

# Woman's Realm Social and Personal Fashions Literature

A COOL, WHITE

## Flexees

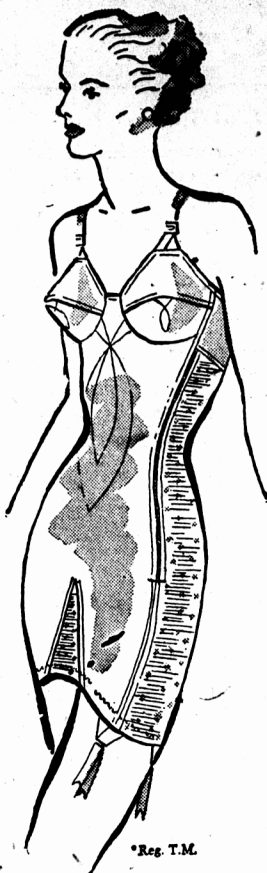
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### Household Scrapbook

By Roberta Lee

#### Washing the Chamols

Wash the chamols in mild soap and lukewarm water, and rinse in soapy water so that the soap residue will prevent its getting stiff. After washing, wrap the chamols in a towel until nearly dry, then soften it by massaging with the fingers.

#### Wrinkled Pattern

Do not try to use a wrinkled pattern, or the new garment may be completely ruined. A wrinkled paper pattern can be pressed out smoothly with a warm iron.

#### Meringue Pie

Add one teaspoonful of baking powder to the well-beaten whites of two eggs before adding the sugar, and the meringue pie will be nice and fluffy.

### Better English

D. C. Williams

1. What is wrong with this sentence? "He arrived home at about ten o'clock."

2. What is the correct pronunciation of "obligatory"?

3. Which one of these words is misspelled? Troubadour, trivally, trousseau.

4. What does the word "alternative" mean?

5. What is a word beginning with gr that means "vividly described"?

#### ANSWERS

1. Say, "He arrived at home about ten o'clock." 2. Pronounce ob-lig-a-to-ri, first o as in on, both i's as in it, a as in ask unstressed, second o as in no, and accent first syllable. 3. Trousseau. 4. An offer of two things. "If this demand is refused, the alternative is war." Lewis. 5. Graphic.

### That Body Of Yours

By James W. Barton, M. D.

#### DISCOVERING ALLERGY IN BABIES

I recently wrote about children who "soted up" in public. While both children and parents are to blame in most cases, there are some instances where the misbehavior is caused by tiredness, this tiredness being caused by certain foods to which these children are allergic.

That "cross" babies may be suffering from allergy to certain foods is stated by Dr. Ambrose McGee, Richmond Va., in "Southern Medical Journal." To obtain first-hand information, 150 well babies, with no history of allergy, were seen monthly during their first year for routine (not allergy) examination. The mothers were closely questioned and the children examined for signs and symptoms of any type of disturbance. Only one new food was added at a time and a five-day, then a three-day interval allowed to elapse after the first and second feedings of each food.

This thorough, carefully planned investigation of the foods causing symptoms in children gave surprising results showing that excellent nourishing foods often were the cause. The chief foods causing symptoms were oranges and cow's milk casein, 39 and 32 cases respectively. This will surprise many mothers but others already know it. The symptoms were colic, rashes and diarrhoea. Even spinach was the cause in 30 cases, though the symptoms were mild. Other foods which disagreed were mixed cereals, prunes, tomatoes, cod liver oil, carrots, oats and wheat.

Other symptoms of allergy present were vomiting, constipation, excessive crying, gagging, head colds, fretfulness, restlessness, gas or wind, sneezing and pain in abdomen.

From the above information, mothers can understand why their babies may be fretful, uneasy, have diarrhoea and head colds — even a rash — yet is eating good, nourishing foods. We must remember, of course, that the above symptoms of allergy may not be due to foods but to substances in the air — pollen, house dust, feathers, furs of animals.

### BABY'S RASHES

Are often a sign of upset digestion. See how quickly this type of rash often disappears after the use of Baby's Own Tablets. Pleasant to take, easily crushed to a powder if desired, these little tablets soothe up baby's stomach and clear out irritating material that also may be causing gas, fretfulness and fretfulness. Get Baby's Own Tablets today. They have been the standby of mothers for over 50 years. Only 25¢.

### Dorothy Dix Says—

#### Pre-Marriage Blues

##### Most People On Eve Of Nuptial Suffer That Uneasy Feeling



DEAR DOROTHY DIX: I am supposed to get married within a couple of weeks and I cannot make up my mind. I get the most nervous feeling and I do not know if it is against my fiancé, or if it is the thought of getting tied up for life. I think I love my sweetheart, who is everything that is good and fine, and I can't bear to think of life without him, but I am afraid to try it with him.

What shall I do? Will I be happy if I get married?

#### IN A PANIC

ANSWER: Almost every man and woman goes through the same experience that you are having on the eve of marriage. They get into a panic in which they lose all perspective and which leaves them uncertain of their own feelings and what is best to do. They are so appalled at the finality of what they are about to do that their very bones turn to water.

They can see nothing but the dangers of marriage that loom sinister and dark before them. And, most of all, they feel the fetters snapping on their wrists and the horror of losing their freedom becomes an obsession, and for the moment they feel that no man or woman is worth the sacrifice that marriage entails.

#### FEELING IS GENERAL

There are not many brides and grooms who, if they told the truth, would not admit that they spent their bridal eve in a blue funk, and that if they could have made a decent getaway they would have done so. But even greater than their fear of marriage was the fear of gossip and the disapprobation of their friends, and so conventions drove them on to the altar, and once the marriage was accomplished, all the bugaboos their imaginations had conjured up, vanished into thin air, and they started forth joyfully on their honeymoon.

DEAR DOROTHY DIX: We are two boys 17 years old, and in college. We have been the closest pals for ten years. Recently we have both fallen in love with the same girl. She is several years older than either of us, but she seems to care for us very much.

Now do you think it is possible for my friend and I to maintain our friendship under the circumstances?

ANSWER: I am afraid that it isn't very easy for two boys who love the same girl to preserve intact their friendship. Jealousy almost inevitably creeps in and it generally ends in their fighting over her like dogs over a bone.

If you have found a boy friend to whom your heart cleaves as David's did to Jonathan's, a friend in whose loyalty you trust and with whom you have lived in close intimacy for ten happy years, I really think that I wouldn't trade him off for any girl. Especially at your age, and particularly when she is older than either one of you. My advice to you two boys is to hold to your friendship and let this girl go and find two other girls of your own age with whom you can play around.

DEAR MISS DIX: How can one feel a broken heart? For two years I went steady with a boy and now he has grown tired of me and given me the air. I am alone, unhappy and I wish I were dead. I am only 21 years old.

How can I start all over again? How can I get back with the old crowd?

#### UNHAPPY GIRL

ANSWER: Well, the first thing to do is to quit being brokenhearted, which you are not really, you know. You are humiliated by having the Boy Friend walk out on you. But, at any rate, cheer up. There is no use crying over spilt milk, and no one wants a girl around who is sorrowing over a lost love. Especially is that not an attitude that makes a hit with men. Don't advertise your misfortune by telling everyone you meet your tale of woe. Forget it. Get some new clothes, give a few parties to which you invite the boys and girls you know, and that will get you back into circulation again. But your case shows how silly a girl is who lets any one man monopolize her and cut her off from all the other boys until the wedding day is set.

### Ellen's Diary

By an Island Farmer's Wife

I shall remember to tell Jamie of many interesting things I saw on this trip. I shall tell of the blons, the monkeys, the seals and other animals in the park and I know he will like to hear of the tree toads that are singing tonight in the orchard trees, for all at once, indeed over night, Summer seems to have arrived at this place. I shall tell him too of the ground hog an unwelcome guest in his great-uncle's garden and taken recently in a trap, and killed by a shot, for he and I have had a common desire to know more about the animal that whimsically can bring two Winters to the Island. This was an adult, a plump fellow, the carcass reminding one of a small furry bear. "Like a muskrat one said. But I fancied more musclevous and not nearly so sinister in appearance as those one glimpses swimming in the mill-pond on a summery evening when a ripple suddenly breaks the surface there and a dark, ugly head appears.

We reckoned this fellow would weigh near to four pounds, fattened as he had been on the Spring greens in the garden as well as the new bracken in the adjacent woodland. His fur, dark and tipped with a silvery white reminded me of the foxes, one-time aristocrats of Island farming. Since he feeds on herbage, the flesh of the ground-hog or woodchuck as he may be called is edible and indeed by some is considered a delicacy. "If you've ever eaten rabbit you know the taste of them," our host said.

We went to market with our hostesses to buy vegetables this morning. To a store in the city. There they have those intriguing push-carts to hold one's selections and there is also a compartment in the vehicle in which to seat the baby or other small child to accompany one comfortably and safely while making the round of the counters. It is so sizable, this cart, I doubt if we strayed far from the entrance, we could find the exit of hand. Vegetables and fruits of many kinds are to be had there and for our benefit; she chose some odd ones. She must buy broccoli and egg plant as well as "your spinach dears" and celery and cucumbers very crisp and good. The visiting-sister and I loitered at the flower stall admiring the display of plants meant to take care of, not only the seasonal setting out, but that of Memorial Day as well. This falls on the coming Sunday and just wait till you see the crowds out there! They tell us that is if it happens to be a fine day.

Memorial Day is of course, a Decoration Day, on which folks place flowers on the graves of their people, thus honoring the memory of the dead. We bought a primrose and a carnation, sister and I, to plant in the garden here, neighboring a planting of Southernwood to make one corner, a bit of The Island there.



For Economical Nourishment Eat More BREAD.

"Always Good"

Eastern Bakeries'

### BUTTER-NUT BREAD

### Morning Smile

#### CORRECTION, PLEASE!

Introducing Thomas Alva Edison at a dinner, the toastmaster mentioned his many inventions, dwelling at length on the talking machine. The aged inventor then rose to his feet, smiled and said gently: "I thank the gentleman for his kind remarks, but I must insist upon a correction. God invented the talking machine. I only invented the first one that can be snut off."

"Did you see the stork that brought me, Daddy?" "Well, son, I saw his bill."

ed kindly by ex-Canadians, friends of the sister whom we visit, who remember Truro, N. S., as their home town. I suspect the clannish feeling we had, comes from that invisible though binding thread which reaches from the Atlantic to the Pacific, making all Canada's folks kin." And what do you use for money when you're home — it's like that, isn't it? set sister and me to giggling in a store this morning and we dug into purses to find some that made the clerk say in surprise: "Why what do you know? It's pretty much like ours, isn't it?" And one commented with much interest "And down there you have to bow when your King goes by?" "We would certainly" we acknowledged. "Well isn't that strange? Do you know what we do when our President goes by? We say, 'Hello Harry!' just like that! All the same" he said doing up our purchases "it's been awfully good meeting you both, and someday we may even get down there for a holiday. You get to it on a ferry, don't you? or so I've heard." "The largest in the world!" we said, picking up our parcels and smiling our thanks. . . . And again . . . the day's end.

Until tomorrow — Diary — Good-night.

### Cook's Corner

#### RHUBARB PUNCH

1 pound rhubarb  
1 cup water  
1 stick cinnamon  
1/2 cup lemon juice  
1 cup pineapple juice  
1 quart water  
1 cup sugar  
Wash the rhubarb and cut it in pieces. Add the cinnamon and water and cook for 10 minutes. Strain, add sugar. Chill and add remaining ingredients. Serve with cracked ice. Recipe makes 2 quarts

#### CRUNCHY GINGER PRUNE WHIP

1 cup stewed, pitted prunes  
1/3 cup prune syrup  
1 tablespoon lemon juice  
3/4 cup granulated sugar  
2 teaspoons plain gelatin  
2 tablespoons cold water  
3/4 cup ginger wafer crumbs  
3 egg whites  
Put prunes through sieve and mix with prune syrup, lemon juice and 2 tablespoons sugar. Soften gelatin in cold water and dissolve over hot water. Stir gelatin into prune mixture and chill until slightly firm. Beat egg whites until stiff and add 2 tablespoons sugar. Fold ginger wafer crumbs and beaten egg whites into prune mixture. Serve immediately. Serve 6.

### How Can I!!!

By Anne Ashley

Q. How can I clean enamelware in which food has been burned?  
A. By filling with cold water, adding one tablespoon of washing soda for every quart of water, heating slowly, and then letting it boil for about 10 minutes. The burnt food can then be removed without difficulty.

Q. How can I keep fresh bread from crumbling?  
A. Try plunging the knife into hot water before attempting to cut fresh bread, and you will find that the bread will not crumble.

Q. How can I prevent tarnish on silver that is stored away?  
A. The silverware will not tarnish if stored away with a piece of camphor.

### BLACKHEADS

Blackheads simply dissolve and disappear by this one simple, safe and sure method. Get two ounces of our special powder from any drug store, sprinkle on a hot, wet cloth, and apply gently — every blackhead will be gone.

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## THAT AWFUL WHISPER SHOCKED ME FOR DAYS!

7.50 EMBARRASSING! "I just couldn't get over it—those two girls from the office not wanting to ride up-in the elevator with me—whispering that I was so careless about 'B.O.'!"



2. "THAT WHISPER nagged me for days. Then I faced it—anyone can have 'B.O.' My fault was not guarding against it."

3. "EVER SINCE I've used Lifebuoy daily, I know I'm safe from 'B.O.'... because Lifebuoy gives me all-over protection."

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Lifebuoy's clean scent is your guarantee of protection. It's a signal that Lifebuoy's thick, mild lather is giving you all-over freshness. In a few seconds the Lifebuoy scent has disappeared and so has every trace of "B.O." (body odor). Lifebuoy is the only soap specially made to stop "B.O."

And, tests prove you can build up resistance against "B.O." by bathing with Lifebuoy every day. Try it for just seven days. See how fresh and clean your skin feels! Once you've discovered how Lifebuoy frees you from "B.O.", gives you longer-lasting protection, you won't ever miss your "Bath a day the Lifebuoy way!"

USE IT DAILY

FROM HEAD TO TOE—LIFEBUOY STOPS "B.O."



A LEVER PRODUCT

### Modern Etiquette

By Roberta Lee

Q. What is the proper way to eat cheese?

A. A soft cheese may be spread with a knife or fork. A "dry" cheese may be eaten with the fingers at a picnic, but at the table must be eaten with a fork.

Q. What is the usual length of an engagement?

A. While this depends entirely upon the plans of the man and the girl, and circumstances, six months is usually the maximum.

Q. In writing to the head of a college, should his academic degrees be designated on the envelope?

A. It is not usual nor necessary to affix them to his name on an envelope.

### The Stars Say—

By Genevieve Kemble

For Saturday, June 5

IT may seem difficult, perhaps almost futile, to keep the energies and initiative on a firm and enduring foundation, in the face of difficulties, complications, delays and congestions. Want of cooperation, disappointments, postponements and discouragement may instill a desire to "throw in the sponge." A week-end of relaxation, diversion and attention to rebuilding incentives and gain a sounder vision, could be advantageous.

For the Birthday

Those whose birthday it is, should take themselves in hand and school themselves in rebuilding their vision, energies and initiative if confronted by a static, congested or gnarled state of affairs, discouraging and depleting. It might be wise to change such vibrations of depression, defeatism, limitation, frustration and hopelessness by relaxation, and attention to the physical health. Diversion, amusement and fun might be an excellent prescription, working along lines of least resistance.

A child born on this day may be indisposed to tackle the unpromising and frustrating conditions of life. Attention to physical energies could change its viewpoint, give a boost to its ego and modify its outlook.

The thermometer was at 80 in the city today, which is either unseasonably warm or else Summer has come very suddenly. In no time, white and summery dresses and hats and shoes appeared on the streets. One saw youngsters homing from schools, little girls in gay dresses and unwittingly I find myself scanning each face looking, I believe for granddaughter or the two grandsons. I bought a pretty bow for her curls today and souvenirs for the rest of the family and though it is most pleasant here, I'm commencing to number the days now to the one which will bring our return.

We visited in a city home this evening where we were entertain-



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