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

"I'm up at the crack of dawn with a hot Quaker Oats breakfast for that 'Human Dynamo' husband of mine!"

"Active as firecrackers and wild about sports—the twins eat plenty of oatmeal!"

"And we must be sure our future Beauty Queen gets her Quaker Oats daily! Believe me, she does!"

And of Course, Dan Expects Me to be Glamorous Too! —So I eat QUAKER OATS

A rich and thrifty source of Vitamin B_1

● Growing children, need many food factors for normal growth and development. Vitamin B_1 is one such factor necessary to normal nutrition and it cannot be stored-up by the body . . . must be replenished daily. Quaker Oats is a rich and thrifty source of Vitamin B_1. Quaker Oats, among grain foods, is also extra-rich in vegetable proteins—which can aid in building muscles. Delicious Quaker Oats is economical too. Get a package today!

QUAKER OATS

South From Mayfair

(Continued from page 6.

"After I last saw you? Let me see. I didn't got to England with my father, I stayed in Wellington, and got a job as help in a farmhouse. It was rather tough and the people were horrible; but It stuck it until I didn't mind it any more. And then I went as a governess in Hawkes Bay, and after that I looked after a house and some children——"

"Why give up a pleasant life for that sort of thing?"

"Because my life was superficial. Because I was —what did you once call me?—a week-old cabbage, and not—" She hesitated but a rush of emotion overcame the barriers of pride: "Not even good enough for you to marry!"

She swung away from him, but he caught her hand. And then she saw that he looked thunderstruck.

"Didn't you understand that I was trying to do the generous thing?"

"I don't understand."

"I was trying to give you a way out of something I was certain you'd regret! My Heavens, you took the cue quickly enough when I said I wouldn't hold you to it!"

She stood dumb with wonder, trying to adjust herself.

"You didn't make me think I was someone you'd care about very much! Of course I took the cue," she managed to say at last.

"What? Oh, you were as much above me as —as a star! You know you were. The worst side of me resented it, and I was vile to you. But then when you said you'd marry me I saw how true it was, and I thought I must give you a chance to get out of it."

"How badly you think of me!"

"I don't — I didn't. I thought you had been carried away. If I'd known you wanted to be held to it, I'd have held you to it to your dying day! But I struggled with myself, and then put it to you like that to see how you'd take it. Lord, you were cool! 'That's the end!' I thought."

A wail from Mrs. Benning's baby in the next room suddenly smote on Lorna's ears, like something from reality in the midst of a dream. She stood there with tears in her eyes.

"I was trying all I knew to be cool, and it was very hard. I thought you knew I wasn't worth anything! When I went into the hotel they had to give me brandy —just a moment, ——'s the baby crying!"

She slipped away into the darkened room, where the infant sucked its fingers and walled.

After a moment Hawksford followed her and came to her side.

"Hush!" she whispered, for the baby began to drop off to sleep again.

"Did you want to marry me so much they had to give you brandy?" he whispered.

Lorna nodded, and turned her face so that it leaned for a moment against his coat.

"Come out where we can talk!" he urged.

They went back into the kitchen, but it was some time before the talking began.

"It was just chance that we met here," she said. "We were meant to meet!"

He looked at her roughened fingers.

"Look at those hands — those lovely hands! All because I was such a beast to you. Won't you be the lovely lady again that you were when I met you?"

"That's easily done!" smiled Lorna.

"You know all about washing up and all that now," he said. "So I'm not afraid of you hating it too much. But, look, it's not so bad, I shan't always be a chauffeur!"

"Won't you?"

"No, I have a sheep run at the back of Gisbourne. That's to say, I shall have it when my uncle dies. He was the chap I was talking about, whom I couldn't stand working for. The estate was entailed on me. He's ill now, on his last legs, poor old chap, and they want me to go back and manage the place for him. Perhaps I'll do it, too, now that I could run things my own way. There's a house up there, apart from the homestead, that would be fit for us to live in."

"A sheep run," said Lorna. "And we would live on it? Right away in the back-blocks?"

"Forty miles from Gisbourne. Eighteen thousand acres," said Hawksford. "Rough country. My great-grandfather, who was a whaling captain, bought it from the Maoris in 1836. We could afford a trip home to England for you to see your people from time to time."

"Oh, it's wonderful, it's wonderful!" Lorna cried. "I'm so happy!"

He gripped her hand.

"You won't get homesick for England, and all your bright clever friends? The dances and parties, and the first night, and the glamour and sophistication? For I've nothing like that to offer you, Lorna. Nothing but a quiet, free life, and a few friends, and the open air!"

"And you?"

"Oh, yes; and me!"

She thought of that, and of the long quiet hills, the deep bush, and the grassy plains; the river-beds burning white among the green willows; the vast sky filled with light and never resting wind . . . .

"What more could anyone want?" she said.

(The End)

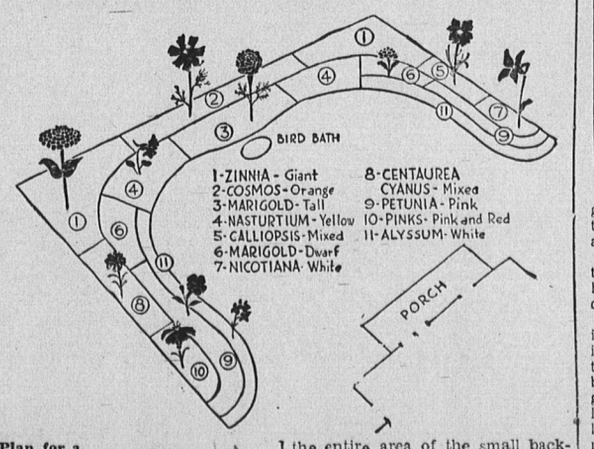
Warren-Barchard Nuptials

—Guardian Engraving.

TRAIL, B.C.—Against a beautiful background of large white chrysanthemums and white carnations, the marriage of Phyllis Zereta, eldest daughter of Mr. and Mrs. William Barchard, 709 Farwell Street, and Leighton Campbell Warren of Cranbrook, only son of Mrs. O. C. Warren of Cranbrook, and the late Mr. Warren formerly of Kensington, P. E. I., was performed by Dr. M. W. Lees at 5 o'clock on Sunday afternoon at Knox United Church. The guest pews were marked with white pompoms tied with satin streamers. Mrs. F. Burton presided at the organ and accompanied S. Manson of Cranbrook as he sang "Because" and 'I Love You Truly" The bride had four attendants; Mrs. Wadsworth Kumorek as matron of honor, and Miss Bernardine Barchard, Miss Thomasina Carter, and Miss Irene Lightfoot as bridesmaids. The bride, given in marriage by her father, was beautiful in her gown of white brocaded satin with embossed floral design of cut velvet. The bodice of the gown was sculptured and fell in long lines over the hips. The back of the bodice was closed with tiny self-covered buttons from the sweetheart neckline. The full skirt of the gown ended in a wide full train. The sleeves of the gown were long, puffed at the shoulders, and ended in lily points over her hands. Her veil was caught to her head with a halo of stiffened net with small rosettes centred with seed pearls. The beautiful bridal bouquet was of white orchids and freesias. The matron of honor was gowned in Periwinkle blue net with an all over design of silver. The fitted bodice and short puff sleeves were shirred and trimmed with tiny pink velvet bows. Miss Bernadine Barchard wore a shell pink silk net gown featuring a marching shirred jacket fastened with tiny self-covered buttons. The gown chosen by Miss Carter was of pale blue sheer with matching lace insertions on the bodice. Miss Lightfoot chose a gown of charm green chiffon which featured a draped bodice and short puff sleeves. Each attendant wore a varicolored halo which held in place their chapel veils which matched their gowns. They carried colonial bouquets of pale pink pompoms, roses and pink carnations. Phillip Barchard, brother of the bride, was best man, and Gaylord Richardson, Francis Barchard and Malcolm McLeod were ushers. Following the ceremony a reception was held at the home of the brides parents. To received the guests Mrs. Barchard wore a gown of white lace, the all over design set on black net. With it she wore a fitted black chiffon velvet jacket and black accessories. Her corsage was of cream roses. Mrs. Warren chose a gown of wine triple sheer with a fitted jacket trimmed with gold sequins. Her accessories were en tone and her corsage was of cream roses. The rooms were decorated with white chrysanthemums. The lace-covered table was centred with a tiered wedding cake flanked with pink and white roses and tall ivory tapers. Later the bride and groom left on a wedding trip to Banff and Calgary. For travelling Mrs. Warren changed to a Vinnot wine velvet gown with Peter Pan collar and cuffs of Hamitan lace. Her doll hat was covered with ostrich feathers of the same shade, and she wore a mink striped muskrat coat with a corsage of orchids. They will reside at Kimberley.

The groom is a nephew of Mrs. Edward McMurdo of Kelvin, P.E.I.

Lavish Color In Border Of Annuals



Plan for a Summer Border to Flower from Seed in Sixty Days.

Design has become a most important factor in horticulture and upon design depends the appearance of the home surroundings, whether they are artistic and appealing or whether they are commonplace and lacking in distinction.

The flower garden should be carefully planned in its relation to the entire ground area of the home. It should be laid out to scale, the entire lot being drawn and decision made as to the location of the flower planting and what shape it shall take—whether it shall be a border around the boundaries of the yard, whether it shall be a formal garden, or whether it shall consist of borders along the walks or drives.

The simplest and most effective plan for the average small home usually is a boundary planting with a background of shrubbery or vines. A border from 6 to 10 feet wide, according to the dimensions of the lot, with colonies of plants selected as to color harmony and season of bloom.

Small formal gardens to occupy the entire area of the small backyards have proved one of the most attractive plans. In this case the first decision is as to whether the lines shall be straight or curved. Straight-line beds and borders are the easiest to handle and keep in order. It is also a popular feature now to dig a small pool for the beauty of the reflections of surrounding foliage and also to grow a water lily to give its fine summer bloom.

The simplest and most lavish display of color may be secured by the use of annuals in these borders, especially if the dweller is a renter or if he is newly developing the property, the annuals furnishing color while a stock of perennials is being raised for permanent decoration. In any event plenty of annuals will be needed to furnish a mid-summer and fall display when the perennial season slacks. It is a wise plan to visit yards which have attracted admiration in your neighborhood during the winter and inspect the lines and general design with a view to adapting the best features for your own yard. In addition there are a number of excellent books on design for the home grounds at reasonable prices.

(BEAUTIFULLY COLOURED AND MOUNTED)
SPITFIRE, HURRICANE, DEFIANT, SUNDERLAND FLYING BOAT, WELLINGTON BOMBER AND BLENHEIM BOMBER

Don't miss this opportunity!

Just take a label from a tin of CROWN SYRUP — write on the back your name and address and the title of the picture you want . . . (1 complete label for each picture). Mail the label to Dept. D, The Canada Starch Company Ltd., Box 120, Montreal. Your chosen picture or pictures will be mailed to you immediately.

CANADA'S GREAT Energy FOOD
CROWN SYRUP

DON'T COVER UP A POOR COMPLEXION

Help clear it up with popular Medicated Cream nurses discovered

NO AMOUNT of glamorizing "make-up" can make a rough, blemished skin look fresh and healthy. Face the facts! Then use the popular *medicated* cream that's helped thousands to clearer, lovelier skin beauty—Noxzema Skin Cream.

Noxzema is no ordinary beauty cream. Doctors first prescribed Noxzema for burns, etc. Nurses discovered how wonderful it is for red Chapped Hands—and what a grand complexion aid it is.

Noxzema's soothing *medication* aids in healing externally caused blemishes—it smooths and softens chapped, weather-roughened complexions . . . its mildly astringent action helps reduce enlarged pores. Let Noxzema work for the good of your skin 24 hours a day. Use it as a *Night Cream*—it's dainty, *greaseless*. Apply it during the day as a *Powder Base* for an even, long-lasting, protective make-up foundation.

See for yourself! Try the Noxzema way to *natural* complexion beauty. For a *limited time* you can get a generous 25¢ trial jar of Noxzema for only 19¢. Get your jar *today* at any drug or department store.

WHICH OF THESE MARS YOUR BEAUTY?
PIMPLES? (externally caused)
LARGE PORES?
ROUGH SKIN?
CHAPPING?

25¢ JAR NOXZEMA only 19¢

We advocate the wearing of a bright colored flannel vest with your suit this Spring. It not only adds color zest to a neutral outfit, but it adds warmth for early cool days as well. Men's wear flannel is the fabric and purple, bright green, yellow, royal blue and red are the colors.

Living & Leisure —The Woman's Realm

I TEACH SCHOOL

I write no poems men's hearts to thrill
No song I sing to lift men's souls;
To battle front; no armies lead,
In halls of state I boast no skill;
I just teach school.

I just teach school, but poet's thrill,
And singer's joy and soldier's fire
And statesman's power, all, all are mine;
For in this little group where still
I just teach school,

Are poets, soldiers, statesmen, all.
I see them in the speaking eye,
In face aglow with purpose strong,
In straightened bodies, tense and tall—
When I teach school.

And they, uplifted gaze intent
On cherished heights they soon shall reach,
And mine the hands that led them on.
And I inspired, therefore, content,
I still teach school.

—Author Unknown.

Three four-pound chickens will make chicken salad enough for 50 persons; two five pound chickens will make chicken croquettes for the same number of persons.

MONKEYS ON GIBRALTAR

Gibraltar still has wild monkeys. They are the last of the first dwellers of Europe, and receive protection from the British government.

A new way of interpreting the narrow silhouette in prints is the tunic skirt, the tunic with flared fullness is attached to the narrow foundation of the skirt itself, assuring the slim look.

For out-and-out stimulating interest in dress silhouettes, wide skirts of the circular cut of the skating variety ought to be classed as a pleasant memory. The practically sound people who make their style changes gradually, are showing full skirts but toned down, and definitey looking different from those circular skirts that already are beginning to have a "kid-ish" look on anybody over 16.

Fork tucks are those new-looking devices that smooth down the hips and let in softness above the waist.

TWO LAYERS

Remember that two thin layers of wool are warmer than one thick one. I mean it. Two pairs of the finest wool lace pantees keep you far more cosy than one closely knitted pair in thicker wool. In the same way, a thin summer jumper worn under your smooth sweater, will keep you warmer than a great, thick pullover which looks lumpy and ugly.

Cesar Franck left us no music that is more richly rewarding than his "Prelude, Chorale and Fugue" for piano. It dates from the period of his famous symphony and, like that work, is rich in texture and also is poetically mystical.

Sight reading is not altogether a gift, as many suppose. Like memory, it can be cultivated. Some people are quicker, that is all. As it requires more brains to earn money than to inherit it, so it is with the mind trained to read.

The water in the Pacific ocean is seven inches higher than that in the Atlantic, as measured at each end of the Panama Canal.

"REGURGITATED" MILK

Pigeon's milk, a light-colored fluid produced in the crops of parent mourning doves, is regurgitated and fed to the young birds before they leave the nest.

LAST YEAR'S FELT HAT

If the felt that from last year looks a bit shabby but is not worn, rub over it with a piece of fine sandpaper. It will remove some of the fuzz but with it will go all the soil and shabby appearance.

PLATE MARKS

Blotting paper removes hot-plate marks from the table, if they are not too bad or too old; use several thicknesses and press firmly with a hot iron, lifting the paper from time to time; afterwards treat the mark with paraffin wax and polish with a warm duster.

To brighten gold braid, give it a thorough brushing, then sprinkle powdered alum all over it and let it stay on for two or three days. Then brush it off.

IF YOUR SKIN IS DRY

The dry skin wants warmed oil patted into it weekly. It asks a special diet. Fruit and vegetables help it, an increase in fats, cream and salad oil. Milk is a godsend to it. Avoid too much white bread, potatoes and eggs, and very acid fruit.

It asks for a good feeding cream at night, worked in carefully, the surplus wiped off, and the rest allowed to carry on all night long. It simply will not stand difficult weather, and a trying wind is death to it. It hates hot fires. It asks an even temperature.

When going out in a difficult wind, prepare your skin to meet it by giving it an extra dollop of cream foundation. It will be eternally grateful to you if you wear a hat with a veil, and bring the veil over your face.

A LITTLE SONG TO CHEER YOU

Thank God for all the little joys,
sweet pearls upon a string,
that in the strain and grief and
noise can make our spirits sing —
the little joys of every day, so short
and sharp and sweet, that set a
glory round our way, a beacon for
our feet.

The fling of sunlight through a room, the crunch of crusty bread, a red carnation's velvet bloom, a baby's curly head, cool waters gurgling as they flow, a jewel's glowing light, the joke that only dear ones know, the welcome home at night. We shall recall in after days, when griefs are growing dim, her shining smile and word of praise, the picnic shared with him.

Thank God, in times of strain and stress when life seems rather grey, for little joys that come to bless a dozen times a day.

LOVELY VOICE DEPENDS ON BREATHING

"It is the wise woman who makes a real effort to preserve the youthful lilt in her voice, so that her tones won't betray her when she is older," says a celebrated voice coach.

"She can't begin too young," she continues. "For voices age out of all proportion to actual years, and often a girl of twenty will sound like a woman of forty."

He then goes on to explain that since a good speaking voice depends on many things — proper breathing, rhythm, pitch, vocal personality and so on — it is important for every woman to learn to breathe properly and to keep her jaw relaxed.

24,000 HOURS OF WAR AID SERVICE

TORONTO—The last quarterly report—covering from September to December, 1940—shows that war work carried on by 16 diocesan councils of the Catholic Women's League of Canada included 13,358 knitted articles and 24,212 sewn articles.

In addition 6,663 garments, 287 quilts, 8 knitted afghans, 62 pairs of blankets were made for refugees, and 3,853 garments cut out for English children. The C. W. L. had 653 members working in Red Cross centers and 24,000 hours of service were given by other members.

How to Treat a Child
When Chest Colds Strike

To relieve coughing spells, loosen up phlegm, soothe irritation, ease muscular soreness or tightness—give your child an improved "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 like a warming poultice or plaster . . . STARTS RELIEVING misery right away! Results delight even old friends of VapoRub.

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

Learn to Play a Guitar by Simple Diagram Way

Make a Hit With Your Music

Popular with her friends — the girl who can play the guitar! Parties, dates, get-togethers of all sorts are enlivened by her music.

And with diagrams and directions anyone can learn to play the harmonizing chords used in accompanying a song.

Playing "Auld Lang Syne," for instance, you use the F major chord in the diagram shown here. At the top you see the notes and, directly below, how to play them on the guitar fingerboard. The vertical lines are the strings, the horizontal lines, the frets — as they are on a real fingerboard.

With the fingers of your left hand you press the strings near the frets at the points where the fingering 1, 3 and 4 is indicated. At the same time your right hand plucks the strings near the sound hole, producing the chord. Pluck first with the thumb (X in the lower part of the diagram) and follow immediately with the other fingers—playing them together.

Our 32-page instruction book explains each part of the guitar fingerboard, gives right method of playing and correct fingering. Diagrams and directions show how to play chord accompaniments. Included are melodies of seven favorite songs with guitar chords.

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

Name

Street Address

City Province

HOSTESS REVEALS SECRET

● Every day, more and more women are proving that Swans Down Cake Flour has revolutionized cake-baking. The superlative fineness and consistent high quality of this special cake flour make it easier for anyone to bake those fluffy, even-textured cakes that are so tempting.

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★ Made only from selected soft Canadian winter wheat.
★ Ground by special controlled milling process.
★ Sifted and re-sifted through silk till it is 27 times as fine as ordinary flour.

TRY ANY OF THE 9 TESTED RECIPES ON EVERY PACKAGE

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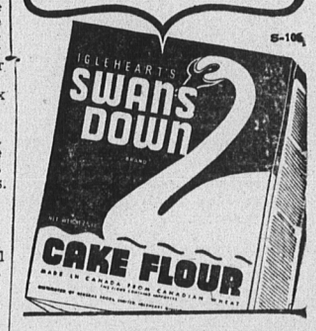

A Morning Smile

A sad-looking man went into a chemist's shop.

"Can you give me," he asked, "something that will drive from mind the thought of sorrow and bitter recollection?"

The chemist nodded, and put him up a dose of quinine and wormwood, and rhubarb and Epsom salts, with a dash of castor oil, and gave it to him, and for a week the man could think of nothing in the world except new schemes for getting the taste out of mouth.

To keep cut bananas from turning dark, dip the slices into fresh lemon or orange juice.

SPRING COATS COMBINE CONTRASTING SHADES

The two-color contrast plot that has been such a hit in sports clothes comes through one of the interesting novelties in spring coat collections. It is particularly good at bringing out interesting front panels or pointing out detail that might be missed were the coats all in one color.

Most popular contrast coats are softened reefers with lighter front panels, sleeves and yokes contrasting make another effective tailored version.

For a softer coat taking up the contrast idea, one of the nicest is the midriff where a deep bias waistband in a dark color accomplishes magic with the silhouette.

The color teams we recommend as particularly smart are these: Oatmeal and brown for a mixture twin-fabric, light and dark gray, black and putty, navy and beige, navy and red.

SOFT HANDS

One housewife gives her hands a beauty treatment each morning while waiting for her husband to come down to breakfast. She holds her hands above the steam of the coffee pot, high enough to dampen and steam her hands without burning. While the pores are all open she rubs some hand lotion into the hands until thoroughly absorbed. No matter how hard the day's work her hands stay soft and smooth.

"MY RASH ITCHED SO"
•••THEN A NURSE TOLD ME WHAT TO DO

"First cleanse thoroughly with fragrant, mildly medicated CUTICURA Soap, then apply emollient CUTICURA Ointment on irritations of external origin." . . . Recommended by many nurses. Buy Cuticura today—at all druggists!