

Woman's Realm / Social and Personal / Fashions / Literature

You get QUICK, Lasting Food Energy from Robin Hood Oats

WHY envy those thousands of energetic Robin Hood Oats breakfasters who bound through school, work or play from morning till noon?

You'll get that same food energy yourself when you join them. Sit down to steaming, hot bowls of super-delicious Robin Hood Oats at breakfast every morning. You'll like their distinctive, pan-dried flavour and you'll feel the difference right away!

You get a wealth of food-energy-giving carbohydrates in every serving of famous Robin Hood Oats—PLUS 65 units of Vitamin B₁ (Thiamin) per ounce—PLUS useful minerals and proteins.

With every Premium package of Robin Hood Oats you get a beautiful piece of English Chinaware. Start your set today and see how fast it will grow because your family will love super-delicious Robin Hood Pan-Dried Oats for breakfast every morning.



Robin Hood Flour Mills Limited

Living & Leisure The Woman's Realm

A WELL-SPENT DAY

Take a dash of water cold, a little bit of sunshine gold. Dissolved in the morning air. Add to your meal some meritment. And a thought for kith and kin. And then, as a prime ingredient, a plenty of work thrown in. But since it all with the essence of love. And a little whiff of play; Let a wise old book and a glance above. Complete a well-spent day.

BEAUTY GIVES WAY TO MUNITIONS

When beauty is only skin deep then beauty must give way to munitions. Glycerine, and in some instances zinc oxide used in the preparation of cosmetics—cold creams, facial packs, hair dyes, astringents and perfumes, are now required to make explosives. When manufacturers use up their present stocks they will have difficulty in getting them replenished so women should be thrifty in their use of these glamor aids. Stocks must be made to go as far as possible.

KEEP CANDLES FROM DRIPPING

To keep table candles from dripping, stick a pin in the candle alongside the wick and leave it there. It keeps the wick upright, the candle burns longer and more steadily and decorations and tablecloths are kept free from grease.

STUFFED POTATOES

Peel some fairly large potatoes, cut them in half lengthwise and scoop out a fair-sized hole in each half. Stuff this with a mixture of raw sausage meat, and chopped parsley, and bake the potatoes in a fireproof dish with a little stock for about one hour. See that they are well basted during the cooking.

LITTLE GIRL'S ROOM

If you are doing over little daughter's room for the windows? They'll catch the quaint little pinafores the wear to school and to play in your home. You can make them

yourself very inexpensively and they're fun to do.

For a regulation window, 72 inches long, you'll need 4 3/4 yards of 36-inch checked gingham and 1-4-yard of organdy for the ruffie trimming. Cut two lengths of gingham, each 2 1/4 yards long. One end of each strip cut out a 13-inch square six inches in from the outside edge to form the suspender effect. Turn under edges of cut-out area 1/4 inch and stitch. Then cut two strips of organdy 4 1/2 inches wide and 36 inches long. With the hemmer of your sewing machine stitch a 1/4-inch hem on both long sides of each strip. Use the ruffie attachment to apply one strip to the outside edge of each curtain and down to the half-way point of the curtain sides. Use two strips of gingham, four inches wide and about 40 inches long, for the stitched-down tiebacks.

Make a narrow hem on the top and bottom of the tiebacks with the foot hemmer. Before applying tiebacks, use the gathering attachment to coax in curtain fullness about midway down from the top. Place tiebacks over the gathering and stitch top and bottom edges onto the curtain, leaving the ends free for tied bows at the outside edge of each piece.

FILLING WITH FLAVOUR

Most children like peanut butter sandwiches, but there's a filling that has a little "different" flavour. To a half cup of peanut butter add a third cup fresh orange juice, and a little salt. Beat until smooth and creamy. You can add a little more orange juice, if necessary, to make the mixture spread easily. It's nice on graham bread.

If women would dress warmer in winter and men would dress cooler in summer, difficulty and expense of heating and cooling buildings would be lessened, two scientists report.

Watches with second hands were tried for pulse counting by doctors as early as the 16th century, but did not come into routine use until 1850.

Clothes iron much easier if they are hung up carefully, pinned securely with plenty of clothespins and shaken occasionally to remove wrinkles. Never let woolen garments freeze; dry them in the house in very cold weather.

THE ANGELUS IN CROSS STITCH



Give us this day Our daily bread

DESIGN NO. 717. Make this simple and beautiful embroidery for yourself or as a gift to be treasured forever. Hot iron transfer pattern No. 717 contains motif measuring 10 by 11 1/2 inches and complete instructions. Address with 15 cents in coin or stamps to Needlework Bureau, Charlotte town, Guardian. To Charlottetown Guardian Needlework Department Design No. 717.

NAME _____ STREET ADDRESS _____ CITY _____ PROVINCE _____

Dorothy Dix Says—

MAYBE THE HUSBANDS DON'T WANT TO BE PROTECTED

Sometimes They Are Equally Guilty In Promoting And Encouraging So-Called Office Romances

Dear Miss Dix—What can wives do to protect their marriages from the young women who are charter members of the Home-Wrecking Crew? There are a large number of girls who make a profession of being "glamorous" and who go into business with the deliberate purpose of taking their employers away from their wives. They think it is easier to work a man than it is to work a typewriter. You can see them in nearly every office pursuing their nefarious trade. They are curled and powdered and painted and lipsticked within an inch of their lives. When they have to tell their employers anything they put their faces into their hands. They gaze at them soulfully, when their business should be to help a busy man keep his mind on his work instead of them. They lean over their bosses when handing them papers and put their hands caressingly on their shoulders. They talk to them with a proprietary air. After their wives have been to the office there is some remark that puts the wives in a class far, far below the charmer; makes them seem old and rumpled and dull. At the end of the day they are oh, so tired and haven't eaten bit of breakfast, and when their employers ask them to dinner they are so surprised and pleased, just like a child who has been given a treat. And they manage to make it seem a little wicked and daring, which makes it alluring to the middle-aged father of a family who thought he was done with romance and adventure.

Sometimes these predatory girls want to marry their bosses. Sometimes they don't. It depends upon how prosperous they are. But, at any rate, they all want to be glamorous and to get all the money they can out of the poor dopes. But the rest is the same. Homes are wrecked. Wives broken-hearted. Children orphaned. And there is nothing the wives can do about it unless they follow the plan of two women I know.

Their husbands has a stenographer who shared between them and she was on the make, so the wives took her off somewhere and gave her a talking to, and, finding it seems to do no good, they spanked her hard. The plan worked. MRS. G.

ANSWER—According to the old adage, the proof of the pudding is in the eating, and if a good spanking is the only way to cure a girl from being glamorous around one's husband the remedy may possibly have its being. Only not many wives have the nerve or the strength to administer it. So it still leaves the majority of wives helpless to deal with a delicate and dangerous situation and prayerfully wishing that no female under 60 was eligible for the job of private secretary.

It would be silly to deny that there are many girls in offices like those so graphically described by this correspondent. But, on the other hand, there are tens of thousands of fine and honest young women who have no interest in their employers except as the men who pay their wages, and who refuse to lend them their ears when they begin telling them how they are misunderstood at home for the office flirtation is the man, for he could fire the tempter as soon as she begins to get in her dirty work. Not long ago one of these sirens, aged 18, wrote me that her employer was fat and had a bald spot on the back of his head, but that every time she passed him she kissed the bald spot and that he just loved having her do it. No doubt, so there you are. And how wives are to protect husbands who don't want to be protected is a problem nobody can solve. Least of all a mere wife.

ANSWER—If I were confronted by that problem I hope the good Lord would give me enough sense to have my backbone to say NO and stick to it. Your son may be your child in a physical sense, but he is no son to you spiritually. He is nothing but a black-hearted ingrate, who shut his door in your face when you were homeless, who turned his back to you when you were in need and who has been false to the most sacred claim that can bind two human beings together. If you give up your good job to go to him, realize that you are going into slavery. You will be nothing but an unpaid servant who will not get even be accorded the consideration one gives to a servant who can give notice and go off and find a job. Your daughter-in-law gets tired of her job, or you too old and feeble to work, they will tell you to get out. And you will end your days in the poorhouse. Don't be foolish enough to bring such a dreadful fate down upon yourself. DOROTHY DIX.

ANSWER—Dear Miss Dix—I am a woman 52 years old. It was impossible for me to live with my husband so we have been divorced several years. After we separated my son and his wife told me that I could not live with them and that I had better get a job as housekeeper for some one. I did. My son never gave me any money or came to see me except once a year. When I got sick I had to depend on my daughter-in-law. He did nothing for me. Now I have a piece with a couple who treat me as one of the family. They are kind to me and I love them both. But my son wants me to give up this job and keep house for him, as his wife has gone to work and he needs some one to take care of his children. He says it is my duty to do it. I have my own money and am happy and I know he is not paying me anything nor will he and his wife be going to me. But he is my child. If I refuse he will be angry. And if I go they will make me miserable. What would you do? MRS. C. E. T.

TALL BAMBOOS

Bamboo plants reach a height of 40 feet or more.

MALTA HAS NINE ALARMS

VALETTA, Jan. 13.—(CP)—Malta had nine air raid warnings in the last 24 hours. Two German planes were shot down today.

New under-arm Cream Deodorant safely Stops Perspiration



- 1. Does not rot dresses or men's shirts. Does not irritate skin. 2. No washing or dry. Can be used right after shaving. 3. Instantly stops perspiration for 1 to 3 days. Removes odor from perspiration. 4. A pure, white, greaseless, cream vanishing cream. 5. Arrid has been awarded the Approval Seal of the American Institute of Laundering for being harmless to fabrics.

ARRID IS THE LARGEST SELLING DEODORANT. Try a jar today!

39¢ a jar At all stores selling toilet goods (also in 15¢ and 59¢ jars)

Cowboy Songbook Warms Up a Party



With Words to Follow—All Sing. Everyone feels so intimate, so gay, singing cowboy songs at a party! Crowded round a song-book, you relish every verse!



"O bury me not—on the lone plains, and everyone joins in:—on the lone prairie! Where the wild coyote-otes w-hill howl o'er me!" And what about "Home On The Range," someone demands, and insists that you sing the lovely second verse, too! "Where the air is so pure and the zephyrs so free, And the breezes so balmy an light— That I would not exchange my home on the range For all of the cities so bright." Pretty soon everyone's clamoring for his special favorite—"Red River Valley," "Little Old Sod Shanty" and, of course— "I'm a-leaving Cheyenne, I'm off to Montana!" Good-bye, Old Paint, I'm a-leaving Cheyenne!" These and many more well-known, well-loved songs are included in our cowboy songbook. Has 18 in all, among them "The Old Chisholm Trail," "Gita Along With Doggies." Gives words, music, accompaniments; many with guitar diagrams.

Send 20c in coin for your copy of "Popular Cowboy Songs" to the Guardian Home Service. Be sure to write plainly your name, address and the Name of booklet.

Name _____ Street Address _____ City _____ Province _____

NEW YORK STYLE LETTER

FROM ANNE M. GRIFFIN Peerless Fashion Service 121 West 19th Street New York, N. Y.

We used to believe that Ginger Rogers had thought of all the ways to put in one's time. But there is one way she missed—initials on one sieve of a white blouse, the letters appearing just below the shoulder. Three initials, embroidered in black silk, appear in this manner on the left sleeve of a beautiful white crepe blouse Barbara Stanwyck wears in "Ball of Fire." Sleeves are unusually full, gathered into narrow wristbands. With the blouse, a skirt of black crepe, fastened with a belt of narrow black and white stripes, the stripes running round and round. Another trick you can do yourself to pep up your blouses is fine stitching. A blouse Joan Fontaine wears with a sports suit in EKO Radio's "Suspicion," is made exactly like a man's shirt, with pointed collar and wide mannish cuffs. Both the collar and cuffs are finely stitched in parallel lines. The fine stitching may be done by machine, or you can do it with colored thread by hand.

Maybe we're just romantic, but honestly there is nothing quite so exciting as a pink party frock—that soft delectable pink that makes you think of puffins and birthday candles and pink ice cream. Lucille Ball adores pink frocks wears one in almost every picture; in "Look Who's Laughing" it's an evening gown. The flowing feminine skirt, pink chiffon, the top a separate vest of pink chiffon embroidered all over with onalest sequins. Lucille almost always dresses two-piece ensembles (evening, say) you can change them around for variety. With this particular pink chiffon skirt, for example, she also wears a black velvet vest with a trim of airy Strain. Add hot stock, cleared, and pink bubbles round her throat.

THEY MUST SWIM. From now on all recruits for the New Zealand army must learn to swim.

THE COOK'S CORNER

SOUP WITH DUMPLINGS. 1 quart soup stock, cleared. 1 cup cabbage, shredded. 1/2 small onion, shredded. 1-2 small onion, shredded. 2 frankfurters, cut into rings. Cook vegetables and frankfurters in 1 cup boiling water with salt and pepper to taste, about 10-15 minutes. Add to stock and heat together. When soup is boiling drop in dumplings about the size of marbles. Cover and cook 6 minutes. Serves 6.

VERMICELLI SOUP. 1 quart soup stock, cleared. 1-3 cup vermicelli. 1 stick celery, diced. 1-4 leek. Combine ingredients and heat to boiling point. Serves 6.

SOUP JULIENNE. 1 quart stock, cleared. 1-4 cup carrots, cut in match-like strips. 1-4 cup turnip, cut in match-like strips. 1-2 cup green peas or string beans. 1-2 stick celery, chopped. 1-2 small onion, thinly sliced. Add vegetables to clear stock. Heat and serve with crisp toast rounds or croutons. Serves 6.

CLEAR TOMATO BOUILLON. 1-4 cup diced carrot. 1-4 cup diced celery. 1-4 cup chopped onion. 3 tablespoons butter. 4 cups tomatoes. 1-2 teaspoon peppercorns. 3 cloves. 3 sprigs thyme. 3 sprigs parsley. 1 quart brown stock, cleared. Cook carrot, celery and onion in butter for 5 minutes. Add tomatoes, cloves, thyme and parsley. Cover; cook slowly for 1 hour. Strain. Add hot stock, cleared, and season to taste. Serves 6.

Minicrumb filler mo'st, makes a delicious filling for pastry rolls or piecrust squares.

Claudette Colbert Gives you advice about Beauty!



How this Famous Screen Star Cares for Her Exquisite Complexion

CLEVER Claudette Colbert is as wise as she is beautiful. She tells you how to care for your complexion the gentle, thorough way the screen stars do... with Lux Toilet Soap: "First pat the lather gently into your skin. Rinse with warm water, then cool. Pat lightly to dry." Women everywhere find this Hollywood complexion care a wonderful beauty aid. Lux Toilet Soap's Whipped Cream Lather removes dust, dirt and stale cosmetics thoroughly.

Use Lux Toilet Soap for your bath, too—to make sure of daintiness. Lux Toilet Soap's Whipped Cream Lather leaves skin fresh and sweet. You'll love its delicate perfume—the way its faint, delicious fragrance lingers on your skin. This lovelier, more luxurious soap is a favorite with all truly dainty women.



9 out of 10 Screen Stars use Lux Toilet Soap. A LEVER PRODUCT.

A Morning Smile

TROUBLE WITH BUNION. The minister was asking one of his flock why he had not attended church recently. "Well, you see, sir," said the man, "I've been troubled with a bunion on my foot." "Strange," said the parson, "that a bunion should impede the pilgrim's progress."

BEE QUIET. Willie had been sent into the garden to look after his baby brother. Suddenly mother was aware that the baby was crying and give him what he wants," she called. "I did, mother; but the bee stung him!" replied Willie.

When Chest Colds Strike Give-

—give the important job of relieving misery to the IMPROVED Vicks VapoRub that takes only 3 minutes and makes good old Vicks VapoRub give BETTER THAN EVER RESULTS!



ACTS 2 WAYS AT ONCE to bring relief... PENETRATES to upper breathing passages with soothing medicinal vapors... STIMULATES chest and back surfaces like a warming poultice... and WORKS FOR HOURS to ease coughs, relieve muscular soreness or tightness, and bring real comfort. To get this improved treatment—just massage VapoRub for 3 minutes ON BACK as well as throat and chest, then spread a thick layer on chest and over with warmed cloth. Try it!

Needlecrafts For The Home

Now you can have the fashionable new shoulder line on your morning frock! Here it is in a dress that's as smart as it is practical... smart because it's so slenderizing through the waist and hips, practical thanks to the button front and the big handy pockets. There's nothing like it to give your morale a boost as you go about your household tasks. Make it of a colorful print, and accent it with gay binding. You'll like the pattern so much, you'll want to make the dressier version, too. It has long bishop's sleeves and a soft turn-back collar. Style No. 3191 is designed for sizes 14, 16, 38, 40, 42, 44 and 46. Size 36 requires 3 1/4 yards of 36-inch fabric; 1 1/2 yards binding.

Send twenty cents (20) coin preferred for pattern Vicky plainly your name, address and style number. Be sure to state also you wish Style No. 3191 Size _____

Name _____ Street Address _____ City _____ Province _____

NEW TYPE BRIGAND. LONDON.—(CP)—Police are searching for a motorist who entices women into his car on the pretext of asking directions, renders them unconscious by pressing arteries in their necks and then throws them into the road. FRENCH BASSETS. In France short-legged dogs are known as bassets.

