

# Woman's Realm Social and Personal Fashions Literature

## PROTECT PRICELESS OLD FAMILY RECIPES WITH MAGIC



IT'S ALWAYS DEPENDABLE!

## TESTED RECIPES

**BEANS**  
Cold winter days demand hot lunch or supper dishes. Dried white beans are a nutritious, satisfying, and inexpensive food for this purpose. They may be varied in many ways.

The Consumer Section, Marketing Service, Dominion Department of Agriculture, recommends the following tested recipes:

**BEAN LOAF**  
4 cups cooked beans  
1 cup bread crumbs  
1 teaspoon salt  
2 tablespoons tomato ketchup  
1 egg  
A little pepper  
Mash the beans. Add other ingredients in order given. Bake in greased pan 20 minutes. Serve hot with tomato sauce. (Serves 6.)

**BEAN SOUP**  
1 cup dried beans  
6 cups cold water  
1-2 cup chopped onion  
1-2 cup chopped carrot  
2 teaspoons brown sugar  
1-4 cup chopped cooked ham  
1 teaspoon salt  
1-4 teaspoon dry mustard  
1 tablespoon vinegar  
Soak beans in water overnight. Cook 1 hour in the water in which they were soaked. Add vegetables and salt and cook one hour. Press through a coarse sieve, add vinegar, mustard, sugar and ham. Re-heat. (Serves 6.)

**BOSTON ROAST**  
2 cups beans  
1 cup bread crumbs  
2 cups grated cheese  
1-2 cup sugar  
1-2 cup milk  
1 small onion  
1 tablespoon bacon fat  
1-2 teaspoon salt  
Soak beans overnight in 6 cups water. Cook 40 minutes, drain and chop. Brown onion in fat, add milk then beans, sugar and salt. Form into a loaf. Bake in a greased pan 1-2 an hour at 300 degrees F.

**BEAN AND TOMATO SCALLOP**  
1 cup dried beans  
6 cups water  
1 small onion (optional)  
3 cups canned tomatoes  
1-2 cup grated cheese  
salt and pepper  
Soak beans overnight in water. Cook 30 minutes. Drain, put beans and tomatoes in layers in a baking dish, sprinkling each layer of beans with salt, pepper, and finely chopped onion. Bake 3-4 of an hour in a slow oven. Sprinkle top with cheese and bake 15 minutes longer. (Serves 6.)

## FRETFULNESS IS BABY'S CALL FOR HELP

FRETFULNESS is not natural. It is a sign of trouble. A warning signal to which you must quickly respond.

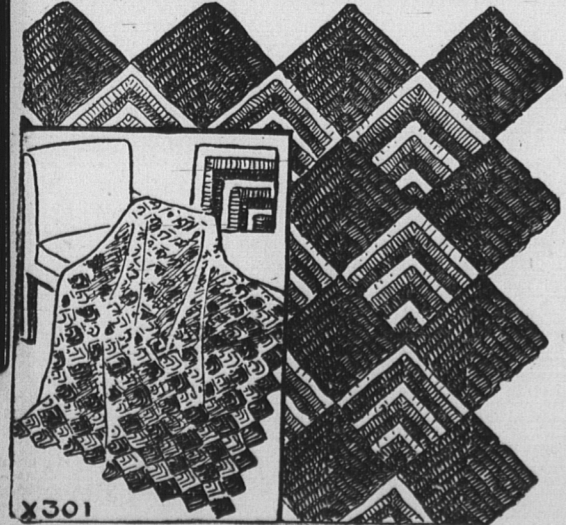
Read how Mrs. George Mitchell responds: "I have found Baby's Own Tablets so helpful when my baby gets irritable and upset. I give him one or two tablets at a short time and he is relieved and sleeps so soundly."

And Mrs. Stewart McEachern says, "When my baby shows signs of fever or fretfulness I give her Baby's Own Tablets which change her to a good baby."

Baby's Own Tablets also bring quick relief from diarrhea, colic, upset stomach, simple croup, colds, constipation, teething troubles, summer complaint and simple fever.

Quick, sure and safe in their action. Free from opiates and sleeping drugs. An analyst's certificate in every box. Get a box today. Sickless so often strikes in the night. 25 cents. Money back if you are not satisfied.

## AFGHAN CROCHETED IN SQUARES



Design No. X301  
Here is a combination for a crocheted Afghan which is hard to beat. It is a variation of the log cabin design and plain block. Pattern No. X301 contains list of materials needed, illustration of stitches and complete instructions.

To order this pattern, send 15 cents in coin or stamps to Needlework Bureau, Charlottetown, P.E.I., or to Charlottetown Guardian, Needlework Department, Design No. X301

NAME \_\_\_\_\_  
STREET ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ PROVINCE \_\_\_\_\_

## South From Mayfair By Pearl Bellairs

### THE SURPRISING ADVENTURE

As they drove out of the town and on to the lonely road across the plan of Taranaki, dark at the ten-thousand foot Egmont, Lorna's heart was beating a tense refrain. "What will happen? What will happen? What will happen?"

Ever since that look between them in the car that afternoon, things had been coming to—something. "How indiscreet!" thought Lorna. "How horribly unjustly indiscreet!" What had she said? What would Aunt Hilda say? She didn't ask herself what her father would have said because his horror would have been too serious to contemplate.

Hawksford, driving slowly, talked of the country about them; the Maoris, climbing parties lost in the mists in the bush above. All very impersonal; only his eyes flashed as he looked at her, as a man's do. On a quiet stretch of the road he pulled up the car.

Low stags glimmered over the eternal snow cap of Mount Egmont, and the black sentinel of faintly sighing pines. It was a strange sight, her companion strange, yet like someone she had always known.

Her heart beat wildly as she took her in his arms. She struggled, thinking that if a woman was easy on the eyes nothing else mattered, and when they found out that a pretty girl was turned into an ugly fool it was too late to rectify their mistakes.

When to the intelligence. Certainly it is much better for a girl to bail her hook with pulchritude when she goes angling for a husband than it is with brains, but if she wants to keep the poor fish after she has landed him, intelligence is her best bet.

For most of the mistakes that women make in marriage are the result of nothing but sheer stupidity and their inability to ever learn how to manage a man and keep him eating out of their hands.

Take the wandering husband, for instance, who is the heartbreak of millions of wives. Ninety-nine married women out of a hundred blame the result of nothing but the problem of the husband and getting restive and fed up with domesticity and tired of a wife who has slumped down into being nothing but the children's mother, and whose whole conversational gamut runs from the price of butter's to "Change Your Face" formula.

The dull woman meets this crisis with tears and reproaches and reminding her husband of his duty and telling him how she slaves for him, and that drives him away.

He looked at her steadily, disconcertingly, then said abruptly, "I'll tell you truthfully what you think of me."

She said promptly and with complete honesty: "I think you're extremely good looking."

He looked at her with knitted brows as though only half satisfied, then smiled suddenly and threw a wary glance at her. She drew back determinedly from the look in his eyes.

"I think we should go back now! We've been away long enough."

"Possibly," she said, "I don't want to make things awkward for you." He switched on the ignition promptly.

"On the way back she tried to appear unconcerned, but she was not as cool as she pretended."

"When she got out of the car at the hotel garage and he faced her, his face in the moonlight, she wondered what he was thinking. He lifted her hand abruptly, and raised it to his lips.

"Goodnight—lovely lady!"

"Goodnight—handsome Colonel," she laughed faintly, and turned quickly away from him.

She hurried quietly into the hotel and up to her room, and with an effort calmed the quiver into which her indignation had set her nerves. He had disturbed her more than she cared to admit; but by the time she fell asleep there was a smile on her lips, and she had dismissed the matter as not worth worrying about.

To-night was to-night; to-morrow, of course, she would let him see that the thing could go no further.

MORNING AFTER

Next morning Lorna's breakfast tray bore a magazine sent in by her father containing the photograph she had been asked for in Auckland, with the inscription underneath, "Miss Lorna Marris with her father, General Sir Weston Marris, at present, visiting these shores. Miss Marris is engaged to Captain Allen Richards, son of Colonel Graeme Richards and Mrs. Richards, of Greston, Hampshire. Captain Richards is expected in New Zealand shortly."

Lorna but the magazine aside and thought no more about it. Miss Marris came in in her sensible dressing-gown and said, "Your father says he won't want the car this morning." Miss Marris said, "So I shall go. Hawksford to drive me into the town. I want to get some embroidery silk. I'll come back here and pick you up. I thought we could drive up to the mountain, but on Mount Egmont; they say the view is wonderful."

"I've seen more views in this country than I've ever seen in my life," said Lorna lazily, "but I suppose I could bear another."

Miss Marris went away, with the magazine under her arm. Ten minutes later when Lorna sprang out of bed she glanced out of the window and saw Hawksford standing below by the car, waiting for her aunt. As though his attention had already been on Lorna's window, Hawksford

## Dorothy Dix Says BRAINS NEEDED TO HOLD HUSBAND AFTER MARRIAGE

### Pulchritude And Willow Figure Are Good Bait For Catching A Man, But Intelligence Must Be Used Thereafter

Brains do not help a girl to catch a husband, but they are the only thing that enables a wife to keep one. Of course, there is an occasional man who is attracted to a woman by her intelligence, but generally speaking, men are more concerned about the outside adornment of the feminine.

The first question a man ever asks about a head than they are about its inside furnishing. strange girl concerns her looks. He wants to know if she is pretty, but apparently has no interest in finding out if she is clever or well-informed or a good talker, and no hostess who was having a girl come to visit her would dream of recommending her to the young men of her acquaintance by saying that Sally was an honor graduate at college and had majored in higher mathematics.

No, on the contrary, she would suppress all knowledge of Sally's brilliance as she would a blot on her past. It is the pretty face that captures the masculine fancy, and here is no denying that a little nit wit with a peaches-and-cream complexion, a willowy figure and a naturally curly hair can marry all around a man who is a fairly average man doesn't stop to think: If I marry her, what will I have to talk about when I get tired of her?

And this explains more than any other thing else those tragic marriages that we see all about us where cultured, brilliant, successful middle-aged men are tied down to dull commonplace, plain-looking middle-aged wives with whom they have had a single thought or idea in common.

Their husbands married them when they were little lovelies, thinking that if a woman was easy on the eyes nothing else mattered, and when they found out that a pretty girl was turned into an ugly fool it was too late to rectify their mistakes.

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MAROOED

Bound for Trinidad to be married, Mary Black, of New Zealand, was one of the passengers aboard the steamer Rangitane, which was attacked by an enemy raider and later marooned on Emirau Island. Returned to Australia by a rescue ship, Miss Black boarded a U. S. vessel. She is shown in Miami, Fla., still en route to Trinidad.

## A Morning Smile

A doctor received the following letter from his young son: "Dear Dad: I wish you had come to the school concert. We did 'Hamlet'. A lot of fathers and mothers came. Some of them had seen it before but they laughed just the same."

A doctor, on duty with a naval unit in the Mediterranean, wrote back to his son at college. "I am now standing on the edge of the precipice from which the ancient Spartans flung their defective children. I am sorry you are not with me."

headway in all useful lines. Economy of time and energy are important.

FEBRUARY 21 to MARCH 20 (Pisces) — Doubtful matters; untidly methods are not favored unless they are in your investigative schedule. Anything with the possible value of efficiency and speed should be given a trial. Network conferences and interchanging of ideas favored.

A CHILD BORN ON THIS DAY will require most careful rearing and spiritual as well as material education. A bright, lovable, glib but indolent, restless little somebody. The more occupied it is kept with some useful activity, the happier more successful and healthier it will be. Inactivity and lack of purpose are its worst enemies.

## FOR WOMEN ONLY!

If aching nerves, restless nights and other distress from functional disorders keep you from enjoying life—take Lydia Pinkham's Vegetable Compound—well known remedy for women during "difficult" days. Made in Canada.

## Dainty Ruffled Vanity Made From Packing Box

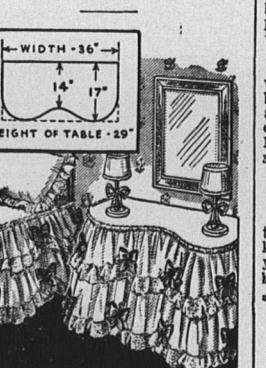


Chart and Directions Show How You'll feel like a pampered princess at this vanity table, though it's only a packing box you dress up yourself!

The skirt is enchanting in blue organdy with frothy white lace ruffles and blue satin bows—or in feminine apple-blossom pink with bows of white satin. It's just one piece from top to floor with the ruffles sewn on about 15 inches apart.

To make the table, nail a kidney-shaped board across the top of a packing box and fit the top tightly with sateen which matches the organdy in color. Then top with the organdy and tack in place around the table edge, where you also tack on a piece of double-snap tape.

Now back your organdy skirt with the sateen lining and snap it to the tape. On washing day, you just un-snap.

Quite an accomplishment, but frankly so easy! And then such a joy to make bedspread and curtains to match!

Exact directions for making and covering this charming vanity table are given in our 32-page booklet. Also explains how to make a book-rack table, a sewing stand, a two-way screen, other useful and attractive items for home or for gifts.

Send 20c in coin for your copy of Hand-Made Gift Novelties. Be sure to write plainly your Name, Address and the Name of bookier.

Name \_\_\_\_\_  
Street Address \_\_\_\_\_  
City \_\_\_\_\_ Province \_\_\_\_\_

## Living & Leisure —The Woman's Realm

**LOSS AND GAIN**  
When I compare What I have lost with what I have gained, What I have missed with what attained, Little r-on do I feel for pride.

I am aware How many days have been idly spent, How like an arrow the good intent Has fallen short of been turned aside.

But who shall dare To measure loss and gain in this tide, The lowest ebb is the turn of the tide.

—By Henry W. Longfellow

## SEAWEED SOX GIFT OF SCIENCE

Seaweed stockings may be immune from fire, but may develop barnacles instead of ladders, says a fact-finder for the Manchester Guardian on the seriously discussed wartime project of making rayon from seaweed.

After a year's research, the scientist declares: "We shall be able to sing 'Rule Britannia' a little more loudly than ever when the new type of rayon fabric, the basis of which is seaweed, comes into general use. Britain's traditional mastery of the seas will have been demonstrated in a new direction."

Venner's painting, "Lady Writing," once sold for an equivalent of \$6; one of his other works recently sold for \$200,000.

To keep rice hot, after it has boiled, drain, rinse in warm water and return to a kettle. Cover with cloth and set kettle in pan of hot water over low heat. The rice will continue to swell and keep hot and fluffy for 10 minutes. You can keep macaroni or spaghetti hot this same way.

Orange trumpet vines are showy and fast growing perennials. They require no cultivation except pruning and make an excellent screen for covering up unsightly places.

European kings and nobles used to have "pipe masters," who "broke in" and cared for the royal smoking implements.

Cucumbers may be forced to grow straight by slipping a glass tube over them when they are small.

There is a growing feeling for tailored coats in spring givens. The new styles are in the fabric lines, where a parallel development is toward soft treatments with ruffles, scallops and feminine touches.

That old pair of scissors can be used in the kitchen for cutting bacon rind, etc.

Pumps are far in the lead as a pattern type in shoe styles.

When buying a new stair carpet always buy a half-yard more in it is needed and fold it at top and bottom of stairs. As carpet wears on edges of stairs, more it will last longer and wear more evenly.

Do not take too thick a paring off potatoes. The paring of the potato is near the skin. On the other hand, parings from turnips should be thick. The turnip has an outer part that destroys the flavor of the while if not thoroughly removed.

Do not cut the skins from apples when making apple sauce. Remove blossom end stem and parts that are not good. When thoroughly cooked, put through a coarse sieve. If you carry life-long energy in your sauce a pink coloring.

## THEY FALL FOR BLUE

NEW YORK. — Girls, if you're trying to get a man—or want to keep the one you have—sprinkle your wardrobe generously with navy blue.

## Needlecraft—For The Home

Choose crisp cotton for your new house frock. Be sure that it is a fabric that will come out of the wash tub smiling and just as bright as new, for you will be very fond of this comfortable frock. The easy to make sections are cut in one with the side sleeves and the becoming princess lines give the fitting necessary for comfort and beauty. Ric-rac is a gay and practical trimming for the V-neck and square pockets of this home frock. If you prefer the dress can be made with a heart shaped neckline too.

Style No. 2689 is designed for sizes 14, 16, 36, 38, 40, 42, 44 and 46. Size 36 requires 3 1/2 yards of 39-inch fabric with 2 1/2 yards of ric-rac.

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

Style No. 2689 Size \_\_\_\_\_

Name \_\_\_\_\_  
Street Address \_\_\_\_\_  
City \_\_\_\_\_ Province \_\_\_\_\_

## BLACKHEADS

Blackheads go quickly by a simple method that dissolves them. Get two ounces of renovating powder from your druggist, apply with a hot, wet cloth gently over the blackheads—and you will wonder where they have gone.



(Continued on page 8, Col 6)