

Woman's Realm Social and Personal Fashions Literature



Dorothy Dix Says—

PLEASEING PERSONALITY VITAL

Girl Need Not Be Beautiful But Easy On Eyes, Natural, Avoid Freaky Clothes

A group of high school girls write: "We belong to the common, or garden, variety of girls. We are just medium as to looks, and no balls of fire intellectually. What qualities should we cultivate to make ourselves attractive, not only to the boys, but to the general public?"

Well, I should say begin by making yourself as easy on the eye as possible, because all of us would rather look at a living picture than a chrome, but that doesn't mean that you have to be Miss America. As a matter of fact, most of us prefer girls who are just nice-looking to the raving beauties who are so sorted in admiring themselves that they never notice our points also. Anyways, thank Heaven, no woman has to be ugly as a picture, and in these days when there is a beauty shop around the corner, as even a dumbbell can count her calories.



WEAR HARMONIOUS COLORS

Keep your weight down. Study your lines and give thought to your complexion and dress accordingly. Avoid the plaid. Keep yourself looking clean and dainty and hostesses keep on their invitation lists.

Be adaptable. Learn how to do things. Fit into any picture. Learn how to dance and play a good game of bridge. Eat what is set before you. Join in the singing, or whatever else the others are doing. Help make the party a go and you will be kept in circulation.

Look like you are alive. Nothing on earth is more depressing than a girl who sits up like a stuffed doll that doesn't even sneeze when you push it. Show some animation when people are trying to entertain you. Gush over their babies, whether you are allergic to infants or not. Admire in the grass. And when boys take you out, give them a fun for their money by enthusing over what a grand time you are having.

Be natural. Don't pretend. Don't pose. You don't fool anybody by putting on an act. You just make yourself ridiculous. If you are a poor girl who has to work for a living, be proud you have the ability to hold down a good job and people will respect you for it. But they will laugh at you if you pretend that you are a millionaire who only mends in the grass. And when boys take you out, give them a fun for their money by enthusing over what a grand time you are having.

PERSONALITY MOST VITAL THING TO ALL OF US

Be natural. Don't pretend. Don't pose. You don't fool anybody every human being in his or her personality, the little something in each of us that sets us apart from all others and makes us different. Don't throw that away by trying to copycat some other girl who is popular, because you can't catch her trick.

Your play is to develop your own. A little girl, for instance, may look like a performing elephant when she tries to do it. A girl with quicksilver in her veins may be the life of the party but when a serious-minded girl tries to be sophisticated and to have done everything and heard everything, she is a comestrosity from which we turn away in horror. There is no other charm that a girl can have that is so attractive as her personality. Don't try to be sophisticated and to have done everything and heard everything, she is a comestrosity from which we turn away in horror. There is no other charm that a girl can have that is so attractive as her personality. Don't try to be sophisticated and to have done everything and heard everything, she is a comestrosity from which we turn away in horror.

Supplement your diet by eating 2 cakes of Fleischmann's Fresh Yeast every day. This yeast is an excellent natural source of the important B Complex Vitamins.

A Job Only You Can Do

Free 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 Frauds Board from housewives in this region. The answers are provided by the Board Readers. Persons who have intelligent questions to ask no price control are invited to send them in writing to the Women's Regional Advisory Committee of the War Times Prices and Frauds Board.

Why does your dress look so much WHITER than mine?

IT'S RINSO WHITE

Yes! Rinso gives the Whitest Wash

HOW would you like to get next week's wash the whitest white? You can do it—quickly and easily! Just change to Rinso, the soap the makers of 26 leading Canadian washers recommend.

In hard water or soft, in tub or washing machine, Rinso gives a heap of soapy-rich suds that get out more dirt. No wonder clothes come so gleaming white. And remember, in tub washing, Rinso floats away the dirt... does away with hard rubbing and boiling.

Safe for Washable Colors. You can treat your finest washable colors to Rinso's safe suds. The gentle, "no-scrub" Rinso way makes clothes last longer.

Dishes are so easy to wash with Rinso's busy suds. And notice how kind Rinso is to your hands.

A LEVER PRODUCT



CHANGE TO RINSO and whistle while you wash

Go regularly to a swimming pool several times a week. Something new will be learned each time and by the end of the month the knowledge you have acquired will surprise and delight you.

Whether you are a beginner or already a swimmer, you will gain much from our 32-page booklet. Fifty-eight clear illustrations will aid you in understanding the stroke, and correct technique of swimming.

If certain strokes seem difficult at first, do not be discouraged. Practice them often and your troubles will soon vanish.

Send 15 cents in coins for your copy of How to Be a Good Swimmer to the Charlottetown Guardian Home Service, Address. Be sure to write plainly your name, address and the name of booklet.

Name _____
Street Address _____
Province _____

READY, AIM, FIRE!

Two pounds of grease will produce enough glycerine for five pounds of anti-aircraft fire. Take that pound of grease in your refrigerator to the neighborhood grocer the next time you go. You have an on hand, start saving, but remember these points:

1. Do not strain dripping through double cheesecloth in a clean can, cover and store in a cool place. Never let fat get hot enough to smoke. It turns rancid faster. Separate the kinds of dripping for your own cooking only. Munitions factories aren't choosy.

Home Service

PRACTICE SWIMMING KICK

Do you know how to swim? If not, now is the time to start. No doubt you have some indoor swimming pool near you, in which to begin your lessons.

It is really one of the best exercises there is and not only that, it's lots of fun. It relaxes tired nerves, tones muscles, and helps to streamline the body.

Planning and persistence are necessary to accomplish anything worth while. Swimming is no exception. If you are determined to learn to swim you will undoubtedly become a good swimmer.

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Street Address _____
Province _____

EVERY CUP OF FRY'S COCOA is a CUP OF FOOD

Send 25¢ TODAY at WAR STAMPS

YOUR FOOD STORE

MUFFINS CAN HELP KEEP YOU REGULAR

Yes—by eating several delicious KELLER'S ALL-BRAN muffins every day, and drinking plenty of water, you can help prevent constipation due to lack of "bulk" in your diet!

KELLER'S ALL-BRAN MUFFINS

1/2 cup milk
1/2 cup sifted flour
1/4 cup sugar
1/2 teaspoon salt
1/2 cup KELLER'S All-Bran
1 cup KELLER'S All-Bran

Blend shortening and sugar thoroughly; add egg and beat well. Stir in All-Bran and milk; let soak until most of moisture is taken up. Sift four with salt and baking powder; add to first mixture and stir only until flour disappears. Fill greased muffin pans 3/4 full and bake in moderately hot oven (400°F.) about 30 minutes. Yield: 8 large muffins.

All-bran is made by KELLER'S in London, Canada. Your grocer has it in 2 convenient sizes.

THE COOK'S CORNER

ORANGE CAKE

1 1/2 cups sifted flour, 1/2 tsp. baking powder, 1/2 tsp. salt, 1 tsp. grated orange rind, 1/2 cup butter or other shortening, 1 cup sugar, 2 eggs, unbeaten, 1/2 cup orange juice. Sift flour once, measure, add baking powder and salt three times. Add orange rind to butter and cream thoroughly; add sugar gradually; add eggs one at a time, beating after each and flour alternately with orange juice, a small amount at a time. Beat until smooth. Bake in oven (375 degrees F.) 25 minutes.

NUT CAKE

Half cup shortening, 1 cup sugar, 1 egg, 1 1/2 cups flour, 1 tsp. soda, 1/2 tsp. salt, 1 cup raisins, 1 cup chopped nuts, 1 cup hot apple butter. Cream shortening and sugar; add egg and cream until light and fluffy. Sift flour, salt and soda 3 times and add to first mixture, together with raisins and apple butter. Bake in oven of 350 degrees F. for 1 hour.

LUNCH CAKE

Two eggs, 1 cup brown sugar, 1 cup butter or 1/2 cup lard, 1/2 cup buttermilk, 1/2 cup sour milk, 1/2 cup raisins, 2 cups flour, 1/2 cup walnut meats, 1 teaspoon soda, 1/2 teaspoon salt, 1 teaspoon cinnamon, 1 teaspoon vanilla. Mix in order given and beat most of an hour. Bake in 2 weeks or longer.

NIGHT COUGHS

due to colds... eased with "Vicks" Rub on VICKS VAPOR

APPROVED BY 2 GENERATIONS



Home Service

DESIGN NO. 1007

A warm skating or ski cap is crocheted in an attractive shell stitch. Pattern No. 1007 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, Charlottetown Guardian.

Design No. 1007
NAME _____
STREET ADDRESS _____
CITY _____ PROVINCE _____

League of 'Atons

FOUR 'Atons are leagued together to make Irradiated Carnation Milk a preferred milk for your bottled baby. Evaporation removes part of the natural sugar, for convenience and economy. Irradiation enriches the milk with extra "sunshine" vitamin D. Homogenization breaks up the butterfat globules and distributes them evenly for uniformity in feedings. Sterilization insures safety and a readily digestible curd. And they all add up to give you Carnation.

Ask your doctor about a Carnation Milk formula for your baby. Write for free book, "Your Contented Baby." Carnation Co., Ltd., Toronto, Ontario.

Carnation Milk

A CANADIAN PRODUCT

"From Contented Cows"

If you don't see Carnation Milk at your grocer's, ask for it.

The Suprising Sanctuary

By Leslie Cargill

CHAPTER XIV THUGS OF THE OCEAN

Next day the submarine put out to sea again. It was away longer than usual but when it reappeared more balls went up to the lion's den. From a selected vantage point Hugh watched the goods being landed. Immediately the cargo was discharged, all hands assisted in lugging it uphill.

"They'll fill the cave to capacity at this rate," he told his fellow prisoners. "How they propose to cart the stuff to Germany baffles me."

"Perhaps they don't," suggested Muriel.

"I presume that is the correct procedure with contraband?"

"It wouldn't be safe to presume anything with that collection of thugs."

"Thugs" was an excellent description. The German sailors were more unprepossessing than the rest of their species. Ellendorf had managed to gather round him as many of the most vicious-looking men in the back streets of Hamburg could supply. Several had facial scars, a broken nose, and cauliflower ears were plentiful. Their evil appearance was emphasized by the roughness of their attire. Uniforms were evidently not compulsory, even the lieutenant appearing habitually in baggy grey flannels and a high-necked sweater.

George Jessop drew attention to a singular fact. "Doesn't seem to be the proper complement of officers," he said. "Altogether a ragtime mob. I don't pretend to know a great deal about the German navy, but those I've run into haven't been scruffy."

Mr. Mason snapped his fingers. "On the contrary. They're smart enough to look at, and well disciplined. When we were in Kiel, Reminiscences were cut short by pandemonium breaking loose in the distance. Shooting and catcalls were clearly distinguishable in the enemy camp."

"That's what I mean," he added. "Ellendorf can't keep them under control."

"Something is going on which isn't in the programme," Hugh exclaimed. "They're not always as rowdy."

"Splicing the mainbrace to celebrate a successful cruise," Hugh said. "Crack! Crack! Crack!"

"Oh, veil! Listen to that. They're quarrelling!"

Desultory firing continued at irregular intervals and the sentries at the house became alarmed. Presently they went into consultation, unslinging the rifles from their shoulders and went off at the double.

"Whew! Decidedly ominous," Mr. Mason said setting his jaw.

BOLERO IMPROVANT IN SPRING MODE

The bolero comes in for particular attention in the spring fashion showings. Any number of designers show some modification of this easy-to-wear jacket. One was in design toward the close-fitting, neat jacket of the British officer, accentuating the narrow-through-the-hip look. Another frankly admitted the more generous Spanish bolero, a deep, wide, open, and deep, and often serves as a means of transition to the more feminine bolero.

"Shall we investigate, sir?"

"I've interest in domestic affairs, sets before and know what happens. Leave it to Ellendorf."

Mr. Mason was getting it in the neck. "We should worry. That fellow has a smooth tongue, but his eyes betray him. Hard as flint, I, for one, am in no mood to help him or the other side whoever they are."

"I don't intend backing up anybody."

"No? What did you intend?"

Hugh couldn't say. For an advocate of peaceful solution he was becoming surprisingly tough. Instinctively he wanted to charge into the thick of the fray.

(Continued on Page 3, Col 1)

Needlecraft For The Home

SOFT BASIC

The subtle distinction of well-bred simplicity is in every line of this charming basic frock, a good companion for your most attractive accessories.

No. 3069 in size 18 requires 4 yards 36-inch fabric.

Send 30 cents for PATTERN, which includes complete sewing guide. Print your name, address and Style Number plainly. Be sure to state size you wish.

Address, Pattern Department the Charlottetown Guardian.

Name _____
Street Address _____
City _____ Province _____

EVERY CUP OF FRY'S COCOA is a CUP OF FOOD

Send 25¢ TODAY at WAR STAMPS

YOUR FOOD STORE

Living & Leisure

The Woman's Realm

Not in the clamor of the crowded streets. Not in the shouts and plaudits of the throng. But in curves are triumph and defeat.

—Longfellow.

SWEET THOUGHTS

Food eaten hot taste sweeter than they do when cold. So, when the sugar ration runs low you can save by serving baked apples or apple sauce hot instead of cold and by using more of the hot desserts which take less sugar. Steer clear of frozen fruit pies. Your grocery stockpile is up for they take most sweetening of all.

CAUSE DELAY

The London post office has a complaint about the delay in letters bearing the stamps in the bottom left-hand corner of the envelopes. It causes hold-ups to operators making the letters ready for the cancelling machine.

HINTS ON ETIQUETTE

It is not courteous or wise to force your own ideas of dress upon your children. Guide their taste, do not impose your own upon them.

Here is a neat trick. And it's one that you and you can do. Drop your handkerchief. No, we aren't playing games! Now pick it up—with your toes.

No muscles of the body are so tense as those of the feet. The muscles get no exercise unless you use planned exercises and nothing is so easy to do as to sit in an easy chair, drop your handkerchief and pick it up. Of course, you repeat and repeat until you find that the muscles are responding to the exercise.

CARE OF RAYON

Now that rayon has stepped firmly and successfully on the fabric platform, and women are finding their bouffants, stockings, gloves and dresses made exclusively of rayon or rayon-blended materials, it is important that they know how to care for them. First comes washing. Avoid strong soap and cake-soap rubbing. Use just your ordinary garment soap.

Rayon and rayon-blend fabrics should be ironed on the wrong side with a slightly damp. In removing spots fraying, use a strong acid or alkaline as these will not rot the material. Fruit and non-greasy stains can be sponged out with cold water or lukewarm water and a little soap if they are stubborn.

Remove carbon tetrachloride, gasoline or benzine. A simple water wash will do. Remove from your rayon garment by rubbing the material gently between the hands, or rubbing around the edge of the stain with a round, metal object.

A Morning Smile

GOOD REASON

An English society matron, visiting a farm in her new W. A. A. uniform, and feeling very patriotic, milked a cow.

"And how is it, my good madam?" asked a young farmer, who had been watching her.

"The farmer took a straw out of his mouth, spat and replied: "See, because of a disease of the milk at that end!"

"Do you mean to say you've a hand that you may you've a home after midnight?"

"Yes—but only by 20 minutes!"

New Cream Deodorant

Safely helps Stop Perspiration

1. Does not rot dresses or men's shirts. Does not dry skin.

2. No waiting to dry. Can be used right after shaving.

3. Prevents under-arm odor, helps stop perspiration safely.

4. A pure, white, antiseptic, stannous vanishing cream.

5. Awarded Approval Seal of American Institute of Laundering—harmless to fabric. Use Arid regularly.

Arid is the largest selling deodorant

39¢
Also 15¢ and 59¢ jars

ARRID

Needlecraft For The Home

3696

10 x 40

Send 30 cents for PATTERN, which includes complete sewing guide. Print your name, address and Style Number plainly. Be sure to state size you wish.

Address, Pattern Department the Charlottetown Guardian.

Name _____
Street Address _____
City _____ Province _____

PAIGNED FOR BRAVERY

PAIGNTON England—(CP)—Mrs. Mabel Ellen Smith, an attractive and courageous woman, who entered a cage and tried to beat off with a broom two masked men attacking a keeper has received a congratulatory letter from the Order of St. John.

BLAME NAIL POLISH

Foreign particles in the delicate mechanisms of aircraft detecting devices were traced to fingernail polish worn by women workers.