory of the deceased husband or wife.

Children nearly always have a curious jealousy for their dead parents and object strenuously to their widowed father or mother putting some one else in the place of the wife or husband they have lost. But it is a rare thing for the youngsters to make the slightest effort to fill the void in their parents' lives. They don't stop to think how lonely are the men and women deprived of the companionship of their mates; how dreary are the evenings spent in an empty house with nothing to do but to thrash over old memories. Nor do they feel called upon to stay at home and make the brighter and pleasanter for Papa or Mama.

Step-Parents Right To Discipline Child
Dear Dorothy Dix—I am married to a second husband and have a child by my first husband who is very much spoiled. She doesn't mind me and I cannot make her do anything even if I spank her. Is it right for my present husband to spank her when she needs it? BELLE.

Answer:—If you have raised your child to be a brat, you should be grateful to your husband for doing anything to discipline her. It is right for her present husband to spank her when she needs it.

This is perfectly natural because youth is selfish and absorbed in its own pleasures and amusements and plans of life, and no one would sacrifice it for the sorrows of its parents. No one would condemn the boy and girl whose feet are aching to dance to spend their evenings trying to make a dollar or two in conversation with their depressed parents.

But, all the same, it is hard on Mama or Papa to be left alone while Mary and Johnny have gone to parties, or are joyriding, or are rushing about from place to place after the manner of the young. And certainly it is unreasonable in the children, who are so gay themselves, to be so gloomy and to make their parents shall wear perpetual mourning and never rebuild their lives.

In common humanity they should be glad for their fathers and mothers to find happiness again if they can in new marriages, new homes, new friends. They should be glad that somebody else takes up the duties that would otherwise devolve upon them. They should rejoice that their father has some woman of his own age to talk to him about the things he is interested in and to make him comfortable, without some good daughter being enslaved by the task. They should be glad that mother has a husband to support her and whom she can fuss over without any thought of giving up all thoughts of marriage herself to take care of her.

The parents' second marriage is the emancipation proclamation of the children. It sets them free to live their own lives, and it solves the question of what to do with another or father when their homes are broken up by the death of their first mates.

So instead of forbidding the bans, children should give mother or father their blessing when they want to remarry.

Be Sure You Love Before You Marry
Dear Miss Dix—Two boys whom I will call A and B want to marry me. A lives in distant city and I married him I would have to leave home, and my parents say they will disinherit me if I do. But if I marry B and stay at home they will give me a nice home. I don't know which one of these boys to take, but I believe I prefer A and anyway, I'll tell my mother to dictate to me about whom I shall marry. I have always looked forward to planning a home of my own. Which one would you advise me to marry? WORRIED.

Answer:—Neither. When a girl doesn't know whether she loves a man or not it is a sure sign that she doesn't. When you are really in love it breaks out all over you like the

New Under-arm Cream Deodorant safely Stops Perspiration

THIS famous food-beverage blends malt and milk and eggs in scientific proportions. Doctors, nurses and mothers testify that when Ovaltine is taken by the mother before and after the birth an adequate supply of rich milk is assured. The mother is enabled to maintain her strength and to feed baby easily and naturally. Nutritional diseases, such as rickets, are prevented and baby is assured of happiness and healthy development.

Ensure Your Child the Best from the First

Drink Delicious OVALTINE
Ideal for expectant and nursing mothers

ARRID
At all stores selling toilet goods (also in 1-2 and 5-9c jars)



Barbours ACADIA BAKING POWDER

has NO equal for ECONOMY and DOUBLE ACTION

A Morning Smile

ROYAL MIS-FIT.

The recruit was disappointed with his uniform. It seemed to fit nowhere. He was still trying to make the buttons of his tunic meet when he passed the colonel on the parade ground. He forgot to salute. "Pull yourself together," said the colonel. "Don't you know you are wearing the King's uniform?" "Oh, that's it," said the recruit. "I knew it wasn't meant for me."

CHANGE HERE

The train was about to leave the station when the guard noticed a little girl struggling with her frock in the corridor and crying. "What's the matter?" asked the guard in kindly voice. "Please, sir," sobbed the girl. "I'm being evacuated, and they said I must be sure to change at this station; but the train won't wait long enough for me to get my other frock on."

JEWELRY DECIDEDLY NEW

Wearing of small jeweled lockets on slender chains is a new jewel fashion. Single strand necklaces of beads are being worn this spring by the most particular women, and pearls, rose quartz, amber, lapis lazuli and jade are favorites. These colored, less expensive gem stones make beautiful accent notes for spring. There are rings, ear-rings and bracelets to match the necklaces.

Topaz, zircon and emethyst are also popular, and set with gold, have added color depth. Moonstone flowers set with rubies or emeralds in gold are new, and moderate in price. The locket fashion is new. It is in the feminine manner and has a sentimental value that has again come to be noticed by women of fashion.

Some women who have collections of old jewelry are taking them to their local jeweler who uses of old stones and even old settings giving them a 1940 trend. A beautiful lapel flower design, a dainty pendant, a handsome ring and ear-rings, or even a necklace set with gem stone combinations smart and new may have a very old foundation. Jewels never go out of fashion, but their settings change with fashion trends.

THE COOK'S CORNER

CREAM OF POTATO SOUP

4 medium potatoes
2 Spanish onions
Water
2 tablespoons butter
2 tablespoons flour
3-4 teaspoon salt
Dash pepper
1 cup potato water
3 cups rich milk
Method: Slice the potatoes and onions and boil together in about 1-2 cups water until they are tender. Drain them and save the water. Rub the cooked vegetables through a sieve. Melt the butter and stir in the flour, then add the salt and pepper. Gradually add the potato water and the milk which has been scalded, beat with an egg beater for a few minutes. A tablespoon of chopped parsley may be added before serving if desired. This is served piping hot and if you want to give the thing the proper atmosphere, serve it in a soup tureen.

CRABMEAT SOUFFLE

12 square salted crackers
1 cup milk
1 1/2 tablespoons butter
1 cup flaked crabmeat
1-4 teaspoon salt
Dash of pepper
2 eggs, well beaten
Method: Grumble the crackers and pour over them the milk and set aside for about 25 minutes, until the crackers are soft and have absorbed some of the milk. Beat the milk and egg in a moderate bowl and add to the milk and crabmeat mixture along with the melted butter, the flaked crabmeat and the salt and pepper. Pour the mixture into a greased baking dish and bake in a moderate oven (325 deg. F.) for about 30 or 40 minutes, until the souffle is firm, and delicately browned on top. A few finely chopped green onion tops and a little chopped green pepper may be added with the crabmeat for additional flavor. When serving souffles, arrange to have them ready at the exact time you wish to serve them. The guests can wait, but a souffle, never!

To Stop Constipation Get at Its Cause!

If constipation's got you down so you feel heavy, tired and notice a "lump" in your time you did something about it. And something more than taking a dose every day should get at the cause of the trouble. If you eat only the things most people do, the chances are that a very simple fact causes your constipation. "Bile," you don't get enough. "Bile," you don't get doesn't mean heavy food. It means a kind of food that after the digestive process leaves a soft "bulky" mass which helps a bowel movement. If constipation is due to lack of "bile" in your diet, eat Kellogg's All-Bran, a tasty, ready-to-eat cereal, for breakfast every day and drink plenty of water. All-Bran supplies the "bulky" mass that the physician, Dr. J. M. B. Made by Kellogg in Vancouver, Canada. Sold by every grocer.

If Bills Overwhelm You Time to Go on a Budget

Snowed under by bills! That's what happens when you try to manage without a budget. For the beauty of a budget is that it keeps your everyday expenses under control. And it shows you how to stretch your income for the things you want. Try keeping a record of expenditures for one month—then compare your figures with an ideal budget plan. What do you find? Perhaps with a monthly income of \$125 you've spent as much as \$20 for Household Operating. No wonder your budget plan advises about 12 per cent. of your income, or \$15, for Household Operating. If you are careful not to waste light and gas, if you buy household supplies at sales, you can save \$5 a month (or \$60 a year!) to add to Clothes, Entertainment.

Other items, such as Food and Gas, you adjust the same way. And, by planning ahead, you easily take care of large occasional expenses like taxes, insurance. Gain a new sense of security, added enjoyment of life, by going on a budget. Our 32-page booklet tells how to divide your income according to your needs and desires. Gives pointers on buying, saving, home-owning. Has ruled pages for a year's accounts.

Send 25c in coins for your copy of How To Budget And Buy For Better Living to The Guardian Home Service. Be sure to write plainly your Name, Address, and the Name of booklet.

Name _____
Street Address _____
City _____ Province _____

Helpful Hints For The Women Folk

FAMILY FINANCIERING

"They tell me you work for four dollars a day; How is it you clothe your six boys on such pay?" "I know you will think it conceited and queer, But I do it because I'm a good financier."

"There's Pete, John, Jim, John, and William and Ned, A half-dozen boys to be clothed and fed."

"And I buy them all good plain victuals to eat, But clothing—I only buy clothing for Pete."

"When Pete's clothes are so small for him to go on, My wife makes 'em over and gives 'em to John."

"When for John, who is ten, they have grown out of date, She just makes them over for Jim, who is eight."

"When for Jim they become too ragged to fix, She just makes 'em over for Joe, who is six."

"And when little Joseph can't wear them no more, She just makes 'em over for Bill, who is four."

"And when for young Bill they no longer will do, She just makes 'em over for Ned, who is two."

"So you see, if I get enough clothing for Pete, The family is furnished with clothing complete."

"But when Ned gets through with the clothing and when He has thrown it away, what do you do with it then?"

"Why once more we go round the circle complete— And begin to use it for patches for Pete!"

Family Circle.

The yolk of an egg, when the white only has been used, will keep for several days if beaten up with water.

Draughts or checkers was played in England in the 16th century.

Motor transportation is rapidly replacing pack animals for hauling in Afghanistan.

The famed musician, Handel, did not select the Scriptural passages for his famous "Messiah." They were chosen and sent to him by his friend Charles Jennens.

Dominoes is a game of great antiquity but the exact date of its origin is unknown.

Keep a roll of dark blue or black tissue paper handy for wrappings. It's a time-tested recipe for keeping white linens white.

SLINKY LINES FOR EVENING

Evening fashions shown during the luncheon hour recently at the Plaza Hotel in New York featured slim silhouettes, and, in this group, it was a black dinner dress, so slim it can be called "slinky," that won most applause from the audience. Hair ornaments, incidentally, such as Paradise feathers dyed a brilliant green worn with the black dress, were effective with evening fashions. Some of the slimmer silhouette evening dresses were relieved by fullness from the knees down, as in the case of a red-and-white print, linen-hopsacking with wide extremely flared pleppum and cap sleeves.

In daytime clothes, two brown ensembles and one in two shades of green pleased the audience. In one of them, brown silk faille was developed in a princess coat, and a brown and white silk print was the dress fabric. In the other "brown" ensemble, the woolen

Jacket only was brown, while a pale blue-green woolen was developed as the lining of the jacket and into the accompanying dress. High necklines with round, very often pleated collars that were suggestive of a ruff, characterized many of the day dresses. For instance, an arresting dress, with extremely full skirt, developed in navy blue-and-white satin, in small shepherd's check pattern, had a high neckline and a small round white collar with occasional pleats in it. A sleeveless, navy blue wool bolero was worn with this dress.

STORM BOOTS

Leather storm boots should be periodically dressed with neatsool oil or other reliable water-repellent dressing to keep in good condition and to maintain their water-proof qualities. If the boots become very wet, give them a light coating of neatsool oil and dry in a temperature not over 75 degrees.

FASHION FLASH!

Spring woolen frocks, sheer and "light" gossamer, are called "hothouse woollens!" Lovely in muted pastels, they are worn with matching or contrasting wool jackets or coats to make Spring costume ensembles as spring-like as any woman might desire. Dresses and jacket costumes in the new twill weaves are very popular too. Navy with crisp white accents, heads the list, with other neutral colors running a close favorite.

PAIN IN THE NECK

A tense neck, like cramped, aching feet, can put more lines across the brow in a week than it is possible to eradicate in months. The woman who is determined to remain youthful, attractive, though the years make every effort to keep her neck perfectly relaxed.

She doesn't sit at her desk and hold her head and shoulders in one position hour after hour. Ever so often she remembers to relax her neck and let her head fall forward as far as possible. Several times a day she does a neck relaxing exercise.

She lets her head fall forward until the chin is resting on her chest, then slowly swings head around to the right, back to the left, and forward again. Slowly rotating the head around and around, meanwhile keeping neck quite relaxed, stirs up circulation, wards off stiffness in the muscles and a feeling of extreme weariness.

Also for relaxation and to eliminate any tendency toward acquisition of a lump on the back of the neck, this routine is advisable.

Simply sit or stand erect. Relax neck and let head fall backward as far as possible. Place fingers behind ears and lift head up. Fingers—not head go to the lifting job. Afterward, repeat without using hands, making muscles at sides of the neck do the work.

WOMEN IN "40'S" YOUR "40'S" Read This Important Message!

Do you dread those "trying years" (38 to 52)? Are you getting moody, cranky and NERVOUS? Do you fear hot flashes, weakening dizziness? THEN LISTEN: These symptoms often result from female functional disorders. So start today and take reliable Lydia E. Pinkham's Vegetable Compound. For over 60 yrs. Pinkham's Compound has helped hundreds of thousands of grateful women during difficult days. Pinkham's has helped calm unstable nerves and lessen annoying female functional "irregularities."

Pinkham's Compound is one of the best known and one of the most effective "women's" tonics you can buy. It is made from beneficial roots and herbs and comes in either liquid or handy-to-carry tablet form (similar formula). Try it!

Smartest Fashions And Winter Styles

A button-front frock has so many advantages. It is easy to slip into and easy to launder. This princess style is particularly becoming to the more mature figure because of its slimming lines. You will want to make several of these useful dresses to put on first thing in the morning, and wear all day long as you go about your household chores. Working in the garden is fun, too, when you know that your dress is easily washed and ironed. Printed cotton is gay and Spring-like and ricrac makes a bright trimming.

Style No. 3041 is designed for sizes 16, 36, 38, 40, 42, 44, 46, 48 and 50. Size 36 requires 3 5-8 yards of 38-inch material, with 1-1/8 yards contrasting; 4 yards braid.

Send fifteen (15c) coin to preferred for pattern. Write plainly your Name, Address and style number. Be sure to state the size you wish. Style No. 3041 Size _____

Name _____
Street Address _____
City _____ Province _____



IMPROVE SOUP STEW or GRAVY with Bovril BOUILLON CUBES

3041 SIZE 16-36