

# Woman's Realm Social and Personal Fashions Literature

## I LOVE TO SHOW OFF MY CAKES



EVEN MY SIMPLEST ECONOMY CAKES LOOK LUXURIOUS WHEN MADE WITH SWANS DOWN

MADE SPECIALLY FOR CAKE BAKING

Only Soft Canadian wheat is used in the milling of Swans Down. This selected grain is ground and re-ground, sifted and re-sifted through silk until the texture is smooth and delicate. By following the simple directions, your Swans Down cakes, too, will be exquisitely tender and light—lovely to look at, grand to eat.

27 TIMES AS FINE AS ORDINARY FLOUR

RECIPES FOR THE 9 MOST POPULAR CAKES ARE ON THE PACKAGE

147 Recipes—Hundreds of Baking Helps in Kate Smith's Favorite Recipes. Today send for "Kate Smith's Favorite Recipes"—a beautiful 18-page book. Contains 147 recipes, 17 interesting illustrations. Explains the how and why of tender, crisp, golden brown cake as only Kate can do it. Use coupon below.



General Foods, Limited, Cobourg, Ontario. Please send me "Kate Smith's Favorite Recipes". I enclose 6c in postage stamps.

If the soup is very fat and greasy and there is no time to cool it and skim off the grease, strain, re-heat and then pour through a clean white cloth wrung out of cold water. This has the effect of coagulating the fat and preventing the thick grease from getting through.

### CROCHETED COAT FOR A STYLISH MISS



DESIGN NO. X 459

This darling coat for tot 2 to 3 years of age is a simple crochet job. Pattern No. X 459 contains list of materials needed, illustration of the stitches used 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. X 459

Name

Street Address

City

## Living & Leisure —The Woman's Realm

More things are wrought by prayer than this world dreams of. Wherefore, let thy voice rise like a fountain for me night and day. For what are men better than sheep or goats that nourish a blind life within the brain. If, knowing God, they lift not hands of prayer, both for themselves and those who call them friends? For so the whole round earth is every way bound by gold chains about the feet of God. —Tennyson.

Flames leap outward from the surface of the sun at the rate of 20,000 miles a minute, and some times reach a height of 300,000 miles, according to a California scientist.

Lory's Peak, Colo., is named for Major Long, yet he never got any nearer to it than the Snake Plateau river, between 50 and 100 miles away.

HEELLESS SOCKS FIND FAVOR WITH DUKE OF GLOUCESTER

While the Duchess of Gloucester was being shown a collection of knitted comforts for the forces on a recent visit to the Central Hospital Supply depot, St. Peter's Hall, South Croydon, England, she noticed a number of pairs of heelless socks, knitted on a straight, similar pattern from top to toe, with no heel turn. "I have not seen these before," she said. "Do they 'ruke,' I wonder?"

"No never she was told, 'they are knitted on a spiral pattern and are very comfortable to wear.' 'Do you think I might take a pair for my husband to try?' asked the duchess.

### CHOOSE PAIR FOR THE DUKE

She was invited to take her pick and choose a pair made from deep chestnut mixture wool. The superintendent of the depot has since received a letter from Lady Eva Sandford, one of the duchess' ladies-in-waiting, saying:

"I am desired to let you know that the Duke of Gloucester has written to say that the heelless socks, which were presented to the duchess when she visited the Croydon depot, are most comfortable. Her royal highness thought that you would like to convey her best thanks to the knitter."

An official at the depot said it was impossible to thank any particular knitter. The socks were among a large consignment. "This type of sock is very easy to knit," the official added, "and every one who has tried them, particularly inside a heavy army boot, has found them exceedingly comfortable."

"An additional advantage is that they automatically adapt themselves to any size of foot." Since the war, the depot, which is a "clearing house" for a number of comforts organizations, has sent more than 15,000 knitted comforts and 10,000 nightshirts.

### A Morning Smile

The doctor walked brightly into his waiting-room. "Who's been waiting longest?" he asked cheerfully. "I have," said the tailor, as he presented his bill.

Relief investigators tell this one: a Negro woman, asked the ages of her four children, said: "Well, I got one lap child, one creeper, one porch child and one yard young 'un."

## Southern Atlantic Legacy

By SYDNEY PARKMAN

"I wasn't," the American admitted. "But it just happened that my client was away from Havana, and I found myself with nothing much to do. I thought I'd come right over and see how you were making out."

"I'm delighted to see you!" the Major told him—and he meant it. "I've been looking forward to talking things over with you. Just at the moment, I'm at a loose end, and I tell you the truth—I was just about to set out towards those houses over there in search of a quiet drink. These fellows are filling up the entire village, and they aren't exactly the type I care to consort with."

"Sure not!" Mr. Becker agreed heartily. "But you don't have to worry about that, Major. I'll guarantee to get you a drink. Just step along this way."

He turned back towards the village again, and in another fifty yards or so, left the waterfront and found the way up a narrow alley-like passage between a high garden wall on one side and the blank wall of a house on the other. The Major followed, wondering at his apparent familiarity with the place, and in another few moments they passed through an archway on the right, which led into a kind of courtyard at the back of the house.

It consisted of a sun-baked area of beaten earth, surrounded by thick adobe walls, in the middle of which a group of men were gathered round a number of wooden boxes with wire-mesh fronts. Others were lounging in the shadow of the walls, drinking and talking loudly. The Major guessed that the men contained firing cocks, and that this must be the local center for the sport.

"This is as good as anywhere," Becker announced, turning into a low doorway at the back of the house.

It was intensely dark after the brilliant glare of the sunlight outside. Finally the eyes emerged into a large room in which a number of men were to be dimly discerned, seated on wooden benches against the wall. The Major, who had a rough counter-top of a table in front of him, was seated over by an enormous fat woman.

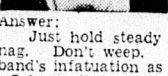
(Continued on Page 10, Col. 1)

## Dorothy Dix's Letter Box

WHEN HUSBAND GETS FLIGHTY OVER GIRL, JUST BE PATIENT

Every Man Sees Second Youth, But He Will Outgrow the Idea if Properly Handled—Today's Letter Box

Dear Miss Dix—My problem is my husband and his secretary. We have been married more than 30 years. Have a married son. Up until lately have had a happy and peaceful home, with my husband apparently perfectly satisfied with me. But about five years ago he hired a new secretary, a young married woman. I don't know just what she did to him, but she changed him alarmingly. He was always afraid of growing old, and now he is in such a stew about it and works so hard at trying to keep young he is wearing himself out. His clothes are what the well-dressed college boy is supposed to wear. He affects a pep he doesn't feel, and he virtually collapses after the audience is gone. He takes his secretary out to smart hotels and parades her before people. He takes food and household goods from our home to give to her. And he gives her presents of a value that he never bestowed upon me. He says for me to get a divorce, but after all, I still love him and this woman couldn't love him any more than she does now. What should I do? TITIAN.



Answer: Just hold steady and keep your tongue behind your teeth. Don't nag. Don't weep. Don't take a martyr pose. Just ignore your husband's infatuation as much as you can.

I know it is pretty hard to ask a wife to look natural and act casual when she sees her elderly husband making a fool of himself and being played for a sucker by a little gold-digger, but it is the best way to handle the situation.

Time is the only thing that will cure him of his infatuation for this young woman and convince him that he isn't the merry, light-hearted young lad that he thinks he is. He won't be able to go the pace long, and some day, when he is worn out with being dragged around to night clubs and his digestion is upset by too much lobster and champagne and his plegmatism makes his knees feel like balls of fire, he will come hobbling back to home and mother.

You will be mighty glad then if you kept the home fires burning and the liniment bottle handy. And if you are generous enough to overlook his wanderings, just as you did your son's when he played hockey from school, you can have a peaceful and happy old age together, untroubled by any fear of sirens molesting your property again.

A lot of men who have been as housebroken as the cat go haywire when they begin to realize that they are aging.

Some day they happen to look at themselves a little more closely than usual in the mirror and see that their hair is receding and their stomachs protruding, and that their eyes are wrinkled about their eyes, and that their clothes are just coverings and nothing else. They go into a panic in which they are just ready to fall into the trap that any good-looking young woman sets for them. The tempter is always waiting for him, with her flatteries and cajoleries and her lies about his being a Gamor Boy who is too young for his wife. She talks baby talk to him and wants to know if he doesn't want to give his itchy-bitsy girlie an emerald bracelet. And the poor old sap follows the bait and gets cramps writing checks for her. Sometimes she takes what she can get and moves on to richer prey.

But, however it ends, it is all grief for the old man. He wakes up eventually to the fact that he has let a mere girl child work a confidence game on him and that he has made himself a laughing stock for all who know him, and has lost the respect and affection of his wife and children, and he is as miserable a creature as there is on this earth.

If you care enough for your husband to want him back, just wait and you will get the battered remains.

### Problem of a 12-Year-Old Girl

Dear Dorothy Dix—We have a young daughter 12 years old. She is a nice-looking, robust girl with a bright, cheerful disposition. She is talented in her school work, but she simply cannot get along. I have tried everything I know to assist her. Have encouraged her to bring her friends home. Have had parties for her, to which the children come, but they do not invite her back.

I would like to send her to camp, but she doesn't want to go. What complicates matters is that she is a child who must have some one to amuse her, which makes it rather difficult. Most adults like her enormously, but she just doesn't click with other children. She is a very unusual child, self-reliant, sweet and obliging, and her inability to get along with others is breaking my heart. Can you help me? MRS. A. B.

Answer: If grown people like your little daughter and children don't it is probably because she is more mature mentally than they are so they have nothing in common. They bore each other and youngsters are

brutally frank about such matters. They don't take the trouble to cultivate a girl who does not play their games nor speak their speech, nor does she bother to try to adapt herself to them.

Also, if she is a girl who has always been entertained and amused by grown-ups, she finds the society of children of her own age flat and dull. They can't tell the interesting stories that Father can, nor do the thrilling things that Mother does to amuse her.

The best thing you can do is to send her to a camp, even if she doesn't want to go. She needs the enforced association of other children, and there are always so many

outdoor activities that she is bound to get interested in something and be made to do team work with her companions.

But don't take your daughter's inability to make friends too seriously. There is every chance that she will outgrow it in a year or two. But the camp life will help.

Dear Miss Dix—Will you settle this argument? Which are the more sincere, boys or girls, in dealing with each other? V. P. L.

Answer: It is a standoff. Both put the best foot forward when they are trying to attract members of the opposite sex. DOROTHY DIX.

## Nervous Restless Girls!

Cranky? Restless? Can't sleep? Tire easily? Annoyed by female functional disorders and monthly distress? Then take Lydia E. Pinkham's Vegetable Compound, famous for over 50 years for helping such rundown, weak, nervous conditions. Made especially for women. WELL WORTH TRYING!

## YOUR INDIVIDUAL HOROSCOPE

By FRANCES DRAKE (Copyright 1940 King Features) Look in the section your birth date falls in, and find what your outlook is, according to the stars.

For Thursday, June 20th

MARCH 21 to APRIL 20 (Aries)—Some excellent aspects prevail today and you can turn their beneficent rays in your direction by bending every effort to accomplish more than just mediocre success. Finance, sound investments, re-organization, reconstruction, building, promotion, the favored.

APRIL 21 to MAY 20 (Taurus)—With the Moon, Venus and Mars in major good aspect, you should make a record for yourself and your business or other of beneficent advantage, real estate, farming, produce, live stock, matters pertaining to the home and personal use, vacations favored.

MAY 21 to JUNE 21 (Gemini)—Salesmanship, a fast pursuit, theatre, radio and motion picture interests, dealing with hotels and restaurants and amusements and sports enterprises are issues indicated for gains. Romance rates too.

JUNE 22 to JULY 23 (Cancer)—Whatever your plans or required schedule, today's vibrations are particularly generous and encouraging. Both business and private affairs should prove fruitful, pleasant.

JULY 24 to AUGUST 23 (Leo)—You can attract benefits by going out to meet opportunities and making the most of beneficent advantages to be found today. Your attitude and the quality of your effort will determine the results.

AUGUST 23 to SEPTEMBER 23 (Virgo)—Professional people, artists, cooks, dieticians, candy makers, jewelers, conductors of orchestras and stage shows, dressmakers, milliners, gains and real roadway possible.

SEPTEMBER 23 to OCTOBER 23 (Libra)—Personal assets, recognition for good work accomplished and general improvement under

very friendly rays today. Heart affairs, engagements, weddings also favored.

OCTOBER 24 to NOVEMBER 23 (Scorpio)—A good day for accomplishing in little things, making plans, attending socials, weddings, christenings and that type of duties and necessary work also in favor.

NOVEMBER 23 to DECEMBER 22 (Sagittarius)—Rain to go? You should be, with the stimulating and beneficent vibrations round about you! Money matters, your business or work, home affairs, and amusements favored alike.

DECEMBER 23 to JANUARY 21 (Capricorn)—Stars very friendly to you Capricornians too! Over-aggressiveness is taboo however. Proceed in all faith and hope in any endeavor that is worthy. Achievement in sight.

JANUARY 22 to FEBRUARY 20 (Aquarius)—Best star rays you've had in days. A clear mind, plenty of ambition, faith in your ability and purposeful plans and your goal is within reach. Sports approved.

FEBRUARY 21 to MARCH 20 (Pisces)—You should be able to realize some big ambition or cherished desire now. The unusual and difficult both in general business and private affairs as well as in ordinary routine and difficult undertakings are under beneficent rays. Enjoy some social activity.

A CHILD BORN ON THIS DAY will be versatile, eager, changeable yet enterprising somebody who will be a delightful companion, interesting and intelligent. Likely to hit the clouds in exuberant mood and touch bottom in its gloomy spells UNLESS you help the child to reason things out calmly and to accept philosophical trials and crosses. Worthy of higher education.

## New Under-arm Cream Deodorant safely Stops Perspiration



1. Does not rot dresses—does not irritate skin.
2. No waiting to dry. Can be used right after shaving.
3. Instantly stops perspiration for 1 to 3 days. Removes odor from perspiration.
4. A pure white, greaseless, stain less vanishing cream.
5. Arrid has been awarded the Approval Seal of the American Institute of Laundering, for being harmless to fabrics.

15 MILLION jars of Arrid have been sold. Try a jar today!

## ARRID

39¢ a jar At all stores selling toilet goods (also in 15c and 50c jars)

## THE COOK'S CORNER

### SALMON SOUFFLE

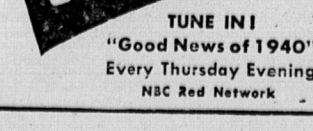
- 1 1-2 pounds of salmon, cooked
- 3 eggs
- 1-2 cup of milk
- 1-2 cup of soft bread crumbs
- Salt, pepper, cayenne
- 2 teaspoons of lemon juice
- 1 teaspoon of chopped pimento

Cook the bread crumbs in the milk for five minutes over a slow fire. Then add the salmon and the egg yolks beaten well. Mix in the pimento and the seasonings and then cut in the very stiffly-beaten whites of the eggs. Turn into a buttered baking dish and oven poach.

### SALMON MOULD

Cook a two-pound piece of salmon, skin it and rub it through a coarse sieve while it is still hot. Add the beaten yolks of four eggs cooked with a quarter of a pound of butter and half a pint of cream in the double boiler. Flavor this mixture with a very little anchovy sauce with the fish, pour in a mould and chill for some hours before serving with salad.

## The Coffee with EXTRA ELASTICITY



TUNE IN! "Good News of 1940" Every Thursday Evening NBC Red Network

Enriched in Blend Vacuum Packed 2 GRINDS DRIP AND REGULAR MAXWELL HOUSE COFFEE

Roasted in Canada by Special Process



GIVE MORE THOUGHT TO YOUR BREAKFAST

The need for an adequate supply of Vitamin B1 in the diet is generally recognized. A total lack of Vitamin B1 causes polyneuritis. Wheat germ is known to be a useful source of Vitamin B1. Cereals made from whole wheat in which the wheat germ is retained in its entirety.

One of the richest sources of Vitamin B1

## THE WHEAT GERM that is found in CUBS

Cubs bring you the whole wheat including the remarkable wheat germ in which nature has stored so many valuable minerals and vitamins.

This wholesome energy food is also deliciously tasty. Mellow malt blends its goodness with the nut-like flavor of the whole wheat. Cubs come to your table crisp, crunchy, toasted a golden brown. Try Cubs for breakfast tomorrow.

A product of The Canadian Shredded Wheat Company Limited

SPOON-SIZE READY TO EAT CEREAL



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## Needlecraft—For The Home

Your vacation wardrobe is not complete without a charming sun-bath dress. This style has a flatteringly slim waistline, wide shouder straps and a prettily flared skirt. Add the contrasting bolero to cover up. A nautical printed pique is pretty and colorful for the dress, with the most prominent color repeated in the jacket and your accessories. Ric-rac trims this dress with handy pockets and princess seaming. Soft fullness at the bust gives you a flattering line. Wear this dress to the beach, to the country club and for weekend fun. You will go through the Summer with flying colors and get a nice, even tan.

Style No. 3310 is designed for sizes 12, 14, 16, 18 and 20 years. Size 16 requires 2 7-8 yards of 39-inch material for the dress, with 4 yards of ric-rac; 7-8 yard for the bolero.

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. 3310 Size .....

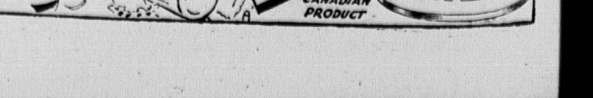
Name

Street Address

City

Province

The colors of coconut matting will be greatly freshened if, after brushing, it is scrubbed with hot water and salt instead of soap; rinse and dry in the open.



Just what the Doctor ordered

IRRADIATED FOR 'SUNSHINE' VITAMIN D

CANADIAN PRODUCT