

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

NEW OXYDOL WASHES CLOTHES WHITE WITHOUT BLEACHING!



Guaranteed! THE WHITEST WASH EVER or Double your money back

The busier, livelier suds of New Oxydol do more—wash clothes white without bleaching, even in hard water—except stains, of course, or unusual pieces. Yet New Oxydol is milder! Safe for washable colours and rayons, too!

If you don't agree it's the whitest wash ever, simply return unused portion of package with name and address to Oxydol, Montreal, and twice the purchase price will be refunded. This offer expires December 31, 1942.

PROVED BY ELECTRIC EYE

The whiteness of clothes washed by different soaps is measured by electric eye. And Oxydol wins for whiteness! Clearly Oxydol washes other Canadian soaps—leaving a dulling soot in side, priced the same as Oxydol.

MADE IN CANADA IN STORES NOW—SAME PACKAGE

Living & Leisure The Woman's Realm

LITTLE THINGS

Blest be the world of the seeming small.
The splash of the rain or a bird's soft call;
The croon of the wind at the dawn of the day,
And the crystal shower of the salt sea spray.
The bark of a dog, or a pet bird's song,
The welcome of home when the day is long.
Oh, blest be the world of the seeming small.

For little things balance and steady—
Mary M. Arbutnot.

BEAUTY ADVICE TO SINK YOUR TEETH INTO

Beautiful teeth lend a white radiance to even a plain girl's laughter. Healthy teeth, whitening their form and color, impart an woman's smile. So when you streamline your beauty routines to fit a wartime calendar, do count in care of your teeth. And up-to-date do it.

Expert opinion on this subject seems to change swiftly. A few years ago the use of dental floss was generally considered a must. But now the alert dentist carefully considers your individual case before advising you to use or not to use floss. It's the individual a matter. For one person, using floss may injure gums and fillings. If your dentist figures you might, he weighs that hazard against your need for that kind of cleaning.

That's Reason No. 2 why a two-year visit to the dentist for inspection and consultation constitutes Step No. 1 to healthy teeth. The first reason, of course, is that dental cavities, which at least 85 per cent of us have, impair teeth quickly, and are discovered soon enough and treated adequately only by the dentist.

Your dentist is also your best advisor concerning toothbrush accessories. Maybe you need a mouth wash—but toothbrush do not. The dentist should decide the mouth hygiene best suited to you.

The exact importance of diet for healthy teeth and gums is not entirely understood by experts, but they agree on this rule: don't over-eat starches and sugars, and do take some coarse chewing-food daily.

For a normal mouth, the essential toothbrush routine is twofold: Use a good brush, firm, but not hard enough to cut the gums. Dip brush in warm water, place it horizontally along the gum margin, and rotate the bristles gently so that the sides massage the gum. Move the brush its own length and rotate backward and forward. Cleanse outer and inner surfaces of back and side teeth.

Then use your paste or powder to brush the chewing surface of rear teeth, and again go over the sides of the teeth as before, but now you can lightly sweep out food particles. Brush chewing surfaces backward and forward. Cleanse outside surfaces with sweeping-out motion; inside surfaces of rear teeth with sweeping-in motion. Use circular motion for inner surfaces of front teeth.

Always avoid heavy side-sweeping motions. They as well as tooth-powders, may actually injure your teeth.

Dorothy Dix Says—

BE YOUR AGE AND YOU WILL AVOID COMMITTING FOLLIES

Your Friends Delight In Making You Older Than You Really Are

It would seem that the question of age is a personal one between the individual and the Vital Statistics Bureau and that it is a matter of no concern to the general public. But, on the contrary, there is nothing about which we are so curious as we are about the ages of other people. We are never weary of guessing how many birthdays our friends and enemies have had, and the first question we ever ask about any stranger is: How old is he, or she? Perhaps the inability to solve the mystery is what piques our interest, for there are no hard and fast rules for guessing a person's age. You can't judge a man's and woman's age by their teeth, as you can a horse's, when dentistry has become such a fine art. Nor can you answer the riddle by glistening generalizations, such as saying "a man is as old as his arteries" and "a woman is as old as her artifices," because men's blood pressure varies with their temperaments even more than it does with their circulation, and even female babies in the kindergarten know their makeups. Formerly you could date men and women by their reminiscences, but nowadays, when nobody permits themselves to recall anything that happened later than last year, even that source of information has gone into the discard.

CANT TELL BY CERTIFICATES

Even a birth certificate is a broken reed to lean upon in deciding whether a person is young or old, because chronological age really means nothing. There are men on the verge of the grave while still in their teens. And there are other men and women who never grow up and who are still frolicsome lads and lassies in their thirties.

And it is such a matter of guesswork to others, is it any wonder that we are so uncertain about it in ourselves, and that we tell those lies about it upon which the Recording Angel must surely drop a pitying tear that blots them out of the record? For we never seem as old as we are, and we never see as young as we are. We see a girl who is as fresh and beautiful as Springtime. Of course, we can size poor old Jim up at sight as being in his sixties, and we don't have to be any Sophias about it. More than that, Mrs. Smith celebrated her last birthday, but more than that, she is as young as the day she was born. We are perfectly sure that anyone would take us to be in our early forties.

LEADS TO MANY FOLLIES

Our inability to realize our real age would be a harmless delusion and a comforting one if only it did not lead us into committing so many follies. For it is what causes old women to make themselves figures of fun by wearing clothes that are too young for a debutante, and by getting and thriving with paid gigolos and talking about their boy friends. Sixty trying to be as young as the day she was born, and she is as young as the day she was born. We are perfectly sure that anyone would take us to be in our early forties.

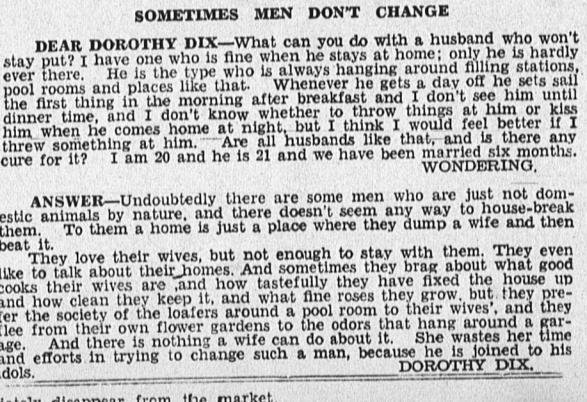
SOMETIMES MEN DON'T CHANGE

DEAR DOROTHY DIX—What can you do with a husband who won't stay put? I have one who is fine when he stays at home; only he is hardly ever there. He is the type who is always hanging around filling stations, pool rooms and places like that. He never gets a day off he sets sail for the morning after breakfast and I don't see him until dinner time, and I don't know whether to throw things at him or kiss him when he comes home at night, but I think I would feel better if I threw something at him. Are all husbands like that, and is there any cure for it? I am 20 and he is 21, and we have been married six months. WONDERRING.

ANSWER—Undoubtedly there are some men who are just not domestic animals by nature, and there doesn't seem any way to house-break them. To them a home is just a place where they dump a wife and then beat it.

They love their wives, but not enough to stay with them. They even like to talk about their homes. And sometimes they brag about what good cooks their wives are, and how tastefully they have fixed the house up and how clean they keep it, and what fine roses they grow, but they prefer the society of the loafers around a pool room to their wives' and they flee from their own flower gardens to the odors that hang around a garage. And there is nothing a wife can do about it. She wastes her time and efforts in trying to change such a man, because he is joined to his idols.

YOU'RE FOR YOUTH AND LOVELINESS



Aretta Gothic Cream

Take care of your skin. You've got to have youth and loveliness. Your complexion needs attention. Aretta Gothic Cream.

THE COOK'S CORNER

LIVER PATTIES

1 pound beef or pork liver
3 slices bacon
1 cup bread crumbs
2 eggs, beaten
Salt and pepper
1-3 teaspoon dry mustard
Flour

Method: Wash and slice liver and drop it into boiling water and let stand for a few minutes. Remove from the water and put through the food chopper with the bacon. Add the bread crumbs to the ground meat and mix thoroughly. Season with salt and pepper and mix in the mustard. Moisten the mixture with the well beaten eggs. Form into patties and dredge these with flour.

These are nice browned in bacon drippings, but shortening may be used if the drippings are not available. Tomato sauce is a good accompaniment to these patties, or you could serve tomato slices that have also been dipped in flour and fried in the drippings.

PRUNE SURPRISE

Dissolve a package of orange gelatin in 1 cup boiling prune juice, add 1-4 cup orange juice, 3 tablespoons lemon juice and 1-4 teaspoon salt. Cool until a little thick, then mix in 1-3 teaspoon cinnamon, 1 cup sliced cooked prunes and 1-3 cup silvered almonds or other nuts. Pour into mold. Chill until needed. Unmold and cover with custard sauce, sliced oranges or plain or whipped cream.

ICE BOX SPECIAL

Soak one tablespoon granulated gelatin 5 minutes in 1-4 cup pineapple juice. Add 3 egg yolks, which have cooked three minutes in double boiler with 1-4 cup sugar, 1-4 teaspoon salt and 1 cup milk. Stir until gelatin dissolves. Cool and let thicken slightly, fold in three beaten whites one teaspoon grated lemon rind and 1-3 cup currants or raisins. Pour into glass mold, rinsed in cold water.

Store in refrigerator. These are four generous servings.

A Morning Smile

Tramp—That's sure a swell shirt you're wearing, Shorty. How many yards of goods does it take to make a shirt like that?

Shorty—Well, I got three shirts like this one out of one yard last night.

"I was very glad to see that you've had your soldier son at home, Mrs. Brown."

"Yes, Mr. Smith. Tom's been at home, but eh! poor lad, he's got to go abroad. It was only what you might call his embrocation leave!" — Manchester Guardian.

If you cannot get candleholders for the birthday cake, decorate top with marshmallows and stick a candle into each one.

The wrapover silhouette—a version of the coat dress—will be conspicuous in the new fashions.

IF BABY IS CROSS FIND OUT WHY

HEALTHY BABIES are not cross. Your baby should not be cross. If he is, then something is his little system is "out of order". Probably Baby's Own Tablets can promptly "put it right". Mrs. H. of Fenelon Falls, had the experience. She writes: "My little girl was irritable, feverish and sometimes sick at her stomach—what a relief it was, after giving her Baby's Own Tablets, to see how much better she was."

No matter how delicate your baby may be, these most delicate tablets cannot harm him. Easy to take. Promptly effective in clearing up simple fevers, diarrhoea, colds, constipation, simple croup, colic, teething troubles and other minor ills.

Never be without a full box of Baby's Own Tablets. Sickness so often strikes in the night. 25 cents. Money back if you are not satisfied.

IF YOU CAN'T GET SOAP BLAME IT ON JAPS

If, in some months, you can no longer buy your favorite kind of soap, blame it on Japan along with many other things. The vegetable oils formerly used in the manufacture of soap are difficult to get now because war with Japan has cut down the import of coconuts, olive and palm oil, formerly obtained from Pacific countries.

When buying soap, it is well to remember that toilet soap should be mild but that small tablets, scents and fancy packages add to the cost without increasing the value. Bar soap for household use should be bought unwrapped, in quantity, cut in squares and allowed to harden before use. Yellow soap contains resin and has greater cleansing power.

ONE-SUIT GIRL NEEDS MANY BLOUSES

Want to lead a double life with

Want LOVELY CUTICLE?



Use CUTEX ONLY CUTICLE REMOVER

Reducing Easy on Low-Calorie Diet

CAN DO WITHOUT DECLARE WOMEN

Certain canned goods are the latest war casualty.

"We can easily do without them. It's surprising we haven't had to manage without a lot more before now," housewives remarked when questioned about the reduction in canned products announced by the war-time prices and trade board.

The reason for it all is the war in the Pacific. Tin comes from Malaya and what tin is now available for the canning industry must be kept for essential perishable foods with high nutritional value, such as tomatoes, peas, corn and beans. No longer will grocery stores be able to stock canned apples, white rice, because of shortages, but after all, they can be prepared at home.

Those stand-bys of the emergency shelf—peas and beans, spaghetti and macaroni—are slated for new types of containers, but that does not mean they will immediately disappear from the market. These canned products will be there for some months yet.

Tin will no longer be available for canning imported raw fruits and vegetables so prepared fruit salad or cocktail may be made up of a slightly different fruit combination.

Most products will be put up in larger containers when the new crop of fruits and vegetables is available because large tins use up a smaller amount of tin plate. These large sizes are a more economical buy for the housewife, too, and even if her family is small need not be a problem to her because the food will keep. It can safely be left in the opened tin provided it is carefully covered and put into the refrigerator or in a cool place.

GRACEFUL WALK IS REAL ASSET

Watching the models in the spring openings make you think of the importance of supple joints for feminine appeal. The mannequins, who are the walking quintessence of allure, rarely have faces that are exactly beautiful. But how they walk—how gracefully their perfect figures move!

Daily exercise can't give every woman the grace of a model—but it will make any woman less awkward than she is without it. One who bends forward and touches the floor with her hands ten or fifteen times each morning simply won't have knees that crack when she rises from a chair, or leg muscles that ache and show it after a short walk.

Stretching routines are most beneficial when practised in the morning. When you have turned off the alarm, throw back the covers and begin to stretch like a cat. Twist this way and that, pulling waistline muscles, straightening your neck, flinging arms up and down.

Then get up, stand in the middle of the floor, knees stiff, and bend forward. Feet should remain slightly apart. Turn right toes with left hand half a dozen times and reverse, then touch the floor with all ten fingertips.

You can do hand and arm exercises every time you apply hand lotion. Instead of covering hands and wrists with cream or lotion and rubbing haphazardly, massage with real vigour. You might open and close fists rapidly, too, and bend wrists backward and forward. And then move hands in every possible manner and direction, until the joints and muscles feel relaxed and slightly, pleasantly tired.

LITTLE DUTCH BOY MAKES CHILD'S QUILT



Use the scraps in your scrap bag to make this little Dutch boy patch work quilt. It will also make a cute pillow for the youngster's room. Pattern No. 1064 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, To Charlottetown Guardian Needlework Department

Design No. 1064

NAME _____

STREET ADDRESS _____

CITY _____ PROVINCE _____

TENDER LEAF ANOTHER NAME FOR FLAVOR



At your grocer's in 7- and 12-oz. packages — also in improved FILTER tea balls.

Blended and packed in Canada

MONTHLY PAIN

which makes you CRANKY, NERVOUS

If you suffer monthly cramps, back-ache, distress of "irregularities," nervousness—due to functional monthly disturbances—try Lydia E. Pinkham's Vegetable Compound Tablets (with added iron). Made especially for women. They also help build up red blood. Made in Canada.

2513 SIZES 4-12

HELP CANADA KEEP FIT YOU NEED A NOURISHING BREAKFAST



Health authorities agree that whole grain cereals are an essential "protective" food in peace or war. Nabisco Shredded Wheat is a whole grain cereal, — 100% whole wheat, in which all the bran, wheat germ and minerals are retained. For general fitness, keep well nourished. Enjoy Nabisco Shredded Wheat with milk at breakfast every day.

THE CANADIAN SHREDDED WHEAT COMPANY, LTD., Niagara Falls, Canada.

DAILY MENUS Sugar-Saving

(FOR FRIDAY, APRIL 10)

BREAKFAST

Sliced Bananas Cereal
Toast Tea Coffee

LUNCH OR SUPPER

Baked Stuffed Onions Celery Sauce
Ice Cream Apple Sauce Cookies
Tea Coffee Milk

DINNER

Baked Filet or White Fish with Top Dressing
Creamed Potatoes Buttered Carrots
Tea Coffee

APPLESAUCE COOKIES

(A Chateleine Institute approved recipe)

1-4 cupful of shortening
3 cupful of sugar
1-4 cupful of corn syrup
1 egg, slightly beaten
1 cupful of apple sauce
1-2 teaspoonful of cinnamon
1-2 teaspoonful of nutmeg
1-2 teaspoonful of cloves
1-2 teaspoonful of salt
1 teaspoonful of baking soda
2 cupfuls of all purpose flour
1-2 cupfuls of chopped raisins

Cream the shortening, add the sugar gradually and continue creaming until smooth and light. Add the corn syrup, egg and apple sauce and mix well. Sift the spices, salt, soda and flour together and add with the raisins to the first mixture. Stir until well mixed and drop by spoonfuls on a greased baking sheet. Bake in a moderate oven (375 F.) for twenty to twenty-five minutes. This mixture can be kept in the refrigerator for several days. Makes about four dozen cookies.

BUTTERSCHOTCH RICE

(A Chateleine Institute approved recipe)

1 tablespoonful of gelatine
1-4 cupful of cold water
2 tablespoonfuls of butter
1-2 cupful of corn syrup
1-8-1-4 teaspoonful of salt
1-2 cupful of cooked rice
1 cupful of milk
1-2 cupful of whipping cream
1-2 teaspoonful of vanilla

Soak the gelatine in the cold water. Melt the butter in a saucepan, add the corn syrup and cook over low heat until brown and bubbly. Add the salt to the milk and mix slowly with the syrup. Remove from the heat and add the gela-

YOU'D NEVER BELIEVE SHE IS 48....

She's one of the peppiest, happiest-spirited women you ever saw. At the time when most women this age are passing their days in the midst of things—always ready to go places and do things... as popular with the men as girls half her age. To look at her you would never believe she was a day over 38.

How does she do it? She gives the credit to Dr. Williams' Pink Pills... for well she knows how important it is to have plenty of rich, red blood during those years when so many women are "pulled down" in health by bodily changes.

If you feel "always tired", if you lack nerve and energy, if you are suffering from a feeling of nervous exhaustion, are jittery and irritable, you may be paying the price of poor blood make-up. Don't wait! Start Dr. Williams' Pink Pills today. They contain an easily assimilable form of iron-fortified with a generous amount of Vitamin B—and are wonderfully effective in helping to build the rich, red blood so necessary to vigor and energy. Get a package today from your druggist.

Needlecrafts For The Home

Two-pieces are twice as smart as one this season. You can trade or team either half of this combination—the torso-souped blouse or the easy, swing-about skirt.

Style No. 2513 is designed for sizes 12, 14, 16, 36, 40 and 42. Size 36 requires 4 1/2 yards 39-inch fabric for blouse and skirt.

To order pattern: Write or send picture with your name and address with 20 cents in coin or stamps to the Needlecraft Bureau, Charlotte-town Guardian, To Charlottetown Guardian Needlecraft Department

Style No. 2513 Size _____

Name _____

Street Address _____

City _____ Province _____