

Woman's Realm :- Social and Personal :- Fashions :- Literature



You'd love the little rascal, too!

"He's so full of pep—and husky! Yes, we've always used St. Charles Milk for his feedings."
From over thirty-seven years, St. Charles has been Canada's standard of highest quality in evaporated milk...

Borden's ST. CHARLES MILK The Better Irradiated Evaporated Milk

Sympathy Should Be Given Sparingly Dorothy Dix Mothers Can Ruin Lives of Children

Life is Lived Fullest and Success Comes Only to the Brave, so Mothers Should Not Mollycoddle Their Children too Much

One of the most important things that you can teach a child is to have what Stevenson called "the brave attitude toward life." To bring up a child to be a self-pitier is just as disastrous to it as it is to bring it up to be a dope addict.



Yet millions of mothers commit this crime against their children. Not intentionally, of course. No woman would be fiend enough to teach her innocent babe the morphine habit, or to sniff cocaine, but before it is out of the cradle she will firmly establish in it the habit of being sorry for itself, which is just as deadly a vice as taking drugs.

For who are the failures in the world? Who are the quitters? Who are the weaklings? Who are the whiners and complainers? Aren't they always the self-pitiers, the men and women who have not had the grit and courage to stand up and take it on the chin, but who have gone down after every blow of Fate and spent the balance of their days nursing the bruises?

And nine times out of ten these poor, useless, spineless creatures, who are an affliction to themselves and to everybody else, are what they are because their mothers made them that way.

It is a platitude to say that we get out of life only what we put into it, but it is one of the eternal truths that we cannot lay too much to heart. And it is what makes it such a terrible thing for a mother to fail to teach her children to meet the inevitable misfortune that they are bound to encounter with a high spirit instead of depression.

I think now of two women I knew who were both poor and who both had sons who had to go to work while they were still mere boys. The lads were of about equal ability and promise when they started out, yet one is now a highly successful man at the top of the ladder, and the other is an embittered failure at the bottom of it.

Why did one succeed while the other failed? The reason, I think, was because one boy's mother was always building him up, strengthening his character, firing his ambition by telling him how lucky he was to have a good job, by praising him for the energy and industry he showed, by recounting to him the stories of self-made men who had risen by their own efforts from obscurity to the highest places in the land.

But the other mother pitied her son because he couldn't go to college, because he didn't have a rich father to give him cars and yachts and polo ponies and let him spend his time loafing. She wept over him when he had to get up early in the morning and because he had to toil all day, and she took all the heart and spirit out of him and made him feel himself the victim of a cruel Fate that there was no use in striving against.

The self-pitiers are not only failures in life, they are unhappy because they magnify their sufferings by letting their thoughts dwell continually upon them and because they count their sorrows instead of their blessings.

They are lonely because no one wants to listen to their tales of woe. Their only consolation is that they always blame some one else for their troubles, and that they have a grand time going to crying jag, drunk on their own tears.

DOROTHY DIX.



Health—with the radiant happy spirits and the good looks that it brings, is only achieved, and kept, one way... by inner cleanliness! Nature comes down sharply on those who are careless about her Health rules. But, fortunately, there is an easy solution! A dash of ENO every morning keeps Nature in law and order, cleanses the digestive system, removes impurities and makes a woman happy because she is healthy.

Why ENO is different
Eno contains no harsh purgatives—no sugar—nothing that can irritate or harm. Every particle is pure and beneficial. It acts gently but effectively in Nature's own way and forms no habit. It is pleasant-tasting and refreshing. Doctors recommend ENO—and take it themselves. Insist on ENO—refuse substitutes.

ENO'S "FRUIT SALT" THE PLEASANT-TASTING ALKALIZING CORRECTIVE

THE COOK'S CORNER

STUFFED EGGS.
Cut 4 hard-cooked eggs in halves crosswise; remove yolks, mash and add 2 tablespoons of grated cheese, 1 teaspoonful of mustard, and 1-4 teaspoonful of vinegar. Salt and cayenne to taste. Add enough melted butter to make mixture of a consistency to mould. Make into balls the size of the original yolks and refill whites. Stuffed Eggs in Deep Fat.—Prepare the eggs as above or in any way you prefer, roll in egg and bread-crumbs and fry in deep fat.

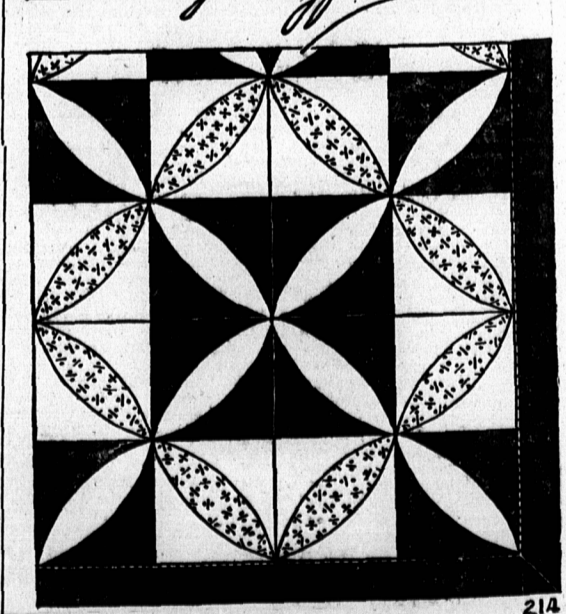
spoonful of salt and one-fourth a cup of sugar, rub into this one-fourth a cup of shortening, and moisten with a cup of milk in which one compressed yeast cake has been blended. Knead, and set to rise until double in bulk. Work into this dough one-half a cup of seeded raisins, one-half a cup of brown sugar, and one-half a cup of any kind of candied peel, first cut in very thin slices, then cut crosswise into little pieces. Knead well to distribute the fruit and candied peel, then shape into a roll from two to three inches in diameter. From this, with a very sharp knife, cut off slices large enough to roll into round buns not quite as large as a golf ball. Let these rise for thirty minutes, or until double in bulk; then, with the handle of a wooden spoon, punch a hole in the centre of each, working the spoon handle around until the hole is an inch and a half in diameter. Brush each bun all over with a mixture of beaten egg and milk, half and half, and bake at 375 degrees Fahrenheit for twenty minutes or until done. Let cool, fill the holes with any fruit jelly, and ice the tops with a mixture of confectioners' sugar and lemon juice.

IN THE DRY BELT
The Governor of West Virginia, while travelling through Arizona, noticed the dirty dusty appearance of the country. Governor: "Doesn't it ever rain here?" Native: "Rain? Rain? What, say pardner, there's bullfrogs in this town over 10 years old that have not learned to swim yet."

ST. NAZAIRE BUNS.

Mix a straight dough with three cups of flour sifted with one tea-

Colorful Patchwork Quilt by Mayfair



Mayfair Needle-art Design No. 2 You will find it pleasant to make this lovely "Orange Peel" design quilt and easy too. You can use most any scraps you have around and turn them into a useful and decorative bed covering. The pattern contains detail chart, cutting pattern for blocks, color suggestions and complete instructions for making and quilting. For complete pattern and instructions for all of these designs send 20 cents in stamps or coin (coin preferred) to The Charlottetown Guardian Needlework Department.

Use this coupon. Print your name and address plainly. To The Charlottetown Guardian Needlework Dept. DESIGN NO. 214 Name Street Address City Province

The HOUSEWIFE and HER ACTIVITIES

Never ask of money spent Where the spender thinks it went. Nobody was ever meant To remember or invent What he did with every cent.

FORTUNATE FIND

A cobbler in Parma has had a case of great good fortune. In a garret lay a heap of old papers, which he bought in the ordinary course of business. Looking through them he found 91 pages of music, which proved, on examination, to be an unpublished violin concerto by the famous violinist Paganini. It was written in Paris in 1831 and was performed there at the Opera, but has never been published and came to the musical world as an entirely new production.

UNUSUAL INSTRUMENTS

The weirdest of musical instruments is the Kissar used by Central African natives. It is manufactured from a human skull and the horns of a gazelle into a stringed instrument.

The oddest of musical instruments by natives of India. The musician holds the sounding tube lightly against his throat. He hums the melody and the tone is thrown against the delicate membrane of an inner cup which reverberates in sympathy to the vibrations of the throat muscles and is then strengthened by the sounding tube.

The Philadelphia Symphony Orchestra packed a quarter of a million dollars worth of musical instruments in its special baggage car when the orchestra made its recent tour of the United States.

Last summer the extreme heat in the western province affected musical instruments. Horn valves



A Morning Smile

VALUE

The auctioneer held up a battered fiddle.

"Lov'ly twenty-four," he announced to his audience. "Now, what am I offered for this beautiful violin? Take a look at its case. See the blurred finger-marks of remorseless time. To the merry notes of this fine old instrument the brocaded dames of fair France have danced the stately minuet in the glittering ballrooms of Versailles. Now gentlemen, what do you offer me for this splendid instrument?"

"There was a long silence. Then: 'Fifty cents,' said one man. 'It's yours,' declared the auctioneer cheerfully.

Because of the distortion of facial muscles which accompanied the playing of the Greek double-reed pipe in ancient days, only slaves were called upon to use the instrument.

PETTICOAT LACE

Petticoat lace is being used with summer cottons and linens. It can be introduced at the elbow sleeve or cuff, round the throat, and even at the hem of your holiday dress.

NEW SLANT ON SPRING SALADS

Give your spring salad a new slant by slicing the bananas on the bias! A thick orange slice, brilliant strawberry, and crisp assorted green are the accessories here. Serve the salad with mayonnaise or French dressing. (It's best to dip the banana pieces into pineapple or grapefruit juice after slicing them.)

These vegetable mixtures for salad bowl salads result in pleasing combinations: 1. Blend shredded cabbage, slivers of green pepper, diced celery and chopped peanuts in desired proportions. Moistened with mayonnaise or boiled salad dressing. 2. Cucumber, green pepper,

onion, tomato and radishes all sliced very thin and tossed together in the chilled salad bowl. Use lemon juice French dressing. 3. Shred raw carrots and blend with cubed tomatoes, finely minced onion, and shredded lettuce. Toss in French dressing in a salad bowl. 4. Cooked cauliflower, carrots, string beans, beets and peas. Use French dressing and allow the vegetables to stand for several hours before serving to allow them to become thoroughly flavored.

TOO MANY WOMEN STAND INCORRECTLY

Once more I am going to talk about the necessity for strengthening the abdominal muscles of the spine, writes Peggy St. Leon in the London Daily Mail. A large percentage of girls and women nowadays stand incorrectly... either slumping so that the weight of the body is brought down on the hips, or standing on one leg and allowing the other to sag.

This, in time, will cause the hip to grow out at one side, and very often the shoulder blade at the other, for, obviously, the spine becomes curved if the base from which it rises is uneven.

Here is the first exercise: Position—On hands and knees, with hands under the shoulders, knees under hips, back arched, and abdomen well drawn in.

(1) Now bend the head down towards the floor, at the same time bringing the right knee forward until it touches the forehead.

(2) Return to starting position and repeat with alternate knees eight times. Music—Slow fox-trot.

Second exercise: Position—You lie on the floor with arms outstretched at shoulder level, palms down.

(1) Now bend the knees, feet off the floor.

(2) Roll the knees over (still bent) to the right side till the lower leg touches the floor; do this without moving the shoulders. Then return to position 1.

(3) Straighten the knees by sliding the heels down the floor. Repeat the whole exercise, rolling over to the left. Music—Slow fox-trot.

Here is the final exercise: Position—Lie on the floor with

Today's Short Wave Radio Program (All Time is Eastern Standard)

FRIDAY, JUNE 11
HUIZEN, NETHERLANDS 9 a.m.—Talk, "The World Exhibition at Paris." PHI, 16.8 m., 17.77 meg.

PARIS 9:30 a.m.—"Madam Recamier," in one act. TPA-2, 19.6 m., 11.83 meg.

SANTIAGO, CHILE 5 p.m.—Dance Music. CB615, 24.3 m., 12.30 meg.

ROME 6 p.m.—News in English; Concert; Rome's Midnight Voice. 2RO, 31.1 m., 9.63 meg.

BOSTON 6:15 p.m.—Listeners' Mail Bag. WIXAL, 49.6 m., 6.04 meg.

MOSCOW 7 p.m.—Recreation in the Soviet Union. RAN, 31.2 m., 9.6 meg.

BERLIN 8:45 p.m.—"German Economics." Karl Fmll Weils. DJD, 25.4 m., 11.77 meg.

LONDON 10:25 p.m.—"Responsibilities of Empire," a talk by C. A. Dunning,

your hands behind your back. (1) Now raise both legs, keeping body steady, abdomen well drawn in and heels straight, until they are at right angles to the body. Do this to four beats of a waltz.

(2) Lower the legs slightly and smoothly towards the floor again, keeping head and body steady. Rest and relax as much as is necessary when doing these exercises as they may prove rather difficult.

Another Quaker Product—the 100% Whole Wheat Cereal! MUFFETS BRAND WHOLE WHEAT BISCUITS Made in Canada by The Quaker Oats Company

Minister of Finance for Canada. GST, 19.6 m., 15.26 meg.; GSF, 19.8 m., 15.14 meg.; GSD, 25.5 m., 11.75 meg.; GSC, 31.3 m., 9.58 meg. PITTSBURGH 11:30 p.m.—DX Club. WEXK, 48.8 m., 6.14 meg. VANCOUVER 12:00 midnight—Continental Varieties, directed by Jack Avison with Ramona Lambert, soprano. CJRO, 48.7 m., 6.15 meg.; CJRX, 25.5 m., 11.72 meg. LYNDHURST, AUSTRALIA 4:40 a.m. (Saturday)—National Program. VKSLR, 31.3 m., 9.58 meg.

SHIRLEY TEMPLE SAYS You'll just love my cereal! Star of "WEE WILLIE WINKIE" A 20th Century-Fox Picture 3 WRAPPINGS GUARD ITS CRISPNESS QUAKER PUFFED WHEAT

FASHION GUIDES FOR THE HOME DRESSMAKER

Let them play in the sun in this dotted cotton percale peasant dirndl apron dress. Matching bloomers make it a complete playtime outfit. The all-around gathered skirt is just like older sister and pummy are wearing. A wide elastic ties the halter-back so cunningly at the waist. To sew it! Cut it out! Gather the skirt and attach it to the brief little halter yoke. Finish the entire edges and pockets too, if you please, with bias binds or ric rac. The bias binds come already folded and are easily stitched along the edge. Elastic is inserted at lower edge of bloomers. Old-fashioned rose-bud dimity print, calico print, candy peppermint striped lawn and plain bright monotone cottons are desirable for this cool ensemble. The pattern can also be used for separate bloomers or apron. The detailed sewing instruction chart included in the pattern shows exactly how to cut and stitch it. Style No. 2957 is designed for sizes 2, 4 and 6 years. Size 4 requires 1-3/4 yards of 35-inch material with 3-1/4 yards of binding for apron with 7-8 yard of 35-inch material for bloomers and prote's. Price of pattern 15 cents in stamps or coin (coin preferred) send coin carefully address to Charlottetown Guardian giving—Style No. 2957 Size..... Name Street Address City State