

Woman's Realm Social and Personal Fashions Literature

DOROTHY GRAY Treatment Set



\$3.50

NINE EXCITING DOROTHY GRAY PREPARATIONS

Exquisitely arranged against a background of blue, pink and white—the new Dorothy Gray Home Treatment Ensemble contains 2 miniature lipsticks "Scarlet" and "Nosegay"—Daredevil Cream Rouge—Elation Make-Up Film and Blusery Weather Lotion, plus the basic preparations for oily or dry skins, for the famous Dorothy Gray 1-2-3 Salon Treatment in your own home.

A lovely gift—a thrilling beauty treatment for winter-weary skin.

At Smart Department and Drug Stores

DOROTHY GRAY

In Charlottetown at
Moore & MacLeod

THE COOK'S CORNER

DEDICIOUS FRUITCAKE

makes an attractive bride's cake

- 4 cups sifted cake flour
- 1 teaspoon mace
- 1-2 teaspoon nutmeg
- 2 teaspoons cinnamon
- 1-2 teaspoon baking soda
- 3 pounds currants
- 2 pounds seeded raisins
- 2 pound citron, sliced
- 2 cups blanched almonds, sliced
- 6 nuttles walnuts or cashews
- 1 pound butter (softening)
- 2 cups light brown sugar
- 9 eggs, separated
- 1 cup strong cold coffee

Sift flour, spices and soda together 3 times. Mix with fruits and nuts. Cream butter and sugar together until fluffy. Beat yolks until thick and whites until stiff; add to creamed mixture. Add flour-fruit mixture alternately with coffee. Pour into greased pans lined with waxed paper.

Bake in very slow oven (275 degrees F.) 3 to 4 hours. Rich fruitcake is sometimes steamed 1 hour, then baked for remaining time.

A BECOMING CROCHETED SAILOR HAT



DESIGN NO. 1135

This lovely crocheted sailor will top your curls in a most becoming way. Single crochet stitches are used. Pattern No. 1135 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, Charlottetown Guardian, Needlework Department.

Design No. 1135

NAME _____

STREET ADDRESS _____

CITY _____

Living & Leisure The Woman's Realm

The loss of gold is much; The loss of time is more; As no man can restore.

SLIP COVERS FOR SUMMER

Denim or ticking makes very handsome slip covers for chairs that get hard usage.

SERVE VEGETABLES SOON AS POSSIBLE

People knowing their own vegetable this year will know the joy of having them really garden-fresh. Agriculture Department's consumer section, points out that vegetable taste much better and retain more of their vitamins when the journey from garden to table is accomplished in an hour or so. When salad vegetables are brought in from the garden or market, they should be washed immediately, put into the crisper for an hour or two and then onto the table as soon as possible. Consumers are advised to take advantage of locally-grown fruits and vegetables this summer.

FORMAL FROCKS TO APPEAR ONCE MORE

Predictions are that more and more frocks with a formal appearance will come out for the many relief hats, chapeaux, etc., which are such a necessary part of war work.

MEND, REINFORCE WINDOW SCREENS

To make available window, door and verandah screens "go around," H. H. Foreman, administrator of fabricated steel and non-ferrous metals for the prices board, suggests that householders mend and reinforce their present equipment. Small holes can be re-woven with stray bits of wire. Warped reinforcing can be replaced to keep screens from fraying and make them fly-proof, and varnish will preserve them. Every screen saved is a guarantee of more fresh air—and fewer flies.

BLACK PIQUE IS NEW FOR BEACHWEAR

Black pique is a newcomer to the beach this summer and chambray in plain suits with ruffled borders, or in dramatic stripes appears. This fabric is practical for it has enough body to look well when the mermaid issues from the water.

White sharkskin, sometimes with pretty scalloped borders, and always popular, and any woman who has ever owned one knows that it's she, not the woman back of her, where his gaze has stopped.

South of the border influences are seen in fringing bra tops to block cottons, shawls in crocheted triangles, the shoulders are fun to decorate.

In your hair you wear little bows for flattery or you can don big straw sombreros for protection.

ALL JERSEY

The 1943 woman might well be able to dress in an entire wardrobe of jerseys, they are projected for fall in everything from the simplest of daytime types with scarcely anything but a drawing to hold it to the figure to most elaborate of bead-embroidered short evening dresses.

GOOD SHAMPOO MADE AT HOME

Several women ask for the amount used in the old-fashioned home-made egg and lemon shampoo. They are easy enough to remember: one large fresh egg and one-half teaspoon of strained lemon juice.

If you're going to try it, you'll need to take care about several points other than the proportions.

First, mix the ingredients. Drop the egg into a cup and whip it with a fork. Then add the lemon juice, mix, and put the mixture within reach of the wash bowl.

Just as important as the shampoo is the technique of brushing and rinsing. Foreman suggests with a regular liquid shampoo. You can make that also, if you wish, by boiling a small chain of soap in water until the soap dissolves.

Brush your hair vigorously for at least five minutes, removing every trace of dry-skin flakes from the scalp. Then give your hair one good soaping and a thorough rinse with tepid water. Hot water used now or for our final rinse, will cook the egg in your hair and spoil everything.

Now pour on the whipped mixture and massage into the scalp for five minutes, adding a few drops of perfume whenever the mixture seems to be getting dry and stiff. Rinse with a hand spray until egg is completely out. If you haven't a spray, you will need at least four rinsings in the bowl. Don't forget possibly can, dry your hair in the sunshine, brushing it again before setting it.

PIG WAR BUILDING

775—Building in Washington housing War Department Offices occupies a square mile.

Home Service

Have Some Games on Hand For Two or More

PLAY CHINESE CHECKERS

Almost everyone has at one time or another played Chinese checkers—it's a game that can be played equally well with just two people or five or six, if you like. The winner is the one who gets all his glass marbles away first—and it's fun trying to think of ways of outwitting your partners.

However, you don't need a game of Chinese checkers to keep your friends amused. If they drop in suddenly to see you, all you need is a piece of paper and a pencil and there are lots of pencil and paper games. The only other equipment needed is mental.

Particularly these days when you're entertaining servicemen to such an extent in your homes, you should be prepared and have a few games on hand.

Our 32-page booklet is full of games that need little preparation at all. There are quiet games and active ones; baffling stunts and magic—planned for such times when one or more friends call in, or for small parties and family gatherings. Be prepared—don't let your friends be bored when they come to see you.

Send 15 cents in coins for your copy of Games and more for Two or More to the Charlottetown Guardian Home Service Address. Be sure to write plainly your name, address and the name of booklet.

NO SECRET When You Have BAD BREATH

Play Safe—USE COLGATE'S TOOTH POWDER

If it's kissin' you're missin', remember this—76% of all adults have bad breath. And unfortunately, OTHERS always detect it before YOU do. Take no chances! Use Colgate's Tooth Powder.

Scientific tests prove conclusively that in seven out of ten cases Colgate's Tooth Powder instantly stops oral bad breath.

SAVES YOU MONEY! Compared to other leading brands, a large tin of Colgate's gives you up to 30 more brushings—a giant tin up to 46 more brushings—for not a penny more!

TIP TO SMOKERS! Colgate's Tooth Powder is one of the quickest, easiest ways to guard against tobacco stain and tobacco breath! Get Colgate's today.

COLGATE'S TOOTH POWDER 12 1/2¢ 25¢ 40¢

CLEANS YOUR BREATH AS IT CLEANS YOUR TEETH

Play Safe—USE COLGATE'S TOOTH POWDER

COLGATE'S TOOTH POWDER

12 1/2¢ 25¢ 40¢

CLEANS YOUR BREATH AS IT CLEANS YOUR TEETH

COLGATE'S TOOTH POWDER

12 1/2¢ 25¢ 40¢

CLEANS YOUR BREATH AS IT CLEANS YOUR TEETH

King Cole

TEA AND COFFEE

You'll like the flavor of

A Morning Smile

CRIPPLED ANYWAY

The beggar carried a large label marked "Crippled," and the kind lady was so touched that she dropped a dime into his tin.

A few minutes later she was surprised and annoyed to see him hurrying down the street, walking quite normally.

When she challenged him about his claim to be crippled, he replied smoothly "Madam, it is, alas! possible to be crippled in other sense than the physical one. I happen to be crippled in a purely financial sense."

"My dear, a great doctor says women require more sleep than men."

"Indeed?"

"Yes, dear; so—perhaps you'd better not wait up for me tonight."

AVONLEA W. I.

The July meeting of Avonlea W. I. was held at the home of the secretary on Wednesday.

The meeting opened with the Ode followed by the Creed. Mrs. Alfred Moore presided. The minutes of the last meeting were read and approved. Nine members answered the roll call. Committees appointed were: Rustico—Mrs. Hiscott and Mrs. T. MacNeill. Canteen—Mrs. Stewart and Mrs. Cline.

Programme—Mrs. Toombs and Mrs. Doyle.

Number of Cook Books sold 21 and 5 more ordered.

Receipt for Blanket Fund sent in June \$4.00.

Collected for Greek Relief in Cavendish district \$39.00. Rustico \$68.50.

A letter was read from the public health nurse regarding a Dental Clinic.

Next meeting is to be at Mrs. Leigh Warren's. Roll call to be answered with Ways of Making W. I. meeting more interesting. Lunch was served and meeting closed with God Save the King.

MINISTER FASTS

SAUGATUCK, Mich., July 26—(AP)—The condition of Rev. Charles H. Horswell, 85-year-old retired minister, was reported unchanged tonight as his self-imposed fast entered its seventh week.

The retired clergyman, who has prayed for a speedy death to reunite him with his deceased wife, has partaken only of fluids since he began the fast June 13.

THE VOLUNTARY ASSOCIATION IN A DEMOCRACY

One is reminded of a suggestion by the late Sir William Hearst, after the lamentable effects of prohibition began to be somewhat evident. His comment was that the situation had resulted because when prohibition had been achieved temperance societies went out of business. The final result was failure to achieve the very ends for which the temperance societies had striven.

The other day before the Social Security Commission, Dr. J. J. McCann, Member of Parliament for South Renfrew, asked a question as to what would become of voluntary associations if the new machinery for Social Security and Health Conservation came into effect. The answer should be that there will be more need for voluntary associations in the new order. The state must not be allowed to consist only of a group of supervising government officers. Allowance must be made and encouragement given to the promotion of free social enterprise within reasonable limitations. In the field of health it is obvious that however eager any government may be to develop legislation or to spend money, it will be impossible to go ahead of public opinion and it is extremely difficult for governments to create public opinion.

Take for example the question of pasteurization of milk. In spite of the fact that all public health officials agree that compulsory legislation is desirable, only one government in Canada, the Ontario Government, so far has had the courage to enact laws compelling the pasteurization of all milk sold. Eight other provinces lag behind because there is not sufficient public opinion to support such legislation and the governments themselves are incapable of promoting it.

In the field of general disease control, it has taken eleven long years to create the public opinion which will justify the liberal expenditure of funds by the Dominion Government, in spite of the fact that this problem has always been extremely serious and that its neglect has resulted in serious cases to all the provinces, to say nothing of the unnecessary sickness and death, which should be a primary consideration.

Similarly in the field of nutrition and industrial health. Most industries still fail to seriously consider the health of their employees. At the moment a vigorous campaign is being undertaken by the Health League of Canada to correct this situation. It is a campaign which involves the expenditure of private funds—a campaign which no government could easily undertake and which even a voluntary association may well find difficult. In the field of nutrition much needs to be done. And so in all the fields of health for years provincial governments have spent public funds in the support of the unnecessarily ill and failed to create essential public health machinery. Only by virtue of public opinion created largely by voluntary associations does it become possible to correct these situations.

It has been stated that grants to voluntary association during the war have been frozen. It is a question as to whether this is wise. While it is satisfactory to note that the voluntary associations are considered to be of sufficient value to justify the granting of Dominion funds for their support, it would seem that the voluntary associations are of such significance in the promotion of schemes for the good of the Canadian people that they should be given every possible encouragement by governments to promote plans which governments know

HEALTH LEAGUE OF CANADA

THE VOLUNTARY ASSOCIATION IN A DEMOCRACY

Escape Painful Sunburned Lips

Relieve Soreness Instantly

Sore, cracked, sunburned lips make life miserable. They are a warning sign that the delicate membranes of your lips are being damaged by the burning rays of the sun. Its wonderful emollient action protects the delicate membranes from chapping caused by wind and water, so lips stay smooth and soft. When lips are already cracked, Lypsyl gives quick relief, seals the wounded membranes against dangerous germs, hastens natural healing. Get Lypsyl at your store today and use it regularly. Sold everywhere in handy stick form.

LYPSYL Natural Food of Invisibly White Wax Men and Women

LYPSYL

Natural Food of Invisibly White Wax Men and Women

Dorothy Dix Says—

WISHFUL THINKING IS WOMAN'S GREAT BLESSING, WORST CURSE Affords Escape From Reality To World Made To Their Order But May Bring Sorrow

Women's ability to do wishful thinking is at once their greatest blessing and their worst curse. It is their greatest blessing because it is their escape from reality that enables them to live in a world that is tailor-fitted to their desires, and in which their every wish will be fulfilled.

Somebody has said that faith is believing something that you know is not true. Wishful thinking comes in the same category. Many of the women who spend their lives in day dreaming must be secretly aware that no Fairy Godmother is ever going to come along and wave her magic wand over them and transform them from kitchen drudges into glamorous princesses, wearing milk coats and riding in high-powered cars. But they keep themselves so drugged with the belief that somehow the impossible is going to happen to them that it makes them happy and content frying chops and hopping buses.

GENIUS HELPS POPULATION

Nor is women's genius a blessing that pertains only to themselves. It is the prop and stay of the census, for most of us would have been drowned had it not been for the genius of the statisticians who instead of beholding us as they died us to be one of the eternal wonders at which we never cease to marvel is the proud, uplifted, contented expression on a mother's face as she contemplates her offspring.

They may be homely enough to stop the clock. They may be knock-kneed or bandy-legged. They may have adenoids and buck teeth and low-colored hair and be dull and stupid. But she sees none of these things. Her eyes are fixed on the future, the child of the United States, and to her Susie is no ugly duckling, she is the coming Miss America.

But there is no other luxury in which women indulge themselves that costs so much money as wishful thinking, for it is their unquenchable belief that they can make themselves young and slim and glamorous that makes the beauty shop one of the most profitable industries in the world. Millions of fat women spend millions of dollars annually on reducing treatments. Other millions invest their hard-earned earnings in facials and permanents and being painted up like barn doors. Still others invest in girlie-girlie raincoats in the fond belief that they can camouflage age by wearing young clothes, and that if they dress like granddaughters no one will recognize them as Grandmas.

WOMEN ALWAYS HOPEFUL OF MARRIAGE

Another solace that women get out of wishful thinking is the firm conviction that neither time nor experience ever catches up with them. No woman ever really believes she is going to be an old maid. She doesn't give up hope until she is laid in her coffin. She may live in an Adamless Eden. But she is sure she is going to attain her heart's desire and have a husband and a home and children. And the husband is always going to be handsome and great lover, the home luxurious, and the children angels instead of little brats.

But if their wishful thinking is a blessing that often glides a drab life and makes it endurable, it is just as often a curse to women for it keeps them from grappling with reality and making the best of now and here. We all know women, for instance, who are poor, lonely, half-starved old maids, struggling to support themselves when they might have married good, honest, prosperous men who would have given them every comfort and luxury, but who said "no" to all the plain Tims, Dicks and Harrys cinema hero.

LIVES WASTED WISHING FOR GREAT CAREERS

And we know, oh, so many, tragical cases of women who have wasted their whole lives in wishful thinking about careers that Nature never intended them to fill. I had a friend who wanted to be a great writer, and who spent forty years of slaving over a book that never ever got into a single line published. I knew a woman who dreamed of herself as a great Metropolitan star, and who bankrupted her family taking years in vain to become a famous teacher, but whose piping little canary voice never even got her into radio. And I have known more than one woman who literally starved to death in Hollywood at the gates of the movie studios they never crashed.

And, most pathetic of all are the women whose husbands and lovers die of them and desert them, who spend weary, lonely, heartbreaking years in wishful thinking about some day, somebody, their men will come back to them, and that they will relive the old romantic days when they were young and beautiful and happy.

Wishful thinking. Women's blessings and their curse. But it is a gift.

Victory

HEALTH LEAGUE OF CANADA

THE VOLUNTARY ASSOCIATION IN A DEMOCRACY

Escape Painful Sunburned Lips

Relieve Soreness Instantly

Sore, cracked, sunburned lips make life miserable. They are a warning sign that the delicate membranes of your lips are being damaged by the burning rays of the sun. Its wonderful emollient action protects the delicate membranes from chapping caused by wind and water, so lips stay smooth and soft. When lips are already cracked, Lypsyl gives quick relief, seals the wounded membranes against dangerous germs, hastens natural healing. Get Lypsyl at your store today and use it regularly. Sold everywhere in handy stick form.

LYPSYL Natural Food of Invisibly White Wax Men and Women

LYPSYL

Natural Food of Invisibly White Wax Men and Women

Here's a Way to Brighter Breakfasts

"I MAKE this recommendation: Enjoy a bowlful of crisp, delicious Grape-Nuts Flakes! Eat them regularly."

"They have a malty-rich, sweet-as-a-nut flavor that brings out big smiles. And their good nourishment keeps you smiling!"



Grape-Nuts Flakes give you carbohydrates, proteins, useful quantities of iron and phosphorus and other food essentials. Start enjoying Grape-Nuts Flakes now. Order from your grocer.

Grape-Nuts FLAKES

A Product of General Foods

Needlecraft For The Home

THE PRETTIEST FROCK With The New Open Neckline

There are such adorable cotton frocks to be made this year, and so easily made. The fashions are definitely on the pretty side—using frills and ruffling to lend the soft touch and yet the sum and total is so simple and so easy, you can wear the frock anywhere without feeling over-dressed. So do be sure to include one or two of these sheers or semi-sheers in your summer stock of clothes; their middle name is "allure."

Style No. 2725 is designed for sizes 10 to 20. Size 16 requires 3 1/2 yds. ruffling.

Send twenty cents for pattern. Write your name, address and style number. Be sure to state size you wish.

Name _____

Street Address _____

City _____ Province _____

12-MEN JURIES

WINNIPEG, July 26—(CP)—Twelve-men juries for the trial of criminal offences will be restored in Manitoba at the Fall Assizes this year, it was announced today. Since 1936 six-men juries have been used for both criminal and civil cases.

You Women Who Suffer From HOT FLASHES then CHILLY FEELINGS

During 38 to 52 Years of Age!

If you—like so many women between the ages of 38 and 52—suffer from hot flashes, weak, tired, dizzy, nervous feelings, irregular periods, are blue at times—due to this middle age period in a woman's life—start at once take Lydia E. Pinkham's Vegetable Compound.

Lydia Pinkham's Compound is very effective to relieve such distress. Taken regularly—it helps build up resistance against such symptoms. Pinkham's Compound Worth trying.

Also is a fine stomach tonic! Thousands upon thousands have reported benefits. Also helpful for younger women to relieve distress of monthly functional disturbances. Made in Canada.