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

Living & Leisure

—The Woman's Realm

"Give me a task to make me strong;
Help me to serve, to right a wrong.
Teach me to smile and spread good cheer,
To banish doubt or quench a tear."

OATMEAL FOR BEAUTY

Such a homely thing as oatmeal provides one of the best facial treatments, particularly for tender skins. Simply mix oatmeal with milk, forming it into a paste, and adding, if you like, a few drops of lemon juice.

Use the paste as face mask or pack. To do this effectively, you should first cleanse the face, preferably with the cleansing cream which most people use nowadays, and then remove all traces of grease with a little witch hazel or rose water. But good soap and warm water will serve your purpose.

Apply the paste evenly over the face and eyes. After the paste has set and become dry, allow it to remain on for about five minutes. Remove it by wetting the face all over with a sponge or face cloth wrung out of warm water, rinse finally with cold water, or, if the day is cold and the skin very sensitive, with tepid water.

When you powder your face in the ordinary way, after this treatment, you will be delighted with the effect.

You can also make oatmeal bags, with or without the addition of shaved Castile soap, using squares of cheesecloth to form the bags. Tie the bags with fine string, taking care that they are not too full, as oatmeal, or mixture of oatmeal and soap, should be free to spread.

Use the oatmeal bag exactly as you use a face cloth in washing your face; that is, dip it in water and rub the face gently with it. Let the liquid dry upon the skin, and in two or three minutes' time, remove it with clear water.

An oatmeal bag placed in the wash-basin or bath is also beneficial; for the bath you will want a large bag or two or three small ones. Oatmeal softens hard water.

Boil your potatoes in their jackets sometimes.

Stains can often be removed from linen or cotton if they are soaked in potato water before washing.

Serge can be freshened by sponging with potato water.

If you use paper in the pantry, put in several clean sheets at once; then you can quickly tidy the pantry by taking top sheets off as they become soiled.

Can you turn a tough fowl into a tender bird overnight? Here's how. Soak it in buttermilk. That not only softens its heart, but adds flavor, so says an old cookbook.

If you are worried because you seem to have so much stale bread lying about put all the pieces—cut into slices—into the oven with the gas turned very low and leave for several hours. (It is most economical to do this when you are cooking something else in the oven). The bread will then have turned into rusks—fine for eating with cheese.

Improve Your Golf Game With Right Instruction

Learn How to Swing Properly

If you are a "dub" golfer, winning admiration for your game may be only a day dream to you.

But that's merely because you haven't had the proper instruction. Do you see a player hit a ball with all his might, only to have it go a few yards? And then another almost lazily make a perfect drive of 200? The difference is that one has learned to swing, the other hasn't.

As a first step in attaining power and accuracy, practise swinging your club back and forth in a short arc, allowing your hands and forearms to swing, too.

Now make this test. Along with your club hold a handkerchief with a weight tied to one end. If you are swinging properly, the weight and the club move as one. If they don't, it means you are pushing or pulling on the club shaft, attempting to use leverage instead of the centrifugal force that will give your stroke maximum force and efficiency.

Check up on your stance, your body action and timing also. Our 32-page booklet by a noted teacher, Ernest Jones, tells how to hold your club correctly, how to swing at the ball with force and accuracy. A guide for beginners and more advanced players.

Send 20c in coins for your copy of Swing's The Thing In Golf to The Guardian Home Service. Be sure to write plainly your Name, Address, and the Name of booklet.

Name

Street Address

City Province

A Morning Smile

There were standing on the curb in the blackout. He was imploring her to marry him.

Twin points of light gave warning of an approaching car as he spoke.

"If you don't say yes I'll throw myself in front of this car!" he threatened.

She grabbed his arm in a panic. "Wait, don't do it!" she cried. "Give me time to think—there's bound to be other cars coming".

NO DOUBT

"Now," said the magistrate, "you say the defendant was drunk. What proof have you of this?"

The police witness drew a long breath and replied:

"Well, your Honour he put twopence in the letter-box, pressed the doorbell button, picked up an empty milk bottle from the step, put it to his ear, and said: 'No reply. I want my money back!'"

KISS YOUR TIRED FEELING GOODBYE!

Pepless 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 tepless.

Low blood count means you haven't got enough red blood corpuscles. It is their vital job to carry life-giving oxygen from your lungs throughout 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. Then 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.

MAY COME TO AMERICA

Now in London, Queen Geraldine of Albania may sail across the Atlantic with her son, Prince Alexander. The half-American queen of King Zog was forced to flee with her newly-born son when Mussolini's hirelings walked into Albania unannounced.

YOUR INDIVIDUAL HOROSCOPE

(By FRANCES DRAKE)

Look in the section your birthday comes in, and find what your outlook is, according to the stars.

For Friday, July 12th

MARCH 21 to APRIL 20 (Aries) —You may find today a challenge to your knowledge and ability for management, and for dealing cleverly with others. Not an easy period but one that gives new experiences, perhaps in new fields leading to fresh gains.

APRIL 21 to MAY 20 (Taurus) —Generous vibrations emanate suggesting advancement in specially work, scientific matters, inventions and government projects. Personal achievement likely. Good news indicated.

MAY 21 to JUNE 21 (Gemini) —Exploitation of clever and "different" ideas and methods in whatever your line of endeavor will help tremendously to force issues that might otherwise be difficult to put across. Be in tune with your surroundings and exigencies.

JUNE 22 to JULY 23 (Cancer) —If you will exert yourself a little more than usual today, you'll be rewarded in greater measure than you anticipated. Be prepared to meet obstacles, be patcint with details.

JULY 24 to AUGUST 22 (Leo)— One of those days that demand YOU function well in all departments, because you'll have to supply unction, farsightedness and ingenuity, especially in the intricate and pressing matters. Dealings with the opposite sex require adroitness.

AUGUST 23 to SEPTEMBER 23 (Virgo) — Some restrictions shown where private affairs are chiefly concerned. Business in general and activities of a broad, universal nature as well as routine are among the favored.

SEPTEMBER 24 to OCTOBER 23 (Libra) — Don't let monetary returns obliterate all else—rather think of the urgency of speed, efficiency and loyalty to those who depend upon your personal part of the program. Be grateful for the privilege of serving righteous causes, democratic ideals.

OCTOBER 24 to NOVEMBER 22 (Scorpio) — Please heed notation to Libra folk. Financial gains are NOT favored over substantial improvement and advancement in matters that have lasting value. Avoid extremes.

NOVEMBER 23 to DECEMBER 22 (Sagittarius) — Eyes ahead! Details, management, methods of procedure, harmohious cooperation are all essentials to success this none-too-generous day. And remember that your best efforts are never in vain. Personal affairs are favored in an unusual way.

DECEMBER 23 to JANUARY 21 (Capricorn) — Benefits are in the bag for you through your own willingness to get ahead and through untiring effort in the path of duty. The purpose behind your endeavors is very important. Plans and weekend activities are also favored.

JANUARY 22 to FEBRUARY 20 (Aquarius) — Familiar matters, general business and civic and government interests take precedence today over private or purely selfish issues. If you can spare the time, improve some talent.

FEBRUARY 21 to MARCH 20 (Pisces) — Inactive tendencies. Big projects may feel this rather than individual accomplishment. Constructive measures and needed changes and reforms are especially favored in government, army, navy, industry and aeronautic matters.

A CHILD BORN ON THIS DAY will have a fine appreciation of the higher arts, religion and the all worth while things that make for true culture and civilization. Help it to develop these splendid qualities through intelligent rearing and understanding. It can succeed especially in an artistic or professional pursuit or a useful trade.

50 YEARS WITH PROOFS

INDIANAPOLIS, Ind. — (CP) — Mrs. Norma Smith has served 50 years as a proofreader with the Indianapolis News, and has been presented with the News' 50-year-service pin. She has a grandson working as a printer with the paper.

BLACK HORIZON

By JOSEPH LEWIS CHADWICK

CHAPTER I

Rand Kirby leaped from the schooner's shore boat and waded through the shallow water to the beach. He stumbled across the sucking sand, a tall, angry, young and good-looking man with swinging shoulders and clenched fists.

He made for the foliage wall of jungle that grew down to the shore, found a narrow foot path that wound among the boles of tall and slanting cocoanut palms. He began running through the underbrush, his lean strong face set in grim lines.

The sun was obscured now by the dense black smoke he had sighted long before his schooner had put into the island. Its acrid odor, that of burning nipa and bamboo was in his nostrils.

Rand's eyes glittered in blazing rage as he broke from the brush into a clearing. He halted, pushing back his ship's officer cap off his scowling forehead, then stood fists on sides looking upon the burning native village.

A mournful hullabaloo of native drums, like a dirge, rose in swelling crescendo upon the humid tropic air. Wails rose from the score of natives huddling dumbly about the drums.

Across the clearing, squatting dejectedly by the bole of a palm, was Pete Barker, Rand's makeshift righthand man. Rand strode to Pete and then he saw the inert dusky form on the ground.

Rand knelt beside the native, making a hasty examination which revealed that the brown-skinned man was merely badly beaten.

"Who did this?" Rand demanded of his man.

Barker said, hollowly, "Duraud."

"Duraud!" Rand exclaimed. Then: "Duraud always was a rascal, but why did he do this?"

"Nurim there stole a batch of tobacco from Duraud's place," Barker said. He was a little man with a pinched face and bald head. His eyes were watery blue, frightened. He was a weakling, Rand knew.

"Stole tobacco," Rand snapped, arising. "Bah! That was merely an excuse to take a below-the-belt punch at me."

"And Maya Jack Cannaghan too," said Barker.

"Maya Jack, too?" Rand said. "Why Maya Jack?"

"This boy, Nurim, works for Maya Jack."

"Where is Maya Jack now?"

Barker shrugged thin shoulders. "Don't know. Maybe over at Duraud's place. He was plenty worked up."

Rand swung about and started back toward the bench. He heard Pete Barker shuffling after him.

"Where you going?" Barker asked.

"To Duraud's place!"

The little man grabbed his arm, clung to it. "You can't go there! Duraud will shoot you down like a dog!"

Rand looked at Pete in disgust. He shook off the man's grasp.

"You take care of Nurim. I'll be back—whole."

"Better take a gun," Pete called after him.

Time nor a long trek along the shore did not cool Rand's rage. He was in a white-hot temper as he glimpsed the big hacienda with the red-and-green tile roof. Duraud's house was a mansion, lately built. It had terraced lawns, artistically plated palms. It overlooked the sea and boasted a boat landing. There was a trim yacht anchored offshore.

Rand strode unhesitatingly through the gateway in the high wall and over the flagged stone walk that led to the veranda of the hacienda. Rand looked about for a glimpse of Maya Jack Cannaghan and Duraud. He saw neither. There was, however, someone on the veranda. A woman.

Rand had never seen Mrs. Duraud, yet he had heard gossip of the man's lovely young wife. He had not expected her to be as strikingly beautiful as the woman he now saw as he approached the veranda.

She was dark eyed and had hair that seemed almost blue-black. Her face was a perfect oval, with fine yet delightfully irregular features. She reclined in a low-backed chair, but Rand could see that she was slender and long limbed.

She had a fine bronzed skin and none of the washed-out look of many white women in the tropics. She sat up and looked questioningly at Rand as he bounded up the veranda steps.

"I want to see Mr. Duraud," Rand announced.

"Mr. Duraud is having his siesta," said the girl, in low, husky tones.

"If you will wait——"

"I don't care to wait on Mr. Duraud," Rand snapped almost viciously. "Will you tell him Rand Kirby is here. I think he will want to see me."

The girl arose, languorously, gave Rand a long appraising glance, then crossed the veranda to the door.

"Henri," she called, softly.

There came a gruff answering voice, then heavy sound of footsteps that suggested a big man. A bulky figure filled the doorway.

"What is it, Sonya?" asked the man. Then: "Oh, hello, Kirby. Did you want to see me?"

"Yes," said Rand, coldly. "I want to see you."

Henri Duraud stepped out onto the veranda. He was tall, as tall as Rand, heavier, a broad man of 52 or 53. His face was florid, flabby. His eyes were black, beady shrewd. His mouth was thin and long, suggesting cruelty. His manner was domineering, always.

"Well, what's on your mind?" Duraud said. "Sit down. I'll have drinks brought——"

"No said Rand. "All I want is an explanation."

"An explanation?"

"Yes. I return from Lulanna and find the huts of the natives in flames and one of the natives beaten into unconsciousness. Why?"

"I don't need to explain that to you," said Duraud.

"You do, indeed. Those natives work for me. That's my business. The boy your men beat up works for Maya Jack Cannaghan. That's his business; he should be here demanding an explanation, too."

Duraud's black eyes blazed angrily, but he stood calmly before Rand.

"Maya Jack Cannaghan was here," he said. "I told him what I intend telling you. You and Maya Jack are through on Maglaya. Through, understand?"

"How do you figure? You're not going to burn me out!"

"Listen, Kirby. I hold old Spanish grants to Maglaya. These grants have been in my family for several generations. I came here a year ago to find you and Maya Jack moved in. All you've got is squatters' rights, and I refuse to consider them. You're through, Kirby. You're getting off Maglaya. Or I will burn you out!"

"Why, you——" Rand took a threatening step forward.

(Continued on page 10, Col 4)

THE COOK'S CORNER

GINGERBREAD WAFFLES

2 cups flour
3-4 teaspoon soda
1 1-2 teaspoons ginger
1-2 teaspoon cinnamon
1-2 teaspoon salt
2 egg yolks
1 cup light molasses
1-2 cup sour milk or buttermilk
5 tablespoons melted butter
2 egg whites

Method: Sift the flour, measure, and sift again with the soda, ginger cinnamon, and salt. Beat the egg yolks thoroughly and combine with the molasses and sour milk. Gradually add this to the sifted dry ingredients. Beat until mixture is smooth and then add melted butter. Beat the egg whites until stiff but not dry and fold these into the batter. Bake on waffle iron that is slightly cooler than for ordinary waffles for about 5 minutes.

CREAMED LIVER ON TOAST

3-4 cup cooked liver
3 tablespoons butter
1 tablespoon minced onion
2 tablespoons flour
1-2 teaspoon salt
3-4 cup thin cream
1-8 teaspoon paprika
Juice 1 lemon
6 slices buttered toast

Method: Melt the butter in a pan and cook the onion in it for about 3 minutes. Remove from the heat. Add the flour and stir until well-blended with the butter. Gradually add the cream and cook, stirring constantly until thickened. Season with salt and paprika and add the cooked liver that has been chopped. When the liver has become thoroughly heated, add the lemon juice and serve at once over hot buttered toast.

Dorothy Dix's Letter Box

DON'T THINK HUSBAND WILL ALWAYS STAY FASCINATED

Brides Should Not Let Down on Their Quest for Love Just Because They Have Donned a Wedding Ring

Girls, when you get married, don't lose your amateur standing as sweethearts. Don't make wifehood just a profession that has no more glamour and sentiment about it than running a food shop or lodging house, and that leaves your husband looking upon you as his landlady and feeling that he has done all that is expected of him when he has paid the bills. Of course, when you have attained your objective and got your man, it is a temptation to give up the chase and sit back and take things easy. You look at your wedding ring and think it is a talisman that emancipates you from having to count your calories and pass up the mayonnaise and the whipped cream, and that gives you the right to wear housedresses and bulging shoes when there is nobody around but Husband. For what's the use in pursuing a man you have already caught? Don't make the mistake of thinking that because you fascinated a man once he will stay fascinated to the end of his life. No woman is that expert a conjurer or knows a magic that strong. Every day of your life you will have to work your spell over again, and it is some job keeping your husband still thinking you look like a bride after you are a grandmother.

Of course, the foundation stones of every happy home are the gas range and the cash register. Every man labors under the belief that every girl is born knowing how to cook and pinch pennies the way his mother does. The first disillusion of matrimony that the average young husband gets is when he finds that Angel Face cannot make biscuits that are not a menace to life, nor concoct a cup of coffee that does not incite to murder, and that she is throwing most of his salary into the garbage can.

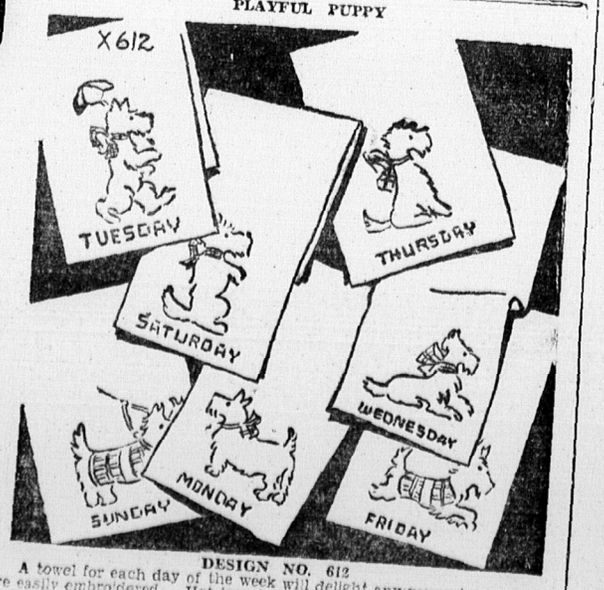
So if you wish to retain your husband's affections, learn how to cook before you are married instead of waiting to acquire the art of practicing the trial-and-error method on your unfortunate bridegroom. For by the time you are able to turn out an edible meal, he will be either dead, or divorced, or such a soured dyspeptic that you will wish you could lose him instead of desiring to hold him.

But remember domesticity is one of the virtues that should be practiced in secrecy. A man wants his wife to feed him well and make him comfortable, but he likes to think that she has merely to wave her magic wand and, presto, a good dinner descends upon the table that costs neither labor nor money, and that some good fairy does all the cleaning and scrubbing that keeps the house neat and orderly.

So to retain your allure for your husband refrain from telling him how many hours you stood over the stove cooking the pot roast he has just gobbled down. Put perfume behind your ears instead of smelling

(Continued on page 10, Col 4)

PLAYFUL PUPPY



DESIGN NO. 612

A towel for each day of the week will delight any youngster, and they are easily embroidered. Hot iron transfer pattern No. 612 contains seven motifs measuring about 4 by 5 inches each, and complete instructions.

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. 612

NAME -
STREET - - - - - - - - - - - - - - - - - - -
PROVINCE - - - - - - - - - - - - - - - - - -

KEEP YOUR KITCHEN COOL . . Serve Quick, Tasty Spaghetti Dishes!

FOR truly *tempting* hot-weather meals that are quick to fix and sure to please, you can't beat Heinz Cooked Spaghetti! Since it's all ready to heat and serve, it saves time and work—keeps your kitchen cool. And this hearty dish has a racier flavour that's absolutely *matchless!* That's because Heinz chefs make their own spaghetti—drench it with a sauce of Heinz tomatoes, mellow cheese and zippy spices. Heinz Cooked Spaghetti is *great* with leftovers, too! How about spaghetti tomorrow?

★ **Spaghetti With Frankfurters**

Heat 1 large (26 fluid ozs. size) tin Heinz Cooked Spaghetti according to directions on label. Slice crosswise into ½-inch slices 3 or 4 leftover frankfurters. Brown frankfurters in butter with 1 medium onion, finely diced. Heap spaghetti in centre of platter, dotting meat over top. Arrange slices of Heinz Fresh Cucumber Pickle at one side, tucking in sprigs of watercress here and there.

★ **Spaghetti With Sizzled Beef**

Cook 1 small onion and 1 small green pepper (both finely chopped) in 3 tbs. butter until tender. Add ¾ cup (2½ oz.) finely shredded dried beef and brown slightly. Pour in 1 medium (16 fluid ozs. size) tin Heinz Cooked Spaghetti and cook till spaghetti is heated through. Season with dash of pepper (Serves 3 to 4).

H. J. Heinz Company of Canada Ltd., Canadian Plant at Leamington, Est. 1909

HEINZ COOKED SPAGHETTI 57

Needlecraft—

—For The Home

Such an easy dress to make and so cool and comfortable for your little girl to have for warm Summer days. She can wear it over her sunsuit, too, when going to and from the beach or to the store with mother. Princess lines are becoming to small children and this dress is easy for any little girl to slip on all by herself. Be sure that the buttons are large enough for tiny fingers to grasp. Pique with contrasting binding for trim and color accent is sturdy and practical. There is no doubt that you will want to make more than one of these dresses, so for the next, choose a flower print and add the collar.

Style No. 3338 is designed for sizes 2, 4, 6 and 8 years. Size 4 requires 1 3-8 yards of 39-inch material for dress; 3-8 yard for collar; 1-2 yard for panties; 2 yards of binding.

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

Style No. 3338 Size .....

Name

Street Address

City Province

Keep for soup and gravy, water that potatoes were cooked in (unless they were boiled in their skins). It tastes good and is very nourishing.

Use Minard's for dandruff.