

# Woman's Realm :- Social and Personal :- Fashions & Literature



## He's a MAN in the making!

How carefully you safeguard his food, his rest, his play — for you want him to grow up the healthiest boy in the land. Of course, you worry when he doesn't want to eat.

And that's why we are reminding you of Kellogg's Rice Krispies. Delicious, toasted rice bubbles that actually crackle in milk or cream and simply fascinate youngsters.

Kellogg's Rice Krispies are one of the best of cereals for children. Nourishing. Yet so easy to digest. Fine for any meal.

Always oven-fresh. Made by Kellogg in London, Ontario. Quality guaranteed.



## A Morning Smile

Two men met in a village and after a few minutes' conversation, one remarked: "You've heard what they are saying about Smith; do you suppose it's true?"

"I don't know," replied the other, "but I do know this, if you set a feather free at one end of the village, it'll be a feather bed before it gets to the other."

RESULTS  
Whatever happens to anybody, it can be turned to beautiful results.

Try Lydia E. Pinkham's Vegetable Compound



## Cried Herself to Sleep

All worn out . . . splitting headaches . . . made life hideous every month. She needs a tonic . . . Lydia E. Pinkham's Vegetable Compound relieves cramps.

## What the Fashionables are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern  
By Annabelle Worthington



For this dress, a printed voile in navy blue and white proved just charming. The softly falling collar, so slimming, and the circular shaped flounces on the short sleeves were finished with hipped edge.

The pointed seaming lends flat slimness to the hips. And you'll find the vertical lines of the inverted front plait, decidedly length giving.

It will take the minimum making. You'll be agreeably surprised with its small cost.

Style No. 532 is designed for sizes 36, 38, 40, 42, 44, 46 and 48 inches bust. Size 36 requires 4 1/2 yards of 39-inch material with 1 yard of banding.

Batiste prints and sheer linen prints are very smart. Washing silks like plique, crinkle crepe and flat crepe in white and pastels, are also good.

Price of Pattern 15 cents in stamps or coin (coin is preferred). Wrap coin carefully.

No. 532. Size .....  
Name .....  
Street Address .....  
City ..... State .....

cheese. Serve about five of these on lettuce with French dressing.

### With Pepper

Dissolve one package of lemon flavored gelatine in two cups of hot cherry juice. Cool until it is somewhat thickened. Cut green peppers into fine strips about 1/4 inch long. Pour a small amount of gelatine into shallow mould. Press cherries and peppers in gelatine, making a design of your choice. When set pour in remaining gelatine. Serve cold on lettuce and mayonnaise dressing.

### Cherry Muffins

2 cups flour.  
3 teaspoons baking powder.  
1/2 teaspoon salt.  
1 cup milk.  
1 egg.  
1/4 cup shortening.  
1/2 cup chopped cherries.  
Mix and sift the dry ingredients. Add chopped cherries and slightly beaten eggs to the milk. Stir this mixture into dry ingredients and follow immediately with the melted shortening. Stir only enough to combine ingredients. Bake in a hot oven (400 deg. F.) in well-oiled muffin pans 20 to 30 minutes. This will make about 15 medium-sized muffins.

## For The Cook

HERE ARE SOME CHERRY SALADS With Nut Centres

Fresh or canned cherries. Pecan nut meats. Lettuce. Cream mayonnaise.

Remove stones and fill cherries with nut meats. Arrange on lettuce. Serve with cream mayonnaise.

With Pineapple  
Cover a salad plate with lettuce leaves. Pile pitted cherries on a slice of canned pineapple. Serve with French dressing.

Mixed With Fruits  
A delightful fruit salad is made by combining diced pineapple, stoned cherries, sliced oranges, blanched almonds and a few strawberries. Serve this on lettuce with cream mayonnaise dressing.

With Cheese  
Remove the pits from the cherries and fill cavity with cream

## Give Mother A Rest! Dorothy Dix

### Dorothy Dix Urges Organizing Relief Band of Trained Substitute Mothers to Take Care of Children and Run Household While Mother Goes off on Restful, Carefree Vacation

It is one of the little ironies of life that the one individual who most needs a vacation seldom gets it. That's mother. All the remainder of the family get tired and need a change and rest and diversion, but mother is supposed to get all the recreation she requires in slaving for the remainder of the family and seeing that they have a good time. Yet mother's work is the hardest, the most monotonous, the most nerve-ending in the world. There is no union card and six-hour day for her. She doesn't even get laid off on a strike.

Of course, in well-to-do families mother gets an alleged vacation when she takes the children and goes off to spend a month or so in the country, where she has to work ten times as hard as she did at home because there are no city conveniences and no market handy right around the corner. Mother always returns from these holidays looking as if she had been dragged through a keyhole, yet she hasn't had a thing to do but to keep a lot of bored children amused and nurse them through spells of ivy poisoning and cuts and bruises and too much green fruit, and run a free roadhouse for her friends and their friends who just happened to be motoring by and knew she would be so glad to cook them an extra meal.

There isn't anybody else on earth who would consider it a restful diversion to go off on an excursion with a baby and with Junior and little sister at an age at which they have to be watched every instant to prevent them from committing suicide, but a mother is supposed to have the time of her life wrestling with a walling infant that is fretful because its habits have been broken up and running after youngsters who have an inspired gift for getting into mischief.

Furthermore, it is popularly believed that a mother can never get enough of her children's society, and that to separate her from them for even an instant would cause her unendurable anguish.

Never was there a greater mistake in the world. No matter how much a mother loves her children, no matter how willingly she sacrifices herself for them, in time she gets fed up on them. They get on her nerves until she feels as if she would scream if she had to answer another question, and that she would lie down and die if she had to get up and hunt for another cap or baseball or hair ribbon, and that she could choke the next little voice that cried M-o-t-h-e-r. It is then, when mothers begin to pick on their children and say "don't" to everything they do, that they need a vacation.

And they need this vacation away from their children, not with them. They need to go off by themselves, where they can be themselves instead of just the children's mother; where they can put on a pretty dress without thinking how the baby will miss it; where they can get a good night's sleep without keeping an ear open for a call for a drink and one eye open to see if little Sally has kicked the cover off; where they can order a meal without first considering if it has enough spinach and carrots in it to furnish vitamins for the children; where they can take a walk without having Junior pulling on their skirts.

Two weeks, or even one week of a vacation like this would straighten out the kinks in mother's nerves and give her a new perspective on her job and make her see that bringing up a family is the most glorious and worth-while career a woman can follow, instead of the greatest drudgery. It would give her fresh patience amid more wisdom in dealing with her children and change her from a nagging tyrant into a pal.

Of course, every regular mother wants to be with her children most of the time, just as a man wants to be at his business most of the time, but she needs a break from the regular grind even as a man does, and a vacation from her children would increase her efficiency, just as much as it increases a man's efficiency in his business.

Most mothers would say that this idea of mothers taking a vacation

**BESS: Why I thought she had a maid —**

**ANN: Her hands certainly look as if she did**

**BESS: How can she keep them so smooth and white?**

**ANN: She told me her secret — Lux in the dishpan. She says it's a regular beauty treatment . . . and my dear, it costs less than 1c a day**

**—LUX for dishes—**

Lever Brothers Limited  
Soapmakers by appointment to their Excellencies the Governor-General and Countess of Essexborough

is a fine theory, but that it is something that can't be done. That no one could take their places. That they have no one to leave the children with.

But that is all nonsense. None of us are absolutely necessary in the scheme of things, and when mother works and frets herself to death, some relative or some middle-aged woman whose own children have flown the home nest or a trained child specialist is found as a substitute. So why not get Aunt Sally or Cousin Sue or Mrs. Brown or a capable nurse from the baby hospital to take mother's place for a few days and keep mother from a nervous breakdown or out of the cemetery?

I commend this subject of giving mothers vacations from their children to husbands and to Junior Leagues. To husbands who have failed to perceive the importance of giving their wives a holiday, because while they knew that taking care of the baby for even a Sunday afternoon wore them out to a frazzle, they have thought it mere play for a mother to do it all day and every day for 365 consecutive days.

And to Junior Leagues I say that they could perform no more beautiful or worth-while work than organizing a band of trained substitute mothers who could go into the homes of poor, tired, overworked women and take care of their houses and children for them while they went off on a vacation that would send them back rested, refreshed and able to carry on with their great work.

## AS HE SAID "GOOD-NIGHT"

How you thrilled . . . knowing how alluring you were! The smooth beauty of your skin enhanced by the clinging, velvet texture of Pompeian Beauty Powder . . . your natural colour heightened by a touch of Pompeian Rouge . . . how could he help loving you?

Today, as always, you may pay more for beauty preparations, but you cannot buy better than the NEW

**POMPEIAN**  
BEAUTY PRODUCTS  
LONDON-PARIS  
NEW YORK-TORONTO

## WARNING

Parties who have been breaking into and entering the grounds of the Charlottetown Driving Park of the Provincial Exhibition Association at night are hereby warned that any future damage to property of the Association will be fully investigated and the party or parties prosecuted to the full extent of the law.

## TENDERS

Tenders will be received for the stock-in-trade and fixtures in the Charlottetown, P. E. I. store, forming part of the assets of Phillips Men's Wear Limited Estate.

## THE HANDSOME MAN

Bond street, deserted by shopping and sightseeing crowds, is not exhilarating. It is in fact rather depressing, to one who takes it between seven and eight o'clock on a typically wet and drizzling London night.

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## THE HANDSOME MAN

not help hoping that his stepmother would not ask him to dine, since he could not possibly accept if she did, and the mere mention of food would make him ravenous. His pride required that he refuse.

## THE HANDSOME MAN

in it, and the young man walked after the wet streets. The curtains were slowly turning gray. Her features were quite regular. Her complexion was clear red and white. She wore a black dress with white collar and cuffs, well and simply made, which gave her an air of greater refinement than was really hers.

## THE HANDSOME MAN

of the time, just as a man wants to be at his business most of the time, but she needs a break from the regular grind even as a man does, and a vacation from her children would increase her efficiency, just as much as it increases a man's efficiency in his business.

## TENDERS

Tenders will be received by the undersigned up to and including July 30th, for motor boat with equipment, now located near Grand River Bridge, Prince County, where same can be inspected. This boat was built in 1931 and is the property of the Prohibition Commission.

## Professional Cards

Stewart & Lowther  
J. D. STEWART, K. C.  
BARRISTERS, SOLICITORS, ETC.  
84 Great George Street  
MONEY TO LOAN

## Professional Cards

McLeod & Bentley  
J. A. BENTLEY  
W. E. BENTLEY, K. C.  
Barrister and Attorney-at-Law  
MONEY TO LOAN  
Office: 180 Richmond Street

## Professional Cards

Prohibition Commission  
Chas. H. Black, Chairman  
Jas. B. McDonald, West St. Peter  
John Simpson, Hamilton.  
Send all information regarding  
infractions of PROHIBITION ACT  
to the above or to  
Inspector J. Fripps, R. C. M. P.  
Charlottetown.

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**DR. HAMILTON'S PILLS**  
STOP  
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INDIGESTION  
BILIOUSNESS  
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