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

NOW YOU CAN BREATHE!

Clear Cold-Clogged Head This Quick Way

Clear that tormenting stuffiness—breathe more freely! Just a few drops of Vicks Va-tro-nol—that's what you need. Feel it go right to work—bring real comfort. This treatment *is successful because Va-tro-nol is active* medication—containing several essential relief-giving agents plus ephedrine—expressly designed for nose and upper throat. Next time don't wait for a cold to get a head start. Used at first sniffle or sneeze, Va-tro-nol helps keep a cold from developing.

SPECIAL CLOSET NEEDED FOR STORAGE OF TOYS

Spring brings an annual exodus to the outdoors and with it the problem of storage space for toys, bicycles, skates, and other items which are likely to annoy members of the household when not in use.

A closet made especially for such equipment is a practical solution to the problem. There are many possible designs, but the ideal one should contain a separate cupboard for larger and more cumbersome toys, as well as space for bicycles, roller skates and other items.

Lemon Juice Recipe Checks Rheumatic Pain Quickly

If you suffer from rheumatic or neuritis pain try this simple inexpensive home recipe. Get a package of Ru-Ex Prescription from your druggist. Mix it with a quart of water, add the juice of 4 lemons. It's easy and pleasant.

You need only 2 tablespoonfuls two times a day. Often within 48 hours — sometimes overnight — splendid results are obtained. If the pains are not quickly relieved and if you do not feel better, Ru-Ex Prescription will cost you nothing to try. Your money back, if it does not help you. Ru-Ex Prescription *is for sale and recommended* by THE JENKINS PHARMACY and all other leading druggists.

Persian lamb is shown in Paris in long wraps inspired by the cape of the Moroccan Spahi. Fullness is accented either in loose coats with wide back fullness often mounted in folds, or in Cossack belted styles.

A Morning Smile

A TALL STORY

"Is your husband fussy about his meals?"

"I'll say he is. If he gets a hat that doesn't fit, he won't go back to that restaurant again."

TECHNICAL DIFFICULTIES

A little girl having lunch with her parents had been served with a chicken wing. After trying to eat it for some time, she said: "Mother do you mind if I have something else besides the hinges."

WHY SUFFER Functional FEMALE COMPLAINTS

Lydia E. Pinkham's Vegetable Compound Has Helped Thousands!

Few women today do not have some sign of *functional* trouble. Maybe you've noticed YOURSELF getting restless, moody, nervous, depressed lately—your work too much for you—

Then try Lydia E. Pinkham's Vegetable Compound to help quiet unstrung nerves, relieve monthly pain (cramps, backache, headache) and weak dizzy fainting spells due to functional disorders.

For over 60 years Pinkham's Compound has helped hundreds of thousands of weak, run-down *nervous* women during "difficult times." Since it's helped *so many* women for so many years, don't you think it's good proof YOU too should take Pinkham's? Start *today* without fail!

Note: Lydia E. Pinkham's Vegetable Compound comes in liquid or handy to carry tablet form (similar formula).

Helpful Hints For The Women Folk

LIFE IS A BOOK

Life is a book of few or many pages—
From right to left we turn one every day—
Wherein is writ the record of the ages,
The wit and wisdom Time has stored away.

Within the pauses, while the Page is turning,
We sleep and dream, at one with all the dead;
Then, waking, we pursue our task of learning,
Our daily lessons, till the Book is read.

There is a purpose in this round of reading,
This term of schooling, with its joy and pain;
A purpose our perception far exceeding,
But when we close the Book 'twill all be plain.

J. LEWIS MILLIGAN, in "The British Weekly".

FASHION FLASHES

Cedric of Paris advocates pumps copied from men's evening pumps for cocktail or dinner wear, in black *crepe or satin* suede with tailored grosgrain bow.

First reports on private clients' orders in the Haute Couture in Paris emphasize suits and afternoon dresses, the latter of the type appropriate for cocktails and restaurant dinners.

Full-length, long-sleeved and long-waisted dinner frocks have gathered bodices. Many of these dinner types are in plain pastel crepes.

One of the most important items in the cargo which Admiral Byrd took to the South Pole was a consignment of thermometers of special make. These are for the purpose of testing the temperature of sheets of ice, and snow that cover the shores and islands. The range of these instruments is such that they can register from 54 above to 94 below. They will measure temperatures below the surface and transmit it to observers.

MORE ABOUT HOSE

Why is it that stockings wear better if they are washed every day?

This is the technical explanation: Washing replaces the stitch stretched during walking. It also restores the thread which has worn flat by rubbing against the shoe. Naturally it also removes any trace of perspiration.

So the daily rinse is really a very practical little trick.

UNIVERSITY PRESIDENT CONDEMNS LACK OF DISCIPLINE FOR YOUTH

Describing the youth of today as "the only unspanked generation" in history, Rufus B. von Klein-Smid president of the University of Southern California, said modern students are "headed straight for the devil" unless something is done immediately. He told a convention of California high school and junior college *principles in* Long Beach, Calif., that "lack of discipline in the home, school and church has *resulted* in a generation of youth that have to depend upon themselves entirely for discipline."

TURKISH PROVERBS

(Exchange)

A thousand friends are few; one foe, many.

Contentment is an inexhaustible treasure.

The courteous learns his courtesy from the discourteous.

Today's egg is better than tomorrow's hen.

He that accomplishes his ends by deceit shall render up his soul with anguish.

Satan's friendship reaches to the prison door.

The heart's testimony is stronger than a thousand witnesses.

It is not by saying, "Honey, honey," that sweetness comes into the mouth.

One already wet does not fear the rain.

Victories attended with little advantage will ruin rather than enlarge an empire.

CELLAR STAIRS NEED RAILING FOR SAFETY

Cellar stairs deserve more consideration than they have been receiving.

Despite the fact that cellar stairs bear more heavy loads than other stairs in the house, they are frequently constructed in a careless manner.

While cellar stairs need not be finished as well as the main stairs they should be given as much consideration as far as safety and use are concerned. A railing and adequate head room are the two main factors to remember.

BABY NEED NOT GET YOU UP

YOU and your baby both need sleep. There is a sure and easy way to get it. Let Mrs. B—, Jr., of Wimona, Ontario, tell you in her own words: "Night after night, as soon as we would get settled in bed, 'Baby' would start crying. . . . Baby's Own Tablets changed all this. What a blessed relief."

In no sense are these "sleeping" tablets. They contain no opiates or stupefying drugs and are absolutely harmless. But they promote *healthful sleep by promptly making the ill* baby well. The well baby sleeps soundly.

Baby's Own Tablets bring quick relief from most of "baby's" ills—Teething troubles, constipation, simple fever, diarrhoea, upset stomach, colic, simple croup and colds. Try them. 25 cents. Your money refunded if they are not effective.

Navy Beau

By Joseph Lewis Chadwick

He found her sitting in the living-room, studying her lines for the next day. That increased his annoyance, but he didn't say anything at first, merely paced restlessly about the room.

Finally, however, he stopped in front of her.

"Do you have to bury yourself in that stuff tonight?" he snapped.

She looked up at him widening, her eyes. "Darling, you needn't be so ferocious. I won't be long. There are just a few lines I want to brush up on."

"Can't you put it off? Am I to have no time at all with you before I leave? Here I'm going away for a month, and you—"

"A month! You didn't tell me a month! I thought it was only for a week!"

"I did tell you. I said I was going all the way to Manila."

"Phil, you didn't! Why, that means I'll be gone when you get back!"

"Gone!" He stared at her. "What do you mean?"

"Well, we'll finish this picture in a week or ten days, and I'll have to sail for the States about a week later to get to Hollywood in time for the *start of my* next picture—"

"Wait a minute! What is this? You didn't tell me you were going to dash back to Hollywood as soon as you finished out here!"

"Phil, I have to. I thought you understood. I have to keep to schedule. I'm under contract."

His anger blazed. "Contract! Contract! Can't you break it? Do you have to go on making pictures now that you're my wife? How about your contract with me?"

"Oh, Phil, don't be ridiculous!"

"So that's the way you feel about it?" He compressed his lips. "I'm ridiculous because I consider our marriage more important than your film contract with Roger Channel! All right!"

He whirled and started grimly toward the door.

"Phil! Where are you going?"

He turned. "To the ship!" he said savagely. "I'll be back in a month — and I'll expect my wife to be here waiting for me! Here—not in Hollywood!"

With that, he strode out.

CHAPTER XXIV

Joyce heard Phil start his car and drive away. She sat stunned, scarcely able to believe that he had actually talked as he had. How could he have been so unreasonable?

Yet, he was gone. Gone in anger. And no telling when she would see him again.

Tears welled up in her eyes, but she brushed them away and tried to collect her thoughts. She realized now that Phil had acted strangely ever since she had arrived home. Was he jealous because she had come with Roger Channel? Did that explain his sudden, violent burst of temper?

That must be it. He would, she told herself be sorry even before he reached his ship. He'd come back and say he was sorry. Surely, he would. . . .

(Continued on page 8, Col 4)

THE COOK'S CORNER

BAKED HAM

First you wrap the ham loosely in the glassine wrapper, parchment paper, or in clean wrapping paper. Place the ham on a rack in an open roasting pan with the fat side up.

Preheat the oven to 325 deg. F. and the time required depends on whether you have a whole ham or only part of a ham. For large hams (12 pounds or over) allow 15 minutes per pound; small hams (8 to 10 pounds) require 18 minutes per pound; and half hams (6 pounds) will take 22 minutes per pound. These times are for hams that have been kept out of the refrigerator for some time previous to baking, so that they are just about at room temperature.

About 30 minutes before the ham is done, remove from the oven and cut off the rind. Score the fat in diamonds and outline the diamonds with dried apricots cut in slivers. Stick whole cloves in the centre of each diamond and drip honey over the fat surface. Raise the temperature of the oven to 400 or 425 deg. F. and bake the ham for about 15 to 20 minutes longer, or until a nice glaze forms on the surface.

PICKLED HERRINGS

3 lbs. herring
6 tablespoons vinegar
1 cup water
2 tablespoons sugar
1-4 teaspoon white pepper
2 bay leaves
1 tablespoon mixed pickling spices
1 small onion, thinly sliced.

Method: Clean and salt the fish well. Heat together the vinegar, water, sugar, spices and onion. Add the salted fish to this and cook for about 10 minutes, basting well if the liquid doesn't cover the fish. Cool in the liquor before serving. This may be placed in stone crocks, covered with the pickle and stored. It will keep well for some time.

BEEF KIDNEY HASH

1 beef kidney
3 tablespoons flour
2 tablespoons butter
1 medium onion, diced
1-2 cup brown stock
1 cup diced boiled potatoes
1-2 teaspoon celery salt
1-2 teaspoon salt
Strained juice of 1 lemon.

Remove the outer membrane and fat from kidney, and cut in small pieces. Roll in flour and saute in butter with the onion. Add the remaining ingredients, mix well and simmer until thick, about 5 minutes. Serve on circles of fried bread or toasted English muffins. Serves 3 to 4.

Vegetable Plot Can Save $50 to $100 in Food Budget

It takes less time to grow vegetables in a home garden than it requires to shop for them in the market; and the quality of the home product cannot be equaled by market vegetables.

One reason for this difference in quality is found in the deterioration in flavor which in most cases sets in when vegetables are harvested. Peas, sweet corn, lima beans, pod beans, and many other vegetables lose more than half their *delicious flavor within a few hours* after picking. Within half an hour the difference is noticeable; so the wise home garden owenr picks her vegetables just before she cooks them.

She can also pick many half grown, at which stage some crops are at their best. For instance, baby carrots, about as large as a lead pencil, and baby squash, an inch or two in length. Seldom if ever can these delicacies be found in markets because they quickly spoil, but their flavor and tenderness are supreme.

The idea that vegetables cannot be grown as cheaply as they can be bought gained some headway in the prosperous twenties among suburbanites who employed high priced casual labor to cultivate gardens rather than doing the work themselves. Even with this wasteful method of production costs are *much less now, and the superior* quality of really fresh vegetables would justify higher than market prices.

But the real saving in the household budget comes when a home gardener does his (or her) own gardening. Then the good health and fine appetite which work in the garden produces, increase his enjoyment of the vegetables he grows while his living expenses are substantially reduced.

It has been estimated, on the basis of careful study, that the average home maker devotes 120 hours a year to buying in the market fresh vegetables which could be grown at home with 120 hours' pleasant work.

Freshest Beans Are on the Vine.

The home garden thus maintained, however, would produce not only much better vegetables than could be bought, but more of them. The family would consume more, and expenditures for other foods would be lessened. The saving in the budget, depending upon the family size and income, would amount to from $50 to $100 in a year.

No experienced gardener would consider this savings to be the chief reward of gardening, however. That comes in the deep satisfaction wihch is imparted by work in the soil, in the pride of accomplishment which a successful gardener feels, in social contacts with other garden fans and generally in a more wholesome and healthful life.

Dorothy Dix's Letter Box

DOROTHY DIX SAYS—

MOTHERS-IN-LAW ARE LEARNING TO MAKE THEMSELVES BELOVED

She Lets The Children Lead Their Own Individual Lives — Drops Role of Dictator

Everybody, whether or not they have one around the house, must have been interested in the efforts of the members of the Mother-in-Law Association to find a new appellation for themselves that would fall more pleasingly upon the ear than the name by which they are popularly known. They object to being called "mother-in-law" because they say that term connotes either a ribald jest or else is a byword and a hissing, and so they appealed not only to the dictionary makers but to the general public to suggest a substitute for it.

Unfortunately, while the response was large it was not illuminating, some of the offerings going French and being "Belle-Mere," while others leaned to the Nazi side and thought "Ersatz-Mother" Mother" would be just the thing. Still others of a more romantic turn of mind considered that "Mother-Link" or "Kin-Mother" would be a title soothing to the ruffled feelings of those possessing married children. Alas, none of these helpful hints has anything in them to recommend them so mother-in-law will go on being our mothers-in-law until they themselves institute the reform they desire by deleting the in-law and becoming just mothers to the boys and girls who marry into the family.

As a matter of fact, many women are already doing this, and chief among all modern improvements is the up-to-date, liberalized, humanized mother-in-law who is a blessing instead of a curse to her children's wives and husbands. She has taken the opprobrium off of the name of mother-in-law and made it a title of honor, respect and affection, and she doesn't need to change it or assume any alibi.

The old-fashioned mother-in-law who was jealous of her children's affection for their husbands and wives; who thought she had a right to meddle in all of their affairs and run their homes; who nagged her son-in-law about smoking because she disliked tobacco, and who criticized her daughter-in-law for using her best china every day because she only used hers on Sundays, is almost as extinct as the Dodo.

Some of her species still exist, just as some dictatorial and possessive real mothers are still extant, but for the most part mothers, both by nature and by law, have made almost incredible progress during the last few years, and it is rare, indeed, to find one now who feels that she has the right to dominate her children and run their lives for them.

It has taken women a long time to learn how to be good mothers-in-law because they thought that the boys and girls who married their children should make all of the adjustments. They are just finding out now that the young are too ignorant and tactless to know how to do it and that it is the older woman who must make the running and win her in-laws or else lose her own children.

So now mother doesn't threaten to turn her children out of house and home if their taste in marriage is not her taste. She welcomes the newcomer and makes the best of the bargain. She lets her in-laws lead their own individual personal lives without criticisms or suggestions from her, and she makes friends of them instead of enemies.

And she doesn't go to live with them if it is possible to avoid it. She knows that no two women can live in the same house without getting on each other's nerves, and that any third party breaks up the solidarity of a home, so she lives to herself, and when she visits her in-laws she is a welcome guest instead of being regarded as a pest.

Probably the mother-in-law was never as bad as she was painted, for it can be recorded to her good that even when she didn't get along with her in-laws she was an ever-present help in time of trouble. But now she is more than that. She is friend and comrade. She is mother, whether you acquired her by marriage or birth.

Here's the Prize Cad

Dear Miss Dix—My husband wants me to ask my women friends to our house so that he may flirt with them. He insists that I receive his mistress as a friend and go about with her and invite her to my parties because he says it is a protection to him; that it causes less gossip and is less dangerous for him. Does a man love his wife when he harasses her about other women? I say nothing to his having affairs with them if I don't have them forced on my attention. I have offered to give him his freedom, but he doesn't want that. Apparently he gets a kick out of seeing how miserable he can make me watching him make love to other women. What shall I do?

A WIFE.

Answer:

I had thought that Patient Griselda had no counterpart in this day of independent women but you must be her incarnation if you stand for the degradation and humiliation that your husband is putting upon you. It is bad enough for a man to be unfaithful to his wife, but he adds insult to injury when he foul's his own home by bringing his disreputable women into it and forcing his wife to receive them.

No man is such an unmitigated cad as the one who hides behind his wife's skirts and makes her respectability condone his immoralities.

DOROTHY DIX.

WOMEN

Here's amazing way to Relieve 'Regular' Pains

Mrs. J. C. Lawson writes: *"I was undernourished, had cramps, headaches and backache, associated with my monthly periods. I took Dr. Pierce's Favorite Prescription for a while, gained strength, and was greatly relieved of these pains."*

FOR over 70 years, countless thousands of women, who suffered functional monthly pains, have taken Dr. Pierce's Favorite Prescription over a period of time—and have been overjoyed to find that this famous remedy has helped them ward off such monthly discomforts.

Most amazing, this scientific remedy, formulated by a practicing physician, is guaranteed to contain no harmful drugs—no narcotics. *In a scientific way, it improves nutritional* assimilation; helps build you up and so increases your resistance and fortifies you against functional pain. Lessens nervousness during this trying period.

Don't suffer one unnecessary moment from such monthly discomfort. Get Dr. Pierce's Favorite Prescription from your druggist. Discover how wonderfully it acts to relieve you of "Regular" pains.

Etiquette Your Entree to a Gay Social Whirl

Avoid Embarrassing Slips

Two popular members of the social set on the way to a party—delightfully poised, each knowing the other will do the correct thing.

No awkward hesitations at the elevator. She goes first—entering and leaving. He removes his hat, as a man should in an elevator with women—unless he's in a crowded elevator in a business building.

At the party, too, this well-bred pair will acknowledge introductions with a gracious "How do you do?"—never with the inexcusable "pleased to meet you."

Such poised behavior is just a matter of finding out what's correct. Do you wonder which of a recently introduced pair should say "I'm glad to have met you"—the man or the woman? The man. And gracious for the woman to reply, "I hope we meet again soon."

Should you answer an invitation to a church wedding? No, but you reply to an invitation for the reception. At a restaurant, who follows the head waiter? The girl does, preceding her escort.

Don't risk an embarrassing social slip. Our 32-page booklet tells the correct thing for parties, the country club, the theatre, other public places. Gives tips on introductions, invitations, entertaining, visiting.

Send 20c for your copy of Etiquette: the correct thing to do to The Guardian Home Service. Be sure to write plainly your NAME, ADDRESS, and the NAME of booklet.

Name

Street Address

City Province

Get Our 6th Birthday SOUVENIR "QUIN" TEASPOONS!

EACH SPOON ONLY 10c PLUS BLACK BANDS FROM 2 CAKES OF PALMOLIVE SOAP!

Try the new improved Palmolive. Get these lovely Quin Teaspoons

Take this grand opportunity to get as many as you desire of these valuable Carlton silverplate Quin Birthday Teaspoons! You get each spoon for only 10c in coin and the black bands from just 2 cakes of Palmolive Soap. Send for yours today.

Dr. Dafoe chose Palmolive for the Dionne Quins because it is made with *Olive Oil* and for that reason is gentler, more soothing to the tender skin of the Quins!

Why don't *you* try the new improved Palmolive? Buy Palmolive today and send for your Quin spoons! Remember, they cannot be bought at any store. Use the coupon below.

Five different spoons—one for each Quin, with her likeness and name on the handle! Send for as many as you like! Just be sure to send 10c and the black bands from 2 cakes of Palmolive for *each spoon.*

SENSATIONAL OFFER!

Colgate-Palmolive, Toronto, Ont. Dept. 5

Please send me, postpaid..."Quin" teaspoons. Am enclosing.....in coin and bands from....cakes Palmolive Soap. (Check spoons wanted and send 10c and 2 bands for each spoon.)

Check here for spoons wanted

☐Annette ☐Cecile ☐Emilie ☐Marie ☐Yvonne ☐Complete set

Name.....
Address.....
City.....
Prov......

Offer expires Sept. 30, 1940. Good in U.S.A. and Canada only.

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 Wednesday, March 27, 1940

MARCH 21 to APRIL 20 (Aries)—Be discreet and painstaking in both personal and general affairs today. Don't become easily upset or listen to the rumors of busybodies and pessimists. Keep trying.

APRIL 21 to MAY 20 (Taurus)—General money matters and private interests involving the budget or income need close watching. Don't be careless in the little things and you'll be able to handle the bigger matters more easily.

MAY 21 to JUNE 21 (Gemini)—Today only needs your close attention and able push to put it into the credit column. Now see to it that you do justice to your fine ability and judgment. Don't become nervous if others seem impatient or if time is limited. Good going to you!

JUNE 22 to JULY 23 (Cancer)—Avoid unpleasant discussions. Don't speak out of turn either at home or at work. Be as gracious as you can and you'll gain more. Tact needed in personal and love affairs particularly.

JULY 24 to AUGUST 22 (Leo)—Extravagance, probably in disguised forms (but nevertheless extravagance!) is your most likely temper today, Leo friend! Wastefulness and confusion should be guarded against by careful vigilance and determined action. Keep your counsel.

AUGUST 23 to SEPTEMBER 23 (Virgo)—Today is very likely to be a dull one for you unless you go in search of new interests and refresh your own actions and thoughts. Arouse your versatility (you have versatility, you know), make it show you a brighter day.

SEPTEMBER 24 to OCTOBER 23 (Libra)—You born before October 8: Personal and money matters will bear watching. You other Librans have more favorable vibrations, nevertheless you may be tempted to be careless at a time when strict attention is required. Be on your guard all day.

OCTOBER 24 to NOVEMBER 22 (Scorpio)—This afternoon you should be particularly mindful of details, budget problems and important messages and correspondence. Care to start the morning right also advised. No giving in to impulsive, reckless desires this p.m.!

NOVEMBER 23 to DECEMBER 22 (Saggitarius)—These must be stricken out of your day's calendar should they put up their ugly heads: Restlessness, too casual an attitude and diffusiveness. Know where your money is going.

DECEMBER 23 to JANUARY 21 (Capricorn)—Born before January 6? Watch your private affairs and keep track of spending. These especially may test your patience You born after January 5: More incentive asked—and buoy up your sense of humour!

JANUARY 22 to FEBRUARY 20 (Aquarius)—No squandering with loved ones! and look out for a strong desire to overindulge pleasures and also for downright obstinacy: Protect your personal affairs from intruders.

FEBRUARY 21 to MARCH 20 (Pisces)—Today's thought: If you do one thing to extreme, you will quickly begin to dislike that thing whether it be a pet hobby, a pleasure, or even something connected

(Continued on page 8, Col 3)

Smartest Fashions And Winter Styles

SIMPLE LINES

For Your All-Occasion Dress

Sew something simple!—A trim frock that's right for any occasion all *day long because it's neither* too dressy nor over-formal. Make it of a small print on a dark background for an illusion of slenderness. Trim it all down the front with bright buttons to pick up one of the colors in the print. The heart-shaped neckline is very so flattering to your face. The long slim lines of the dress itself add apparent inches to your height, and seem to subtract *pounds from your figure. Both short* and long sleeves and a turnover collar are included in the pattern, sizes 12, 14, 16, 36, 38 and 40. Size 16 requires 4 1-8 yards of 39 inch material.

Style No. 3193 is designed for

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

Style No. 3205 Size .....).....).....

Name

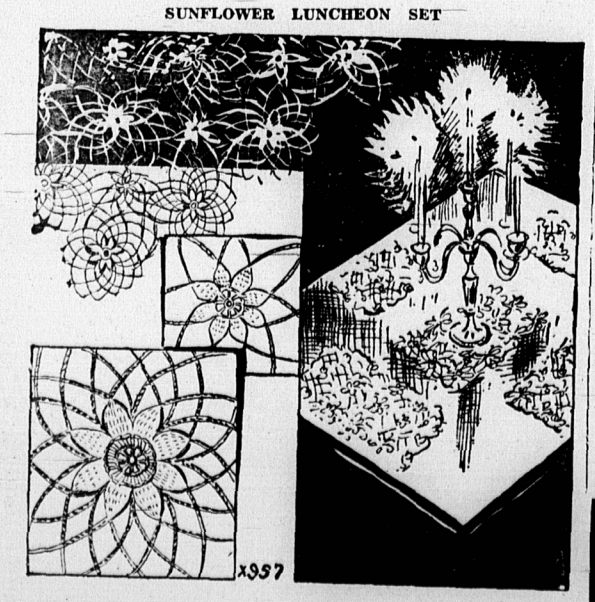
Street Address

City Province

Danielle Darrieux, the French film star, endorses the long-jacketed classic tailleur in a Paquin model of gray and rose checked woolen with a flared skirt.

Legrous Soeurs have launched a pale *mushroom* tone almost a putty shade. They develop the long front theme both in cloches and canotiers.

SUNFLOWER LUNCHEON SET



DESIGN NO. X 957

The lace design with the flower in the center is one of the easiest of all the crochet jobs, and a minimum amount of time is required to complete one doily. Pattern No. X 957 contains list of materials 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.

To Charlottetown Guardian
Needlework Department.

Design No. X 957

NAME -

STREET -

PROVINCE - - - - - - - -