

Woman's Realm Social and Personal Fashions Literature

Lenten Meditations

Most merciful Father, who orderest the wills and affections of men; inspire in the heart of this Thy servant holy wishes and aspirations...

Slay utterly on Lord, and cast down the sin which does so easily beset us; bridle the unholy affection; stay the unlawful thought; chasten the temper; regulate the spirit; correct the tongue; bend the will and the worship of our souls to Thee...

Richard S. Brooke (1835-1893).

ACHING FEET PAINFUL LEGS

If your feet are "simply killing you" or your legs are swollen and painful, massage night and morning with Buckley's White Rub. This must give quick, lasting relief or double your money back! Price 35c and 50c.

THE COOK'S CORNER

COTTAGE CHEESE CUSTARD: 1-2 pound cottage cheese, 1-2 cup sugar, 2 eggs, 1-4 teaspoon salt, 1-2 teaspoon cinnamon, 1-4 teaspoon nutmeg, 1-2 cup seedless raisins, 1 cup milk.

GRAHAM WAFER CRUST: 1-4 pound graham wafers, 1-4 cup melted butter, 1-2 cup sugar, 1-2 teaspoon cinnamon.

Counting Chickens: LONDON. (CP)—To help meet the food problem backyard poultry-raising by housewives is being carried on all over Britain.

Keep Your Mistake Secret: And a woman talks too much when she keeps calling her husband's attentions to her mistakes instead of her virtues.

Such Pets a Credit to You: Fine responsive pets! You see at once that their master knows dogs, the proper but simple care that brings out the best in them.

One-Boy A. R. P. Squad is Six-Year-Old Freddie Harrison: Freddie Harrison has watched London rescue squads at work in the ruins of bomb-shattered homes, and he knows how it's done.

Needlecraft—For The Home: Now is the time to make your new blouse. Dress the lady's neat suit with trash, becoming styles.

WOMEN WANTED: 35 to 45 years old. Women who are restless, moody, NERVOUS—who fear hot flashes, dizzy spells—to take Lydia E. Pinkham's Vegetable Compound.

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The Crowning Achievement in Flavor KING COLE Tea and Coffee

custard is firm. Serve plain or with cream.

LEMON COTTAGE CHEESE PIE: 1-2 pound cottage cheese, 1-2 cup rich milk, 2 eggs, separated.

GRAHAM WAFER CRUST: 1-4 pound graham wafers, 1-4 cup melted butter, 1-2 cup sugar.

Method: Crumble cottage cheese with a fork. Add the rich milk, egg yolks, sugar, lemon juice and rind, the salt, and flour.

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Dorothy Dix Says

WOMEN SHOULD EXERCISE DISCRETION IN TALKING

Don't Blab Secrets Or Bare The Faults Of Members Of Your Family And You Will Avoid Trouble

The charge that women talk too much is as old as creation. Doubtless that was the snappy comeback that Adam handed Eve when her gossip with the serpent...

It is that they talk about the wrong things, it isn't the quantity of their conversation with which objection can be made. It is the quality. They choose the wrong topics and become loquacious about things that they should bite their tongues off rather than tell.

There is the woman, for instance, who blabs her family secrets and tells things about her domestic affairs that would never become known if she did not herself publish them to the world.

We have all known wives who ruined their husbands' credit and precipitated bankruptcy upon them by broadcasting that John's business is bad and that he is so afraid he can't meet his note in the bank that he can't sleep at night.

All of this is well worth consideration by the talkative sex, for it isn't how much women say, but what they say that gets them into trouble. If they would press-agent their husbands and children instead of revealing their shortcomings, their tongues might be a perpetual motion machine and their families would still ask for more.

Don't Talk Too Much: We have all listened to a mother smirch her daughter's reputation by telling how late she stays out at night, what a wild crowd she runs with and how unmanageable she is.

Women talk too much when they let down their back hair and tell their intimate friends all of the details of their lives, about what they said to their husbands when they had a quarrel, and their husbands said to them: how they wish they had married their girlfriends.

Edmund Burke, aged 17, who has been accepted for the British army, has 10 brothers in the forces.

Be Discreet About Past: Women talk too much when they tell the men they are going to marry everything they did and do in the past.

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MEN ASK TO MEET GIRLS WHO HAVE LOVELY SCHOOLGIRL COMPLEXIONS

If only girls would realize how impossible it is to be really alluring without a soft, smooth, lovely complexion. Dry, lifeless, old-looking skin never won any man!



NEW IMPROVED PALMOLIVE NOW ONLY 5c A CAKE

Your Individual HOROSCOPE

By Frances Drake

For Wednesday, March 12th: MARCH 21 to APRIL 20 (Aries)—Deal with superiors, bankers, those who have good propositions to offer (really sound propositions) and try to increase your chance for bigger income.

APRIL 21 to MAY 20 (Taurus)—Avoid a cloudy expression or disposition, you'll send away clients and friends. Taboo anxiety. Protect your personal affairs from busybodies. Be careful in details.

MAY 21 to JUNE 20 (Gemini)—Don't spend for fish items or be too quick to sanction any proposition or scheme that comes to your attention. Investigate the reliability of the background of those who propose new plans and also look well into the future possibilities of those plans.

JUNE 21 to JULY 20 (Cancer)—Attend to important business and personal matters first—this day favors advancement for you in more than one way, but you must be on the alert. Gain possible through loved ones and outside admirers.

JULY 21 to AUGUST 20 (Leo)—Look out that you don't spoil things by moodiness, which may be a temptation here. Remember, it takes two to make a quarrel, and if you refuse to enter any unpleasant discussion you are that much the better, besides helping to keep others' disputes less heated.

AUGUST 21 to SEPTEMBER 20 (Virgo)—Heart and domestic affairs are favored along with business and public matters. This day calls for energy conserved to be ready when needed most. Be able to differentiate the urgent from the unessential.

SEPTEMBER 21 to OCTOBER 20 (Libra)—Your line vibrations are similar to those of Virgo in influence. Enjoy the beauty and refinement that is yours to be had, and forget about the unpleasantities. Stand firmly by right principles.

OCTOBER 21 to NOVEMBER 20 (Scorpio)—Don't let out ideas or others' problems upset your husband or cause differences between you and your loved ones. An even disposition and a cheerful outlook is necessary, both for the sake of your work and for personal contentment as well.

NOVEMBER 21 to DECEMBER 20 (Sagittarius)—Home duties, conferences concerning both business and personal affairs, laborious tedious activities, engagements, weddings, investigations and art are among the many favored.

DECEMBER 21 to JANUARY 20 (Capricorn)—Don't create trouble (that's not hard to do at times), and where you meet it take a detour. There will be those who will try to disturb your harmonious surroundings, ward them off firmly, discreetly, but don't verify

take the coward's way out? JANUARY 21 to FEBRUARY 20 (Aquarius)—"Practice what you preach" and "don't beat about the bush" are excellent thoughts for this day. Less irritation if you answer promptly and act to the best of your ability. AND if you do that, you won't need to have any regrets.

FEBRUARY 21 to MARCH 20 (Pisces)—Watch the money end of it. Less rush, more speed often helps. Think it over, friend. The luxuries that aren't useful are the tempters to avoid. Keep smiling, that is important.

A CHILD BORN ON THIS DAY: Loyalty, kindness, sincerity and tolerance are outstanding virtues. An intriguingly persuasive youngster. Anything with mystery and fascination will hold its interest. Healthy outdoor exercise is a fine tonic for him or her. She'd get as much sunbathing as possible.

Here's Why So Many MOTHERS Are Changing to BUCKLEY'S WHITE RUB FOR KIDNEY COLDS

BECAUSE this greasless, stainless Rub must do these 3 things— 1. Penetrate faster. 2. Help generate heat and vaporize quicker. 3. Break up congestion, help clear clogged nostrils, soothe and help heal raw throat and upper air passages remarkably quick.

DOUBLE YOUR MONEY BACK: Two Sizes: 30c and 50c

Dogs Quickly Respond to Right Kind of Care

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Lessons in manners begin with short words of command—"Come," "Go," "Down"—taught one at a time and by one person only, using the same tone of voice.

No whippings! When a dog becomes confused, the thing to do is to pet him. Then, when he catches on, give him a tasty bit of food as reward.

The right diet for your dog is a sensible, natural one. Meat is his mainstay from the time he's a pup of three weeks, for a dog is a carnivorous animal. Other foods he enjoys are milk, fish, eggs, but go lightly on starchy foods. Too many bring on stomach, skin troubles.

Properly fed and cared for, your pet should put up a jolly fight against such ills as distemper—that particular enemy of puppies which often strikes at grown dogs, too. Do you know how distemper starts? Its symptoms?

Our 32-page booklet explains symptoms and treatment of distemper and many other doggy ills. Tells how to raise a dog from puppyhood on, give him proper diet, grooming, training. Explains the teaching of amusing tricks. Send 20c in coins for your copy of How To Choose And Care For Your Dog To The Guardian Home Service. Be sure to write plainly your Name, Address and the Name of booklet.

Living & Leisure—The Woman's Realm

IN THE SPRING

I saw on the hills of the morning The form of the New Year arise; He stood like a statue adorning The world with a background of skies

There were courage and grace in his beautiful eyes, And hope in his glorious eyes.

Sprinkle grated cheese over the top of scalloped chicken or chicken pot pie during the last 15 minutes of the baking period.

Turbans introduce flowers which are just as important as they have been. Violets combined with roses are very good.

Australian soldiers are called "diggers" because so many of their ancestors were employed in the country's gold rush days.

Teachers place a false value upon technique. It is not fast playing, as nearly every pianist can do, but mental grasp, sureness, control, elasticity, relaxation, and a good seat at the piano.

Here's to surprises! Make tiny meat balls from your favorite meat loaf mixture, brown lightly and bury in spaghetti with tomato sauce, or in macaroni and cheese. Bake in a slow oven.

WHY THE WIRE? It is astonishing how few of the many thousands who use electric light know why the bulb, or lamp, has a very thin wire inside.

THE WIRE: The wire is coiled, zigzagged, or waved in the bulb, this arrangement giving a greater length than if it were straight. The ends of this wire are so arranged that they join the terminals that carry the electric current from the main and when the switch is turned on and current flows, the thin wire, or filament, offers such resistance that great heat is generated and it becomes incandescent.

CHOOSE CLOTHES WHICH FLATTER: By awkward poses and affected gestures many women manage to conceal the fact that they have good figures and graceful hands and arms.

DO NOT MATTER HOW ATTRACTIVE and well-proportioned your figure, you cannot afford to have these posture faults: Leaning so far forward when you dance that the upper half of your body seems to be joined to the lower half at right angles. You can be relaxed and therefore easy to lead, and at the same time stand tall and straight.

Sitting with feet apart or with legs crossed below the knees. When legs are not crossed, feet should be close together on the floor. When they are, they should be crossed well above knees.

Destroy Glamour: Putting both elbows on the table and leaning forward over the table when you talk.

Standing with weight of the body on one foot, the tip on the opposite side far out of line. Put your weight on one foot, if you like, but keep your body in a straight line.

Waving your arms back and forth meaningless. Tapping on the arm of your chair with fingertips, folding and unfolding hands, twisting the corner of a handkerchief, playing with your necktie or otherwise making nervous gestures.

Slumping when you walk.

HOME, SAFE HOME: There is a story which carries point and a certain grim humour. An elderly lady, visiting the water-front, accosted a sailor. Said the lady: "Aren't you afraid to go to sea where so many people drown?" Said the sailor: "Aren't you afraid to go to bed where so many people die?"

New varieties of potatoes are being obtained in England by cultivating the seeds of the potato flower.

GOOLDS. Relieve misery as most wise mothers do. Rub VICKS VAPORUB

Needlecraft—For The Home

Now is the time to make your new blouse. Dress the lady's neat suit with trash, becoming styles. This versatile pattern adapts itself to many different trimmings and textures. A simple high neckline makes an ideal background for clips or bright necklaces.

The softly gathered neckline style can also be made with a dainty full collar and neat tucks. 5-ft rayon or silk crepe is a smart choice for your new season blouses that you will begin wearing right away with your favorite skirts.

Style No. 2801 is designed for sizes 14, 16, 38, 38, 40, 42 and 44. Size 36 requires 2 yards of 36-inch fabric for long sleeved blouse; 1 5/8 yards for short sleeved style.

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

Style No. 2801 Size . . . . . Name . . . . . Street Address . . . . . City . . . . . Province . . . . .

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DESIGN NO. 818

This knitted jacket is made with large needles and is on the order of a "jiffy" sweater. Pattern No. 818 contains list of materials needed, illustration of the design and complete instructions, for sizes 34 to 42.

To order pattern: Write or send above picture with 15 cents in coin or stamps to Needlework Bureau, Charlottetown Guardian.

To Charlottetown Guardian Needlework Department Design No. 818 NAME . . . . . STREET ADDRESS . . . . . CITY . . . . . PROVINCE . . . . .

One-Boy A. R. P. Squad is Six-Year-Old Freddie Harrison



Freddie Harrison has watched London rescue squads at work in the ruins of bomb-shattered homes, and he knows how it's done. When a German bomb smashed his own home while two sisters were asleep, he went into action like a veteran. He dug out the little girls from beneath a pile of bricks, suffering only minor injuries. He is shown here with three-year-old Mary.

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