

# Woman's Realm Social and Personal Fashions Literature

## HAVE ANOTHER SLICE!



THANKS, IT'S WONDERFUL BREAD

-to bake bread just right use Fleischmann's fresh Yeast

Serve plenty of bread these days to give your family enough of the energy food they need. Supplying Vitamin B, bread is a quick energy replacer—low in cost. Fine, too, as a stretch for scarcer foods! If you bake at home, use Fleischmann's fresh Yeast—Canada's favorite for over 70 years. You can count on it every baking. Ask your grocer for Fleischmann's fresh Yeast, with the familiar yellow label.

MADE IN CANADA SUPPLEMENT YOUR DIET by eating 2 cakes of FLEISCHMANN'S fresh Yeast every day. This fresh Yeast is an excellent natural source of the important B Complex Vitamins.

### A Morning Smile

PRACTICAL USE

Mother (at breakfast)—You always ought to use your napkin, Junior.

Junior—I am using it, mother dear. I've got the napkin tied to the leg of the table with it.

Teacher—Junior, you must be a sentence using the word "dixit" in your composition.

Junior—Yes, teacher. I've got a busy railroad crossing without looking ahead first, crossing than those who stop, look and listen.

### Child's Bad Breath Often Sign of Upset Tummy

Save your doctor's time. For minor digestive upsets children so often suffer as a result of overeating or eating too much candy or sweets, give Children's Own Tablets, now especially for youngsters 4 to 15. They quickly help loosen your stomach and get the gas out from the bowels, offending waste material in a gentle, thorough manner. You never know when you will need the help of Children's Own Tablets. Get a package today at your drugist. Only 25¢.

### COLDS REDUCE YOUR EFFICIENCY

Stay on the job by building up your resistance to colds and infection. Take Scott's Emulsion regularly. This great tonic and food supplement contains essential elements that everyone needs to tone up the system, to build stamina for vital work. Pleasant-tasting, economical, rich in natural vitamins A and D, Scott's Emulsion is highly recommended for every member of the family. Buy today—all drugists.

### SCOTT'S EMULSION

A TONIC FOR ALL AGES

MORE FOR YOUR MONEY

Softness and Quality

EDDY'S WHITE SWAN TOILET TISSUE

2250 SHEETS, 3 ROLLS 25¢

## Dorothy Dix Says—

### GRACIOUSNESS CHIEF ASSET

Properly Cultivated, It Will Take A Woman Farther Than Beauty, Wit Or Brains

A group of high school girls ask me what is the one greatest attraction a woman can have. I think it is GRACIOUSNESS. That is your one best bet, girls. Cultivate it. It will take you farther than beauty, wit, or brains. For there are people who care little for looks. Others who are allergic to rascals, and just loads of them who can't abide a woman who is not gracious. But all of us down like rice grain before the sickle before graciousness. Moreover, it is one of the charms that has no age limit to it. It works just as well when you are 70 as it does when you are 17.

It is hard to define graciousness because it is so intangible. There is no one particular thing you can put your finger on and say this is it. It is just the knack that some women have of tying a blue ribbon around the ordinary facts of life and making you feel that they are presenting you with a bouquet, instead of chocking a bunch of weeds at you.

### GRACIOUS WOMAN ATTRACTS PEOPLE

There used to be an old music hall ditty in which the aggrieved hero sang: "It isn't what he says, it's the way he says it." The gracious woman is the reverse of this. It isn't what she says, it's the way she says it. Her smiles are drawn to the honey pot. It is kind, just as good, just as helpful to it. Other people may be just as desiring to do something for her, but she leaves us simply stinging over with gratitude and ready to kiss her feet.

Take for instance, such a small thing as an invitation as an illustration of this. Haven't you had a woman, whose character was all angles without a single curve in it, say to you: "I was just telling my husband the other day that I simply MUST ask you to dinner before long. I passed into the sanctified state and was beyond all natural human reactions, didn't you feel like throwing something at her and telling her that you would starve before you would put your feet under her table?"

But, on the other hand, the gracious woman would have proffered her invitation in such a way that it made you feel that she had been simply pining for your society, and that she would consider it the honor of her life to have you at her house. Wild horses couldn't have torn you from accepting her invitation and, even if her dinner consisted of nothing but corned beef and cabbage, you would go away feeling that you had a feast that would make Lucullus turn over in his grave with envy.

### TWO WAYS TO MAKE GIFTS

Same way about gifts. Good old Aunt Jane may send you a check that makes you persona grata once more with the butcher, or she may send you the dress that you need so sorely, but if she comes wrapped up in a moral lecture you have to gulp down your resentment before you can say "thank you."

Just as few people know how to receive graciously as know how to give graciously. A friend of mine, a rich and most generous woman, says that there are stingy receivers just as there are stingy givers, and that much of her pleasure in helping people is spoiled by the grudging way in which they take favors. They would die rather than show that they liked anything you gave them, or appreciated the spirit that prompted it.

Above all, graciousness is the magic that turns even the most ordinary home into a paradise on earth, for it is what makes marriage a picnic instead of a treadmill. Most husbands and wives do their duty by their mates and their children, but they do it with groans and complaints that are hard for the party of the other part to endure.

But when a husband and wife treat each other graciously; when they fall in love with each other's plans with enthusiasm instead of having to nagged into them, when they make as great an effort to be agreeable to each other as they are to strangers, then there is a marriage that never ends in the divorce court.

Graciousness is a charm to conquire with, girls. Try it.

### MEADOW BANK SCHOOL

Report for January. Grade X-1, Lennis MacFadyen; Grade IX-1, Lorraine Clow; Grade VIII-1, Heather MacFadyen.

### Home Service

Grade VII-1, Shirley Jewell; Grade VI-1, Audrey MacPhail; Grade V-1, Howard Murray; Grade IV-1, Merwyn Scott; 2, Norman MacFadyen; 2, Ray Jewell; Grade II-1, Garth MacLean; 2, Heath MacPhail; Grade I-1, Douglas Hyde; 2, Blois MacPhail; Teacher—Bessie MacArthur.

### BRIGHT NEW COVER

Yes, chairs get their faces lifted, too! The beauty treatment? A brand-new upholstery-style slip-cover you can make yourself—fitting the fabric right to the chair and snipping off what you don't need.

A sturdy cotton twill, in an attractive pattern as in our picture, gives a trim upholstery effect. To start, remove the chair cushions and pin fabric to top of chair. Smooth and pin it down inside back and seat, allowing four inches for tuck-in between, and trim around pins to one-and-a-half inches for seams.

Now cover the rest of the chair together, take out pins that hold fabric to chair, and remove the pinned-up cover to baste. A "fitting"—and you run it off on the machine!

Our 32-page booklet describes in detail, with diagrams, each step of making a slipcover the pin-on way for chair or sofa. Tells how to finish, make plackets and trim; also how to fit auto seats, unusual shaped chairs. Suggests colors, fabrics to harmonize with your room.

Send 15 cents in coin for your copy of How To Make Slipcovers to the Charlottetown Guardian Home Service Address. Be sure to write plainly your name, address and the name of booklet.

Name \_\_\_\_\_ Street Address \_\_\_\_\_ City \_\_\_\_\_ Province \_\_\_\_\_

## Living & Leisure The Woman's Realm

He that respects himself is safe from others; He wears a coat of mail that none can pierce. Longfellow.

### HINTS ON ETIQUETTE

Don't let your small child make a nuisance of himself or herself on public vehicles. It may seem "cute" to you when the child makes loud remarks about this and that, but it can be most annoying to other passengers who want to talk or read, or just be quiet for a few moments.

### OVERBLOUSES SMART

NEW YORK—Overblosses, tunic blouses and the like are very good. A blouse-type striped shirt fits into this category and will be useful with suits and sportswear. A Fifth Avenue store has them of striped rayon jersey for around \$5. Navy and white is one of the classic blouse color combinations, but there are many more.

### TO PREVENT TARNISH

Whether you are a war bride saving these lovely silver pieces for when Johnny Comes Marching

Home, or Mrs. Cautious Housewife who doesn't use her best silver every day—you'll want to know how to keep it fine and gleaming when not in use. Here are a few tips: When silver is to be put away, rub it with olive oil and roll in a piece of old table linen. When required for use it only needs washing with soap and water to remove every trace of the olive oil. Another practical way to keep your silver new-looking is to wrap it in dark blue or waxed paper. Putting silver away in dry flour will also keep it from tarnishing when you're storing it.

### FACE CREAMS

Don't expect to see supplies of your favourite lanolin creams or cosmetics return, U. S. women are warned. Lanolin supplies are down a little, no toiletries can be made of it. Even some of the less essential industrial uses such as lubricants and greases were given up for February. Surgical tape, hectograph stencils, industrial protective creams, ointments, and rust preventives took most of the supply for this month.

### BLOUSES ECONOMICAL ASSET TO WARDROBE

Separate skirts and blouses are an economical asset in the business woman's wartime wardrobe because of the number of outfits into which they can be assembled. Often a skirt can be salvaged from a discarded dress. And a tailored blouse of filmy material will do duty with an evening skirt as well as with a suit or separate daytime skirt.

Fashion authorities point out that the long-sleeved blouse with a convertible collar has the widest possibilities and is more dressy than one with short sleeves. It takes on added glamour with bright plims or clips, which are so fashionable nowadays. When purchasing a new blouse examine the seams and button holes to make certain that the workmanship is good and decorative stitching carefully done. Cheaper blouses have unfinished seams that may fray with laundering, so be on guard.

### EXTRA DIVIDENDS

Extra dividends in lemon or orange juice are the reward when the fruit is warmed up a few minutes before using. A good way is to cover it with warm water and let it steep for a few minutes before it is squeezed.

### MORE SYRUP FOR "D" COUPONS

One quart of maple syrup may be purchased with every "D" preserves coupon from now until June 1st. Since two "D" coupons become valid each month, it will be possible for householders to purchase maple syrup in gallon quantities during the Spring production.

### Support and Aid is Needed

A recent article lauding Canadian women's organizations for what they have already accomplished on the economic battlefield, urges greater numbers of their sex to give support and active aid.

### "D" Coupon Value Upped

Catering to the sweet tooth, the value of "D" coupons has been doubled when used to purchase preserves, honey and molasses. Notwithstanding the increased values, the sugar alternative still remains at one half pound per "D" coupon.

### Rates Are the Same

Price control governs the rates

### PRETTY FASCINATOR

DESIGN NO. 299 Irish lace is the design crocheted to create this dainty fascinator. Pattern No. 299 contains 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.

Design No. 299

NAME \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ PROVINCE \_\_\_\_\_

DRY SKIN? FLAKY SKIN? AGEING SKIN?

Barbara Gould

VELVET OF ROSES DRY SKIN CREAM

All types of dry skin are nurtured to dewy softness with BARBARA GOULD VELVET OF ROSES DRY SKIN CREAM. It's beautifully soothing—delicately perfumed—light in texture—rich in nourishing oils.

Velvet of Roses Dry Skin Cream—Rose tinted—truly lovely. Price \$2.20 and \$1.10.

Complete range of Barbara Gould preparations available in Prince Edward Island at

REDDIN BROTHERS CHARLOTTETOWN

New Cream Deodorant Safely helps Stop Perspiration

ARRID

- Does not irritate skin.
- Does not stain clothes.
- Prevents under-arm odor, helps stop perspiration safely.
- A pure, white, antiseptic, scented, sandalwood cream.
- Awarded Approval Seal of American Institute of Laundering—harmless to fabric. Use Arrid regularly.

ARRID is the largest selling deodorant 39¢

Also 1 1/2 and 5 1/2 jars

Guaranteed by Good Housekeeping Institute

Heath MacPhail, Grade I-1, Douglas Hyde; 2, Blois MacPhail; Teacher—Bessie MacArthur.

Grade VI-1, Louise Brehaut; 1, Mildred Hackett; 2, Frances Curver; Grade V-1, Betty Gillis; Grade IV-1, Florence Gillis; Grade II Sr.-1, Clinton Brehaut; Grade II Jr.-1, Roger Gillis; 2, Donna Martin; Grade I-1, Kay Brehaut and Ivan Scott, equal; Perfect Attendance—Betty Gillis, Louise Brehaut, Clinton Brehaut; War Savings Stamps to date 24, Anne MacLean—Teacher.

Grade VI-1, Louise Brehaut; 1, Mildred Hackett; 2, Frances Curver; Grade V-1, Betty Gillis; Grade IV-1, Florence Gillis; Grade II Sr.-1, Clinton Brehaut; Grade II Jr.-1, Roger Gillis; 2, Donna Martin; Grade I-1, Kay Brehaut and Ivan Scott, equal; Perfect Attendance—Betty Gillis, Louise Brehaut, Clinton Brehaut; War Savings Stamps to date 24, Anne MacLean—Teacher.

Do You Suffer From Headaches?

It is hard to struggle along with a head that aches and pains all the time. A headache need not be an illness in itself, but it may be a warning symptom that there is intestinal sluggishness within. To help overcome the cause of headache it is necessary to eliminate the waste matter from the system. Burdock Blood Bitters helps to remove the cause of headaches by regulating the digestive and biliary organs, neutralizing acidity, regulating the constipated bowels and toning up the sluggish liver, and when this has been accomplished the headaches should disappear.

Get B. B. B. at any drug counter. Price \$1.00 a bottle. The T. Millburn Co., Limited, Toronto, Ont.

Needlecraft For The Home

FROTHY BLOUSES

Your favorite suit deserves a crisp white blouse—and you can match your lighthearted Spring mood with either of these two charmers.

No. 3429 in size 16 requires 2 yd. 35-in. or 39-in fabric.

Send 20 cents for PATTERN, which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you wish.

Address: Pattern Department the Charlottetown Guardian.

Name \_\_\_\_\_ Street Address \_\_\_\_\_ City \_\_\_\_\_ Province \_\_\_\_\_

3429 SIZES 10-40

For Relief of HEAD COLD MISERY

Put 3-purpose Va-tro-nol up each nostril: (1) It shrinks swollen membranes. (2) Soothes irritation. (3) Helps flush out nasal passages, clearing clogging mucus.

VICKS VA-TRO-NOL

Buy BEST YEAST

BUY Best Yeast because it is best in fame as in name. It's the family's all-purpose yeast, furnishing ENERGY to young and old alike... Get the best out of life with BEST YEAST!

Best for Baking: Best for Health!

Canada's Favourite—

FRY'S COCOA

Every Cup is A Cup of Food

SPECIAL TODAY AT YOUR FOOD STORE WAR STAMPS 25¢

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