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

Dorothy Dix Says—

WOMAN SHOULD NEVER LIE TO HERSELF ABOUT ANYTHING

Stretching Truth To Others Is Sometimes The Better Policy, But She Should Always Be Frank With Herself

The one person to whom a woman should never lie is herself. Speaking frankly and honestly and by the book, we are bound to concede that there are many times and occasions in the life of every woman when a few tarriddidles to strangers bridge over a dangerous situation, and when telling a fib or so preserves the peace and harmony of the household. But we must also admit that admirable as truth is in the abstract, in reality it is TNT which is likely to have disastrous results when carelessly handled. So we may be sure that when a woman tells her tightwad husband that her new hat cost $5 when she paid $15 for it rather than have a fight with him over the price, or when she presses a bore to stay longer and tell more about himself instead of choking him; or when she welcomes the self-invited guest with cordiality instead of slaying her on the doorsteps as she would like to, her lies are accounted unto her for righteousness, and the Recording Angel drops a pitying tear upon them that blots them out. Whatever her attitude toward others, however, with herself a woman should be Veracious Jane. She should use no pretense in dealing with herself and practice no self-deception. She should look herself and her circumstances and her problems squarely in the face and say to herself: There you are, my dear, so what? If she did, she would save herself a lot of trouble. Take the matter of age, for instance, about which women have told enough falsehoods to send the entire feminine sex to perdition. A woman's birthdays are a private matter between herself and the Vital Statistics Bureau, and if she chooses to remain a permanent 39 for 20 years at a stretch she has a right to do so. It is nobody's business.

But it becomes a fatal mistake when she lies to herself about her age and tries to be 39 instead of the 49 or 59 or 69 she really is. For nothing is less charming than the mature or elderly woman who tries to act girlie-girlie, who simpers and smirks and squeals with enthusiasm like a debutante and talks about her boy friends. The soundest advice ever given women is: Be your age.

Be Truthful About Clothes

Then a woman should not lie to herself when she goes to buy her clothes. It takes a lot of courage to face the heartbreaking and devastating truth that one's figure isn't what it used to be 20 years ago; that one's peaches and cream complexion has gone sallow; that one's golden hair is streaked with gray and, that all the snappy little numbers in the dress shops were designed for cuties who weigh about half as much as one does and are a third of one's age.

It is an awful wrench to a woman when she discovers she has to pass up plaids and has to consider lines, but she saves herself a lot of ridicule if she accepts the truth. For the only person who is fooled by the woman who dyes her hair and mascaras her eyes and dresses like her granddaughter is herself. You can't make old sheep look like spring lamb.

Don't Lie About Love

But, most of all, women should never lie to themselves about love, yet they do it continually. They are so eager to be loved that they befool themselves into thinking that men are in love with them who never give them a passing thought. The world is full of old maids who have waited for years and years for the proposal that never came. They cling so desperately to love that they will not believe it dead, though they see it mouldering in its coffin.

Yet there is not a woman in the world so dumb as not to know when the man she loves has ceased to love her. He tells her in a thousand ways—by coldness, by neglect, often by flaunting the new love in her face. She knows she has lost all her allure for him, and that by no miracle can she blow the dead ashes of passion into a flame again, but she will not tell herself the truth. She will not say: It is all over and I will set about making myself a new life. She keeps on lying to herself, hypnotizing herself into believing that someday he will come back and love her as he used to do.

What a pity we women lie so often to ourselves. But, perhaps, we couldn't live if we didn't.

DOROTHY DIX.

"I CAN'T AFFORD PIMPLES" ...SAY EXTERNALLY CAUSED MODELS AND ACTRESSES

Many professional beauties spend fortunes for fancy cosmetics, yet there are no finer, purer complexion aids than inexpensive, mildly medicated Cuticura Soap and Ointment. Fragrant Cuticura Soap is economical for all toilet purposes. Emollient Cuticura Ointment helps relieve externally caused irritations. Buy today at your druggist's.

A Morning Smile

Teacher — What is gravity?

Willie—Well, it was first discovered by Isaac Newton. It's chiefly noticeable in the autumn, when the apples are falling from the trees.

"Have you caught the burglar yet?"

"No," replied the village constable confidentially, "but I've got him so scared that he doesn't dare show himself when I'm about.'

MALPEQUE W. I.

The Malpeque W. I. was held at the home of the President Mrs. Duncan McGuigan in connection with a pleasant social evening. There was a good attendance of members and a short business meeting was held with the President in charge. The committees reported also a number of pieces of sewing and knitting that had been completed were handed in to the Convenor of the Red Cross, Mrs. I. W. Ramsay. At the close of the business period, the meeting adjourned and the remainder of the evening was spent in games and dancing music was furnished by Mr. Russel MacKenzie, assisted by Mr. Robert Craig. A delicious lunch was later served to about sixty guests and enjoyed by all. A silver offering was taken which amounted to $7.70 which is to be devoted for Red Cross purposes. A most pleasant evening was spent till a late hour when all departed to their homes after thanking the host and hostess for this good time and kind hospitality.

Amateur Glamour Girl

(By JOSEPH CHADWICK)

CHAPTER XXVI

Tonia, leaving Sally to think over what she had told her about Jim Kirby, went to the beach for a late-afternoon swim.

She lay in the warm sun for a while, then took a plunge in the surf. When she came out, she stretched out on the sand and lay thinking about Michael.

After a time, she became aware of some one stading near her, watching her. She turned her head and saw Jim Kirby.

She sat up, asked quickly, "Did you find Charlie Porter?"

"No," he said, sinking down beside her. "However, he hasn't gone to the police and, if he does, they'll pour oil on his troubled thoughts. I went to headquarters and explained the situation as well as I could explain anything so crazy — told them that his fears are groundless and that Sally Martin is quite all right."

"Sally will appreciate that, Jim."

He didn't answer, sat looking out over the water. His face was set in rather grim lines.

Tonia touches his hand. "I'm sorry about things, Jim—about our not getting along any more. Let's be friends again."

"Oh, sure."

He said it as though their friendship were of little importance. He didn't look at her.

Tonia bit her lip. "Jim . . . I told Sally."

He looked at her quickly. "Told her what?"

"That you are in love with her."

"What!" His face darkened angrily.

"It—it just slipped out, Jim. I'm sorry if I did wrong."

"Like fun you're sorry! I see your game, Tony — you think you'll get Sally interested in me and then she'll let you have Michael to yourself."

"It wasn't that at all."

"Oh, no!" Jim said sarcastically. "You wouldn't have done anything like that! You're not that clever—or unprincipled! It just slipped out!"

Tonia winced. It hurt for Jim to speak to her like that. What had come over him lately? He seemed suddenly to hate her.

She said, in a small voice, "But you do love her, don't you, Jim?"

"If I do, it's up to me, not you, to tell her! What kind of man must she think me—that I have to have you speak for me!"

"But you yourself don't do anything about it."

"What can I do? There's Michael. She's in love with him. She doesn't want to hear me say anything about love."

Tonia compressed her lips. "She may be in love with Michael, but she won't get him. He's mine — mine, I tell you! Once she realizes that, she'll do the only thing left for her."

"Yeah? What's that?"

"She'll marry Charlie Porter. She'll go back to Midvale and be nursemaid to his two children — that is, unless you show some spunk."

Tonia let Jim consider that, and saw that he did. He was frowning.

Finally, he said, "So you think I ought to make love to her?"

"Yes, Jim," Tonia said, eagerly. "Take her on a date tonight — make her see what a swell person you are. Will you,"

"Well, maybe . . . Oh, all right."

Jim rose abruptly and walked away.

Tonia lay motionless. She didn't know why, but it hurt to know that Jim was in love with Sally . . . even though she herself had refused his proposals of marriage. Possibly it hurt because, despite his proposals, he hadn't been in love with her. He hadn't even believed in love then . . .

Shortly after Tonia returned to her suite, Michael phoned up from the lobby. His voice was excited.

Sally! I've got to see you. Can I come up?"

"Yes—do."

Tonia didn't tell Sally, who was shut up in her bedroom, that he was coming. She waited alone in the sitting room.

When Michael strode in, she saw that he was not only excited but worried.

"Sally, that FBI man I had here this morning telephoned Mrs. Craley at Midvale, but she hasn't got that envelope! She gave it to a man who was coming here to see you. She asked him to return it to you."

"That would be Charlie Porter."

"Yes, that's the name! Has he shown up?"

"He arrived this afternoon, and I saw him for just a minute, but he didn't say anything about the envelope. He must have forgotten."

"Where is he now?"

"I don't know, but he took a room here in the hotel."

Michael strode to the phone and asked for Charlie's room, but got no answer.

"Confound it!" he said, setting the phone down. "He isn't in."

"Don't look so worried, Michael," said Tonia. "I'm sure he'll take good care of the envelope."

"Sally, that envelope contains important plans — more important than the factory of the FBI wants to let out. They're designs for a new sort of fighting plane. That's why Donovan risked so much to get them, and that's why we've got to get them back as soon as possible."

"Well, what do you want to do?" asked Tonia. "Search the town for Charlie?"

"We can at least go downstairs and search the lobby for him," said Michael. "Come on!"

(To be Continued)

Portulaca requires a hot sandy soil. In this soil it thrives best when planted in a sunny area.

For a refreshing variation of sherbets, rub the serving glasses with bruised fresh mint just before filling them.

FOR WOMEN ONLY!

If fidgety nerves, restless nights and other distress from female functional disorders keep you from enjoying life—take Lydia E. Pinkham's Vegetable Compound—well known for over 60 years in helping weak, nervous women during "difficult" days. Made in Canada.

I couldn't face the grease in dishwashing

SO I TRIED RINSO — *and the grease vanished in no time!*

GREASY water, greasy dishpan, greasy hands and greasy dishes! I couldn't face another day of it. Then I tried Rinso. Astounding! In a minute all the grease was absorbed by the Rinso suds. Dishes came out shining and dried so easily. My dishwashing was done in no time! Try Rinso for *your* dishes. For greater economy get the Giant package.

A Lever product

RINSO ABSORBS GREASE

Your Individual HOROSCOPE

By Frances Drake

For Monday, April 21st

MARCH 21 to APRIL 20 (Aries)—The best time is NOW—NOW for work that should be done, NOW for progress in any worthy activity in which you are interested, NOW to build in every way for the future. Advance mentally as well as in other ways.

APRIL 21 to MAY 20 (Taurus)—Don't put things off — the remainder of this week will be full enough with tasks and activities! Moreover, this first part of the week offers advantages you'll lose if you practice delay.

MAY 21 to JUNE 21 (Gemini)—Protect your income — don't spend for foolish things while you pass up good buys or investments. This peculiar temptation you must guard against. Maintain poise.

JUNE 22 to JULY 23 (Cancer) — You have a chance here to improve your advantages, to increase profits (though maybe only in a small way) and to make new, worth while friendships. Don't let the grass grow under your feet, capable Cancer native.

JULY 24 to AUGUST 22 (Leo)—Favorable star aspects on whole, but extra effort on your part will be necessary to bring about results you are seeking. Be warned against subtle talk and insincerity. Listen well.

AUGUST 23 to SEPTEMBER 23 (Virgo) — You'll find some matters much easier to handle than others. Keep in mind that overcriticism can hurt your cause; a little well said is better. Enjoy healthy outdoor exercise at some time during your free time to refresh your mind.

SEPTEMBER 24 to OCTOBER 23 (Libra) — Avoid overindulgences today—today's the big warning. You'll be tempted to like too well or to dislike too readily, especially regarding the appetite for pleasure, food and hobbies.

OCTOBER 24 to NOVEMBER 22 (Scorpio) — Generally "fair", say your stars. Step out, display your varied talents. And even if your work or duties are menial you can make your ability felt. Remember the value of a smile.

NOVEMBER 23 to DECEMBER 22 (Sagittarius) — You'll have to give extra effort today, and it may seem that your endeavor is not appreciated, nevertheless carry on. The reward when it does come will be substantial and lasting. This whole week asks of you patience and diligence.

DECEMBER 23 to JANUARY 21 (Capricorn) — Look out for that demon JEALOUSY! He comes in disguised shapes and tempts you at odd times. Be above everything petty — your personality is too fine to be spoiled by smallness in any way. Care especially needed in business and home matters today.

JANUARY 22 to FEBRUARY 20 (Aquarius) — How you accept criticism and how you take your whole day is what will count. It isn't that difficult that it will trip you at every turn, but it does call for forethought and cheerful determination.

FEBRUARY 21 to MARCH 20 (Pisces) — Deal with strangers where you think you can advance your interests. Ask advice of superiors and your lifemate; use your own judgment, too. Industry and handling common commodities are particularly favored this generally active period.

A CHILD BORN ON THIS DAY Has the combined traits of great capacity for activity (both mental and physical), sympathy, pleasant personality and quickness. Needs religious training for stability and calm reflection.

Green Lettuce 40 Times Richer In Vitamin

GREEN LETTUCE 40 TIMES RICHER IN VITAMIN A

Not long age home gardeners took pride in their ability to grow tight heading lettuce. This was a real test of skill in hot-summer sections, requiring the sowing of seeds indoors, setting them out in early spring, and constant watering and feeding in order to mature heads before summer sent the plants up to seed.

But as the knowledge of vitamins increases, tight-heading lettuce is now seldom sought by home gardeners. The reason is two-fold. For one thing, authorities on vitamins compare the vitamin content of green and bleached lettuce leaves as follows: Green 4,000 international units of Vitamin A, 25 of B1, 200 of C, and 71 micrograms of Vitamin G (riboflavin). White (bleached), 100 international units of Vitamin A, 29 of B1 and 48 micrograms of Vitamin G (riboflavin).

In addition to having forty times as much Vitamin A as the bleached leaves of head lettuce, green lettuce leaves are the only kind real bowl salad enthusiasts will use. They consider tight bleached heads to be lacking in flavor, and poor mediums for spreading the delicious dressing which, of cours, is the soul of a bowl salad.

To produce green lettuce leaves, however, it is not necessary to grow leaf lettuce. In most of the United States head lettuce varieties sown in the open as soon as the soil can be prepared show small tendency to make tight heads but produce an abundant crop of crisp and tender leaves. Iceberg, the variety which in the south and west make the tight heads of commerce, will elsewhere produce loose clusters of green, tender leaves in quick time. It stands hot weather better than most leaf varieties.

Leaf and cos lettuce, the latter often called romaine, are preferred by many gardeners. Cos lettuce is often bleached by tieing its upright leaves together for a week before harvesting; but if you want all the vitamins salads can supply, forget the bleaching.

Sow your favorite variety of lettuce just as soon as the ground can be worked. It is better to thin out the plants so that they can develop well, though some gardeners do not thin, but allow leaf lettuce plants to grow in a crowded row on the theory that the leaves are smaller and more tender that way.

Cos lettuce should be sown at the same time, since it matures later and while it resists summer heat, it must make growth before the hot spell comes. The cos and head lettuce must be thinned or transplanted, to six inches apart in the row.

All good lettuce must grow fast. If it stands still the leaves will become bitter. It requires plenty of water, and a dose of plant food will help speed growth.

When cos lettuce begins to make a rosette of slender leaves, they can be tied together and bleached, if you wish. Be sure the leaves are dry when you tie them up.

All lettuces tend to go to seed in hot weather, but a second crop of both leaf and cos lettuce can be grown for the fall salads.

Iceberg Lettuce Produces Abundant Green Leaves in Quick Time.

THE COOK'S CORNER

BUTTERSCOTCH RICE PUDDING

1-3 cup rice
3 cups milk, scalded
1-4 teaspoon salt
2 tablespoons butter
1 cup brown sugar
1 tablespoon granulated gelatine
1-2 cup cold water

Method: Wash the rice thoroughly and place in the top part of a double boiler with 2 cups of the scalded milk, and the salt. Cook over boiling water, stirring frequently, until the rice is nearly tender. Meanwhile cook together in a shallow pan, the brown sugar and the butter, until the sugar becomes slightly darker in color, but not burnt. Add this to the rice and milk and finish cooking until the rice is tender and the caramel melted.

Pour the cold water into a bowl and sprinkle the gelatine over it. Let stand for 5 minutes, then pour the remaining cup of hot scalded milk over it and stir until the gelatine is dissolved. Add this to the hot rice mixture and turn into a mold that has been rinsed in cold water. Chill the mixture. When firm, unmold and serve plain or with whipped cream that has been sweetened and flavored. This amount will serve 6.

PEACH RICE DESERT

1 cup rice
2 cups scalded milk
1 No. 2 can peach halves
3-4 cup sugar
1-8 teaspoon cinnamon
2 tablespoons butter
1 teaspoon vanilla
1-8 teaspoon cinnamon
1-2 cup macaroon crumbs

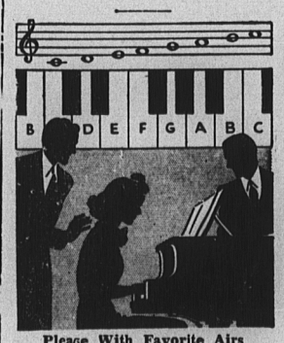
(Method: Scald the milk in the top part of a double boiler, over boiling water. Wash the rice and add to the scalded milk. Cook until the rice is tender and the milk is absorbed. Drain the juice from the peaches and add 1-2 cup of the sugar to this along with the first amount of cinnamon and the butter. Cook this until it is reduced to half its original quantity. Add the vanilla.

Place the rice in a casserole, pour the peach syrup over it and arrange the drained peaches on top of it with the hollow side up. Sprinkle with the remaining 1-4 cup sugar, the second amount of cinnamon, and the macaroon crumbs. Bake in a moderate oven (350 deg. F.) for about 15 minutes, or until the macaroon crumbs are nicely browned. Serve garnished with sweetened and flavored whipped cream, if desired. This amount will serve six also.

VANCOUVER, April 20 — (CP) —Hugh Byas, for many years Tokyo correspondent of the London Times and New York Times, said in an interview here today that he thought Josef Stalin would like nothing better than to see Japan and the United States at war in the Pacific. Mr. Byas arrived recently from the Orient.

"Just as the pact between Germany and Russia was the precursor of war in Europe, so does Stalin hope that his new pact with Japan will be the signal for war in the Pacific," he said.

Fun to Learn the Piano in This Short-Cut Way



Please With Favorite Airs

What a change in a girl's social life when she teaches herself to play the piano! Instead of being just "one of those present," she's the star of the party—delighting old friends and winning new ones.

And you can teach yourself to play, by a short-cut method which makes it easy to read music and master the piano keyboard.

You have a "life-size" chart of the part of the piano most frequently used. With each pictured key is the note which is its symbol on the music staff. When you place this chart behind your keyboard, you see at a glance which key to strike for each note.

You see too that, huge though the keyboard may look, the same 12 black and white keys are repeated throughout its length. Our diagram shows you these 12 keys, starting at Middle C and continuing to the next C in what is called an octave. Learn this simple octave, both keys and notes, and you've taken the first big step in playing the piano.

Other steps are as simple; in no time you are playing your favorite pieces. Our 24-page instruction book includes the keyboard chart; explains chords and elements of music; gives the music of popular tunes for practice.

Send 20c in coins for your copy of Quick Course In Piano Playing to The Guardian Home Service. Be sure to write plainly your Name, Address and the Name of booklet.

Name

Street Address

City Province

Living & Leisure —The Woman's Realm

LET US BE HAPPY

Let's oftener talk of noble deeds
And rarer of the bad ones,
And sing about our happy days
And not about the sad ones.

If you will line your cake tin with wax paper after greasing it, it will prevent cake sticking to the pan, also save it from burning.

White felt hats may be easily cleaned with a paste made of arrowroot and magnesia. Allow it to stand until dry, then brush off.

For successful baking don't overcrowd your oven. Fill it to capacity, of course, but leave at least a one-inch space between every pan and the edge of the oven. Inspect baking foods frequently and turn them about for even cooking.

Bowling is fast becoming one of the favorite sports of smart women. It's fun, it's healthy and it's chic. You'll enjoy it even more if you dress the part, and wear a frock that affords plenty of freedom of action. Culottes — especially those ending just above the knee are an ideal solution, and gray flannel divided skirts are as smart as they are practical.

Try a jerkin to work wonders with your wardrobe! Slip one on over your classic shirtwaist dress for that sleek-hipped, long-line silhouette — or add a gaily colored jerkin as an accent for your stark white shirt. You can have your choice of almost any neckline—square, V or round — with back, side, or shoulder closing. Suede, felt, angora and corduroy are just a few of the attractive fabrics to which they are adaptable. You'll wear them for both daytime and evening. One jerkin of course, can be worn over innumerable frocks, a fact that should be of interest to the Budget-minded. Then too, even a beginner will find a jerkin easy to make.

SAFETY FIRST IN THE HOME

Women frequently worry needlessly about dangers outside, and fail ot take precautions which would prevent accidents within their homes.

Habits of caution started in early childhood will enable children and adults to avoid accidents which can happen even in the most sheltered home. Here are some things you should remember:

Bad falls frequently result from using chairs or stools for step-ladders in hanging pictures or cleaning walls, sometimes the homemaker uses a rickety box for a ladder and only realizes her danger when the box collapses.

Poorly lighted stairs or those not provided with rails are great helps to the bone-setter's profession, but they are only a detriment to family health and family finances.

Danger from poisons and poisonous substances used in cleaning or as germicides is recognized, but reports of children finding and drinking such compounds are frequent. Poisons should be kept locked up.

More persons are asphyxiated in homes than in factories or shops. Gas fixtures should be inspected regularly for leaks and the valves should be adjusted so they turn smoothly but not easily. Furnaces should be maintained so fumes cannot escape into the house when the fires are banked for the night. Proper ventilation in sleeping rooms and living rooms provides an added safety factor.

Installation of electrical fixtures in rural homes will lessen work for housewives, but proper care should be taken to avoid the possibility of shock. Fixtures should not be touched with one hand while the other is grasping faucets or parts of the plumbing system, or while any part of the body is in contact with anything wet. No electrical fixtures should be placed so it can be reached from the bath tub. Proper fuses should be provided and replaced when necessary, and frayed electric cords should be discarded.

Every mother of small children should acquire the habit of placing cooking utensils on the stove so the handles are turned away from grasping fingers. Matches also should be kept where children cannot reach them, and adults should learn to strike matches away from the body so snapped heads cannot fly against inflammable clothing.

To avoid fires, one should keep oily cleaning rags in a metal container, and papers and rubbish should be disposed of promptly so they will not become fire hazards.

MANY ATTRACTIVE WOMEN HAVE NOT CHIC QUALITY

If you simply cannot make your hair retain the lines the hairdresser gave it, or if you are convinced that you have not and probably never will have more than a few minutes of free time per day to devote to grooming, you might just as well decide to be the pretty fresh-faced type rather than strive for extreme chic.

There are no two ways about it. Chic has to be flawless or it isn't chic.

The woman who is trying to be pretty in a natural sort of way isn't ruined, from an appearance point of view, when the curls at the back of her head become unrolled and slip down a bit. The chic type is.

In other words, if Mary Pickford's back hair slid down a little in the middle of a dinner party, Miss Pickford would still be pretty and attractive. But if in the middle of a dinner, the Duchess of Windsor's coiffure suddenly fell apart or got fuzzy around the edges, the duchess would no longer look chic.

The ultra-chic woman looks carelessly groomed if her make-up doesn't remain flawless hour in and hour out. The pretty type can get away with a shiny nose now and then.

Entails Much

An extreme hat requires a chic coiffure, impeccable gloves, shoes and other accessories. Unless you can live up to it, you're often better off with a smart simple hat.

Furthermore, it's better to decide to be something you can be all of the time than a type you know you can be only now and then. Better to be a pretty, attractive, fresh-faced woman every single day than to be a chic one about five times a month and neither this nor that the other days of the month.

And don't feel sorry for yourself if and when you at least realize that you simply haven't the time or the money to be truly chic all of the time. What's wrong with being merely pretty? Your husband or your best beau will be able to answer this one more encouragingly than even I can. Unless he is a real sophisticate, the chances are ten to one that chic women frighten him.

P.S.—Pretty is not to be confused with fussy-pretty. A decision to stop striving unsuccessfully to be chic, and to be pretty instead gives you no license to adopt wind-blown coiffures, frills and ruffles or otherwise fussy clothes or to decide that you can get away with being dowdy now and then.

DAIRYING IN GREECE

Buffaloes, milch cows, ewes, and goats provide the milk supply of Greece. The milk of buffaloes and cows is used mainly for the liquid market, and the milk of ewes and goats for making cheese. There are approximately 220,000 milch cows, 70,000 buffaloes, nearly nine million sheep and over five and a half million goats in Greece. The yield from cows, goats and ewes closely approaches each other, the supply from buffaloes being eight times less.

Needlecraft— —For The Home

Here's the jacket dress you've been waiting for. Nothing could be smarter for the first warm days than this new dress with its own boxy jacket. Navy blue is a perennial favorite and looks crisp and neat when teamed with a red and white print. The slightly raised waistline is slimming and the skirt flared just enough to be comfortable. Wear the jacket with other frocks all Spring and Summer as it makes a grand little coat for cool days and evenings.

Style No. 2849 is designed for sizes 12, 14, 16, 36, 38, and 40. Size 16 requires 4 1-8 yards of 39-inch fabric for skirt and jacket; 1 1-4 yards of contrasting for waist.

Send Twenty (20c) coin is preferred, for Pattern. Write plainly your Name, Address and the style number. Be sure to state the size you wish.

Style No. 2849 Size .....

Name

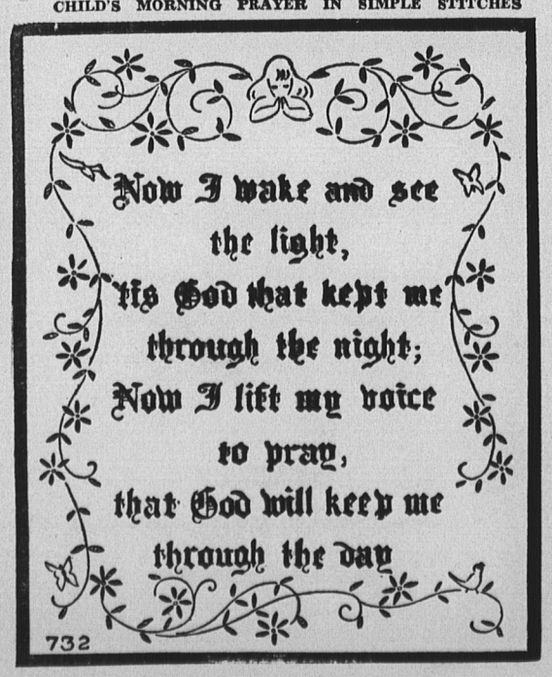
Street Address

City Province

NEURALGIA

Acute pains of Neuralgia, Neuritis and Headaches are relieved FASTER with Buckley's Cinnamated Capsules because of the THREE ingredients they contain. While one rushes to relieve pain the others stimulate, refresh and induce a beneficial relaxation of the nerves. NOW RELIEF WITHOUT REACTION! 15 doses 35c at all druggists.

CHILD'S MORNING PRAYER IN SIMPLE STITCHES



DESIGN NO. X 732

The favorite sampler of a child's morning prayer is done in an outline or satin stitch and when completed, measures 9 by 12 inches. It is a twin sampler of the evening prayer. Hot iron transfer pattern No. X 732 contains complete instructions.

To order pattern: Write or send above picture with 15 cents in coin or stamps to Needlework Bureau. Charlottetown Guardian.
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