

Woman's Realm Social and Personal Fashions Literature

TEA GOES FURTHER

Made This War-Time Way!

1. Warm the Teapot.
2. Use 1 level teaspoonful per cup required.
3. Pour one cup boiling water (carefully measured) for each cup required.
4. Brew full 5 minutes.

01-2

And MORSE'S SELECTED ORANGE PEKOE TEA goes further than ordinary teas.

Living & Leisure

The Woman's Realm

A SERVICE

I'd like to think when life is done, that I had filled a needed post, that here and there I'd paid my fare with more than idle talk and boast.

That I had taken gifts divine, the breath of life and manhood fine.

And tried to use them now and then in service to my fellow men.

I'd like to think when life is through that I had lived my round of years.

A useless kind that leaves behind no record in this vale of tears.

And that this world would be the same if it had never known my name.

I'd like to think when life is done that here and there, there shall remain, a happier spot that might have not existed had I lolled for gain.

That some one's cherry voice and smile would prove that I had been worth while.

That I had paid with something fine, my debt to God, for life divine.

available in almost any color you can think of.

Have you seen those classic O-1 gaudy suits and coats in the new fall colors—including dark green and red, as well as the popular beige?

Pretty are the long strings of carved beads which look like miniature roses. There are bracelets to match, and colors are the new deep shades of purple, red, green, gold, etc.

DINING ROOM TO CHANGE

The dining room of the average home is due to have a change. Among the questions to be asked will be: "Can we afford a separate room for a few hours only?" In big houses this may be answered, "Yes," but in the average home where space is at a premium, it is usually, "No, let's not be stupid. Let's use that room for more than a few hours a day."

COCONUT FILLING FOR TARTS

One cup brown sugar, 1 egg, 1 cup fine coconut, vanilla, small lump of butter. Drop a little jam in bottom of uncooked tart shells, then add filling and bake.

LEFTOVER IN SALAD

To use leftover fish, flake the fish and make a salad with this combined with peas, cucumber, sliced tomato dressing and lettuce.

UPHOLSTERED FURNITURE

Upholstered furniture should be cleaned thoroughly before donning your summer slippers. Remove dust with the upholstery attachment to your vacuum cleaner or brush carefully with a moderately stiff bristled brush. Watch for signs of moth eggs or larvae and, if any appear, be sure they are entirely destroyed before furniture is covered. If upholstery needs a steam cleaning, either a good commercial cleaner or a mild soap may be used, after first ascertaining whether the fabric is colorfast. Commercial cleaners should be used exactly as directed; if a soap and water shampoo, the solution should be gently applied with a brush, and followed by sponging with clean lukewarm water. Work over only a small area at a time. Wring out the sponge well for the material should not become soaked. Then blot with a clean, dry cloth. Dry thoroughly before slipcovers are placed. If it is a piled material, gently brush the nap, flatten, brush it up gently before it is quite dry.

ROLL EASILY

A piece of orange rind put into water in which suet or steam pudding is being cooked will make the pudding roll out of the cloth easily.

THE ADMIRAL'S LADY

Between Portsmouth and Wexham in Southern England, not far from the sea, lies the little village of Bishop's Waltham. In other days sightseers came there to view the ruins of an old palace, once inhabited by the bishops of Winchester. There, in a residence called the Palace House, the Lady Nona Christine Cunningham lived through the long tense months of the blitz. She worked hard for relief organizations, concentrated her efforts on the families of sailors. Her sailor husband, Admiral Sir Andrew Brome Cunningham, was away in the Mediterranean, winning brilliant victories at Taranto, Valona, Cape Matapan. Last week Lady Cunningham arrived in the United States. She had flown across the Atlantic on the maiden voyage of the American Export Lines' Flying Aoc.

DELICATE LAYER CAKES

Delicate layer and loaf cakes should not be baked with oven racks or they will turn soggy. Best cakes to team this way are the side down, Dutch apple types, moist spice cakes and if the main dist is done at high temperature and in short time, cup cakes.

YOUTH FASHIONS

Want to look as cute as a narrow flapper jockey? Then at those jockey colored dresses one of the Fifth Avenue shops is showing now. They're in bright blue jersey with wide stripes of gold and green across the bodice. They even have little peaked jockey caps to match.

Nice midseason headgear is the fitted velvet beret. These are the small Basque type, and are

ATTRACTIVE MEXICAN DESIGNS



DESIGN NO. 514

Days-of-the-week with Mexican figures are embroidered on towels. Omitting the lettering, they are colorful little pictures to frame. Hot iron transfer pattern No. 514 contains seven motifs measuring about 5 1/2 by 6 inches each with 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.

To Charlottetown Guardian, Needlework Department.

Design No. 514

NAME _____

STREET ADDRESS _____

CITY _____ PROVINCE _____

Remembered

April

By STEWART VAN DER VEER

CHAPTER XVIII

Anne gently withdrew her hand from Mont's and seated herself on a pine log. After a moment of hesitation, he sat down beside her. She tried to make conversation, tried to still the pounding of her heart. His nearness was doing unaccountable things to her emotions. "Don't you love the smell of the river?" she murmured.

"Yes, it has a delightful smell all its own, hasn't it?"

"I used to come here to Glenwild during my university days. Our sorority rented the camp for a week every September."

She talked on, just for the sake of talking, scarcely knowing what she said. But after a while, she ran out of topics.

There was a lingering silence. Mont dragged out his pipe, regarded it doubtfully, then thrust it back into his pocket. He leaned forward, resting his elbows on his knees, staring at the moonlit river. Anne could see that his face was tense.

"Mont, abruptly, he turned toward her. "Don't you think we'd better go? If your aunt comes home and finds you gone, she may be worried. Besides, we—she shouldn't be here together. It—it might cause talk. After all, I'm only your hired hand, and I—I have a prison record."

Anne laid her hand on his arm. "Mont, do you think that means anything to me? You know that I know you're innocent. And you're not just my 'hired hand,' as you put it. You're my friend, too. At least, I want you to be a friend."

He looked at her for a long moment. Then, his arm slid round her waist.

"You're wonderful," he whispered. She leaned her head against his shoulder and knew unutterable peace. For an enchanted interval, there was no sound except the song of the insects and the rippling murmur of the river.

Suddenly, he released her and stood up. "It won't do! It can't be!" he said harshly.

She rose, moved toward him. "Mont, what—what's wrong?"

He grasped her by the shoulders. "Anne, I love you. That's what's wrong! I should never have come here with you tonight. I—"

"Oh, Mont!" She swayed toward him. "It's not wrong—it's right! You see, I—I love you, too."

She knew it now. She was vibrant with love for him. She'd been in love with him for weeks without admitting it to herself, but tonight she knew.

He stared at her an instant. "Do you mean that?"

Her only answer was to nod. As he swept her into his embrace, her arms crept about his neck. Her lips responded to his fervent kiss.

A tongue of lightning zig-zagged across the sky, followed by a crash of thunder. Anne and Mont, wrenched back to reality, broke apart to find that the moon had disappeared behind a bank of clouds and that the night was suddenly cooler.

"Mont! It's going to storm! We'd better get back to the car," exclaimed Anne.

He grasped her hand. "Come on—"

Youthful Looks Return If You

Reduce Calories

RABBIT 420 CALS	STUFFED FISH 100 CALS
PINEAPPLE 100 CALS	PRUNE SOUFFLÉ 70 CALS



Child Thinks Matron a Grandma

Fat adds years to your age—there's no escaping that depressing fact!

But if you briskly set about losing the excess weight with a low-calorie diet, you'll look younger and feel as vibrant as Slim Sixteen!

By keeping your calories down to 1,200 a day you lose two pounds a week. What if you do have to cut our Welsh rabbit? For 420 calories you can get a lunch of consommé (25), tomato stuffed with ham (100), chocolate loaf cake (100) and tea with sugar (40)—and about a third of your dinner!

And why care if you have to give up fattening tuna fish Newburg (447 a cup) and prune soufflé (846 a serving)? Instead, you have tasty broiled mackerel (100) and a couple of slices of pineapple (100). There are lots of other delicious fruit and cake desserts you can have, too, as any calory chart will show.

Our 32-page booklet has a calory chart, low-calory recipes for several favorite desserts, 42 reducing menus, three-day liquid diet. Also "How to put on weight."

Send 20c in coin for your copy of "The New Way to a Youthful Figure" to The Guardian Home Service. Be sure to write plainly your name, address and the name of booklet.

Name _____

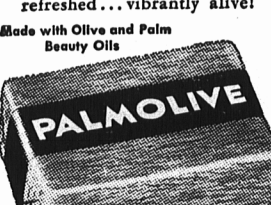
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Refresh Yourself with a PALMOLIVE BEAUTY BATH

Rich, bubbly lather cleanses you thoroughly...exquisitely. It gently lulls high-tension nerves...bids languor farewell, leaving you fragrantly refreshed...vibrantly alive!



Made with Olive and Palm Beauty Oils

let's run for it!"

"They hurried back along the river bank toward the center of the camp. The strains of a waltz drifted down from the illuminated main building. The dance was evidently in full swing.

Rain was already falling when they reached the car. Trees were swaying and rustling under the force of a rising wind. Mont flung open the door of the sedan and helped Anne in. Then, as he climbed in beside her, a veritable torrent descended from the sky, beating against the car, drenching the windshield.

"Hope we can make it back to the main road without getting stuck," said Mont, stepping on the starter.

Through the rain, the car crept slowly along the lane that led through the woods to the highway. Vivid flashes of lightning and deafening rolls of thunder were almost continuous.

Anne, however, was scarcely aware of the storm. She was happily reliving those moments on the river bank. She stole a glance at Mont, but his eyes were fixed on the slippery, treacherous road.

Even when they reached the highway, he continued to give all his attention to driving. He was so silent that Anne became uneasy. Was he regretting his avowal of love? Had it not been an impulse of the moment, inspired by the moonlight and the romantic surroundings? She glanced at him again, saw that his face looked ashen and strained. Her heart sank. Was he going to creep back into his shell as though nothing had happened? But no—surely not! Things could never be the same again after tonight.

THE COOK'S CORNER

BEEF RELISH

2 cups chopped cooked beets
2 cups sliced onion
2 cups shredded cabbage
1 tablespoon mustard seed
1 tablespoon celery seed
1 tablespoon salt
1-2 cups vinegar
1-2 cup water
1-2 cup sugar

Method: Cut all but 2 inches of the stems from the beets, wash them and cook, covered with water until tender. Drain, cover with cold water and slip the skins, if still dice the beets.

Chop the other vegetables and measure all of these after they have been chopped. Combine with the celery seed, mustard seed, salt, water, vinegar and sugar and stir. Mix thoroughly. Pack at once into clean, hot jars and seal at once in sterilized jars.

BEEF RELISH II

2 cups chopped cooked beets
2 cups chopped raw carrots
2 cups chopped cabbage
1-2 cup grated horseradish
1-2 cups sugar
2 tablespoons salt
1 teaspoon paprika
Vinegar to cover

Method: Cut all but 2 inches of the stems from the beets, wash and cook, covered with water, until tender. Drain, cover with cold water and slip the skins, then dice them.

Chop the carrots quite finely and also the cabbage. Combine all of the ingredients and mix well. If desired, the vinegar used to cover the mixture may be diluted one-third with water. Bring the mixture to the boiling point and seal at once in sterilized jars.

FUR HAT AND BAG WITH COAT

If you can't get the kind of fur coat you want, then get a good cloth coat and compromise on an important fur hat with an enormous matching bag. On second thought, this is a pretty high style and may set you back (or ahead) as much as an inexpensive fur coat.

MEN TAKE NOTE OF HOME

Men of the family, as well as women are looking critically today, for the first time in years perhaps, at the furnishings of the home which seemed less important

Dorothy Dix Says—

NUMBER OF OLD WIDOWS INCREASES AT RAPID RATE

They Don't Know Where To Go Or What To Do, And Nobody Wants Them

Elderly widows are increasing out of all proportion to other age groups in our population, and statisticians figure that there are twice as many mothers-in-law in America today as there were at the close of the Civil War. This is not only because the expectation of life for all of us has been extended for some twenty years or more, but because women seem to find the wear and tear of marriage better than man do, and so often outlive their husbands.

Heretofore we have regarded widows as an act of God, or a decree of the divorce court, and, anyway, as something that we couldn't do anything about that wouldn't happen to us, so there was no use in worrying about it. But the time has come when we can no longer take that casual view of the subject. We are confronted by the fact that every woman is a potential widow and every house is likely to have a mother-in-law in it.

Nor can we longer ignore the fact that we have in our midst an army of women who are miserable, and make other people miserable, simply because they have been thrown out of their old environment and deprived of their occupations. They don't know where to go, nor what to do, and nobody wants them. And if that isn't a problem, let somebody ask a hard one.

There is no use in any mother befriending herself with the old hoody about her children wanting her to come and live with them when Father is gone, and that they will spend their lives petting and adoring her, and believing that she will be perfectly happy with nothing to do except sit with folded hands. No matter how much her own children love her, their husbands and wives will consider her an encumbrance. She should lay up some treasures, spiritually and mentally as well as financially, so that she will not be dependent on others for an interest in life.

The women who boast that they are all wife and mother, never belong to clubs, or take part in parties, or go to parties as the poorer than pauper, no matter how much money they have, when their children marry and leave them and their husbands.

They become parasites who fasten themselves on anybody who is good-natured enough to permit it, and if they are rich they formerly wander from cruise ship to resort, hotel and boarding house and becoming Public Nuisance No. 1. Worse still, if they are poor they fasten themselves on their children—although they know they are a source of discord between husband and wife—because they have no life outside of Johnny and Jane.

OFTEN CAUSE HARDSHIP

Nor are the children always to blame. John can't protect Mother against his wife's temper. Nor can Mary make her husband treat Mother with even common politeness. Often the family income is so small that even having one more mouth to feed is a hardship.

The remedy for this situation is for every woman to realize that but for the grace of God she may some day be deprived of the strong arm on which she has leaned, and to fit herself to stand alone when that catastrophe occurs. She should lay up some treasures, spiritually and mentally as well as financially, so that she will not be dependent on others for an interest in life.

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PREPARE TO LIVE ALONE

Every woman should fit herself to live alone if she has to. She should keep up her reading, her reading, her interest in everything that goes on in the world so that she can be good company for herself if she has the misfortune of losing her companion. Also, I believe mothers would do their children a far kinder turn if they laid up a little nest egg for their old age that would render them independent than they do by spending it all in indulging their children and then being burdens upon them when Father dies.

Of course if a woman is an invalid, or if she is old and feeble, she deserves all the care that her children can give her. But no woman who is strong and healthy and able-bodied, no matter what her age, should graft her living off others. In order that she may not do this she should always be preparing herself for the time when she may have to earn her own bread and butter. She should make a fine art of her domestic duties so that she can turn her skill into money if she needs to. There are never enough good cooks and seamstresses and baby-sitters to go around.

The reason so many mothers-in-law are so disagreeable and fault-finding and meddling is because they are idle and bored and dependent, and that would sour the disposition of an arch angel. The solution of their problems is jobs, having their own pocketbooks, and their own homes.

HEADACHE? UPSET STOMACH?

THE QUICK RELIEF YOU WANT...plus the Alkalizer you may need

One ingredient in Alka-Seltzer is an analgesic...relieves pain. Another ingredient is an alkalizer...helps neutralize excess acidity. That's why a tablet or two of Alka-Seltzer dissolved in a glass of water, so definitely helps you. It acts fast...is pleasant to take.

For free sample write Dept. 6-14 Miles Laboratories Ltd., 167 Dufferin Street, Toronto.



Alka-Seltzer

A Morning Smile

GETTING SUSPICIOUS

Stopping a passer-by outside a police station, a constable said: "Can you spare a minute to come inside sir?"

"What for?" was the suspicious answer.

"To take part in an identity parade," the constable explained. "You won't be kept five minutes." "Humph!" snorted the passer-by. "They told me that yam last time and I was kept three months."

BE EARLY

Visitor—Yes, I liked the service in your church very much. But one thing puzzled me; why do the congregation hurry out so quickly after the benediction?

Native—Well, sir, the sexton makes them leave their umbrellas in the vestibule, and those who get out last haven't much of a choice.

ABC OF METAL CARE

Today, most of the metals used in ordinary household articles have become "critical" materials. In order to save these metals for production of vital war equipment, their use has been sharply curtailed in many instances—stopped entirely—for the manufacture of ordinary civilian goods.

In the following brief dictionary are presented some hints for war-time good housekeepers concerning the care of metal articles in their homes. These tips on metal saving come from Lenore Sater, woman to receive an honorary degree from the U.S. Department of Agriculture's Bureau of Economics.

Aluminum. Never leave food in aluminum any longer than necessary. Food stored in it—or food particles left in the pan and allowed to wait some hours before the pan is cleaned will cause pits or holes to form in the aluminum. So will soaking it in water for some time before washing it. Pitted aluminum not only is unsightly, but it is more difficult to clean. Any alkali, such as soda water, will cause aluminum to turn dark and to pit. Soda water boiled in aluminum will corrode the pan.

You can brighten aluminum that is slightly discolored by boiling some weak acid in it—for instance, water to which you have added some cream of tartar or vinegar.

Or if you are cooking rutabaga, tomatoes, apples, sour milk, or buttermilk, these will also brighten the aluminum without spoiling the foods.

You can clean badly discolored aluminum by dipping it in a very fine scouring powder or with fine steel wool of the grade 00. If you use steel wool, you'll be sure of removing even the thickest of salt particles. Ordinarily, you won't have to resort to these drastic cleaning measures if you keep aluminum utensils clean from day to day with mild soap, sudsy water, rinsing and thorough drying.

MRS. MAUD MAXWELL VESLEY

SACKVILLE, N. B. Aug. 15.—Mrs. E. A. (Maud Maxwell) Vesley, of St. Stephen, New Brunswick, was honored by Mount Allison University on Saturday afternoon at the annual Maritime Summer School Convention when she received the honorary degree of Doctor of Literature. (Honoris Causa) was conferred upon her by Mr. C. A. Ward, Chairman of the Mount Allison Board of Regents, presented Mrs. Vesley for the honorary degree as follows:

It affords me a great deal of pleasure, Dr. Truman, to present to you Mrs. Maud Maxwell Vesley as a worthy candidate for the honorary degree of Doctor of Literature. Mrs. Vesley is the third woman to receive an honorary degree from this University. Mount Allison, rejoicing that one of her daughters has attained success as an author, journalist, and writer, is proud to confer upon her a well-merited honor in recognition of her noteworthy literary achievements. Only twice before has Mount Allison University conferred the honorary degree of Doctor of Literature. The two other recipients were Clara Dennis in 1938 and Sir Charles G. D. Roberts in May, 1942.

Needlecrafts

For The Home

Take a skirt and add a matching jacket and what have you? The season's pet style, the suit-dress. The soft lines of this design are ideal for printed crepes and heavy sheers.

Style No. 3550 is designed for sizes 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44, 46 and 48. Size 36 requires 3-1/2 yards 39-inch fabric.

To order pattern: Write or send picture with your name and address with 20 cents in coin or stamps to the Needlecraft Bureau, Charlottetown Guardian. The Charlottetown Guardian Needlecraft Department. Style No. 3500 Series.....

76% of All Adults Have BAD BREATH

That's why it pays to use COLGATE'S TOOTH POWDER!

Bad breath is a social barrier OTHERS always detect before YOU do yourself. So play safe. Guard your personality with Colgate's Tooth Powder...clearly your breath as you clean your teeth!

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! Try Colgate's Tooth Powder today.

RELIEVE ASTHMA AND HAY FEVER QUICKLY WITH KELLOGG'S STIMULANT RELIEF

3500 SIZES 14-48

