

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

**In Youth Begin to Prepare for Age**  
**Dorothy Dix**  
**Beauty Soon Fades Away**

**Every Woman Should Study to Make Herself as Charming and as Interesting as Possible so That She Will Not Lose Her Popularity in Later Life**

The middle-aged woman speaks thickly through her complexion mask. "I," she says, "am one of the unregarded tragedies of life—the woman of 40 who has been a beauty who sees her good looks fading day by day and is powerless to stay them. For, alas, despite the alluring propaganda of beauty specialists and the deathless optimism that makes so many women believe that, somehow, they are going to outwit age and remain perpetually young and fair, no one has yet worked this miracle.

"Time marches on and takes with it every woman's beauty. And, believe me, there is no more terrible moment than when men begin flatteringly you by telling you what you WERE instead of what you ARE. What, then, can a woman substitute for allure when she ceases to be a living picture and becomes more or less of a chromo?"

Undoubtedly it is a terrible thing for a pretty woman to lose the good looks for which she has been so admired, praised and envied. If anything could be consolation to a homely woman it is the fact that she never has to go through the ordeal of being told how beautiful she was when she was young and how she has faded.

Unhappily, naturally wavy hair, starchy orbs, peaches-and-cream complexion and willowy figures are never a perpetual gift of the gods. They are just a loan that is called in after a few years. That is why in her youth every woman should begin preparing for the inevitable lean years in which her appeal to people must not be to the eyes, but to their understanding and their hearts.

Thank heaven there is youth and beauty. One of these is charm. That is something that every woman can have if she will only take the trouble to make herself pleasant and agreeable to her fellow creatures. When a woman works in her manner, when she has the tact that makes her always say the right thing at the right time and place, when she puts the shy at their ease and turns the spotlight on the unimportant she has a conjure that never fails to work and on which there is no time limit. Every woman looks good to those whom she makes feel good.

Another way in which women can prepare themselves in youth for age is by cultivating a line. A girl can be beautiful and get away with it when she is sweet and twenty. But when a woman is fat and forty she has to be interesting or else be avoided like the plague. The world is filled with the wails of lonely old women who are lonely because they are bored; who talk about themselves and who haven't had a new idea for forty years.

But the woman who never lets herself slump, who keeps abreast of the times, who is interested in other people, who reads and studies and whose mind has been enriched by all the varied experiences of life is no more fascinating companion when she is 70 than she was when she was 17.

Women should prepare themselves in youth for age by laying up friends and companionship. This should begin with their keeping on chummy terms with their husbands. They should make themselves so entertaining and agreeable to live with that their husbands never mind out that they are not as young and beautiful as they were on their honeymoon days. And a woman should add constantly to her number of friends. Not only do our friends die or move away, but friendship needs new horizons, new interests, new people to keep us inspired.

Finally, every woman should prepare for age by cultivating some hobby, some occupation, some cause into which she can throw herself. By so doing she will have a life of her own and not be left utterly desolate if her family is broken up by death or become one of the purposeless old women who are a nuisance around their children's necks.

Above every woman's dressing table there should hang the motto: IN YOUTH BEGIN TO PREPARE FOR AGE.

## THE COOK'S CORNER

**ST. PATRICK'S COOKIES**  
 1-2 cup all purpose flour  
 1 teaspoon baking powder  
 1 cup butter  
 1 cup sugar  
 1 egg  
 1 cup cottage cheese, drained  
 1-4 teaspoon nutmeg  
 1-4 teaspoon grated lemon rind  
 1 teaspoon vanilla  
 1-2 teaspoon salt  
 1-2 cup flour, measure and re sift three times with baking powder. Cream butter, add sugar and continue creaming until blended. Beat in beaten eggs and cottage cheese. Add nutmeg, lemon rind, vanilla and salt and stir to distribute. Last stir in the flour to make a soft dough. Turn out on a greased board and roll thin kneading in additional flour if necessary to keep from sticking. Cut with shamrock cutter and bake in a cottage cheese (350 F.) for 10 to 15 minutes or until delicately browned. For variation, lay one round cookie on baking sheet, place a little jam or preserved fruit in center and cover with a slightly smaller round, sealing by pressing together with fork. Yield: about 3 dozen cookies.

**ST. PATRICK'S REFRIGERATOR CAKE**  
 1-1/3 cups (1 can) sweetened condensed milk  
 4 tablespoons lemon juice  
 1-8 teaspoon salt  
 2 cups crushed pineapple, drained  
 24 vanilla wafers  
 Blend together sweetened condensed milk and lemon juice. Add salt and drained pineapple. Line narrow, oblong pan with waxed paper. Add layer of vanilla wafers with fruit mixture. Add layer of wafers, alternating in this way until fruit mixture is used; finish with layer of wafers. Chill in refrigerator 12 hours, or longer. To serve turn out on small platter and carefully remove wax paper. Garnish with shamrock made from sliced green gumdrops. Cut in squares. Serve with whipped cream garnished with marshmallows, cherries, if desired. Serves 8.

**LUCKY SHAMROCK CANDIES**  
 One-fourth cup sweetened condensed milk  
 1-2 teaspoon vanilla  
 green vegetable coloring, 1-2 cups sifted confectioners' (4x) sugar  
 Blend sweetened condensed milk, vanilla and small amount of green vegetable coloring. Add sifted confectioners' sugar gradually and continue mixing until smooth. Finish with fruit mixture in this way: finish with layer of wafers. Chill in refrigerator 12 hours, or longer. To serve turn out on small platter and carefully remove wax paper. Roll fondant out on waxed paper to about 1-4 inch thickness. Cut with sharp shamrock cutter or by a stiff paper pattern.

**To Relieve BABY'S HEAD COLD Misery**  
 DO THIS: Massage his throat, chest, and back with Vicks VapoRub and rub into his hair. Next, put a spoonful of VapoRub in a bowl of boiling water; place a newspaper or sheet over the child's head like a tent, covering the bowl too, so the medicated vapors can be inhaled for several minutes. This treatment loosens phlegm—clears air-passages—checks tendency to cough—relieves local congestion. Long after he relaxes into peaceful sleep, VapoRub's poultice-and-vapor action is still at work—and you can get a good night's rest too.

**A Morning Smile**  
 "One wife too many!" exclaimed the wife as she glanced at the headlines of the paper. "I expect that's about some bigamist."

"Not necessarily, my dear," said the husband, without daring to look up.

"Pop, you know everything, don't you?" said little Joe.

"Some very few things in the universe may have escaped me," answered the parent modestly. "But they are hardly worth mentioning. What do you want to know?"

"I want to know," replied little Joe, "what relation an august king is to a May queen?"

**WOOD AND WASHING HINTS**  
 Dark grease stains on wood may be removed by covering the coloration with thick paste of ordinary washing soda and water. Allow the paste to remain on the spot a minute, and then wash off. It's a smart idea to wash any new launderable garment or household linen that has been displayed on store counters before using. Handling by shoppers and dust-laden air from circulating crowds are bound to cause a certain amount of soil which absolute cleanliness makes desirable to remove before such fabrics come in contact with the body.

## Ottawa Agog Makes Ready For Royalty

**Federal Capital Looks for 250,000 Visitors when King and Queen Come for Four-Day Stay in May**

Ottawa, singled out for special royal attention because it is Canada's capital, is making the most elaborate preparations in its history for the four-day visit of the King and Queen May 17-20. Their Majesties will spend much more time in Ottawa than in any other city and civic officials have estimated there will be 250,000 visitors swelling the normal population of 125,000.

A triumphal six-mile tour through the city on Ottawa's beautiful driveway system, an imposing spectacle as the King unrolls Canada's national war memorial, a garden party 5,000 persons will attend and an elaborate fireworks display from Parliament Hill are included in the recently announced program for the visit.

Ottawans may see their King and Queen at least eight times while they are here. This does not include other glimpses they may get as the royal couple motor to limited functions such as parliament-ary dinner and a visit to the Senate and House of Commons.

Residents of the capital will be given an unrivalled opportunity to see the visitors shortly after their arrival when they drive from the southwestern boundary of the city through the capital to Rideau Hall, residence of the governor-general, where they will stay while Officials in charge of arrangements believe that even if there are 400,000 persons lining the driveway there will be no crowding. The laws of the driveway will provide excellent spots from which to see Their Majesties.

Thousands of children and war veterans are expected to pack the huge grandstand at Lansdowne Park which is on the route. Efforts are being made to have the royal couple driven around the half-mile oval track in the Park. It has not yet been decided whether they will use a newly renovated vintage coach and four or a motor car.

**Memorial Unveiling**  
 The war memorial unveiling on May 18 will draw the attention of the nation as the most important official act His Majesty will perform during his stay in Canada. Possibly 200,000 will be drawn to the great central square on which the Dominion and the city have spent almost \$1,000,000 in recent years.

There, rising majestically before backdrop formed by the parliament buildings and the Laurentian Hills in the distance, is the memorial to those who laid down their lives for Canada.

Guardsmen in scarlet tunics holding banners 14 feet high will be present.

(Continued on page 10, Col 1)

**FLASH! THOUSANDS CHEER AS THEY SEE HOW NEW HIGH-TEST OXYDOL WASHES WHITE CLOTHES UP TO 25% WHITER**

**YOU'LL GET THE THRILL OF YOUR LIFE WHEN YOU TRY NEW HIGH-TEST OXYDOL!**

**TOO PRECIOUS TO LOSE!**

Guard your children from the serious results which may possibly follow a heavy cold if you neglect it. Give them Father John's Medicine which builds up bodily strength, restores lost energy — helps the body to attack cold infections. It is rich in vitamins—free from harmful drugs and alcohol.

**Father John's medicine**

**How Can I???**  
 (By ANNE ASHLEY)

**Household Scrapbook:**  
 (By ROBERTA LEE)

**Intrigue Your Friends by Telling Fortunes**

Keep Pantry Aired  
 Keep the pantry well-aired by pulling the open window with muslin. This allows the air to circulate, but at the same time keeps out dust and dirt. Set a small box of lime in the pantry and this will keep the air dry and pure.

**Sowing Seeds**  
 When seeds are to be sowed in boxes, remember that only a light covering of earth should be sifted over the seeds. The finer seeds, such as radishes, should be sown into the earth.

**Ironing Board**  
 The warped ironing board can be straightened if the covering is reversed to the other side for a while.

**Modern Etiquette**  
 (By ROBERTA LEE)

How should a man seat his guests when taking them somewhere in a taxi?  
 A. The right-hand seat should be given to one of the ladies. If she is the only guest he takes the seat beside her. If there are several ladies he should sit opposite them, with his back to the chauffeur.

How should guests dress when attending a ball?  
 A. Formal evening dress is required for a ball.

Q. Is it necessary to answer a written invitation to a tea?  
 A. One is not obliged to do so.

**Enjoy your meals FEEN-A-MINT THE CHEWING GUM LAXATIVE PERKS UP THE APPETITE**

**EASILY KNITTED CARDIGAN DESIGN X 52**

Rich, luxuriant yarns used in hand knitted garments are, of necessity, done in the simplest stitches. Cashmeres, sport angoras, and vicunas are so strikingly beautiful that fancy patterns are completely lost when included in a smartly styled hand knitted model. The simple cashmere cardigan done in the stockinette stitch with a quarter stitch stripe, illustrated today, is a striking example of the combination of richness and simplicity. The ribbing at the waistband, around the sleeves and collar is an indispensable feature of all popular cardigan jackets. Knitting instructions for this sweater are available in sizes 14 and 16 years, and 36, 38, 40 and 42 bust measurement.

Send 20 cents, coin preferred.

**PATTERN ORDER FORM**—to be used when ordering pattern.

To Charlottetown Guardian  
 Design X 52  
 Address \_\_\_\_\_

**TAKE THE "LEAD" FEELING OUT OF YOUR LEGS**

**Get More Oxygen In Your Blood and Get the Pop that Sends You Bounding Up the Stairs**

People who smother to death die because their bodies have been completely cut off from oxygen. Just as surely you are slowly smothering if your blood lacks the oxygen-carrying feature of all popular cardigan jackets. Knitting instructions for this sweater are available in sizes 14 and 16 years, and 36, 38, 40 and 42 bust measurement.

Send 20 cents, coin preferred.

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**TIMELY TIPS FOR THE HOME SEWER**

Here's a spring tonic for your suit or topper for good or pleated skirts. These blouses are all included in today's pattern. The snug-fitting tailored button down front jacket blouse is perfect in vibrant or pastel colored wool as aqua, royal, chartreuse, cyclamen, mustard, fuchsia, etc. The becoming square-neck blouse blouse in rayon taffeta print in navy and white has navy bows and white ruffling. The classic shirt blouse of striped washable crepe is "must have" for your suit. It's nice as a lingerie type, too, in batiste or organdie. It's going to be a big suit season, you'll want to make all three!

Style No. 2525 is designed for sizes 12, 14, 16, 18, 20 years, 30, 32, 34, 36, 38 and 40-inches bust. Size 16 requires 1-8 yards of 36-inch material with 1-2 yards of ruffling for square neck blouse.

Send fifteen cents (15¢) in stamps or coin (coin preferred) with order carefully, address to Charlottetown, P.E.I., Canada.

Style No. 2525 Size \_\_\_\_\_

Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_

In the list of trousseau colors besides the soft blues and flesh are cloud gray, cyclamen, pink, clove, apple blossom pink, lilac and blue-tinted purple.

2525  
 size 16

**WE JUST LOVE THESE**

**Christie's PREMIUM SODA CRACKERS**