

Woman's Realm Social and Personal Fashions Literature

Home Service

What Fun To Be Expert in All the New Dances



Diagrams Teach Latest Steps How good a dancer are you? When the orchestra slides from a peppy swing tune to a graceful slow fox-trot, do your feet follow the music smoothly and confidently? Play safe and polish your steps at home with aid of clever foot-print diagrams. Try the popular Balance Step in our photograph: 1-Step forward on left foot. 2-Step forward on right foot. 3-Shift weight back to left foot, keeping right foot in place but allowing right toe to rise slightly off floor. 4-Shift weight forward to right foot. Repeat, beginning on the right foot. While shifting your weight from one foot to another on counts 3 and 4 be careful not to move your feet from place. Brush up on your dancing with the help of the clear step-by-step directions and diagrams in our 32-page booklet. Shag, fox-trot, waltz, tango, rumba.

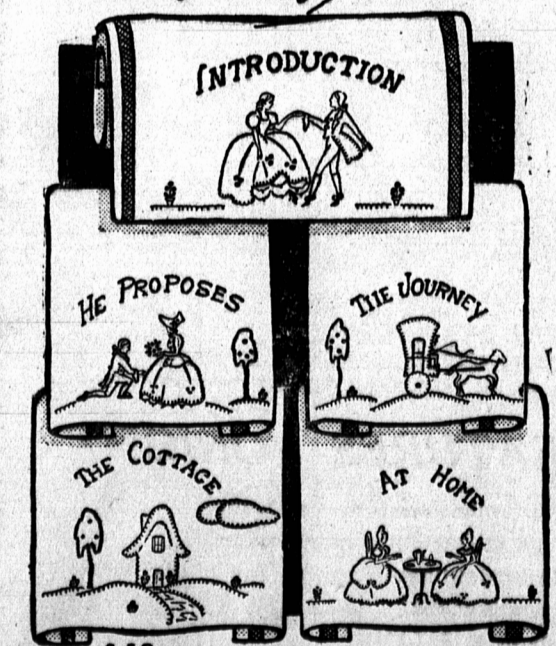
Send 20c in coins for your copy of Home Course in New Ballroom Dances to The Guardian Home Service, Address. Be sure to write plainly your Name, Address, and the Name of booklet.

Name Street Address City Province

A Morning Smile

PROBLEM FOR THE DOCTOR "Doctor," said the patient, I'm bothered with a curious pain. When I bend forward, stretch out my arms, and make a semi-circular movement with them, I feel a sharp stab in my left shoulder. "But," said the doctor, amazed, "why on earth make such motions?" The patient looked at him carefully. "Well, doctor," he said, "if you know any other way for a man to get into his overcoat, I wish you would tell me."

Happy Days Tea Towels by Mayfair



MAYFAIR NO. 448 We would be queer folk indeed if we did not respond to the romantic theme. Here it is captured in an amusing and altogether decorative mood to finish a set of five kitchen towels. The designs are most interesting to work and most effective when finished for bright colored threads used for all the simple stitches. The pattern includes transfer of the five designs, stitch and color keys and diagram for embroidery. For complete pattern and instructions for all of these designs, send 20c in stamps or coin (coin preferred) to The Charlottetown Guardian, Needlework Department. Use this coupon Print your name and address plainly. To The Charlottetown Guardian Needlework Dept. DESIGN NO. 448 Name Street Address City Province

That nice tea! Old English Blend King Cle

The Housewife And Her Activities

SMILES Only a smile from a kindly face. On the busy street that day! Forgotten as soon as given per-herps. A donor went her way. But straight to my heart it went speeding. To glid the clouds that were there. And I found that of sunshine and life's blue skies. I also might take my share. —George MacDonald.

A LITTLE TIME Take a little time and care in the mixing and blending of salad dressing, but you never will if you try to blend oil, egg, vinegar, etc. in a haphazard fashion.

FILLING THE HOT KETTLE It is very easy to scald oneself when attempting to put more water in the steaming hot kettle. Place a funnel in the spout and pour the water in through it. The kettle need not be removed from the stove and to be burned is impossible.

THE BASE FOR CANAPES When you are planning an elaborate hors d'oeuvres tray, roll out some of your richest pie crust very thin, cut into small rounds and bake until lightly browned. Use these instead of all bread and crackers for the foundation holding a delicate paste.

OPENING THE JAR Since the jar rubber should never be used for a second season, the best way to open the jar without impairing either lid or jar is to tear the rubber in one place and pull it from between the lid and jar. Then the jar will open easily with no dents or breakage around the mouth.

TABLOID For a simple cure for sciatica, take fresh horseradish leaves and bruise them with rolling pin until a little moisture is seen then lay them on the affected parts, changing them frequently, until relieved—which will not be long. The great difficulty is one can get them in the winter.

MODERN GIRLS' FEET ARE GETTING BIGGER Millady might be offended if she were told her feet are getting larger. But putting it mildly: The average size of women's shoes has increased by a size to a size and a half during the last 10 years and they also are better formed than they were. Authority for this statement is Harry Ostermeier, stylist of a

large St. Louis shoe manufacturer. While a trend toward greater comfort in women's clothing has had something to do with the increase, he said, it is also true that the feet of the present generation of women have grown larger. This is because modern women were better fitted when they were children," Ostermeier explained. "As a result, their feet have developed more naturally and are better formed than those of their mothers and grandmothers. This fact accounts to a great extent for the increase in the average size of their shoes." Ten years ago the average sizes in women's shoes ran from five to six, he pointed out, while today the greatest number of sales come in sizes six to 7 1/2. The increase has been imperceptible to the general public, the stylist concluded, because manufacturers have learned to fashion shoes to look small and dainty.

HOUSEHOLD HINTS Water spots may be removed from wax floors by applying more wax rubbed in vigorously with a woolen cloth. To take dressing out of tea-towels, glass cloths, etc., add a teaspoon of Epsom salts to a pint of water, soak articles in solution for an hour. Rustling rayon taffeta slips are one of the highlights of Spring. Made with divided bra top, they are featured in light greens, bright red, royal blue, wine, navy, tealose, black and white. A stitched straw titled "saphir" promise to be one of the most popular hat straws for Spring and Summer. Mesh derby hats are one Spring novelty Paris is sponsoring. Sleeves are often seen in evening frocks, either in the dress itself or in the tiny boleros so often made a part of the dress.

HEALTHFUL PLANNING Plan to have fresh and stewed fruits for dinner when the family is bright red, orange, green, and so many rich pastries and puddings and note the improvement in your digestion as well as your pocketbook.

POT HOLDERS Tea towels are meant for better than lifting hot dishes and pans from the stove and will burn quickly when so abused. Buy one or two ten-cent padded holders for this purpose and save the linen towel.

SPUTTERING FAT To keep the fat from sputtering when frying ham, or bacon or cornstarch in the frying pan.

GETTING OLD When holes begin to appear in the linoleum that has been down for a number of years, try pouring

Dorothy Dix

Cupid Now Runs a Poor Second to Physical Comfort and That is Why Marriages do Not Last as Long as They Did in the Old Days

Is it more difficult to make a success of marriage now than it was in the past? A woman who has just been celebrating her sixty-fifth wedding anniversary declares that it is, and when we consider the enormous increase in divorce we are inclined to agree with her. Just why marriage has become a more hazardous undertaking than it used to be is not immediately ascertainable, as the newspapers say, since human nature has not changed. Husbands and wives get on each other's nerves and do odder and odder things that they have done ever since Eve accused Adam of being a slow poke who lacked enterprise and ambition, and Adam laid the blame of the apple-eating on Eve.



Viewing the matter from the sidelines, it would seem that making a go of marriage would be easier now than it used to be. For along with all other modern improvements domesticity has been streamlined and so-called padded, and had so many gadgets and labor-saving devices added to it that it is undeniably a much easier situation now than it was in our parents' time, so that it does seem as if any nitwit bride and groom should be able to pull it off and be happy through married.

Apparently everything is in their favor. Every one agrees that the one most important thing in making a marriage a success is for the husband and wife to be congenial. And the youngsters of today start out with the great initial advantage of having had the chance to find out on safe side of the altar what sort of taste, disposition and habits each has, and whether they will be poison to each other or soothing sirup. The boys and girls who go to school together, work together and play together have each others' numbers to the last figure. If they don't play out the right one it is their own fault. But poor Grandpa and Grandma had little more than a hazy acquaintance with each other before marriage. They had to marry on the grabbag principle and trust to luck that they would fit into the jigsaw puzzle of each other's lives. Then, taking them as a species, modern husbands and wives are greatly improved over the old-fashioned ones. No man is today as bossy and dictatorial and biggish to his wife as Grandpa was to Grandma when a man was the head of his house and his wife his humble slave. So it must be a lot easier to live with Johnny than it was with Jonathan. As for wives, they also are on the up and up. Hence they are better educated, more interesting to talk to and they take far more trouble to keep themselves dolled up and attractive to their husbands. Grandma felt that she could sump when she got married, but Granddaughter knows that her work is just beginning. The second reason is that the man of today is as bossy and dictatorial and biggish to his wife as Grandpa was to Grandma when a man was the head of his house and his wife his humble slave. So it must be a lot easier to live with Johnny than it was with Jonathan. As for wives, they also are on the up and up. Hence they are better educated, more interesting to talk to and they take far more trouble to keep themselves dolled up and attractive to their husbands. Grandma felt that she could sump when she got married, but Granddaughter knows that her work is just beginning.

These things being true, why is it harder to make marriage a success now than it was in the past? The first reason is, I think, that very few young people go into marriage with the determination to stick to it, no matter what it costs. Hence they never make a real home effort to give up old habits and prejudices, to pay attention to the little things instead of playing golf, the marriage goes on the rocks. And, finally, there is the competition. When Grandpa and Grandma got married they went virtually out of circulation, socially speaking. Grandpa spent most of his time in the office and Grandma was ready to step out with him. The woods weren't full of philanderers who made love to good-looking young married women and consorted them for their husbands taking them for granted. Temptations were few and far between and it was a lot easier to walk the straight and narrow road than it is now.

And for these and sundry other reasons it was easier to make a success of marriage in the past than it is now. —DOROTHY DIX.

ANEMIC PERSON MUST HAVE FOOD CONTAINING IRON Many children and adults, although seemingly normal, actually suffer from anemia. Secondary anemia, as it is professionally called, usually comes as a result of some disease such as nephritis, heart condition, diabetes or hemorrhage. It comes also from a general run down condition or from undernourishment. The anemic member of your family will have a low red blood count and needs plenty of food containing iron and high in vitamins. He needs also lots of exercise because he likely is underweight. Liver is usually fed daily, but without the pleasure of the front ways of serving liver so as not to bore the patient. Necessary foods: Apples, apricots, peaches, prunes, raisins, pineapples, lemons, beef, lamb or chicken livers, spinach, parsley, walnuts, watercress, lima beans or lentils. It is advisable to omit all rich pastries, fried foods, jellies and marmalades and highly seasoned foods. Give plenty of milk and eggs and all green foods rich in iron. Be sure all food is fresh and see that it is attractively served.

STIFFENING DIMITY A good stiffener for dimity can be made by dissolving two ounces of gum arabic in a pint of hot water. Use in the proportion of two tablespoonfuls in two quarts of water. It gives a dainty body to the material without making it look starchily.

MOTHPROOF BAGS Newspapers, stitched together, can be made into very serviceable mothproof bags for storing garments out of season, due to the fact that moths are set fond of newspaper.

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THE COOK'S CORNER

POTATO SCONES Mash some boiled potatoes as smoothly as possible and work in with them about one cup cream, a little salt and sufficient flour to stiffen them. Mould into scones, prick with a fork to prevent blistering and cook them on a griddle or a heavy iron frying pan over a slow fire. When cooked, split the scones open, put plenty of butter between them and pile on a hot dish. POTATO BALLS Mash 3 cups boiled potatoes, rub them through a wire sieve, mix with them 1-2 cup of grated ham, a little chopped parsley or finely powdered sweet herbs, a small onion very finely chopped, a little salt and pepper and grated nutmeg and the beaten yolks of two eggs. Roll this mixture into balls, flour or egg and breadcrumb them and fry a deep brown in hot dripping. Serve on a hot dish. POTATO AND CHEESE BALLS Boil about 6 large potatoes and then mash till quite smooth. Add a tablespoon butter, melted, the beaten yolks of 2 eggs, a tablespoon cream and 1-2 cup grated strong cheese. Flour the hands and form the mixture into balls. Put on a greased baking sheet and bake in a hot oven till a golden brown. POTATO PIE 2 1/2 cups cold cooked potatoes salt and pepper, chopped parsley, 1 cup white sauce, hard-boiled egg, 1-2 cup grated cheese. Have ready a buttered fireproof dish. Cut the potatoes into slices and arrange in the dish, adding seasoning to taste, the cheese, and the white of the egg chopped small between the layers. Pour the sauce over, and bake in a moderate oven till brown on top (30-35 minutes). Put the yolk of egg through a wire sieve and scatter this and chopped parsley over the top of the pie just before sending to the table. OLD-FASHIONED POUND CAKE 1 pound white sugar—2 3 round-cups 1 pound butter 1 pound eggs—6 eggs 1 pound Flour—4 cups 1 tsp. baking powder 1-4 tsp salt. 1. Sift flour, baking powder and salt. 2. Put the butter in a bowl and add the sifted flour mixture and half the sugar. Cream with hands until light. 3. Add remainder of flour and sugar and cream thoroughly with hands. 4. Beat the egg yolks until light and thick. 5. Add to creamed mixture and beat until light. 6. Beat the egg whites until stiff but not dry, and then beat the cake mixture until no trace of beaten whites can be seen. 7. Beat in the flouring. Put into well-buttered pan and bake in slow oven 2 hours. (775 to 300 degrees.) 8. The flavor of this cake may be varied by adding a cup of fine chopped nuts, or 3-4 cup of finely chopped nuts. If you decide to add either of these, beat them into the batter along with the flouring. SCOTCH POTATO SOUP Two pounds of lean beef, 1-4 of large turnip, 3 carrots, 1 onion 6 leeks, 12 large potatoes, 2 quarts water. Put the beef in soup pot with cold water (quantity depends on the amount of soup one wants to make). Cut turnips in long pieces, slice one of the carrots, cut in small pieces the onions or leeks, prepare the potatoes and cut up in small pieces. Let the beef and vegetables boil slowly for 1 hour, then put in the potatoes, stirring now and again. Now grate with fine grater the two carrots and put into soup 20 minutes before serving. ONE AND ONE-HALF POUNDS cottage cheese, 1-2 cups sugar, 5 eggs, 1 pint cream, 1-2 cups sweetened crumbs, 1-2 teaspoon salt. Drain the cheese and press through a fine sieve. Add the cream slowly, and then the sugar, salt and the unbeaten eggs one at a time, beating vigorously all the while. Beat the mixture for 2 or 3 minutes after adding each egg. Grease a spring form (a round pan the sides of which can be removed) 9 inches in diameter or 2 3-4 inches deep, and line the bottom and sides of the pan with the sweetened crumbs. Pour in the mixture and bake in a slow oven (325 degrees Fahrenheit) for 1 1/2 hours, or until firm and well browned. To test when done insert a knife blade in the centre of the cake. If the blade comes out clean the cake is done; if milky, it is not cooked enough. This pie is easiest to slice and serve if allowed to cool. Serves 10.



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