

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

The Girl in the Crimson Cloak

By J. R. WILMOT

John Raitton started at his sister's words. So far as he knew, no one in London was anything about her escapade on a boat of Clive Mannisher. Surely Suzanne must be missing things. She had most probably got "the jumps," a sort of natural reaction to the excitement of the past week.

"Stiff and nonsense!" rejoined John with a laugh, bending over the chair.

Suzanne had closed the book on her lap and looked up into her brother's laughing face.

"Do you remember that night when we had the scare about the man in the restaurant—do you know the one who fetched my cloak?" John nodded, and Suzanne continued. "Well, he's here," said at the time that he looked like a nice man. Now I'm convinced. What do you suggest we do about it?"

John whistled softly. He remembered the incident clearly enough, although he hadn't paid much respect to it at the time—laughed it off, in fact. It had been a fellow who would be bound for Ostend. Yet why should it be odd? John's logical mind came into focus on the matter. Ostend was a big place, and lots of people went there. Why should it be odd that they should discover casually less than a week ago in a London eating house.

John translated his thoughts for her—his sister's assurance, but Suzanne had been far from satisfied. He had to admit that it might be nothing more than coincidence. In the other hand, the incident, forgotten as it was, had been looked at her when first her glances had met. It had been almost as if he had not only been surprised but actually delighted to meet her. As if he hadn't been expecting to see her.

"I think I'd like to spot something," John announced. "I would like to take me below." Without speaking they descended the main staircase to the saloon. John's fingers gripped her elbow. Suzanne found a cosy corner at the far end of the saloon.

"Well, old dear," grinned John, happily. "What's bugging you?"

"I do wish you'd take this matter seriously, John," Suzanne admonished. "I know you only laugh at my premonitions, but all the same we don't want to be landed into trouble if we can possibly avoid it. I don't see what trouble we can get into," persisted John. "Everything's been plain sailing and we've done just as well as could be expected. No one suspects anything and since

Do This If You're NERVOUS

Don't take chances on products you know nothing about or rely on temporary relief when there's need for a permanent system. Look to time-proven Lydia E. Pinkham's Vegetable Compound, made especially for women from wholesome herbs and roots.

Let Pinkham's Compound help build up more physical resistance and thus aid in gaining jangle nerves, lessen distress from female functional disorders and make life worth living.

For over 60 years one woman has told another how to go "smiling" with Pinkham's—over 1,000,000 women have written in response to her glorious benefits—MUST BE GOOD!

Lose Matronly Bulges on Low-Calory Diet

SPLIT PEA SOUP 100c
CREAMED DRIED BEEF 100c
CHARLOTTE RUSSE 300c
CONSUMME 100c
GARDEN SALAD 25c
SPANISH CREAM 100c

Safely Slip Off 2 Pounds a Week

What does that revealing triple mirror show you? Too heavy around the shoulders, hips too large, a double chin?

Those bulky spots would melt away, you'd slim down all round as well if you'd say no to rich high-calory meals - substitute tasty non-fattening, healthful foods.

How the weight piles up with lunches like this one: split pea soup, 147 calories - creamed dried beef on toast, 400 calories - charlotte russe, 300 calories. Altogether, 867 calories!

But you lose weight comfortably, without starving, on a luncheon of 1 cup consommé, 25 calories - a delicious garden salad of chopped raw cauliflower, carrots and watercress, 45 calories - and 1 cup Spanish cream, 100 calories. Full of vitamins and only 170 calories!

You can dress up salads with low-calory mineral dressing. And easy to get over the second-helping habit if you know such tricks as cutting down on salt, which sharpens the appetite.

Get rid of ten pounds in five weeks on nourishing low-calory meals. Our 32-page booklet gives two weeks' reducing menus, calory chart of foods in 100-calory portions. Three-day liquid diet. Menus for gaining weight.

Send 20c in coins for your copy of The New Way To A Youthful Figure. Be sure to write plainly your name and address, and the name of booklet.

Name _____
Street Address _____
City _____ Province _____

Night Coughs

Terribly wearing on the system is the cough that comes on at night and prevents sleep.

Sometimes it is the constant cough that will not be quieted. Sometimes it is a choked-up, stifled-up feeling that makes breathing difficult.

Dr. Wood's Norway Pine Syrup is the remedy you need to give you relief, for the reason that this preparation contains the healing virtues of the Norway pine tree with which is combined wild cherry bark, and the soothing, healing and expectorant properties of other excellent balsams, herbs and herbs.

The T. Millar Co., Ltd., Toronto, Ont.

Good Advice for Constipation!

A doctor will tell you that the best thing to do in case of constipation is to fast for a few days. If you are constipated, don't be satisfied with temporary remedies. Find the cause of the ailment.

It would be easy if your diet, like that of most people, lacks balance. No doubt, it lacks "bulk." And "bulk" doesn't mean quantity, but the kind of food that does not completely assimilate and leaves a soft "mass" in the bowels that helps the bowel to move.

If that is what is lacking, the solution is to eat Kellogg's All-Bran, crisp and tasty, for breakfast. It helps form the "bulk" and contains "Vitamin B," the natural intestinal tonic.

Get some All-Bran every day, drink lots of water and become "regular!" Made in London, Canada, by Kellogg. At all grocers.

A Morning Smile

George, after many years of courtship, finally secured a customer very rarely paid his account until the final registered letter had been sent. One day the cashier went out of his way to call upon him and asked him outright why he always withheld payment until the last minute.

"I find your letters so excellent," said the other, "that I must use the same words to my own customers; they are most efficient, too."

Modern Etiquette

(By ROBERTA LEE)

Q. Is it correct for an employer to introduce his secretary to a caller by saying, "Mr. Jones, this is my secretary, Miss Brown," she should be given the woman's name first. "Miss Brown, this is Mr. Jones."

A. In the business world, the most important person is mentioned first, regardless of sex.

Q. What kind of invitations are given for a cocktail party?

A. These invitations are usually extended over the phone or by personal contact.

Q. What does "hors d'oeuvre" mean?

A. A side dish; a relish.

ROYAL ARTIST TO EXHIBIT WORK

The Duchess of Gloucester is turning her attention to the task of choosing some of the water-colors to send to Edinburgh, at an exhibition at the forthcoming show of the Royal Scottish Society of Painters in Water-Colors.

She has recently been elected an honorary member of the society, at whose exhibitions she has shown work for the past six years.

HOT IRON TRANSFER PATTERN QUILT

Six inch cross-stitch figures, embroidered on eight inch blocks, arranged in a fascinating coverlet for any child's crib. Three busy pigs and three fetching ducks add a splash of joyousity, whether it be the pillows of dresses, pillows, bibs or a wall hanging.

To order this design, write your name, address, and whether it be the pillows of dresses, pillows, bibs or a wall hanging.

To order this design, write your name, address, and whether it be the pillows of dresses, pillows, bibs or a wall hanging.

Send 15 cents, coin preferred.

PATTERN ORDER FORM - to be used when ordering pattern.

To Charlottetown Guardian
Design No. X 562
Name _____
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Dorothy Dix's Letter Box

Modern-Day Mothers Must Realize That Conditions Are Not the Same as They Were Thirty Years Ago, and Treat Their Daughters Accordingly

Dear Dorothy Dix—People are always wondering why girls wear false teeth. Mother treats her as if she were an imbecile baby who didn't have sense enough to tell her what to wear, what to do, and how late she may stay out. And if Daughter rebels and declines to be put through the third degree about everything she does, Mother reproaches her for being ungrateful and Daughter supports the family, but does that give her the right to wear a chair in the living room or to have a picture? Not room or to have a picture? Not room or to have a picture? Not room or to have a picture?

Mother says she is not going to have any body interfering in the way she runs her household. She tells her daughter that she is a good job to be trusted to take care of herself. And anyway, it is a good job watching her while she is at home, because she has the whole day in which to go to the bad if she wants to. But that doesn't keep her telephone conversations and sitting where she can hear every word when a boy comes to see Daughter. And if she longs to set up her Daughter's nerves so low that she won't be criticized and nagged and tyrannized over. Or it makes her marry in a frantic fear for liberty which is generally jumping out of frying pan into the fire so far as being teased is concerned.

NANNETTE.

BONBON COOKIES

1-4 cup butter
1 cup brown sugar
1 egg
1-2 cup flour
1-2 teaspoon baking powder
1-2 teaspoon soda
1 cup raisins, chopped
1-2 cup chopped nuts
1-2 cup chopped dates

Method: Cream the butter and the sugar until the mixture is very creamy. Add the well-beaten egg and beat hard. Then add the flour, which can be vanilla, if you'd prefer.

Sift the flour with the baking powder and soda, and add the chopped raisins, dates and nuts to this. Add these alternately with the coffee, which should be quite strong and cold, of course. It may take a little more or less, some flour a little more liquid than others. But make a dough that is just stiff enough to drop from the tip of a spoon.

Drop onto a greased cookie sheet, and allow room for them to spread a little. Bake in a moderate, 375 deg. F., oven for about 15 minutes, until the cookies are a golden brown. These keep fresh for a long time if you store them in a tightly-covered box.

How Can I???

(By ANNE ASHLEY)

Q. How can I clean gold or silver lace?

A. Sew a lace to a strip of clean linen and boil in a solution of 1 cupful of salt to 1 gallon of water. Dry without removing from the linen, and then sponge with a piece of white velvet dipped in alcohol.

Q. How can I make use of old kid gloves?

A. Kid gloves will be very useful if they are used when paring vegetables, or working over any vegetables that are likely to stain the fingers and hands.

Q. How can I prepare Melba toast?

A. Melba toast is made merely by slicing sandwich bread thin, cutting off the edges, and placing in the oven to brown.

FOR PEACE IN JERUSALEM

(By The Canadian Press)

LONDON—Arab and Jew sat together to witness the first motion picture ever screened in Western Jerusalem. The film was a propaganda piece, urging peace in Palestine.

HULL, England—The abattoir just didn't look enticing to a 1015-pound bull here, and he broke out of a van and jumped off a dock. Chased in a rowboat, he was lassoed.

Household Scrapbook

(By ROBERTA LEE)

Decorative hatpins, which have been completely out of the picture for years, are coming in again with a flourish, more as an ornament than for actual utility.

They add color and novelty to a hat, and in many cases constitute the principal item of trimming - playing a sparkling and important role.

Our Changeable Climate Causing More Catarrh

Many People Ill With Serious Nose and Throat Troubles.

Sudden weather changes make little colds grow worse; if long-neglected, they may drift into Catarrh.

Many recoveries from Grippy Colds and Catarrh are reported every day from Catarrh-o-zone. When you breathe the vapor of Catarrh-o-zone you send soothing essences to those remote places in the breathing organs where germ life is causing you trouble. You heal your entire breathing apparatus when you inhale Catarrh-o-zone. You get help quickly from the soothing vapor of this wonderful remedy. Let Catarrh-o-zone help you on the road to a complete recovery. Your druggist has Catarrh-o-zone. Complete outfit for two months' use, \$1.00; smaller size, 50c; trial size, 25c.

Inhale the VAPOR of CATARRH-O-ZONE - A Fast Relief!

THE COOK'S CORNER

(By MRS. H. CHIVERS)

FRENCH PANCAKES

To round out a not-too-heavy dinner French pancakes are an excellent dessert.

Mix together 1 cup of milk, 1 egg and 1 cup of sifted flour. Beat with a rotary beater for 2 minutes. Heat 1 tablespoon of butter in a frying pan. When hot pour in enough batter to just cover the bottom of the pan. When delicately brown on the bottom dust the top with powdered sugar and cinnamon. Roll up, keeping the filling in the centre. Jelly or jam may be used instead of the spice and sugar. The pancakes may be baked, rolled, kept hot and reheated in orange sauce. Serves two.

ORANGE SAUCE

Cream 6 tablespoons of butter, with 3-4 cup sugar. Beat 1 egg with 1-4 cup cream, juice of 1 lemon and 1-4 cup orange marmalade. Beat together in a double boiler. Add the grated rind of 1 orange. Cook until thick and transparent.

PANCAKES WITH SWEET MILK

Two cups of sifted flour, 2 teaspoons of baking powder, 1 teaspoon salt, 1 tablespoon granulated sugar, 2 eggs, 1-2 cups of sweet milk, 2 tablespoons of melted butter.

Measure the sifted flour and sift again with the baking powder, salt and sugar. Combine the well-beaten eggs with the milk, add to the dry ingredients and beat together until quite smooth. Add the melted butter, mix and bake on a hot griddle.

PERFUMED WOODEN SPOON

A perforated wooden spoon is best for creaming butter.

THREE-WAY METHOD OF HEALING SPRING FEVER

This is the time to lift yourself out of the lethargy commonly known as spring fever. It's a new season—a time to look your best and have fun!

NO APPETITE? Out of Sorts?

YOU cannot fight the battles of life and hold your own if you do not feel well and "peppy." If you feel weak and tired, especially if you are a woman, it is a sign that your appetite is lacking and tends to improve the digestion. But Dr. Cassell's Food and Health is the best way to get your appetite back and your digestion right.

TIMELY TIPS - FOR THE HOME SEWER

A town and country two-piece lightweight wool classic, whose smart cutaway will make it your favorite costume. Shimmering darts of the button-down-front jacket-like blouse, give you a tingling feeling. The pattern has been adapted to a smooth fitted hipline. The cardigan blouse looks very gay under your tailored suit. The swirling skirt can be worn with sweaters. The pattern also includes a one-button tailored jacket. Match it to the skirt and presto! You have three-piece costume. It's a splendid pattern for cottons and linens for summer wear. It's so easy and economical to sew.

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The Housewife And Her Activities

FAITH

Faith is the flower that blooms unseen. By mountains of immortal green—A hoped-for harvest in the skies, In which the reaper never dies. A tree to which the power is given To lift its branches into heaven, And from whose boughs of gorgeous fruit A lotifer tree shall take its root.

—T. H. CHIVERS.

Where handling has made a rich cookie mixture too soft, chill the mixture in the refrigerator before rolling it out, and the results will be more satisfactory.

More low necks than you've met by daylight in a long time, not only for the bona fide afternoon frocks, but for the more dressed-up type of sports dress.

Shoulder straps decoletes with Directorate scarfs or small shawls in unusual shades, like blue chrysanthemums and yellow lilacs. Low necks, veritable decoletes, for evening jackets.

The Paris influence of a straight silhouette and the introduction of the Directorate at the openings, is reported to have great influence on the new line made for later evening wear styles.

Most moral codes, indeed practically all, have depended upon religious support.

Thin ginger wafers spread with cream cheese are delicious to serve with tea.

A perforated wooden spoon is best for creaming butter.

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Florets of fresh air and sunshine are just about the best cures for the doldrums you've been in since that morning, a few weeks ago, when you imagined you'd heard the robin chirp. It's an accepted fact that lack of sunshine causes a deficiency of Vitamin D. And Vitamin D is an important beauty vitamin—the one which puts a sparkle in your eyes, makes your complexion clear and glowing and the corners of your mouth turn up instead of down.

In addition to sunshine, there are three other little items which will go a long way toward helping you enjoy the spring season. A new hat, an adequate amount of sleep and rest, and a lighter diet.

Get the beflowered bonnet first. It will be something to live up to, an encouragement to stick to your newly formed eating and sleeping regulations. And do get a pretty one. You'll be surprised at what it will do for your morale.

For one week, try going to bed at nine every single night and getting up at seven! What? You say you couldn't possibly go to sleep at nine? Well, get up at tomorrow morning and the chances are you'll be ready for sleep at nine tomorrow night. From then on, stick to your new schedule—up at seven, in bed by nine.

Drink more fruit and vegetable juices. Eat a big green salad at least once a day.

Substitute fruit desserts for the rich pastries you liked during the winter months. Go in for more green vegetables and fewer heavy sauces and gravies. Spring is the time to put away winter diets as well as winter clothes.

THE LANGUID LASS LACKS CHARM

Languid mannerisms and a bored attitude have no place in the modern woman's scheme of things. She thinks it's sad to lack what

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