

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



### Children need Extra Protection in Winter

Remember that children need an adequate supply of protective food elements to help them safely through the winter. Vimaltol supplies this nourishment in an irresistibly delicious form. With its delightful sweet orange flavour it is as nice as the nicest jam.

Vimaltol provides Vitamins A, B<sub>1</sub>, D, Riboflavin (B<sub>2</sub>), Niacin and minerals Calcium, Phosphorus and available Iron in deliciously orange flavoured malt extract.

For good health, children must have an ample supply of these protective food elements, and the daily use of Vimaltol is recommended to help restore and maintain natural resistance.



## Living & Leisure — THE WOMAN'S REALM —

### TO MY VALENTINE

You are my own my dearest one... You are my dream come true. And all the love within my heart I want to give to you.

I want to kiss your smiling face. And hold you in my arms. To know that you are mine alone. With all your winsome charms.

I want to wander by your side. Wherever you may go. Across the desert's burning sands. Or over winter's snow.

I want to look into your eyes. And tell my love anew. And in the garden of my dreams I want to walk with you.

I want to keep you close to me. Because I love you dear. And I am happy only With your gentle presence near.

I want to whisper love to you. Wherever you may be. And O, I hope in your dear heart There is a place for me.

Constance I. Heckbert.

Address a card to a widow with the same formal name that she used when her husband was living. Bicarbonate soda and salt mixed with water used once a week on the teeth will clean away any stains the toothpaste misses.

Keep your lines straight and your closet neat. Identify single sheets with a tiny "x" mark made with one color of thread; mark double sheets with a contrasting color.

So I sing the praises of the average woman—the woman who does her work, who is willing to be unknown, who is modest and unaffected, who tries to lessen the pains of earth, and to add to its happiness. She is the true guardian angel of mankind.—Elbert Hubbard.

### TRADITION PIECES

If you follow a smart new trend, ditch the old furniture match the dark tradition pieces. Do accent the room with a few pieces of blonde or havest finish mahogany.

### HOUSEHOLD HINTS

Pecan, hickory nuts and "English" walnuts do not need to have their skins removed before roasting.

In addressing a card always prefix a title to the name of a person. Even a small child should be addressed as either "Master" or "Miss" on an envelope.

### RING AROUND TUB

A good way to train children to remove the ring around the bathtub is to scrub the tub with cleaning powder or soap.



### Building his future...



Babies thrive on Silverwood's Evaporated Milk because of its consistent high quality and nutritive content. Easily digested... it has that good flavor babies like. It is a most economical form of milk to use... convenient too... absolutely safe.

## Grand Relief FROM SNIFFLY, STUFFY DISTRESS OF Head Colds!

DOUBLE-DUTY NOSE DROPS WORK FAST RIGHT WHERE TROUBLE IS!

Instantly relief from head cold distress starts when you put a little Va-tro-nol in each nostril. Also—it helps prevent colds from developing if used in time! Try it! Works fine! You'll like it!

### VICKS VA-TRO-NOL

How Can I!!

By Anne Ashley

### How Can I!!

Q. What is the best underwear for a young baby?  
A. The best is silk and woolen underwear. This not only helps to warm the little body, but it prevents the chaffing which so often comes from all wool garments.

Q. How can I avoid accidents from broken needles?  
A. Keep a can or box with close fitting lid as a receptacle for holding the broken needles, discarded razor blades, and broken glass.

Q. How can I remove grease stains from carpets and rugs?  
A. Cover the stains with cornmeal. Let stand for a few hours, then brush off.

## Ellen's Diary

By an Island Farmer's Wife

"Aw stay n' let's have a talk" Jamie coaxed me, turning back the bed-covers invitingly. I had come to the room above the kitchen, barely past peep o' day on my way down stairs this morning. "But Jamie" I protested weakly "the bread's waiting to be kneaded down." "Let it run all over the place," Jamie laughed. I managed, however, to resist the temptation to remain there with Jamie, and by way of making my head save my heels, I added their night lamp to my collection and hurried towards the kitchen. Since Jamie came, it includes a flat-iron, which I use as a comfortable bed fellow—Jamie followed presently, when the kettle had begun to steam, and it was while me was moving the table to a position nearer the stove, where we now breakfast cozily, that James called him to the verandah overlooking the yard. "Come too!" Jamie shouted to me. In his excitement "quick now, or you'll miss it!" I joined them in time to see Tabby deliver a dead mouse to her kitten, now grown as big as herself. Amid joyful mewlings, the small prey disappeared with Tabby getting never a morsel of the delicacy. James who never misses an opportunity to "point a moral" remarked: "There, Ellen, that is what one might call the right mother instinct." Tabby, foolish cat that she is, brushed her whiskers with a dainty touch, and then sat back complacently. I watched the whole performance with the same fascination as Jamie. "I'm afraid I sat down to go in, for the tea pot by now was bubbling away neglected—that Tabby has a decided mother complex. She's rearing her family in a way that is likely to make her sue a coy, rascally, ungrateful, should learn early to be self-reliant and useful"—though I sometimes forget this idea of mice in my dealings with Jamie.

It was sunny and lovely this morning, with fresh paths through the light fall of new snow and a stillness prevailing that made the passing of the mailman's sleigh out along the hill, clearly heard in the yard. And the sound of a circular saw in the distance faded in nicely with the Bluejay's calls from the orchard. As he had intended, Jamie was out early with shovel and sled making roads to Jeanie's door and from thence to the rabbit hutch beyond, which now shelters a fat lonely buck. He is the handsome successor to Susie who, a coy, rascally, ungrateful, appearing neither hide nor hair of her, last Autumn. Today's pleasant weather persuaded Jeanie to enjoy a shopping trip to the city. Jamie stopped his play to watch her go on the short cut toward her room, regretfully. He likes to see her when he is out about. "She's not very big," I said coming to a verandah to shake a rug. "No," Jamie agreed then added "was she ever on the hill, clearly heard in the yard, clearly heard in the yard, clearly heard in the yard."

### Morning Smile

(Continued on Page 3)

### Maintaining Production

A Scottish farmer had agreed to deliver twenty hens to the local market. Only nineteen, however, were sent, and it was almost evening before the twentieth bird was brought in by the farmer.

"Man," said the butcher, "you're late with this one!"

"Aye," agreed the other, "but ye see, she didn't lay until this afternoon."

The prodigal son had returned. "Father," he inquired, "were you going to kill the fatted calf?"

"No," answered the old man, looking the youth over carefully. "No, I'll let you live. But I'll put you to work and train a lot of that fat off."

### Better English

D. C. Williams

### Cook's Corner

### RICH CHOCOLATE CAKE

Two and one-quarter cups flour, 2 1/2 teaspoons baking powder, 1/2 teaspoon salt, 1 cup shortening, 1 1/2 cups sugar, 1 teaspoon vanilla, 3 eggs, separated, 3 squares chocolate, melted, 1/2 cup milk. Sift flour, baking powder and salt. Cream shortening until soft, adding cups sugar. Cream until fluffy, beat vanilla and well-beaten egg yolks, then chocolate. Add flour alternately with milk beating. Beat egg whites until stiff gradually, beat in 4 cups sugar. Fold into cake batter. Bake in oven for 30 or 40 minutes, 350 deg. F.

## DOROTHY DIX SAYS—

By Dorothy Dix

### Finesse Snares Boys

#### Wise Mother Advises Girls Should Leave Chasing to Boys

DEAR MISS DIX: Many of your letters recently have been from young women asking your advice about how to make veterans interested in marriage, and how to get a husband. May I offer a word of advice?

It is: Don't. The veterans, and the boys who are not veterans, feel that the pursuit of love is in their hands. They do not like to be conscripted and exploited by the girls or the girls' mothers. My son never dates a girl who does any of these things: Calls him on the telephone; comes to his home unless especially invited by his mother; writes the first letter when they are apart; always has her mother in tow; assumes a possessive attitude towards him and calls him her boy friend.

So, girls, take a hint. Don't be so anxious. MOTHER OF A VETERAN.

ANSWER: I urge every girl who reads this mother's letter to cut it out and paste it on her mirror where she will see it every time she puts on her makeup. For these are words of wisdom which will be a lamp to the feet of the girl who wants to be popular with boys and eventually snare one for a husband. The secret of a girl's success with men is to assume a take-them-or-leave-them attitude. Men are sportsmen by instinct and their first interest in a girl is in chasing her. As long as she runs from them, they will run after her; but when she reverses the wheel and begins pursuing them, they flee from her, and a man can always outdistance a girl in a race.

### POSSESSIVENESS GIRL'S DOOM

And don't forget what this mother, who has a son and knows boys, says about possessiveness. More girls lose out on this count than in any other way. The minute a girl begins acting as if she owned a boy, that minute she signs her doom. It is bad enough to be henpecked after marriage. No boy is going to stand for it before marriage.

So watch your step, girl. Especially with the veterans, who, after their discipline in the army, are craving freedom, and who are on the lookout for traps.

DEAR MISS DIX: I am a working girl living with my parents and grandmother. A couple of years ago I met a boy whom I like very much, but do not love, and when he asked me to marry him I said no. But my family is crazy about him and it is determined that I shall marry him; so they have written to the boy, who is in the Navy, telling him that the reason I refused to marry him was because I was so shy and too bashful to tell him that I loved him, not a word of which is true.

The boy is coming home soon and my family is going along planning a wedding, which I think is giving the boy a very raw deal, as I have no intention of marrying him and am going to marry a boy I love, but whom I now have to see secretly. I think the reason my family is so crazy for me to marry the sailor boy is because he has a little money. Can you think of any way that I can make the family see the way I do?

ANSWER: Your family is doing a very wrong and cruel thing in trying to force you into marrying a boy you do not love just because they prefer him to the other boy, and because he has a little money. You are a self-supporting, independent girl, and my advice to you is to tell your parents that you are not going to be forced into marriage against your wishes, and that you will leave home if they interfere with you any more. The days when a girl could be sold to the highest bidder are over.

DEAR MISS DIX: I am a man of 42. Weight 135 pounds and am five feet, four inches tall. I have a car. Make an average of \$25 a week at a steady job. My girl is 19 years old, weighs over 200 pounds and is so tall I can't kiss her unless she bends over. But I am crazy about her and I think she feels the same way about me.

What chance have we to make a happy life? LOVEE

ANSWER: I see no reason why your marriage shouldn't be a successful one. Size has nothing to do with love, and the fact that your sweetie has to bend over to kiss you cuts no ice in the case. Certainly any girl who tilts the scales at more than 200 pounds must have a heavy lot of fat incitations to make a man crazy about her in these days when the living skeleton seems to be the preferred risk.

## KISS YOUR TIRED FEELING GOODBYE!

Get Dr. Williams' Pink Pills today.

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, drop tired and useless.

Low blood count means you haven't got enough red blood corpuscles to carry oxygen throughout your body. And just as it is low in your blood, it is low in your car and make the power to turn the wheels, so you must have plenty of oxygen to expand the energy in your body and give you going power.

Get Dr. Williams' Pink Pills today. They are world-noted 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 flying on air! Ask your druggist for Dr. Williams' Pink Pills today.

## BABY'S HOT LITTLE HEAD MAY BE A DANGER SIGNAL

At first sign of chafing, redness or other irritation, apply CUTICURA Ointment. Help prevent irritation—use CUTICURA Soap and Talcum too. All drug stores. Made in Canada.

### THE STARS SAY—

By GENEVIEVE KEMBLE

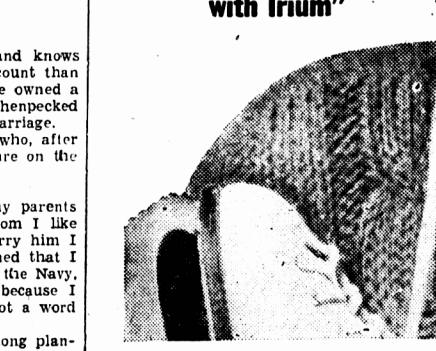
For Saturday, February 15

ALTHOUGH there is no passage of friendly and concerned intervention in affairs generally, from the reign in place and power, yet the roles of the sensational, irregular and eccentric, with emotions, impulses or curious unaccustomed of the strange illusive and possibly illicit, may enter the affairs with dubious and debatable influence. Weird or abnormal practices or urges might be-



### "Why are your teeth so much whiter than mine?"

### "I use New-Formula Pepsodent Dental Cream with Irium"



## YES! NEW-FORMULA PEPSODENT GIVES THE WHITEST TEETH!

As you would expect, it's Pepsodent that has developed a dental cream which safely removes not just one kind of film but every kind of film that darkens your teeth. And Pepsodent did it with a formula modernized four ways!

In fact, only New-Formula Pepsodent Dental Cream gives you all these four great advantages... special new ingredients... a new, brighter taste... twice as much Irium... the greatest

cleansing and lustre-producing action ever offered. So no wonder New-Formula Pepsodent Dental Cream gives you the whitest teeth... they're whiter because they're cleanest!

Join the thousands now changing to New-Formula Pepsodent Dental Cream. It gives the whitest teeth! USE PEPSODENT MORNING AND NIGHT AND KEEP YOUR TEETH "PEPSODENT WHITE"

"Pepsodent Teeth" are Whiter because they're Cleanest

LAUGH WITH BOB HOPE EVERY TUESDAY NIGHT—DOMINION NETWORK

## Household Scrapbook

By Roberta Lee

### VASES

To clean a slender vase, fasten a piece of an old sponge on a stick and push this down into the vase. This method is also very useful for cleaning decanters and water bottles.

### Brushes

Scrubbing brushes will soon have an anti-smelling odor if put away while wet. Hang them on a hook on the outside of the house where the sun shines, and let them dry thoroughly before putting away.

### A Dessert Dish

Press bananas through a sieve until it is pulp, then fold whipped cream into it. Chill and garnish with quartered cherries before serving.

### DIAPER RASH

At first sign of chafing, redness or other irritation, apply CUTICURA Ointment. Help prevent irritation—use CUTICURA Soap and Talcum too. All drug stores. Made in Canada.

### NEEDLECRAFTS

FOR THE HOME

### ENSEMBLE FOR SPRING

The Spring perennial, a three-piece bolero outfit in a newer, more attractive version. The soft bolero with its rolled lapels poses prettily over a ruffled blouse with a waist-minimizing sash. The skirt has a touch of flare.

No. 2166 is cut in sizes 10, 12, 14, 16, 18, and 20. Size 16 bolero and skirt require 2 1/2 yards 54-inch blouse, 1 1/2 yards 38-inch skirt.

### THE STARS SAY—

By GENEVIEVE KEMBLE

ALTHOUGH there is no passage of friendly and concerned intervention in affairs generally, from the reign in place and power, yet the roles of the sensational, irregular and eccentric, with emotions, impulses or curious unaccustomed of the strange illusive and possibly illicit, may enter the affairs with dubious and debatable influence. Weird or abnormal practices or urges might be-

logical character foundation. Impulses toward the sensational, illicit or visionary might set aside all aspirations or ideas of the commonplace. Safe and sane programs might avert strange intrigues or regrettable collusions.

A child born on this day may incline to the impractical, unbalanced or erratic, spurning offers of the sympathetic insight of its superiors.

Send 20 cents for PATTERN which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you wish. Include postal unit or some number in your address.

Address Pattern Department, The Charlottetown Guardian, Pattern No. 2166

Name \_\_\_\_\_

Address \_\_\_\_\_

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

BULL BAITER

The bulldog probably derives its name from its use in the Middle Ages in baiting bulls.

2166 SIZES 10 - 20



Send 20 cents for PATTERN which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you wish. Include postal unit or some number in your address.

Address Pattern Department, The Charlottetown Guardian, Pattern No. 2166

Name \_\_\_\_\_

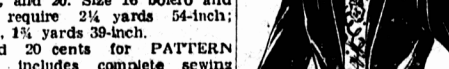
Address \_\_\_\_\_

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

BULL BAITER

The bulldog probably derives its name from its use in the Middle Ages in baiting bulls.

2166 SIZES 10 - 20



Send 20 cents for PATTERN which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you wish. Include postal unit or some number in your address.

Address Pattern Department, The Charlottetown Guardian, Pattern No. 2166

Name \_\_\_\_\_

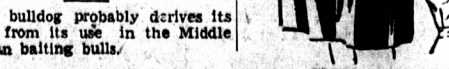
Address \_\_\_\_\_

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

BULL BAITER

The bulldog probably derives its name from its use in the Middle Ages in baiting bulls.

2166 SIZES 10 - 20



Send 20 cents for PATTERN which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you wish. Include postal unit or some number in your address.

Address Pattern Department, The Charlottetown Guardian, Pattern No. 2166

Name \_\_\_\_\_

Address \_\_\_\_\_

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

BULL BAITER

The bulldog probably derives its name from its use in the Middle Ages in baiting bulls.

2166 SIZES 10 - 20



Send 20 cents for PATTERN which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you wish. Include postal unit or some number in your address.

Address Pattern Department, The Charlottetown Guardian, Pattern No. 2166

Name \_\_\_\_\_

Address \_\_\_\_\_

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

BULL BAITER

The bulldog probably derives its name from its use in the Middle Ages in baiting bulls.

# FOR ALL YOUR BAKING, INSIST ON Robin Hood Flour

choice of 4 out of 5 women who win prizes for home baking

Milled from Washed Wheat