

Woman's Realm Social and Personal Fashions Literature

Living & Leisure The Woman's Realm

FOR THE VERY WORK'S SAKE
Who works for glory misses out the goal: Who works for money coins his very soul.
Work for the work's sake, then, and it may be that these things shall be added unto thee. —Kenyon Cox.

DRESSMAKER SUIT ROSENSTEIN PET

NEW YORK—An enthusiastic advocate of the dressmaker suit and its simulated sister is Nettie Rosenstein. Her clothes speak all ways of the concise and the suave. Skillfully she manages the utmost in pliability with a minimum amount of fuss or waists of short fitted jackets and are one of her effective means of achieving the streamlined movement of the hands of her dressmaker suit. She likes the softness of drawstrings and lacings; the emphasis of contrasting colors or fabrics in jackets and skirts; and with continuing confidence as to its place in sound fashion, stresses still the basic black jersey dressmaker suit and the simulated two-piece dress. Sheer wools and those of heavier calibre, velours, velvets, crepes, velveteens and lame, are favored fabrics for these suits.

MILK ASSUMES STRANGE GUISE

NEW YORK—Before long, we'll be making dresses by recipes instead of patterns. The formula for a new fall number might read something like this: Mix two quarts milk with a few old bread-crusts and the cellulophane from two packages of cigarettes. Season with salt and pepper, cook to a paste, mould to figure and sit in the sun to dry.
This may be slightly exaggerated, but it's already true that wondrous new fabrics are coming out of America's test-tubes these days, made from such unlikely substances as wool-pulp, cornstarch, coal and skimmed milk.
Newest member of the man-made fabric family is arallic, which is made from milk. A few years ago any one who suggested wearing a dress or coat made of milk would have been dispatched to the nearest padded cell. To-day it's all in the day's work, and modern milkmaids wear their warm and woolly arallic garments with little thought of their milk-bottle origin.
Arallic was first used in blends with other fibres, such as wool or rayon. Now it's appearing in its pure state, as interlinings for cold-weather coats.
Because it belongs to the animal

kingdom, arallic is light and warm, with much of the insulating property of wool. Thin inner linings of arallic give winter coats warmth without bulk, and are hailed with delight by designers.
There's another new fabric named chinchilla, a furry pile fabric made of wool, mohair and arallic. New suitings combine ralic and rayon or wool, in smooth, silky gabardines, fine flannels, handsome tweeds.

GAY HATS, SHORT GOWNS FOR EVENING

NEW YORK—Those short evening gowns are beautifully accessorized with gay hats. Pink ostrich feathers and a fan seen more than the rest to belong to the romantic days of the Victorian era they suggest.
There are formal evening gowns whose hems touch the floor and whose skirts are slit to the knee. There are a fuchsia gown with wide décolletage, long sleeves and flowers over the shoulder; a gown of the color of the dress of wine with a rose on one shoulder and another at the neckline and a black dinner suit with shimmering rhinestone stars on its black velvet lapels, as highlights in the fall evening mode.

HINTS ON ETIQUETTE

When a young man calls on a girl he should watch the time—unobtrusively, of course—and leave in good time. Her parents may insist that her callers leave at a certain hour, or she may have to get up very early to go to work or school.

EVERYTHING WHITE

Don't use the same linens over and over again, letting them rest in the linen closet and turn yellow. Use them in turn so that each one is laundered occasionally.

NO STICKING

Corks for bottles containing shoes and cosmetics will not stick if a little vaseline or glycerin is rubbed over the ends of the cork before inserting them in the bottles.

When your squash pie is nearly done, top with marshmallows and return to the oven for 10 minutes.

Grease your glass baking dishes before putting in the food to cook and they will be much easier to wash.

If they are to last long and look well, woollens require special attention. Fasteners should be sewed on as soon as they come off. Dress shields should be worn and safety pins avoided. Damp woollens should be hung where there is plenty of air circulating—and on hangers, not hooks, and they should



KING COLE TEA AND COFFEE

Vegetable dyes, is the name of an interesting little book written by Douglas Leonard Ph. D., sociologist, archaeologist, National Museum, Ottawa, and published by the Oxford University Press. For all those people who yearn to know more about that simplest of crafts—making dyes from the flowers of the Goldenrod, Hollyhock, Blueberries, Nettles, and many more from the bark of trees, this will prove a welcome handbook on the subject.

The book is written in simple language which any layman can understand, and even if you had no intention of applying the craft you would still enjoy reading about it. The contents include a chapter on materials and methods handling of wool, mordanting, preparing the dye-both dye-plants, list of dye-plants arranged by colors, list of dye-plants arranged alphabetically and receipts.

Just to give you an idea of the recipes we quote the following standard recipes:
Mordanting—4 ounces alum, 1 ounce cream of tartar, 1 pound wool (dry weight), 4 gallons water. Dissolve the solids. Enter the goods. Simmer for 30 minutes.
Standard Dye Recipe—Crush dye-plant and soak overnight in dye-plant 1 hour. Strain. Enter goods and simmer 30 minutes.
Rinse and dry.

Red Hollyhock Flowers, 1 lb. (Red)—Use the standard recipe, except: Use only 2 ounces of alum. Add 1-2 tsp. of ammonia to the dye-bath. Enter the goods. Wash in soapy water, then rinse and dry.—Selected.

Wild Cherry Bark, 1-2 lb. (Peach)—Use only 1 ounce recipe, except: Use only 1 ounce of alum and 1 ounce of cream of tartar.
Fresh Blueberries, 1 lb. (Blue)—Use the standard recipe except: No need to soak overnight. Boil the berries 1-2 hour. Add 1-2 ounce of copper sulphate (bluestone) to the dye-bath, and dye for 1 hour. Wash in soapy water, then rinse and dry.—Selected.

CONSERVATION CORNER

How's he breathing apparatus of your woollens? If it's choked and dirty, it means that woollens garments lack resiliency and give them a daily lather bath longer it's important to give them careful and frequent cleanings. A good commercial cleaner is a sound investment. For those doing their own cleaning it's a good tip not to try to get too much use out of each quantity of fluid. First thing you know the fluid cleaner will soil your clothes. Matting and tearing can be prevented by squeezing the fluid through the fabric. An old

Home-Mixed Syrup Relieves Coughs Quickly

Saves Big Dollars. So Easy. No Cooking.
A pleasing surprise is waiting for you, in your own kitchen, when it comes to the relief of coughs due to colds. In just a moment, you can mix a cough syrup that gives you about four times as much for your money, and is splendid for quick results.
Make a syrup by stirring 2 cups of granulated sugar and one cup of water a few moments, until dissolved. (Or you can use corn syrup or liquid honey, instead of sugar syrup.) No cooking needed—it's no trouble at all. Then put 2 1/2 ounces of Finex (obtain-

A Job Only You Can Do

Price Control Questions And Answers
Questions and answers on Price Control will appear in The Guardian as a regular feature each day. The questions are those which have reached the Wartime Prices and Trade Board from housewives in this region. The answers are provided by the Board's Regional Advisory Committee of the War Time Prices and Trade Board.
Q. How do I, as a farmer, go about getting lumber for use in repairs at the lower prices recently announced?
A. Provided you do not buy such lumber in excess of \$200 in value, 10 per cent of this bill will be deducted in your favor by your dealer, who will be repaid that sum in the form of a government subsidy. This arrangement applies only to sales of soft wood, laths, shingles and posts over \$10 and under \$200 in value. On sales over \$200 the approval of the Timber Controller is required.
Q. Do I have to tender preserves coupons in order to buy mince-meat?
A. No, mince-meat is not rationed.
Q. I still have some unused but-ter coupons on my No. 2 ration book. What should I do with them?
A. If you do not require the rationed goods in question, these coupons should be destroyed.
Q. Can temporary ration cards be used after the date on the front of the card?
A. Yes. Any coupons which have not expired may be used. However temporary ration cards cannot be renewed until after the final date for which they were issued.

THE COOK'S CORNER

PEANUT BUTTER ROLLS
One and one-quarter cups milk, 4 cups flour, 1 teaspoon salt, 1 cake compressed yeast, 2 tablespoons sugar, 4 tablespoons peanut butter. Scald milk, dissolve sugar and salt and soften peanut butter in 1 cup of milk. Cook the remainder to lukewarm and dissolve yeast in it. When first mixture is cool, mix the two and add to the flour. Beat and stir to make a soft dough. Knead lightly 4 to 5 minutes. Allow to double volume in warm place. Knead. Mince into rolls and allow to rise until light, placing in warm location. Bake at 425 degrees F. 15 to 20 minutes.
PEANUT CINNAMON ROLLS
One-half recipe of peanut roll, 1-2 cup sugar, 1 tablespoon cinnamon, butter.
Roll dough to 1-2 inch thick, spread with butter, sprinkle with sugar and cinnamon which have been mixed thoroughly. Roll and cut in 1-inch slices. Place on greased baking sheet and allow to rise until light, 20 to 45 degrees F. 20 minutes.
Won't you please forgive me? —It's all right, the soldier assured her. "Let's go over and watch the artillery." —Good Business.

ACT FAST WHEN A COLD THREATENS

Use This 3-PURPOSE Medicine
At the very first sniffle, sneeze, or sign of a cold put just a few drops of Vicks Vapo-rinol up each nostril. If used in time, Vapo-rinol's stimulating action actually helps prevent many colds from developing.
... And remember this, when a head cold makes you miserable, or transient congestion "fills up" nose at night, spoils sleep—3-purpose Vapo-rinol gives valuable help as it (1) shrinks swollen membranes, (2) relieves irritation, (3) helps flush out mucus, clearing clogged sinuses. Enjoy the relief it brings. **VICKS VAPORINOL**

A Morning Smile

HED REST, BY GOSH!
There are times when some of us feel like the subject of this little verse:
"I wish I was a little rock
A settin' on a hill
A doin' nothing all day long
But a settin' still.
I wouldn't eat, I wouldn't sleep,
I wouldn't even wash,
I'd just sit still 1,000 years
And I'd rest myself by Gosh!"
A Betty-Grabbleish young thing was watching some soldiers drill. A rifle volley rang out. With a scream the lovely young lady shrank back—into the arms of a young soldier.
"Oh!" she exclaimed blushing, "I was so frightened by the rifles."
BATH SLIPPERS ARE MADE FROM WASH CLOTHS

Home Service

Shorthand Necessary for Business Success
THIS IS SHORTHAND
At first glance, this may look like old Egyptian hieroglyphics to the reader, but to the business girl it is something she will recognize immediately. It is shorthand. And, without shorthand, no girl can become truly successful in the business world.
If you have ambitions to rise to the top and become some important business executive's private secretary you must have a working knowledge of shorthand. It is much shorter than writing by long-hand—one reason being that only the sound of the word is recorded. And no busy executive wants to dictate slowly and repeatedly, so shorthand is the solution.
Not hard to learn, as in all other arts, it is really practice that makes perfect here.
Our 32-page booklet helps you to learn the Pitman shorthand system, which is used throughout the English-speaking world to record rapid speech. It contains 18 lessons, with exercises, and two pages of additional short forms.
Send 15c in stamps for your copy of Self-Instruction in Shorthand to the Charlotte Town Guardian Home Service, Address. Be sure to write plainly your name, address and the name of booklet.

DESIGN NO. 831

These attractive bath slippers are quickly and easily made at the small expense of two wash cloths. Pattern No. 831 contains 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, Charlotte Town, Guardian.
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Home-Mixed Syrup Relieves Coughs Quickly

ed from any drugist) into a 16 oz. bottle. Add your syrup, and you have 16 ounces of really effective cough medicine. It never spoils, lasts a family a long time, and children love it.
This home mixture takes right hold of a cough. It loosens the phlegm, soothes the irritated membranes, and quickly eases soreness and difficulty breathing. You'll say it's very satisfying in its action.
Finex is a special compound of proven ingredients, in concentrated form, well known for prompt action in coughs and bronchial irritations. Money refunded if it doesn't please you in every way.

Wartime Prices and Trade Board

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Dorothy Dix Says—

MEDAL FOR GRANDMOTHER WHO MUST RESUME FAMILY CARES

War Puts Scampering Little Ones In Home Just When Quiet Should Be Her Reward
There is not one of us who does not thrill with pride when we hear as we so often do in these war days, of some soldier or sailor being decorated for an act of conspicuous bravery and suffering uncomplainingly giving out awards for valor and courage and suffering uncomplainingly borne, I should pin the finest and largest and shiniest of all the hero medals on the breast of the grandmothers who have been drafted by their daughters and daughters-in-law into being nursemaids for the duration.



There are millions of elderly women who have spent long and toilsome years in bringing up their own children by hand. They have walked hundreds of miles with colicky babies. They have passed sleepless nights watching by sick beds. They have gone shabby so that Jimmy might have a sweater or a hat like the other boys, and Sally as perky a hair-bow as the girl at the desk in front of her. They have washed and scrubbed and sewed and cooked to give their children good food and decent clothes and help them get a start in life.

PEACE AFTER STRUGGLE

And when their children grew up and got jobs and husbands and wives of their own, and went about the business of life for themselves, the mothers drew the first ripe breath they had earned in twenty-five years of honest day's work, and that now they could settle down in peace and comfort and take things easy.

YOUTHFUL CHORES HARD ON WEARY BONES

Only now Mother was too old to take the turmoil in her stride. Her feet got tired running after baby. Her old bones ached with weariness so that she couldn't sleep after a hard day's work. She adored the children, but their noise got on her nerves, and their ceaseless activities beat her down.

GRANDMOTHER SHOULDERS BURDENS OF WAR

But through it all untold numbers of mothers have carried on without flinching, without whimpering, without complaint. They have given up their comfortable bedrooms so that Mary and the baby might get the morning sunshine. They have taken care of Sally's obstreperous and undisciplined young boy, who has broken up his husband at camp and has a big time. They have done without the new coat, they had set their hearts on because Lucinda's sticky little girl had to be fed on vitamins that cost as much as champagne.

And because they have never thought of their mothers as anything but a first aid to their own parents, they do not realize what a hardship they may be inflicting upon their parents. On the contrary, they think that they are giving Mother and Father a treat in having their children and grandchildren with them for such a long stay, and that there is nothing that old people enjoy so much as listening to babies cry and playing Commandos, with appropriate sound effects up and down the hall.

So daughter goes off with a clear conscience to the job she has taken because she was bored looking after the children herself, while Mother unconsciously substitutes for her as nursemaid. What is why I say that Grandma deserves to have a few hero medals pinned on her breast—allow space.

Romance?
It's wonderful!..and it's soft smooth skin that wins it.."
"Every girl should have a Romance Complexion," says this beautiful star. "Here's my daily Facial with gentle Lux Toilet Soap: Pat the creamy lather lightly in. Rinse with warm water, then with cool. Pat with a soft towel to dry. Leaves skin feeling so smooth!"
VERONICA LANE
9 out of 10 Screen Stars use Lux Toilet Soap
LUX TOILET SOAP'S GENTLE LATHER IS JUST THE THING FOR DELICATE SKIN. I ALWAYS USE IT!
Veronica Lane
LUX TOILET SOAP
YOU want the soft, smooth skin that wins Romance! Whipped Cream lather removes dust, dirt, stale cosmetics thoroughly—gives skin real protection.
Try WHIPPED CREAM LATHER FACIALS for 30 days!

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Needlecraft For The Home

THE VERY SMART SUIT
Softly Styled
This is so emphatically a year of suits, you must have one—maybe more. This one is designed to lead many lives; being of the soft type, it's equally at home on its own, or under your coat when it's worn in the office. So many career girls prefer the suit for office work, so many women depend on it for all sorts of occasions from dawn till bedtime. When you make your own, the dressmaker type is a happy choice.
Style No. 3419 is designed for sizes 12 to 48. Size 36 required 1 3-4 yds. 48" fabric for the jacket, 1 3-4 yds. 54" inch fabric for the skirt. Pattern is hand cut to United States Standard Measurements and includes chart with step by step instructions.
Send twenty cents for this Clotilde pattern. Write plainly name, address and style number. Be sure to state your size.

ESCAPED FROM ITALY

CAPE TOWN — (CP) — Maj-Gen. H. B. Klopper, who escaped from a prison camp in Italy, has arrived in South Africa, accompanied by Maj-Gen. Theron, general administrative officer of United forces in the middle east.

You Women Who Suffer From HOT FLASHES then CHILLY FEELINGS

If you—like so many women between the ages of 38 and 52—suffer from hot flashes, weak, dizzy, nervous feelings, irregular periods, or have a hot flash due to this middle age period in a woman's life—start taking Lydia E. Pinkham's Vegetable Compound, at once. It's one of the most effective medicines you can buy that's made especially for women, to relieve such painful distress.
In fact—taken regularly Pinkham's Compound helps build up resistance against such symptoms. It also is a fine stomach tonic.
Thousands upon thousands of women—rich and poor alike—have reported benefits. Lydia Pinkham's Compound has proved some women's happiest days can be during their "40's." Made in Canada. Worth trying!

FORESTS RUINED

OSLO — (CP) — Norwegian forest has been ravaged by the Nazi occupation. The damage to such an important industry may not be repaired for generations.

3419 SIZES 12-48
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