

Woman's Realm Social and Personal Fashions Literature

Helpful Hints For The Women Folk

BE YOUR BEST

We can't all be captains, some have to be crew. There's something for all of us here; There's big work to do and there's lesser to do. And the task we must do is the near.

CHOOSE HANDKERCHIEF WITH EYE TO HARMONY

The well-groomed woman gives minute attention to every detail of her costume. She chooses even her pocket handkerchiefs with care and an eye to color and style harmony. For tailored costumes haberdasher kerchiefs are most suitable. In this group are new plaids and stripes and dramatic border treatments mostly in conservative colors. Fairy large polka dots are favorites, also a new poker chip design in red and blue coin dots. For dressier occasions, there are dainty floral designs in both print and embroidery in true flower shades which may be effectively matched to boutonniere or flower hat.

When slicing butter, if milk shows in tiny bubbles, be sure to use the butter as quickly as possible. The appearance of the milk bubbles means the butter has been poorly washed and will turn rancid quickly.

An effective cleanser for painted walls may be made at home by combining 2 ounces of borax and 1 teaspoon of ammonia to 2 quarts of water. No soap is required. Apply with a soft cloth.

It is a good thing to remember when hanging pictures that the center of the picture should be on the level with the eyes. If you are unusually tall, however, that rule does not apply.

CLOSE HARMONY IN THE REDS

We'll all be doing some close harmony in reds this spring, because of lipstick and nail polish. The red notes in a costume (and we're invariably "in the red") can be our best friend if they're in harmony, or our worst enemy if they're in discord. Why do we wear red? Psychologists tell us it's because red gets more attention than any other color. The man-of-the-moment actually "sees red" when more

soothing colors simply aren't noticed at all. And he responds to it, so psychologists say, in spite of himself.

If you don't want to flaunt a red dress, a small touch of it is enough to catch his eye. Just that spot of color at lips and nails will keep you from doing a fade-out. But the brightest color in your life, like the brightest moment, has to be watched with care. Be sure every touch of red you wear has an affinity for every other touch. If you don't, you're in trouble. Make no mistake, you'll be found out if your lipstick and nail polish aren't in key.

Creed, who is preparing a mid-season collection, has already shown new sports suits in checked tweeds or tweed-patterned silks, the latter with the aspect of a coarse linen weave. These have basically tailored jackets, nearly wrist-length, and the skirts have easy width.

A well-known Paris glove and bag shop has added tricolors in classic sports types, and reports that "green is the newest color success in these, while natural beige, navy and pastels are other shades which are wanted.

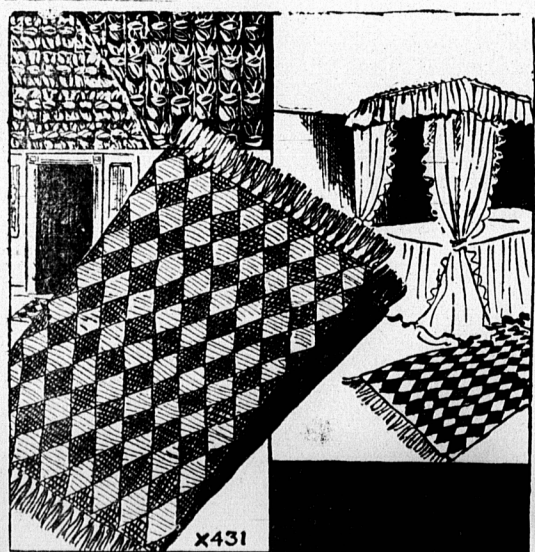
Blouses and skirts sold as "separates" for both day and evening wear are attracting attention in gray and yellow. Sometimes the two colors are combined in plain fabrics and it is often seen that they are worn together, such as yellow blouse with gray skirt and yellow bolero jacket.

Steam fruit cake and serve with cream sauce or lightly whipped cream. Hot ginger cake is good with bananas and cream. Warm sauce cake with canned pears and foamy sauce.

To Clean Furs

Clean furs by first brushing the wrong way; then sift over the fur some hot cornmeal or bran. Rub this into the fur and allow to stand before brushing it out. Take the fur outdoors and brush (with the nap) with a stiff white broom, after which saturate a clean cloth with gasoline and rub the fur well, using a whisk-broom to restore the nap; then hang in the sun to dry. Rub with the nap when cleaning, and never use water on furs, as it shrivels the hide. It is best to apply a coat of

"CHECKERBOARD" RUG



DESIGN NO. X 431

A "checker board" rug is fun to crochet, since it is made in small bits of material needed, illustration of stitches and complete instructions. To order this design, write your name and address on a piece of paper and send with 15 cents in coin or stamps to Needlework Department, Charlottetown Guardian, Needlework Department, Design No. X 431.

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The best of bread can be made only from the best of flour—such as REGAL. Here is a flour that not only makes every batch of bread perfect, but gives more loaves to the bag, besides. Just try REGAL once, and you'll never again be satisfied with an ordinary flour.

THE REGAL FLOUR MILLS
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CANADA
90 LBS. NET.
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SAVE MONEY! MECCA OINTMENT costs only 25c

The Family Favourite
Mecca ointment is a real skin saver. It is only 25c a bottle, but it will do for you what other ointments will not. It is the best for all skin troubles. Use Mecca for cuts, burns, sores, boils, chafes, etc. (sold with instruction as to position for each ailment).

MECCA OINTMENT

A Morning Smile

KNOCK-OUT

The tired postman was ploughing his way through the snow with a heavy load of letters and parcels. "Wait a moment, please," said the maid at one house, as she took the letters. "The mistress wishes to speak to you."

Visions of a special gift brightened the postman's eyes. "Are you the regular postman?" inquired Mrs. De Smythe, coming to the door. "Yes, madam." "Then, was it you who broke our door-bell?" she asked, acutely.

SEEING'S BELIEVING

The drill sergeant was drilling a squad of men, but could not get them into a straight line. "At last," he cried, "Bah! Your line is as crooked as a corkscrew. All of you fall out and have a look at it."

shells, or some other kind of sealing coat, over the stained wood that is to be varnished. If this is done, the chemicals in the stain will work through the varnish and cloud it.

Iceland does not live up to its name, for skating and skiing can be had there only a few days each year. The mean temperature of Reykjavik, its capital, is the same as that of Milan in Italy. Refrigerators are regularly sent from America to Iceland.

A Musty Smell

If the jars you wish to use for preserving have a musty, disagreeable odor, fill them up with cold water in which soda has been dissolved. It will soon freshen them. Wash in hot water and suds, rinse well and they will be ready for service.

Pipe Noises
Loose or worn washers will cause noise in hot water pipes when faucets are turned on. Replacing the washers will stop this noise. If noise occurs on the turning off of a faucet, especially when the faucet is turned off abruptly, it is because the pipes are not provided with air cushions to absorb the momentum of the water. In that case the noise can be avoided by turning off the faucet slowly.

When making linens of any sort, draw the letters with a lead pencil and then trace exactly on this line with the marking ink. Then the ink will not spread.

Today's Short Wave Radio Program

(All Time is Eastern Standard)

MONDAY, APRIL 8
PARIS
12:00 noon - News in English.
11.84 meg., 35.33 m.
BERLIN
6:15 p.m. - German Songs. DXB.
9.61 meg., 31.2 m.; DJC, 6.02 meg., 49.8 m.

BUDAPEST
7:00 p.m. - "Military" March.
HATA, 9.12 meg., 32.8 m.
RIO DE JANEIRO
8:00 p.m. - Program in English.
10.22 meg., 29.5 m.

LONDON
8:00 p.m. - "The Empire at War." GSD, 11.75 meg., 25.5 m.; GSC, 9.58 meg., 31.3 m.

EINDHOVEN
8:26 p.m. - American Transmission. PCJ, 9.56 meg., 31.2 m.

PARIS
9:15 p.m. - Symphonie Concert. TPB11, 11.88 meg., 25.2 m.; TPA4, 11.71 meg., 25.6 m.

BERLIN
9:30 p.m. - 1000 Lively Notes. DXB, 9.61 meg., 31.2 m.; DJC, 6.02 meg., 49.6 m.

EINDHOVEN
9:35 p.m. - American Transmission. PCJ, 9.56 meg., 31.2 m.

GUATEMALA
10:00 p.m. - Concert with the First Military Band of Guatemala. TGWA, 15.17 meg., 19.8 m.

ROME
10:00 p.m. - News Bulletin in English. ZRO, 31.5 m.; ZRO4, 25.40 m.; ZRO6, 19.61 m.

LONDON
11:00 p.m. - Full News Bulletin. GSC, 9.59 meg., 31.3 m.

PARIS
11:30 p.m. - News in English. TPB11, 11.88 meg., 25.2 m.; TPA4, 11.71 meg., 25.6 m.

TOKYO
12:40 a.m. - A Talk in English. JZJ, 11.80 meg., 25.4 m.

ROME
1:35 a.m. - News Bulletin in English and Music. ZRO, 31.5 m.; ZRO4, 25.40 m.; ZRO6, 19.61 m.

Dorothy Dix's Letter Box

DOROTHY DIX SAYS—
WHEN YOU ENTER MARRIAGE DO SO WITH IDEA OF PERMANENCY

Seldom Do Those Who Change Mates Find Real Happiness in Second or Third Ventures

It is announced that in Hollywood, where heretofore the matrimonial slogan has been "One Husband More," and where the collecting of wedding rings has been a popular fad, that the innovation of the one-man system of marriage is to be tried out. A club called "One Husband, Inc.," has been formed the members of which are pledged to restrict themselves to a single husband and to revive the old-fashioned theory, prevalent in Grandmother's day, that the first marriage is as likely to take as the last one and that there is no profit in swapping husbands. These are tidings of great joy. If this organization succeeds in making it fashionable to have one wedding instead of a succession of them it will work a great benefit on the world. The cinema stars set the styles in morals as well as in hair and clothes for the great majority of women. These copycats will follow the movie stars back to the domestic fold just as they followed them out of it and into the divorce courts.

If there is one thing that human experience has proved more than another, it is that a sense of permanency is the bottom of all happiness and success. When we know that the die is cast and our fate is sealed we accept it, adapt ourselves to it and try to make the best of it. They are like the people who never change their homes and never have a permanent home because they never expect to stay in one house long. They are always on the move, and some women more beautiful than their wives, some man more fascinating than their husbands; always experimenting with their own emotions to see if they still thrill as much as they used to. They never find satisfaction and in the end they see out as gamblers always do.

Of course, the continual marrying and divorcing that is so common nowadays is a perpetual search for something that doesn't exist, and that is the ideal mate. No man was ever born who possessed the antagonistic qualities that every woman would like to have in her husband. No man's dream woman ever lived anywhere outside of his imagination.

Mary divorces John because he is a prosaic business man and marries James because he is a poet. She is no better satisfied with James when she finds poetry is a thin diet. Thomas forsakes Maria, who is fat and middle-aged, for a young and glamorous, and then regrets Gladys because she doesn't know how to cook the way Maria did.

And so it goes. All of the trading of old wives for new was just swapping one set of faults for another. One is as hard to endure as the other, and they had just as well have stuck to the first one in the beginning and saved heartaches and did not.

So here's wishing the One Husband, Inc. Club success. May its membership increase!

DOROTHY DIX.

YOUR INDIVIDUAL HOROSCOPE

(By FRANCES DRAKE)
(Copyright, 1939, King Features Syndicate Inc.)
Look in the section your birthday comes in, and find what your outlook is, according to the stars.

For Monday, April 8, 1940

MARCH 21 to APRIL 20 (Aries)
—Wild natives of the Sigis Gemini and Cancer. Scorpio and your own Sign, employ especially tact and diplomatic methods. Protect your interests. Save, but don't be pennywise.

APRIL 21 to MAY 20 (Taurus)
—Manufacturing and handling are common commodities, travel for experiment, duty, something unusual that could increase your business or income, engineering and general construction work require care, P.M. probably most restricting.

MAY 21 to JUNE 21 (Gemini)
—Deal with elders and those who appreciate your quick mentalities and excellent intuitive and comprehensive powers. Be mindful of obligations. Guard your private affairs. Be calm.

JUNE 22 to JULY 23 (Cancer)
—You are happiest in surroundings where refinement and artistry are natural requirements. If at present your own surroundings are not exactly what you like, don't be disgruntled, rather work to improve them—you can! Business before pleasure.

JULY 24 to AUGUST 23 (Leo)
—Being far-sighted and original will help this Monday. If you go about things in a practical way too. Mix the practical with the visionary, and business with social engagement. You can do these well, take advantage of that talent. Friendly aspects.

AUGUST 24 to SEPTEMBER 23 (Virgo)
—Natives of Libra, Cancer, Scorpio, Aquarius, Gemini and

Capricorn could prove helpful in business and other interests today. Notice the way they manage problems, then bend your own clever solutions and reasoning with their solutions today; be smart, be prepared for them, dismiss them quickly. No emotionalism!

OCTOBER 24 to NOVEMBER 23 (Scorpio)
—Deal discreetly with outsiders also with business or professional acquaintances. Don't be upset when others are slow to grasp ideas or are temperamental. You mustn't let your affairs suffer because of these.

NOVEMBER 24 to DECEMBER 23 (Sagittarius)
—Today's indications are brighter for everyday matters, routine, reading, domestic and social interests than for new undertakings, heavy business and the like. Take the middle route.

DECEMBER 24 to JANUARY 21 (Capricorn)
—Be careful making decisions; think twice before you act; offer no criticism that isn't wanted; better acquaint yourself with present needs and demands. Be a good listener.

JANUARY 22 to FEBRUARY 21 (Aquarius)
—Expect a care essential in money transactions, signing agreements and contracts, making investments or expansion. Investigate your ground before proceeding.

FEBRUARY 22 to MARCH 21 (Pisces)
—Don't encourage discussion, anxiety or other trouble-makers. Faith, hope and cheer are fortifications of great power and

Commodore Norah

By ANGUS MACVICAR
CHAPTER I
SEA RIVALS

David McGregor's new fishing skill, the Silver Spray, manoeuvring from the fish-buyer's dance to her own berth hurried a sun nose round the corner of the pier in Invercon harbour. She moved slowly, pushing a wide way in front. The sound of her crude-oil engine was obliterated by the screams of innumerable gulls which fought and scrambled for the refuse of the morning's catch of herring.

David himself stood in the stern, his black hair glinting in the sunlight, a pipe between strong teeth. His second-in-command, lean, humorous-eyed Jock Galbraith, whose age might have been 40 or 70, was steering in front of the wheelhouse. Suddenly David stiffened.

"Look out, Jock!" he yelled and dived for the boathead.

Without warning a fast little motor boat had come spinning out from behind the pier, sharp stem menacing the starboard quarter of the Silver Spray.

As his skipper shouted Jock perceived the danger. His mobile mouth sagged in comical dismay, and he twisted the wheel with the energy of desperation.

The skipper responded at once. She swung round towards the motor boat, which was now almost upon her. David flung himself forward across the gun's and lunged at the smaller craft with the boathook. He glimpsed an outlined figure in the stern, white hands pressing strongly against the tiller.

The occupant of the motor boat had acted as promptly as Jock, but despite this fact and the violent pun given by David, the vessels scraped together as they passed. There was a sickening grinding sound, and several of the worst tyres used as fenders on the Silver Spray were shorn off.

Then, as the motor boat disappeared behind her stern, something happened to the screw of the skill. It seemed to spin round at a greater speed, and a flurry of foam bubbled in her wake.

David flung the boathook from him and sprang to his feet. He shook his fist at the motor boat, which by this time was racing fast for the opposite side of the harbour.

"What the blazes do you mean?" he roared. "Come back here. Who the devil do you think you are, anyway?"

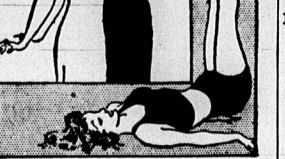
But the little figure did not even look back. The incident had passed so quickly that few of the fishermen washing the decks of other skiffs had seen it. They took a moment's rest now and admired the appearance of young David McGregor's language.

He owned almost half of the Invercon fleet of skiffs and was generally popular. Possessing an equable temperament, it was seldom that his employees had the opportunity of judging his qualities when thoroughly roused. They enjoyed the experience.

you can surmount all difficulties with them in tow.

A CHILD BORN ON THIS DAY is under especially propitious planetary rays. A self-reliant, energetic, ambitious and intelligent somebody who will work hard to win his (or her) bright sphere. Higher education will be appreciated and used to good advantage by this individual if its soul's training is not neglected. Carry a high notation with dignity and capability.

Easy Exercise Routine Makes Your Figure



Beware Aging Bulges and Sags
Does your figure make you look ten years older—or ten years younger than you are?

No matter how young the woman with weak abdominal muscles may have middle-aged faults—sagging shoulders, a curved back, a protruding stomach.

But with the right exercises you can strengthen your middle muscles, and be youthful, trim and lovely, though you may have long passed forty.

Here is an exercise that works wonders for weak abdominal muscles.

1—Lie on back with arms at sides, pull both knees back to chest.
2—Stretch legs straight up in the air, lifting hips a little.
3—Lower hips, bend knees, then stretch legs out straight. Repeat 3 times. Rest. Do 9 or 10 times in all.

With just as simple exercises you can also lift and firm a drooping bust, slim heavy legs and thighs, and make other magical changes.

Our 32-page booklet gives exercises to correct faults of waistline, shoulders, arms, bust, hips, legs and feet. Also has exercises to correct constipation, relax tired nerves, improve posture. Has a daily routine to tone up the entire body.

Send 20c in coins for your copy of Best Exercises For Health and Beauty to The Guardian Home Service. Be sure to write plainly your Name, Address, and the Name of booklet.

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If you feel Fagged Out

Let the Double Tonic Action of Fellows' Syrup help to build you up

WHEN you're running on the ragged edge of endurance you're undermining your strength and resistance to disease. Fellows' Syrup may help you as it has helped thousands of others. Fellows' Syrup is a scientific compound of body and nerve essentials which helps build up reserve strength and energy. At the same time, Fellows' stimulates your appetite, aids your digestion—helps you get greater benefit from your food. Get a bottle of Fellows' Compound Syrup of Hypophosphites from your druggist today. Accept no substitute—insist on the genuine Fellows'.

FELLOWS' SYRUP

The ORIGINAL Syrup of Hypophosphites—A Family Tonic Since 1864

As the engine was shut out and the Silver Spray nosed into her usual berth, David turned to Jock. "Come barging out from behind the pier, struck us, snapped our piece from our propeller, and didn't even stop to apologize!" he exclaimed.

"Bad, agreed Jock with a frown as he surveyed the starboard hull, from which a strip of varnish had been scraped.

"Who was it anyway?" demanded David. "Just got a glimpse of him. Some darned whippersnapper."

"Norah Grant, I saw her, perhaps with amusement; but his expression was one of solemnity.

"It wasna a him," he said. "It wasna a him. It was a her."

"Aye. A lassie. I kent it was a lassie, because her olkskin was a wee bit open," he added, gazing innocently at his master.

David laughed involuntarily. But his humour was only temporary. He bent over a pile of net, and his mouth became hard. "Did you ever see such impudence, Jock?"

"Well—the other hesitated—" "Well, I think I do. She'll be Norah Grant."

David let a coil of scale rope slip from his fingers. Norah Grant, daughter of old Peter Grant, who had been his father's bitterest rival; Norah Grant, who had had a University education and who had returned to Invercon to take charge of her father's skiffs during his absence on a herring boat.

Norah Grant, who thought herself superior to the ordinary folk in Invercon and imagined she could run the business as well as her father. "I see," he said quietly. "I'll make her pay for this."

Jock shook his head. "No canny, David. The Grants are as rich as Midas, and they'll fight to the last inch—as ye ken."

David went home at mid-day to his aunt, Miss Arabella McGregor, and dinner. His aunt was a tall, angular woman, and was the only relative whom David possessed. Her tongue was as sharp as her features, but it concealed a friendly heart.

"What's this I hear?" she said, placing a juicy steak before her nephew. "Making an exhibition of yourself in the harbour, and—swearing like a trooper?"

"You have said bad words, too, Aunt Arabella, if you'd been in my place. That—that girl Norah Grant! Smacked right into the Silver Spray with her motor boat and didn't even say she was sorry."

"No need to fly into a temper about it," returned Miss McGregor. "And why speak discouragingly of Peter Grant's daughter? You haven't met her since she was a child."

"I know. But I can judge her by what she did to-day. I'm going to see her this afternoon, and she'll pay for the damage on the hull!"

"You'll get nothing if you approach the girl in a mood like that. But I suppose it's no good talking. The very name, Grant, seems to infuriate you."

"No—you're wrong, Aunt. If she'd apologized—or—"

"No, not wrong," continued Miss McGregor. "And I think the situation

is ridiculous. Between you, you and old Peter Grant own all the skills in Invercon. Why don't you come to a working agreement with the Grants, instead of fighting and squabbling continually, like—like tinkers?"

David remembered her advice as he strode across the seafront towards the house in which, at the time, Norah Grant was living alone with her schoolboy brother.

He had been brought up with the words of his father in his ears: "Never trust the Grants. They're grasping, greedy—making other men do their work for them."

As he grew older, however, and began to judge the world for himself, he had concluded that the Grants' advice had all been based on the side of the Grants. After his father's death he had become gradually more friendly with old Peter Grant, and the people of Invercon had anticipated a truce to the old quarrel.

Now, however, David's amicable resolutions had been shattered. Though he would not admit it to himself, his pride was hurt by the manner in which Norah Grant, newly returned to Invercon after ten years in the city, had coolly ignored him that morning.

Nevertheless, he knew that his aunt's advice was sound, and in the coming interview he was determined to be as polite as possible to the girl.

THE COOK'S CORNER

DATE PUDDING

4 tablespoons butter
2-3 cup sugar
2 eggs
3 cups soft bread crumbs
1 teaspoon ginger
2 cups dates, chopped
2-3 cup milk
4 tablespoons flour
1-2 teaspoon salt
2 teaspoons baking powder
1-8 teaspoon soda
1 teaspoon cinnamon

Method: Cream the butter with the sugar and egg together. Beat until fluffy. Add half the bread-crumbs and then the chopped dates. Add the rest of the crumbs and milk alternately. You may need a little more milk if your bread-crumbs are not particularly soft. Sift the dry ingredients. Add to the creamed mixture and beat thoroughly. Pour into a tube pan and bake in a moderate oven (325 deg. F.) for about 1 hour. Serve hot with fluffy sauce.

FLUFFY SAUCE

1-4 cup butter
1 cup icing sugar
1 teaspoon salt
1-8 teaspoon ginger
2 tablespoons lemon juice
1-4 cup chopped nuts

Method: Cream the butter until light and fluffy. Mix and sift together the icing sugar, salt, ginger and gradually cream this into the butter. Add the lemon juice and beat until very light. Add the chopped nuts and serve over the warm date pudding.

Spring Fashions

A grown up style in a little girl version. Make your young daughter a suit for Spring and just see how delighted she is. The skirt buttons to the blouse to keep it in place and the jacket is full of style.

Light weight woolen, a plain color for the jacket and plaid for the skirt, is practical for school or Sunday best. Plaid and plain gingham is also a good choice as it can be easily changed. White or contrasting color cotton broadcloth makes an attractive blouse that is appropriate and practical.

Style No. 3247 is designed for sizes 4, 6, 8, and 10 years. Size 4 requires 1 3/4 yards of 39-inch material for the skirt; 1 1/2 yards for the jacket; 1 1/8 yards for the blouse.

Send fifteen (15c) coin is preferred for pattern. Write plainly your Name, Address and style number. Be sure to state the size you wish.

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