

# Woman's Realm Social and Personal Fashions Literature

## Helpful Hints For The Women Folk

Far from the heather hills,  
Far from the misty sea,  
Little it recked where a man may  
fall  
If he falls with his heart on  
Thee!

—John Buchan.

Under a centuries-old charters  
ocquest that every baby born in  
Bawburgh, England, within two  
years of the parents' marriage  
should receive a silver spoon, three  
spoons were presented recently to  
three babies of the village.

When Mrs. Edgar Over of De-  
vunport, England, learned that her  
husband, serving on the Rawai-  
pindi when it went down, was  
alive in a German prison camp,  
she dotted her black mourning  
dress, threw it on the fire to burn  
and invited the neighbors in for  
a party.

Fifty-seven foreign countries,  
as well as every state in the Union,  
contribute materials for American  
automobiles.

Lead poisoning caused by swal-  
lowing shotgun pellets is a com-  
mon ailment among wild ducks.

Failure to shift to a lower gear  
soon enough to said by experts  
to be the most common fault of  
motorists in hill climbing.

Out of 22 known proteins, 10  
are believed essential for animal  
and human growth.

### THE HOUSEWIFE PLANS SPRING CLEANING

Certainly, spring cleaning has  
about it something of a ritual.  
It doesn't matter how you regard  
it—with zest or with apprehension  
—it must be done.

According to the comic papers,  
spring cleaning is an occasion of  
misery and disorder, and the car-  
toonist extracts fun from it at the  
expense of the harassed housewife  
—we are shown the husband driven  
from pillar to post, the children  
eating bread and jam, the lady  
who "obliges" with a little char-  
ing, tumbling over the pull she has  
carefully placed on the stairs.

But surely such jokes are obso-  
lete nowadays. With good organi-  
zation, spring cleaning need not be  
the terrible affair it has been  
paints. But it is essential, for  
success, that a plan of campaign  
be worked out in advance, so that  
the various tasks may be tackled  
in logical sequence.

First decide what re-decorating,  
if any, is to be done. Turn out all  
upholdings and drawers, washing  
them well with soapy warm water,  
but not making them too wet.  
Rinse and dry well, and put the  
drawers to dry in a current of air.  
If a drawer is inclined to stick, rub  
the edges with a piece of hard  
soap. When the drawers are dry,  
line them smoothly with clean  
paper, go through your posses-  
sions, and discard unwanted things  
before replacing the articles. Use-  
less possessions only collect moths  
and dust, and modern flats have  
not the lumber rooms, and box  
rooms of Victorian days.

### REDECORATING

Before replacing coats and cos-  
tumes in the cupboards or ward-  
robes, run the garments over with  
the vacuum cleaner to extract all  
dust. Vacuum-clean all water  
hangings and covers and store in a  
chest or ottoman. Bring out the  
summer curtains; if they have  
been put away rough dried, dip  
them in this starch and iron them.

### SOAP AND CLEANSERS

Before you start, see that you  
have in stock a generous supply of  
soap and cleansers. Carpets and  
rugs can be vacuum cleaned in  
their places, then washed over  
with a good carpet soap. Books,  
pictures and ornaments will all  
need special attention. This is the  
time to have broken china and  
glass mended, and broken wood-  
work glued or repaired. Uphol-  
stered furniture must be vacuumed  
and the woodwork polished.

In a house, it is a good plan to  
work downwards, doing the stair-  
case last of all. In a flat one may  
follow one's own sweet will; but it  
is a wise plan not to dismantle  
more than one room at a time.

Let the work be steady, but do  
not overtax yourself or your  
helpers. "Over-doing it" is a femi-  
nine fault. Women are said to have  
"the just finishing," whereas  
men, more wisely, will knock off  
for a rest and a meal. Do not let  
zeal outrun discretion, or you will  
be too tired to enjoy your achieve-  
ment—the wholesome smell of  
soap, the fresh cleanliness of  
laundered hangings, the intriguing  
rearrangement of furniture, and  
the charm of a spotless home.

### BREAKFAST BAR IS GAINING POPULARITY

Recurring breakfast getting  
sometimes among the housewife  
whose family breakfasts at differ-  
ent times, and it is in homes of  
this type that "breakfast bars" are  
most popular.

"Breakfast bars" are now being

## THE COOK'S CORNER

### POT ROAST WITH DRESSING

4 pounds chuck roast of beef  
Suet  
Salt and pepper to taste  
1 cup shredded onion  
1 cup canned tomatoes  
1-2 cup water  
2 cups cubed potatoes  
4 cups bread crumbs  
1 egg  
3-4 cup milk  
1 teaspoon poultry dressing

Sear the chuck roast of beef in  
suet placed in a roasting pan. A  
flat cut 4 inches thick is best.  
When thoroughly seared on both  
sides, add salt and pepper, shred-  
ded onion, canned tomatoes and  
1-2 cup water. Cook over a slow  
fire and when nearly tender add  
the cubed potatoes and a little wa-  
ter if necessary. Brown the bread  
crumbs lightly in butter. Beat 1  
egg in a cup and fill cup with milk.  
Pour over bread crumbs, add salt,  
poultry dressing, and mix. Add  
cubed broth from the roast to  
make it adhere. When roast is  
tender, spread dressing over roast  
and broil under broiler.

A salad, light dessert and coffee  
complete a delicious, economical  
dinner.

### AFTERNOON TEA ROLLS

1 cup milk  
3 tablespoons granulated sugar  
1-2 teaspoons salt  
2 tablespoons shortening  
3 eggs  
1 cake compressed yeast  
1-4 cup lukewarm water  
5 cups sifted flour  
1-2 cup soft butter  
1 cup brown sugar  
1 teaspoon cinnamon  
1 teaspoon nutmeg  
1-2 cups well-drained crushed  
pineapple

1-2 cup powdered sugar

Scald the milk, add 3 tablespoons  
granulated sugar, 1-2 teaspoons  
salt and 2 tablespoons shortening.  
Cool and add the yeast cake, which  
has been dissolved in the warm  
water. Then add the well-beaten  
eggs, mix well and work in 5 cups  
sifted flour. Make a soft dough  
and let rise until bulk is doubled.  
Roll out 1/4 inch thick. Spread with  
soft butter, sprinkle with brown  
sugar, cinnamon and nutmeg and  
spread the crushed pineapple over  
all. Roll up like a jellyroll, slice,  
and put in shallow greased pan.  
Let rise 1 hour. Bake in fairly hot  
oven 25 to 30 minutes. Sprinkle  
with the powdered sugar.

## KISS YOUR TIRED FEELING GOODBYE!

Peeps Many Suffer Low Blood  
Count—And Don't Know It!

The baffling thing about low blood count  
is that you can weigh about as much as you  
ever did—even look healthy and strong, yet  
—you can feel as if you had lead in your  
legs, dopey, tired and peevish.

Low blood count means you haven't got  
enough red blood corpuscles. It is your vital  
job to carry life-giving oxygen from your  
lungs through your body. And just as it  
takes oxygen to explode gasoline in your car  
and make the power to turn the wheels, so  
you must have plenty of oxygen to explode  
the energy in your body and give you going  
power.

Get Dr. Williams' Pink Pills today. They  
are world-famous for the help they give in  
increasing the number and strength of red  
corpuscles. When with your blood count up,  
you'll feel like bounding up the stairs as if  
you were floating on air. Ask your druggist  
for Dr. Williams' Pink Pills today.

built into new homes, but that  
does not mean that existing homes  
cannot have the convenience they  
afford. One may be added to the  
kitchen or breakfast room of any  
home at little expense.

A flat-topped surface a little  
higher than the average table, lib-  
erally supplied with electric out-  
lets, is the essential piece. Special  
stools and such electrical appli-  
cances as grills, water irons, and  
coffee percolators complete the  
bar's necessary accessories.

It would save a lot of unhappiness  
and messy divorces if all young peo-  
ple who are contemplating matri-  
mony would bear in mind the fact  
that they cannot change those they  
marry. Nature and their mothers

## Dorothy Dix's Letter Box

DOROTHY DIX SAYS—

### PICK WHAT YOU WANT TO BEGIN WITH SAFEST RULE IN MARRIAGE

#### Men and Women Cannot Be Made Over to Suit Your Likes and Dislikes

When we wonder why John Doe picked out Jane Roe for a wife and why Jane Roe selected John Doe for a life companion we fall back upon the theory that at the time of their marriage they were not in full possession of their faculties. We think they were so because they were so temporarily bereft of their powers of perception, and that he saw her as an angelic being, unmarred by any of the faults of her sex, and that she beheld in him her Fairy Prince.

We are sure that they never would have married each other if John had even suspected that Jane's complexion was only held by right of purchase; that she was bossy and naggy, and that she had never read a book since she escaped from school.

And we are also convinced that Jane would not have marched up the aisle with John if she had known beforehand that he was fussy about his food; careless about his clothes; that he liked to show off before company and that he had a padlock on his pocketbook.

Hence at a wedding, when we say, as we always do: "What did he see in her?" "What on earth did she see in him," the traditional answer is: "Just something they imagined." They didn't see the real man and woman at all.

But this isn't true, for after all John Doe and Jane Roe are not blind, nor fools. They are people of intelligence and it would have been impossible for them to have gone together for even a week or a month—not to say years—without perceiving each other's faults and peculiarities and getting a line on each other's tastes and habits and mental equipment.

Why then, this being the case, are there so many misfit husbands and wives? Why is there so much wailing and gnashing of teeth over the alleged disillusion and disappointments of marriage?

It is because both men and women believe themselves to be miracle-workers who can change a sow's ear into a silk purse and make over their mates into their hearts' desire. And when they find that they can't do it, they emit these screams of baffled rage.

Before he married her John knew perfectly well that Jane couldn't even boil water without scorching it; that she was clothes mad and was always dressed far beyond her means, and that she considered the time lost that wasn't spent in going to places of amusement. Also he was aware that whenever brains she had were in her heels, and that the only current news in which she was interested were the fashions.

But does this knowledge forewarn John, who is a clever, highly educated ambitious young chap with his way to make in the world, that Jane won't be the kind of wife he needs? Not at all. He is going to make a mystic pass over her head as soon as they are married, that will convert her into a good cook and thrifty manager. Make her willing to wear hand-me-downs and prefer spending her evenings at home discussing the political situation and the new books to going to night clubs.

The same way with Jane. She knows that John drinks too much, that he is a ne'er-do-well who has never even supported himself. That he is high-tempered and jealous and hard to get along with. But she marries him all the same because she wants to make him over as soon as she gets him home, into a strong sober go-getter.

Or may be it is John's table manners, or his grammar, or his taste in clothes, or his egotism that Jane is going to take tucks in after marriage until they fit her streamlined ideal of a husband.

It is a swell theory, only it doesn't work. Psychologists tell us that after they are 20 years old, people rarely change. Their habits are formed. They are set in their ways and it is virtually impossible to alter them. You have to take them as is or leave them.

But believe me, the child will change all of that. Baby hands work miracles. They draw husbands and wives closer together, and

## S. O. S. (Save On Stockings)

He: What makes the wild waves so restless?

She: One of the mermaids got a run in her best stockings!

He: Poor fish, why doesn't she wear Fit-All-Tops?



Stoop to pick up a pin — bend to open a drawer — reach to tie his tie — the "stretchy" hem on "Fit-All-Top" will give to the garter pull. Extra comfort (particularly where thighs are heavy) — extra long wear — And, in the newest shades, too.

In service chiffon — \$1.15  
In service weight — \$1.15

## MOORE & McLEOD limited

### A Morning Smile

#### GREAT EXPECTATIONS

The small errand boy had been left in charge of the ironmonger's shop while his employer made a call. In rushing a customer in a tremendous hurry, "I want a mouse-trap," he snapped. "Y-yes, sir." The boy turned and fumbled on the shelves. "Hurry up!" said the customer, impatiently. "I want to catch a bus!" The boy turned quickly. "Oh, a-sir," he said. "I'm sure we haven't one big enough for that."

#### BREEZY

The specialist sat back in his chair, looking very grave. "I am afraid," he said slowly, "that there is nothing else to be done. You are in a seriously run-down condition, and the only thing that will cure you is a complete change of atmosphere. You must get away. The best thing for you would be a sea voyage. Can you manage that?" "Certainly," replied the patient briskly. "I'm the captain of a liner."

### MIDDLE-AGE WOMEN

Thousands of women gossamer-thru "trying times" with Lydia E. Pinkham's Vegetable Compound—famous for over 80 years in relieving female functional troubles. Try it!

No doubtmen have given you this same brand of "jolly" and you paid no attention to it, but you have forgotten that now, and it seems significant to you when your husband does it just because you are sick and nervous and have lost your sense of humor for the time being.

But believe me, the child will change all of that. Baby hands work miracles. They draw husbands and wives closer together, and

### YOUR INDIVIDUAL HOROSCOPE

(Copyright, 1939, King Features Syndicate Inc.)  
Look in the section your birthday comes in, and find what your outlook is, according to the stars.

For Friday, April 5th

MARCH 21 to APRIL 20 (Aries) — Today should be responsive to advertising, promoting and all progressive methods of aquainting the public with what's being done and why. Don't turn a deaf ear to the suggestions of youth. Much of sound value can be found in their ideas.

APRIL 21 to MAY 20 (Taurus) — Be original, dare to step away from the humdrum. Today offers splendid opportunities for all who are willing to hustle and who will distinguish values and essentials from useless and purposeless ventures. The DOERS have it today.

MAY 21 to JUNE 21 (Gemini) — Four major beneficent aspects occurring throughout the morning presage a full, interesting and very good day for industry, manufacturing, selling, buying. Workers and employers alike are under these fine influences. Be cooperative.

JUNE 22 to JULY 23 (Cancer) — While all indications point to gains through earnest efforts, caution is advised in subtle things, investigations and in all matters pertaining to chemicals, drugs and shipping. Plan carefully, don't indulge prostration.

JULY 24 to AUGUST 22 (Leo) — You born before August 8: Exercise patience, especially with difficult tasks. All Leotes: Day encourages action, after forethought; make improvement. Tops for selling.

AUGUST 23 to SEPTEMBER 23 (Virgo) — You, with clever management and keen thinking, can make capital out of difficulty this opportunity day. Money interests, sound investments, transportation among the favored.

SEPTEMBER 24 to OCTOBER 23 (Libra) — The rules and indica-

tions for Virgoans obtain for you Librans today. Eliminate ideas and methods that might handicap you; combine your fine sense of reasoning with the imaginative and fruitful results will be the answer.

OCTOBER 24 to NOVEMBER 23 (Scorpio) — Born before November 10: Employment, industrial, financial and other such interests are more favored than artistic, romantic and private issues. It is the other way round for you born after November 9. A friendly day on whole.

NOVEMBER 23 to DECEMBER 22 (Sagittarius) — Unfinished business, shopping, club and civic affairs; children's interests; clerks, salespeople, domestics and you holding highly important posts are under friendly vibrations.

DECEMBER 23 to JANUARY 21 (Capricorn) — Especially favored: The unique and artistic; landscaping, engineering, economics; laboratory tests; handling food stuffs and other commodities essential to one's everyday life; entertainment; domesticity.

JANUARY 22 to FEBRUARY 20 (Aquarius) — From 3 A. M. until 7: 28 P. M. Stimulating vibrations emanate tending to make it a productive period for all constructive activities and wholesome recreation. Travel okayed.

FEBRUARY 21 to MARCH 20 (Pisces) — Literary efforts, correspondence, research, inventions, matters pertaining to civic and community welfare, shopping, selling, week-end affairs and all soundly progressive issues are especially approved.

A CHILD BORN ON THIS DAY will be impressionable, sympathetic, amiable and clever with original ideas. Must guard against being glib to unworthy associates. Will respond readily to higher education. Its spiritual development important to its general good and success.



### Eat Difficult Foods Correctly

She spent hours dressing for this important dinner date—but she didn't give a thought to her table manners!

"Never again!" her escort mentally agonized, as she showers the table with salad in her efforts to cut hearts of lettuce with a fork.

Avoiding such embarrassing blunders is just a matter of checking on etiquette, of learning the right way to eat difficult foods.

With hearts of lettuce, endive or romaine, a knife may be used. Artichoke leaves you eat with your fingers, biting off the tender part and putting the rest back on your plate. Use a fork for the heart. Asparagus also may be eaten with the fingers when the stalks are short, firm and dry. Otherwise, a fork.

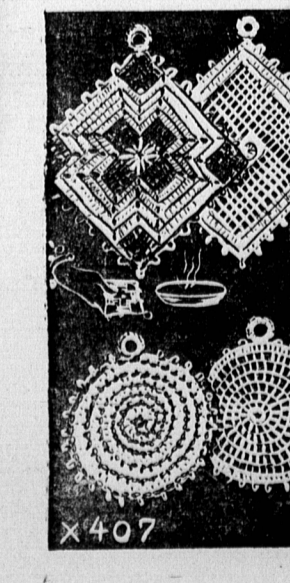
At a dinner party, should you wait for everyone to be served before eating? No, it is proper to start in a leisurely way soon after your plate is put before you. Or do you find yourself beset with doubts at teas, buffet parties?

Be sure of the correct thing, make a good impression wherever you go. Our 32-page booklet gives etiquette for formal dinners, teas, buffet parties, clubs, restaurants. Tells what silver to use for difficult and unusual foods.

Send 20c in coins for your copy of Good Table Manners to The Guardian Home Service. Be sure to write plainly your Name, Address, and the Name of booklet.

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

### UNUSUAL CROCHET



Two of the newest and most unusual crocheted pot holders are shown. They are the spiral and quilt block design. Pattern No. X 407 contains list of materials needed, and complete instructions for making both pot holders.

To order this design, write your name and address on a piece of paper and send with 15 cents in coin or stamps to Needlework Department, Charlottetown Guardian.

To Charlottetown Guardian Needlework Department.

Design No X-407

NAME \_\_\_\_\_  
STREET \_\_\_\_\_  
PROVINCE \_\_\_\_\_

## TRY THIS BAKED BEAN DISH — It's Different!

### COMBINATION BAKED BEAN CASSEROLE

Arrange in alternate layers in casserole, having two layers of each, 1 medium (16 Fluid oz. size) tin Heinz Oven-Baked Beans with pork and tomato sauce and 1 medium (17 1/2 oz.) tin Heinz Oven-Baked Red Kidney Beans. Spread over each layer a small amount of Heinz Tomato Ketchup. Cut 3 large slices bacon in halves. Arrange over top. Bake in moderate oven (375°F.) 35 minutes. (Serves 6.)



EVERYONE agrees—Heinz Oven-Baked Beans taste just like the home-baked kind! That's because we bake beans your way—in hot, dry ovens, until every bean is mealy, munchy, digestible. We drench them in distinctive rich sauces to meet your preference. And bring them to you all ready to heat and serve. Four luscious kinds, each a thrifty answer to hearty bean feasts the whole family will enjoy!

HEINZ OVEN-BAKED BEANS

## Spring Fashions

Blouses make the suit and they also stretch your Spring clothing budget. Wear the attractive styles with your new suit, with skirts already in your wardrobe or with a long skirt for evening. The lingerie blouse is as feminine as a feather and as smart as the day-after-tomorrow. Rows of lace insertion and ruffling make this blouse the perfect complement for dressier occasions. New, interesting lines are the style feature of this blouse type blouse that gives you the longer molded waistline so popular this season.

Style No. 3208 is designed for sizes 12, 14, 16, 38, 40 and 42. Size 36 requires 2 yards of 30-inch material, with 4 1-5 yards of ruffling and 5 yards of insertion, for lingerie blouse; 1-2 yards for fitted blouse.

Send fifteen (15c) (coin is preferred) for pattern. Write plainly your Name, Address and style number. Be sure to state the size you wish. Style No. 3208 Size \_\_\_\_\_

Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_

RAGS IN BOND ST.

LONDON—(CP)—Exclusive Bond Street now has its rag-and-bone shop. Part of a salvage drive by Westminster council, the shop will teach Mayfair housewives how to make the best wartime use of "junk."