

Woman's Realm Social and Personal Fashions Literature

A SMART HAND KNITTED SWEATER



There is always room for one more of these hand knitted cardigans. This one is made of soft, light-weight wool. Pattern No. 240 contains list of materials needed, illustration of stitches and complete instructions for making sizes 32 to 42.

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, Needlework Department, Design No. 240.

NAME _____
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A Morning Smile

"What are you doing at a Klan meeting, Ike?—you can't join."
 "I don't want to join. I want to talk to the fellow that buys the sheets and pillow cases."
 "A young woman was walking along in the London blackout when a very merry fellow-citizen collided with her violently.
 "The man instead of apologizing merely said with a chuckle: "I've apologized to so many sandbag that I've given it up."

LAUNDRING PRECAUTIONS INCREASE TEXTILE LIFE

Increasing the serviceable life of textiles is all important these days to cut down consumption of raw materials, and decrease the man-hours of labor, and machine-hours used in manufacturing them.

Here are two precautions in laundering. First, don't hang laundered clothes out all day in the sun. Shine. Bring them in soon after they're dry. It has recently been shown that sunlight damage to fabrics is quite appreciable. Secondly, don't hang wet clothes out of doors in winter in open manufacturing cities. In such cities the sulphur dioxide and trioxide in the cold winter air reaches relatively high concentrations. This is absorbed by

WASHED OUT?

Maybe This Is Cause Of Your Lack of Pep

You women who feel and look "washed out"—limp and dejected—may be using the wrong kind of soap. The demands of monthly "periods" pregnancy, etc., all conspire to bring about this shortage of the vital red coloring matter in the red blood cells. Try Dr. Williams' Pink Pills—a fine balanced tonic of iron and Vitamin B₁.

These help increase hemoglobin where there is a shortage of it due to iron deficiency. They help chase away that "leaden" feeling of tiredness, help pick up your energy and strengthen the nerves. Start your course of Dr. Williams' Pink Pills today. Ask your druggist.

DR. WILLIAMS' PINK PILLS

THE COOK'S CORNER

GOLDEN MARMALADE

3 c diced tart apple.
 1 c fresh peaches
 2 c diced carrots
 1 lemon juice and grated rind
 2 c sugar
 1 c honey.

POTATO SOUP

(Serves Eight to Ten)

Four leeks, white part, finely sliced; 1 medium-sized onion finely sliced; 1-4 cup butter; 4 cups of potatoes finely sliced; 2 cups of water; 4 cups of chicken broth or bouillon cube; broth; 2 teaspoons salt; 1-8 teaspoon pepper; 3 cups of evaporated milk undiluted, chopped chives.

Slowly brown the sliced leeks and onion lightly in the butter. Add the potatoes, water, broth or bouillon cube, broth, and salt and pepper and cook for about forty minutes. Rub through a fine sieve. Return to the fire and add the milk and additional salt and pepper if desired. Bring to a boil and stir thoroughly and serve with chopped chives.

the wet fabric, and becomes oxidized to sulphuric acid, which when subjected to the heat of ironing, is very destructive to the fabric.

Dorothy Dix Says—

'BE YOURSELF' IF YOU WISH TO CULTIVATE PERSONALITY

Wear The Clothes That Bring Out Your Type

A group of young girls ask how they can develop personality. Well, the best advice that anyone can give about how to acquire personality is comprised in the slang phrase, BE YOURSELF. It is the little something in you that is different from other people, the spark of originality, the quirk of a smile, the turn of a phrase, your little habits and ways that are the very essence of individuality. They are what set you apart from the herd. It is what makes people remember you. It is what makes people like you, or loathe you.

The trouble with most girls is that they are copycats. They haven't the courage to be different. They do not realize that as long as they dress like every other girl, and have the same length bob, and say the same kind of things, they are indistinguishable as peas in a pod. It is only when they have the gumption to break away from the mass that they are distinctive.

CLOTHES COUNT

The excuse that every girl gives for what she does is that all the girls are doing it. That is the best reason in the world for NOT doing it. As a group you would not notice the forty-five who wore skirts above their knees and who were smoking cigarettes in the intervals of applying lipstick to their mouths. The five who would stand out in the picture would be the ones who had long, flirty skirts, who were not smoking or making up their faces, and who looked soft and feminine instead of hard-boiled.

Inasmuch as clothes go such a long way towards making a woman, a girl can't afford to neglect her personality by her dress. I know one very commonplace woman about whom a romantic aura has grown merely because she always dresses in lavender or purple. She has come to be known as the "violet lady" because of the color of her dress and leaves a trail of violet perfume in her wake and uses violet stationery and is never seen in anything but a violet frock.

If her wardrobe consisted of a jumble of blues and blacks and browns and greys and plaids and stripes in which most of us clothe ourselves, nobody would have ever noticed her a second time, but never wearing anything but one color has given her distinction.

Another aid in developing personality is dressing your part. On the stage when an actress wants to get across to the audience just what sort of a character the woman is whom she is depicting, she puts on the clothes that emphasize the points she wishes to bring out. Simple white for the innocent young girl. Sport clothes for the boyish, slinky gowns and long lace earrings and ornate wrings for the vamp. Spangles for the adventuress. Alpaca with a skirt ten inches too long, and neat white collars and cuffs for the worthy widow who has been defrauded by the villain.

Why should a girl not take a tip from the stage and underscore her personality by wearing the clothes that would bring out her type? If she wants to be thought a good sport, let her clothe herself in tailormades. If she wishes to be thought a girl who is always wearing violet and leaves a trail of violet perfume, let her appeal is the eternal feminine and she wears to suggest what a wonderful wife she would make, let her adorn herself in simplicity, and upon occasion wear a ruffled white apron.

PLAY UP OWN LINE

The girl who desires to achieve personality must play up her own line instead of understudying another girl's. Many girls fall into this error. They see the result that a girl is always doing and saying outrageous things, the life of the party, so they think they must be vivacious too, therefore they giggle and jump around and are as tiresome and ridiculous as monkeys on a stick.

Or they see that Mame, who is a tiny little creature, looks cute when she curls up on a sofa, and they also try to curl up, and look like bogged down elephants. Or they see that Sally has the boys going when she rolls her eyes at them and asks them silly questions, and they also try to roll their eyes at them and give a likable imitation of a dying calf with softening of the brain.

Yet these very girls might have gotten the glad hand from all and sundry if they had made the most of their own personality. If they had been like the girl who wishes to cultivate personality is just to be yourself. After all, there is no charm greater than simple sincerity, and none rarer.

WE START THE DAY WITH A 'FITNESS' BREAKFAST DISH



"Our breakfast nearly every morning includes Nabisco Shredded Wheat and milk, with fruit. If it's cool, I sometimes toast the biscuits, dot with butter, and serve hot. Nabisco Shredded Wheat gives my family all the nourishment and food-energy of 100% whole wheat. We think it's a real food to help maintain fitness, and a grand-tasting food as well."

THE CANADIAN SHREDDED WHEAT COMPANY, LTD.
 Niagara Falls, Canada

MADE IN CANADA OF CANADIAN WHEAT

Stranger In Shady Gulch

By Denver Bardwell

CHAPTER XXIII

Radkin's hand dropped like a plummet to the gun on his hip. He never drew that gun—he fired through the open-ended holster. Mustard doubled up in the doorway. His unhired .45 rattled on the floor as he fell.

There was a moment of silence. Then, Radkin said, "Take a look at him, Rooster."

The tall cowboy went over and knelt on one knee, making a gingerly examination. He looked up at Radkin and shook his head.

"Done for, boss," he declared. "You ketch'd 'im right under his wishbone."

Radkin still leaned against the wall. His face was pale.

"Some of you lay him over in the corner there and cover him," he ordered. "I know every man here is dead tired of saddle leather for one day tonight. Who'll volunteer to tell him?"

"I'll ride a Bar M bronc into a fresh."

"I'll go, Bill," Chick replied quickly. "I'll ride a Bar M bronc into a fresh."

"I'll go to it as soon as you eat supper, Chick—and thank a heap."

As was nearly twenty miles from the Bar M to Shady Gulch, Chick didn't get back until the break of day, Radkin up and out, met him at the corral fence.

"The sheriff promised to start out here by sun-up," Chick said. "He's pretty sure about a lotta things. He don't know the lay of things yet, but said old man Lally tore out for San Jacinto yesterday afternoon and was buckin' mad. The sheriff aims to ask you some questions about that."

"All right—I'll answer 'em," said Radkin.

Olds arrived at the Bar M a little after nine o'clock. He greeted Radkin with a manner that the new owner of the Bar M couldn't decipher. He was neither friendly, nor friendly.

He examined Radkin's body, questioned each witness of the shooting, asked Radkin if he had had any previous encounter with the dead man, and accepted the negative reply.

"Clear case of self-defense," he decided. "No use naming the corpse back to town, fact is, I don't want no more Lally to know you that happened to Mustard. I found out, months ago that he made Ben O'Rourke take on Mustard as his top rucker here, and I've been watching to see if I could figure out why. Come outside, Radkin. I want private talk with you."

Out beyond the store room, Olds climbed up and sat on the spring seat of a wagon, Radkin following him and sat on the endgate.

"Radkin," Olds began, "I suspect you had a lot to do with a lotta things that's rollin' the dust around this country. Lally got some sorta news from San Jacinto might be before last that some worse things to him than a handful of cookie burrs under a saddle would go to a outlaw bronc."

"He and me had words, plenty sizzlin' ones, about my failin' to arrange you last Saturday, when he pulled out for San Jacinto. Said it

the high sheriff of the county wouldn't throw me out and put in a man he himself picked, he's gonna call a district meeting in Shady Gulch right away and organize this big east end into a new county and name his own high sheriff for it. The devil of it is, he might ride that line to a finish, 'vius you ammin' to do, sheriff?"

Radkin asked.

"Lally will most likely be back tonight, ready for whatever he's gonna do. I nappen to know High Sheriff Glover can't kick me out, even if he wanted to, until he calls a county commissioner meeting, or unless a district election is held by petition. Lally's got his men out over this district, getting signatures to a petition for an election to be held after the big town-hall dance in Shady Gulch tonight."

"I got authority to swear in deputies to keep order in emergencies. I'm getting Walter's and James's men. I want yours, but I want you yourself to stay outta sight."

"Can't do that, sheriff," Radkin declared. "You can swear in my men, but I'm gonna be at that dance."

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Home Service

Shorthand Can Be Studied at Home

Skilled Worker Has Advantage

So many girls have ambitions—but only vague ambitions! To get on in business, it's necessary to know what you want to do and how to do it.

No few realize that one step to advancement—learning shorthand—can be taken at home.

The principles of Pitman shorthand are really simple. When your employer dictates a word, you don't think of its longhand spelling but you just write a symbol for its sound.

And, no matter how many words your employees use, the same sounds occur over and over again, for there aren't many sounds in our language. Naturally, you haven't many symbols to learn.

Practise a few every day, then have someone dictate to you. To get skilled in reading your notes, put them in longhand after each "dictation period."

With such practice you soon can add shorthand to your qualifications; can get in line for promotion. Learn Pitman shorthand from our 12-page booklet, which can be used as a foundation for a business college course. Has step-by-step lessons, exercises, pointers on acquiring accuracy and speed. Includes abbreviated symbols for often-used words and phrases.

Send 20c in coins for your copy of "Self-Instructor in Shorthand" by Charlottetown Guardian Home Service Address. Be sure to write your name, address and the name of booklet.

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IF BABY IS CROSS FIND OUT WHY

HEALTHY BABIES are not cross. Your baby should not be cross. If he is, then something in his little system is "out of order." Probably Baby's Own Tablets can promptly "put it right". Mrs. H. — of Fenelon Falls, had this to say: "My little girl, who was irritable, feverish and sometimes sick at her stomach, was a real 'cross' when she was given her Baby's Own Tablets, to see how much better she was."

No matter how delicate your baby may be, these little sweet-tasting tablets cannot harm him. Easy to take. Promptly effective in clearing up simple fevers, diarrhoea, colds, constipation, simple croup, colic, teething troubles and other minor ills.

Never be without a full box of Baby's Own Tablets. Sickness so often strikes in the night. 25 cents. Money back if you are not satisfied.

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Needlecraft For The Home

CHARM AND FEMINITY In a Soffly Styled Frock

You'll find this a delightful design for the Fall frock in black or any one of the high shades that bring a note of gayety to the Autumn fashions.

Style No. 2512 is designed in sizes 12, 14, 16, 18, 20; 36; 38; 40 and 42. Size 36 requires 3 3/8 yards 36-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, The Charlottetown Guardian, Needlecraft Department, Style No. 2512.

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Do This If Your Child Has a Cold

Relieve Misery Improved Vicks VapoRub

Mothers, you will welcome the relief from misery that comes with a "VapoRub Massage."

With this more thorough treatment, the poultice-and-vapor action of Vicks VapoRub more effectively PENETRATES irritated air passages with soothing medicinal vapors... STIMULATES chest and back... WARMS poultice or plaster... STARTS BELIEVING misery right away! Results delight every old friend of VapoRub.

GET A "VapoRub Massage" with all its benefits—massage VapoRub for 3 minutes on IMPORTANT BONES OF BACK as well as throat and chest—spread a thick layer on chest, cover with a warm cloth. BE SURE to use genuine, time-tested VICKS VAPORUB.

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OUT-SIZED ORANGES

Oranges in the New Florida lands grow so large that two human heads can scarcely span them.

I felt disgraced! I thought Bill's shirt was white until...



You'll never be satisfied with anything else once you see RINSO WHITENESS

HOW FOOLISH to be satisfied with an ordinary wash—when it is so easy to get the whitest clothes you've ever seen! You have been reading right in this newspaper how Rinso floats away dirt without the hard scrubbing and rubbing that wears clothes threadbare. How Rinso gives the whitest wash... the brightest colors, too.

Now try Rinso yourself! See what a difference it makes in your clothes: You'll appreciate Rinso if you have children. For no matter how big or grimy your weekly wash is, Rinso will get it sparkling clean quickly and easily.

Rinso gives the best results for all your wash. Get some from your store for this coming washday. Buy the GIANT package for extra economy.



Living & Leisure

The Woman's Realm

A WEED SALVAGE FOR BEAUTY

Because I scatter my seed prodigally the wind has chanced to blow the weed has chanced to blow. You call me a weed.

I look at your gardens fair with flowers in every row. And my wild little seed-heart knows I could never be happy there.

My mother was gypsy born, My father a roving bee; There is a vagabond blood in me—I am not to be trained and shorn.

I am poor and mean indeed, But I make the waste place glad, And the wayside color-mad, Where there is room for a weed.

Louise Driscoll.

HINTS ON ETIQUETTE

Don't forget, when riding your bicycle, that it is classified as a vehicle, and must obey traffic lights.

HINTS ON ETIQUETTE

In writing wedding announcements when the bridegroom is in the service and his rank is below lieutenant, the correct way is to engrave the name of the bridegroom, "Mr. Gordon Jones," and below the name, "Ensign U. S. Navy," or merely in case of a private in the army, "Royal Canadian Air Force."

LIKE ROLLS

New compacts look like breakfast rolls. They're made or pieced with spiral glove stitching and have a fresh, tailored look.

EXPERT IRONING

Most irons without automatic controls get hotter as you use them. To make the best use of this ever-increasing heat, and perhaps save your clothes from a few odd scorches at the same time, apply a little expert knowledge and system to your ironing. Take the large clothes basket brimming with clothes and sort according to fabrics and the degrees of heat they will stand. Beyond should be ironed, then silk, wool, cotton and linen.

HATS GET HUE FROM TWEED COLOR FLECK

NEW YORK.—One of the tricks milliners have learned is to pick up the shades of purple, pink, green and many other interesting colors are used for and on hats.

This year the smart ones seem to be complete without velveteen—some velveteen, of course, but not by the mile as formerly. Ice blue, all shades of purple, pink, green and many other interesting colors are used for and on hats.

Velvet is emphasized everywhere this possibly because of a dearth of good felt and also because velvet has not been on the lists for a long time now—by a hat maker.

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