

Woman's Realm Social and Personal Fashions Literature

Women Joining Paratroopers



WINNIPEG, Man., June 8.—Women have invaded another battlefield in the Canadian Army, no less than the paratroopers.

The first of her sex to be attached to the Canadian Parachute Training School at Camp Shilo, is Private Marjorie Perry, of St. Boniface, Man.

Private Perry, a member of the Canadian Women's Army Corps, will not be schooled as a soldier, but as a "triger" who will be charged with the care and maintenance of chutes.

It isn't as exciting a job as that of jumping from planes, but nonetheless important and interesting. Major R. P. Routh, acting officer commanding the school, pointed out there is a definite field for women in parachute work because they can relieve manpower for other duties by packing and otherwise maintaining the silken bags.

It will take about two weeks to train a competent girl to pack chutes, and a month to repair and look after them.

One of the most meticulous phases of a paratrooper's course is how to pack his chute properly, how to dry it and how to keep it in repair. He will still have to learn all that, but much of the time-consuming routine of maintenance maintenance in future will be handled by the CWACs.

ALL WEATHER SUITS
Tissue-thin wool suits and dresses, designed to go right into the early summer. Some in white, others in pastels should be popular this strange season.

A bird with a "tricycle undercarriage" - a three legged crow, was shot at Great Harrowden, Hampshire.

Home Service
Tennis is A Good Game And Fine Exercise



TENNIS EXHILARATING
Now at last the summer season is here and the opportunity for playing outdoor games. Tennis is fun and most exhilarating. The exercise is good for you and your keenness of spirit will develop.

Tennis is a game for all ages, unless, of course, your doctor has advised against exercise. Young and old find it thrilling and stimulating competition packed with enjoyment for all.

Exercise in the open air, combined with fun—what is tennis! Could anything be more healthful or desirable? And anyone with perseverance and enthusiasm for the game can learn to play.

It is quite true that to become a tennis champion requires speed and a high degree of endurance. But not all want to become champions. The majority prefer to play the game for the game's sake, making it as mild or as strenuous as we choose.

Our 32-page booklet is extremely helpful not only for the beginner but also for the experienced. It gives all sorts of pointers and is written by a well-known authority of the game.

Send 15c in coin for your copy of *Develop Correct Tennis Form* to the Charlottetown Guardian Home Service, Address. Be sure to write plainly your name, address and the name of booklet.

Name _____
Street Address _____
City _____ Province _____

Living & Leisure The Woman's Realm

"Whoever plants a seed beneath the rod And waits to see it push aside the cloud— He trusts in God."

USE CAMOUFLAGE FOR WORN FLOORS

If your painted floors are shabby and you can't get enough paint of the right color to give them a fresh coat, try spatter-camouflage. This will cover the worn spots and uneven places and give the effect of a newly painted surface. Moreover, it will lend a bit of color. For this purpose you can use odds and ends of paint which are on hand or such colors as you are able to buy, combining, if necessary.

Second sowings grow faster than first, because the weather is warmer, so due allowance should be made to prevent the harvest of both overlapping too much.

Do not wait until insects damage your crops before you begin to fight them. You can prevent the damage if you begin in time.

Remember, never sprinkle to "lay the dust" in a vegetable garden, because a dust mulch is just what you want.

TOASTER SHORT CIRCUIT

Forks should never be used in reaching for the toast in an electric toaster. There is danger of a short circuit.

Try a small brush for cleaning out crumbs. Clean the outside with a soapy cloth, but never place the toaster in water. If this is done it is "good-bye" to a now almost irreplaceable friend.

BLANKETS NEED CARE

Good warm woolen blankets are among every housewife's most cherished possessions. Sending them to a dry cleaner, the association tells us, is an inexpensive way of assuring yourself that when you need them again they will still be soft and fluffy and warm.

Fluffiness is important for practical reasons. A blanket's warmth depends upon the size and number of tiny air spaces it encloses. Manufacturers, therefore, "nap" their blankets at the factory to raise the fibers and so create more of these air cells. The greatest danger in that "felling," cleaning work is of lint which are on hand or such colors as you are able to buy, combining, if necessary.

POLISHING THE GLASSES

The seemingly irremovable film that forms on drinking glasses—when drops of hard water in them have been allowed to evaporate instead of being wiped off—can be easily removed with a little vinegar. Just wipe the glasses inside and out with a cloth wrung out in vinegar, then pop them into a batch of grease-dissolving suds, and they'll shine with new lustre. Incidentally, a cloth dampened with vinegar will also help remove all hard-water deposits from insides of laundry tubs.

SHIRTWAIST GIRL IN STYLE AGAIN

The shirtwaist girl is in our midst. Not only the girl who wears a suit

If You Suffer 'PERIODIC' FEMALE PAIN

Weak, Cranky, Nervous—
If you, like so many women and girls suffer from cramps, headaches, backache, "irregularities," periods of the blues—due to functional monthly disturbances—

Start at once—take Lydia E. Pinkham's Vegetable Compound. This effective liquid not only helps relieve monthly pain but also tired, weak, nervous feelings. This is because of its soothing effect on one of woman's most important organs.

Taken regularly—Lydia Pinkham's Compound helps build up resistance against such symptoms. Thousands upon thousands report help. Also a fine stomach tonic. Made in Canada.

therefore must wear a shirtwaist or blouse to complete it, but the girl who wears a blouse and skirt and lets it go at last. Come summer and she will be out in greater numbers and, since one unit of a costume is usually matched to another what cutter trick than a matching skirt and blouse or skirt and hat.

Plain blouse and novelty skirt reverses the usual order of plain skirt and novelty blouse. In such ways as these does fashion give variety to wardrobes that are necessarily limited, not limited because of lack of fabric, but as for lack of fashion.

Remember girls are earning all and sundry, not to be a talker, but a listener and are spending it. Their chief problem is to find something to buy.

Schoolchildren in South Coast towns in England may have their desks replaced by Morrison table rollers as an added protection against hit-and-run raiders.

Dorothy Dix Says—

DEBUTANTE LEARNS PERSONAL TALK WILL KEEP PARTY LIVELY

Many Are Stricken Dumb By Strangers And Average Individual Self-Centered

A darling little debutante, going on her first date, asked me what she should say to a boy in order to start a conversation with him. "Ask him a question," I replied. "And when he answers that, what should I say then?" she inquired. "Ask him another question," I returned. "I returned monthly pain but also tired, weak, nervous feelings. This is because of its soothing effect on one of woman's most important organs."

Of course, how this particular conversation tip worked out, I do not know, but at any rate it was good, long ago. For the one topic that is of supreme and never-dying interest to every human being is himself, and when we take that for our theme-song, we are dead sure to make a hit with our audience. The average individual is only interested in the things that pertain to himself and his own range of experiences, and though one came back from the dead and started to describe the stories of heaven itself, he would be interrupted by those who wanted to tell about the lighting of Radio City and who had good time they had on their last week-end.

POOR CONVERSATIONALIST
Such being the case and all of us being bottled up with perfectly fascinating things that we would like to spill on the general public, it would seem that there would be no dearth of talk, but, strangely enough, it does not happen that way. Nothing is harder than to keep a general conversation going. There are plenty of people who are stricken dumb in the presence of strangers, and others, equally unfortunate who, like the traditional fishman, never open their mouths without putting their foot in it.

These men and women, for, believe it or not, there are even women who become tongue-tied in public, always complain that they don't know what to say, not how to say it, yet the whole art of becoming a spell-binder is comprised in two simple kindergarten rules that even a moronic baby could learn in his cradle.

For, contradictory as it seems, the first requisite to being renowned as a brilliant conversationalist and having your society eagerly sought by all and sundry is not to be a talker, but a listener and people your ears instead of hurrying your vocal apparatus at them. Turn on the tap of the monologist and get his stream of words flowing freely and he will go about celebrating you in the market place as the most interesting and intelligent man he ever met, though you may have been as silent as a clam on ice.

PERSONAL OPINIONS AFFORD US PLEASURE

Nobody is interested in our opinions, or thoughts, or prejudices. Nobody wants to hear about our aches and pains. Nobody cares whether our baby has cut his first tooth, or has acquired a full set of dentures from a mail order house. But we all have the time of our lives when we get a chance to lay down the law how the country should be run, and we get a chance to tell our own opinions about what the doctor said and we said to the doctor, and how we hit the stock market in '35. It takes great courage and self-abnegation to be on the receiving end of a conversation instead of the sending, but great are the rewards for those who do it. They are universally popular.

For those who bewail the fact that they never know what to say to people and that they often give offense without intending it by saying the wrong thing, there is a simple remedy that never fails. It is to test out what you are going to say, before you say it, on yourself and see how you would like it. If it would please and flatter you, fine, go ahead and amplify the subject all you want to. But if it was a remark that left you feeling as if you had been stabbed in the back without having provoked the fight, then bite your tongue off rather than say it.

INTIMATE APPRECIATION ALWAYS WELCOME
You know just how much you would enjoy having a woman tell you that your old dress made over so well, and she believed it was better looking this year than it was season before last. Or that she was so glad to hear that your daughter was going to get married because she had looked to her as if she was cut out to be an old maid. Or that what a pity it is that the baby looks so much like her husband's people, who are noted for being so homely.

You know how you would feel if a woman asked you if your frail little heart was just the heart of your heart, wasn't it? Or if she told you about seeing your husband out dancing at a night club with his secretary. You would feel murderous. And so does she. Yet we are helpless to deal with these cows in the conversational china shop because we never know whether they are malicious, or just dumb.

Inasmuch as we spend a large part of our lives talking, it is a pity we do not give more thought to what we say and how we say it, for our words often linger long after we are dead, to heal or hurt.

A Morning Smile
The two doctors hadn't met for
FILET CROQUET FLOWER SCARF

about fifteen years.
"And is your wife as pretty as she used to be?" asked the first.
"Oh, yes," replied the second.
"But it takes her much longer."

"What's good for my wife's fallen arches?"
"Rhubarb heels."
"What shall I rub 'em with?"
Cigarettes numbering 450,000,000 were shipped to British soldiers during the African Campaign.

EMPTY DATE BOOK?
Then check your breath

76% of All Adults Have BAD BREATH
That's why it pays to use COLGATE'S TOOTH POWDER!
Bad breath is a friend-lesser. It's always there before YOU do yourself. So guard your personality with Colgate's Tooth Powder.

Scientific tests prove conclusively that in 7 out of 10 cases Colgate's Tooth Powder instantly stops oral bad breath.

SAVES YOU MONEY!
Compared to other leading brands, a large tin of Colgate's gives you up to 30 more brushings, a giant tin up to 46 more brushings—too not a penny more!

TIP TO SMOKERS!
Colgate's Tooth Powder is one of the quickest, easiest ways to guard against tobacco stains and tobacco breath!

COLGATE'S TOOTH POWDER
12 1/2c, 25c, 40c

CLEANS YOUR BREATH AS IT CLEANS YOUR TEETH

PRESERVE FRUIT
The New British Way!
No SUGAR... No COOKING... No STERILIZING

FRUIT-KEPE
Keeps Fruit

VICTORY
HEALTH LEAGUE OF CANADA

If Victory Garden crops were to be rated, according to the quantity of vitamins they are likely to contain, the carrot would probably be rated next to the tomato.

Carrots are definitely a health food. They say that pilots of the Royal Air Force are required to eat them nearly every day to keep their eyesight keen. But not everybody likes carrots.

If your family belongs to the anti-carrot faction, do not omit carrots from the excess roots. You will get the most out of them if you eat them raw. They make a pleasing and colorful addition when shredded into salads. Children often prefer carrots raw to cooked.

Let the carrots grow without thinning until they are as thick as lead pencils, then begin to thin out and cook the excess roots. You will be amazed at the flavor and tenderness of these tiny carrots, and disappear.

While carrots are most delicious when they are young, they still remain tender and sweet after they have grown all summer. They will stand up to handling so close in a row as to touch each other. But the best plan is to make successive sowings, and harvest them as they are full grown.

You Can Do A Job Only
Price Control Questions And Answers

Questions and Answers on Price Control will appear in The Guardian as a regular feature each day. The questions are those which have reached the Wartime Prices and Trade Board from housewives in this region. The answers are provided by the Board. Readers who have intelligent question to ask on price control are invited to send them in writing to the Women's Regional Advisory Committee of the Wartime Prices and Trade Board, Chappell Building, Charlottetown.

Q. My grocer had 12 or 14 lbs. of peck bags of potatoes in the shop Saturday. He refused to sell me any of them. May he do this? I am accustomed to buying a peck every two weeks from him.

A. Potatoes are in short supply. The grocer was wrong in his refusal to sell you a peck of potatoes. He was seeing that all rather than half of his customers received some potatoes.

THE COOK'S CORNER
POT ROAST OF CHUCK BEEF

Three and one-half pounds chuck beef, 2 peeled and sliced, medium-sized onions, 6 medium-sized peeled potatoes, 1/2 cup scrubbed and quartered, 1 1/2 cup hot water, salt, pepper, 3 tablespoons catsup (optional), fat, sugar, the rest on all onion and hot water, spread the catsup over the roast, and cover tightly. Simmer over a low heat for 2 hours. Uncover, and arrange vegetables around the roast, adding a little more hot water, if necessary. Cover, and cook until vegetables are tender. Remove roast to hot platter surrounded with vegetables, and thicken the liquid in a sauce, adding more water, if necessary.

HONORING SMUTS
CAPE TOWN — (CP) — Gen. Jan Smuts, South African Prime Minister, has been elected honorary associate of the American National Institute of Arts and Letters.

Needlecraft For The Home
PLAYSUIT AND JUMPER
Makes Almost a Summer Wardrobe

When you're outfitting the young, it's a very good plan to start with a playsuit, because that's what a girl really likes to spend her summer in. Then add the front buttoned jumper, that slips on like a sleeveless coat, for those occasions when mother insists on the conservation of a skirt, and she's ready for anything. It's a very good scheme to make the jumper of sturdy colored pique, to wear with various playsuits.

Style No. 3506 is designed for sizes 6 to 12. Size 8 requires 1 7/8 yards 35-inch fabric for the blouse and skirt; and 1 7/8 yards for jumper. Pattern is hand-cut to United States Standard measurements and includes chart with step-by-step instructions.

Send twenty cents for pattern. Write your name, address and style number. Be sure to state size you wish.

KELLOGG'S ASTHMA RELIEF
FOR ASTHMA & HAYFEVER

3506 SIZES 6 to 12

Joan Bennett

IT'S EASY TO MAKE SURE OF DAINTINESS—THE CHARM THAT WINS. A DAILY LUX TOILET SOAP BEAUTY BATH DOES THE TRICK!

HOLLYWOOD'S Whipped Cream LATHER BEAUTY CARE

LOVELY JOAN BENNETT tells you how Hollywood stars make sure of skin that's fresh, sweet. They use their complexion soap, Lux Toilet Soap, as a daily bath soap, too. WHIPPED CREAM lather removes dust and dirt swiftly, thoroughly—makes daintiness sure. You'll love the delicate perfume this beauty bath leaves on your skin.

JOAN BENNETT IS RIGHT! THIS WHIPPED CREAM LATHER BEAUTY BATH MAKES DAINTINESS SURE!

IT MAKES ME SO HAPPY WHEN TOM SAYS I'M SWEET!

9 out of 10 Screen Stars use Lux Toilet Soap

Name _____
Street Address _____
City _____ Province _____