

Woman's Realm Social and Personal Fashions Literature

Living & Leisure The Woman's Realm

In any little word of mine
Can make a life the brighter,
Can make a heart the lighter,
God help me speak the little word,
And take my life of singing,
And drop it in some lonely vale,
To set the echoes ringing.

—Anon.

Bulls and suit dresses feature combinations of prints with monochrome fabrics. Fine wools in solid colors including soft shades of green or blue like the "Tahiti Sea" tone.

For cotton stocks there are pretty black and white check gingham two-pieces, plaid seersucker suits, and the suit-type that combines plaid gingham skirt with linen-like jacket.

A wrap-around look is advanced in a sheared beaver coat. The back of the coat hangs straight and plain, and the front has flared fullness that for cold-weather wear would be worn, wrap-around fashion. This season's popular turn-up cuffs and droll collar are style features.

Bright sequins in vertical design relieve a long black evening dress.

The casual cape is coming more and more into prominence.

If you have trouble keeping omelets and soufflés "standing" after cooking, try putting in some baking powder. About 1-4 teaspoon per egg used will usually do the trick. Mix the baking powder lightly into the ingredients just before cooking.

RAYON TIPS

When you buy some of the new rayon hosiery, be sure to ask for explicit washing directions. Generally speaking, here are some important ways to get longest and best service from them: Handle them gently, use a mild soap and rinse thoroughly and carefully and lay on an absorbent towel to dry, never in sunshine, or near artificial heat. Check with the sales person when you purchase to see if the hosiery is shrinkable, so that you will buy the correct size. Never wear rings or jewelry that may snag the threads while washing.

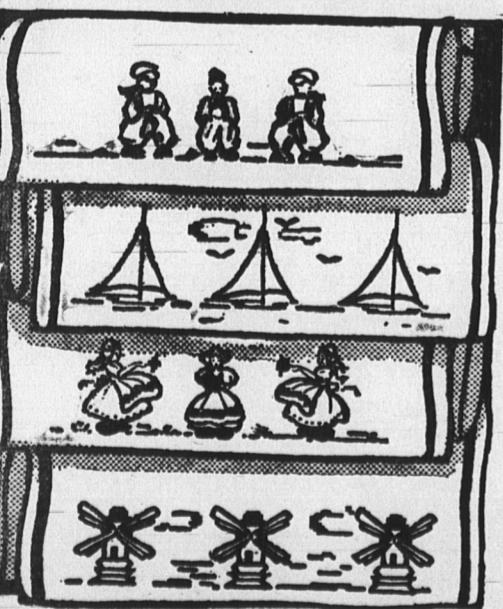
In what is known as "cotted wool," the fibres of the fleece are more or less matted together and cannot be separated easily. If only slightly matted, the fleece is designated a "soft coat" and is called a "hard coat." The hard coat has to be torn apart by mechanical means, thereby causing much damage to the individual fibres.

Most plant experts consider manure more harmful to good lawn grasses. Large quantities of noxious weed seeds are broadcast in this way, and the lawn is an unsightly mess for months after the first application. Use a complete plant food instead.

To remove the cloudiness which comes over highly polished furniture, wash it with a sponge and tepid water and rub it dry with

"MIDDLE-AGE" WOMEN (35-52) NEED THIS ADVICE!
If you're cross, restless, NERVOUS—suffer hot flashes, dizziness, "irregularities" caused by this period in a woman's life—try Lydia E. Pinkham's Vegetable Compound. It's made especially for women. Thousands upon thousands report benefits. Made in Canada. Pinkham's Compound is worth trying.

OLD HOLLAND TEA TOWELS



DESIGN NO. 621

Emperment Dutch boys, demure Dutch girls, trim sailing yachts and picturesque windmills are the subjects used in these pretty designs to decorate tea towels in colorful embroidery. For iron transfer pattern No. 621 contains 12 motifs measuring 2 by 3 1/4 inches each and complete instructions.

To order pattern: Write or send above picture with your name and address with 15 cents in coin or stamps to Needlework Bureau, Charlotte-Town Guardian.

To Charlotte-Town Guardian Needlework Department

Design No. 621

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Care for your hair the world-known Cuticura way. First apply antiseptic, emollient Cuticura Ointment to remove dandruff. Then shampoo with pure Cuticura medicated Sulfur Soap. You'll be thrilled with results. At all druggists. Made in Canada.

CUTICURA SOAP AND OINTMENT

DAILY MENUS Sugar-Saving

(FOR MONDAY, MAY 19)

BREAKFAST
Apple Juice
Cracked Wheat Cereal
Whole Wheat Toast
Beverage of Choice Milk for Children

LUNCH
Cheese Soufflé
Jellied Vegetable Salad
Vitamin B Bread (Canada Approved)
Gingerbread
Tea
Milk for Children

DINNER
Broiled Liver
Baked Stuffed Potatoes
Green Celery Whole Wheat Bread
Golden River Custard
Beverage of Choice Milk

GOLDEN RIVER CUSTARD

1 quart milk
4 eggs, slightly beaten
2 tablespoons sugar
1-4 teaspoon salt
1-2 teaspoon vanilla
Scald milk—combine eggs, sugar and salt. Add milk slowly, stirring until sugar is dissolved. Add vanilla. Place 1/2 cup of maple syrup in each individual custard cup. Fill cup with custard mixture, pouring against a spoon so as not to disturb syrup. Place cups in pan of water and bake in moderate oven (350° F.) for 25 to 30 minutes, or until firm. Cool and unmold to serve.

THE COOK'S CORNER

WHITE BREAD

Prepare the yeast one day before the bread is to be made, using the following ingredients: 2 cups of potato water, 1 yeast cake, 1-2 cup sugar.

At noon drain the water from potatoes which are being cooked for dinner. Let it cool until lukewarm. Add the sugar and yeast. Leave this mixture upon the table until it should be foamy. Leave it until the next morning, it will not be harmed by cooling during the night.

The following day at any time put the yeast preparation on the stove and heat until it is lukewarm. Add two tablespoons (level only) of salt and enough standard flour to make a dough sufficiently stiff that it will not stick to the hands or the kneading board. Knead it for a couple of minutes on the board and then put it in a pan which should have been scraped and greased. Let the dough rise until it is 2 1/2 times its original size. This should not require more than 1-2 hours. Then put the dough in pans and let rise again to 2-2 1/2 times the size. Bake slowly. The crust should not start to brown for at least 15 minutes after the bread is put into the oven.

Notes

1. If there is not enough potato water from the potatoes cooked for dinner, any additional amount required can be easily prepared, using two potatoes for every quart of water. All the potato water to be used should be ready at noon on the day before the bread is to be baked and no water should be added on baking day.

2. It is a good plan to place the pan of dough in a water pan containing warm water. In this way the dough can be kept at an even temperature.

3. The bread will be better if the dough be kneaded once or twice after the first rising.

A Morning Smile

QUITE DIFFERENT

"How old are you?" demanded the American judge of a Negro woman in the witness box.
"I'm seventy-three, judge."
"Are you sure?"
"Yes, sah."
"I'm sure, judge."
"Wandy, you don't look seventy-three. After a few moments, however, the trial was interrupted. The judge, said the Negro. "The mistakener about my age being seventy-three. That's my bust measure, sah."

AT MY AGE

Old Gaffer Muggins, who was as deaf as an owl, met the vicar as he was strolling down the village street.
"Ah, Muggins," boomed the vicar, "there's spring in the air."
"What's that you say?" asked Muggins.
"I said spring in the air," thundered the vicar.
"Why should I? snapped the old man.

Dorothy Dix Says—

LITTLE HOPE OF HAPPINESS IS SEEN IN WAR MARRIAGE

Blame Rests On Shoulders Of Girls Who Fear Being Old Maids

Not all the casualties of war take place on the battlefield. Just as many occur in the Marriage License Bureau, and if the truth were known, probably more prospects of happiness are slain, more lives wrecked and ruined by hasty war marriages than ever are by bombs and tanks.

And most of the blame for these catastrophes rests squarely upon the shoulders of the girls who have gone into a blind panic over the fear of being old maids and who feel that if they don't snatch a husband now they may never get one. So they grab the nearest boy in sight and rush him to the altar, and before he knows what's happened to him he finds himself saddled with a wife with whom he has scarcely more than a speaking acquaintance.

I base this assertion upon the incontrovertible evidence of the thousands of letters that have come to this column in which girls have asked how they can induce boys to marry them before they go off to war, and from boys who almost tearfully beg to be told how they can avoid becoming unwilling bridegrooms. Both sides state their cases with perfect frankness. The girls say that after a war every country is practically an Adamless Eden, mainly inhabited by spinsters. They say that many of the boys who go off to war will be killed, many others will be captured by predatory females they encounter on the way.

Hence they feel that it is a sort of last chance at a wedding ring and they are trying to grab it while it is still in their reach. But I gather from these letters that the chief reason that the girls are so anxious to marry is because somehow, in some way, they feel that it is a kind of disgrace not to have a husband.

BOYS TRY TO POSTPONE MARRIAGE

The boys, on the contrary, are not in such a hurry to marry. They don't want to add the complications of a wife to those of a soldier. They don't know where they are going, what dangers may befall them, nor what changes new experiences will make in them. The only thing they want is to come back from the war they will be new men, in a new world, who will have to start all over again and find their way anew. And so most of them wear themselves out in a vain attempt to make Sally and Sue and Gwendolyn use a little common sense and see why it is best to wait until after the war to marry.

Now if all of these girls who are so anxious to marry were so madly in love with their Toms, Dicks and Harrys that nothing mattered to them but to get married, they would be glad to do so. But while love motivates many war marriages, it is the fear of being old maids that drives thousands of girls into marriages with men whom they meet at soldiers' dances and wouldn't recognize except for their uniforms, or the old beau whom they had no other date, or strangers whom they have known only a few hours and of whom past lives and backgrounds they are completely ignorant.

MANY UNSUITABLE MARRIAGES

Yet every day we see these unsuitable marriages taking place, and it makes us sick at heart to think of all the mess of scandal and divorce and misery there will be when Johnny comes marching home and Sally finds that he doesn't look as romantic in a cheap serge suit as he did in a nifty uniform, when Tommy discovers that he has lost his taste for the thing in skirts looked good to him, and Mary has fallen out of love with an absent husband and in love with a man who was on the spot. And the whole story business is complicated only because the girls are being old maids that drives thousands of girls into marriages with men whom they meet at soldiers' dances and wouldn't recognize except for their uniforms, or the old beau whom they had no other date, or strangers whom they have known only a few hours and of whom past lives and backgrounds they are completely ignorant.

So if there ever was a time when the marriage of impulse should go into the discard, it is now. If there ever was a time when a girl should stop, look and listen before she signed on the dotted line of a marriage license, it is now. If there ever was a time when a girl should wait until she had a husband and in love with a man who was on the spot. And the whole story business is complicated only because the girls are being old maids that drives thousands of girls into marriages with men whom they meet at soldiers' dances and wouldn't recognize except for their uniforms, or the old beau whom they had no other date, or strangers whom they have known only a few hours and of whom past lives and backgrounds they are completely ignorant.

Above all, she should not marry just to be a-marrying. She should not let the apprehension of there being a man shortage after the war run the risk of not getting a husband at all. She should remember that marriage is for the duration and that it will seem a long, long time if she is tied to a man whom she married in a hurry, without finding out that they had nothing in common except being bored with each other.

HOUSE OF HATE

By Isabel Garland

CHAPTER V.

"Tell me about your dancing, Estelle," said Serena, as the two girls rode toward the village that afternoon in the rocking old touring car.

In the front seat, Thurber's back was as stiff as a ramrod, but Serena was aware of his concentration on the subject of dancing. She had never heard of his large red ears straining to catch every word.

"What's there to tell?" Estelle shrugged. Then, with a curious eagerness in her voice, she added, "You—you never happened to see us dance, did you? had a partner. We were Estelle and Ramon, ballroom dancers. We played some of the night clubs in New York."

"No—I didn't see you," Serena replied. "I imagine you were lovely."

Estelle gave her a suspicious glance. "What makes you say that?"

"Of course not. I can imagine your dancing was lovely because—surely you yourself are so lovely. Surely, you must know you are beautiful."

Estelle bit her lip. "I was—once—once, eyes, hair, and everything. My figure's still good, and I'm just as something like a used to be. But—well, Mother's going. She's made me into a dreary old has-been."

"What do you mean? What has happened to you?"

"Lord, how I hate that woman!" Estelle spoke with such intensity that Serena was shocked. "This is what happened. I got sick two years ago. I couldn't afford a nurse, so I came home. I'd forgotten what

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home was like! If I'd remembered, I'd have taken my chances on T.B. I've been here ever since, and look what Mother has done to me! I'm not so old, but she's made me feel a hundred. I've lost a lot of my looks, but I'd still be able to get by if I could fix up a bit. I can dance as well as I ever did—I work out every night in my room after Mother's asleep. She'd raise the dickens if she knew I'm doing for Serena. All washed up, unless—

"Unless I can get my hands on five hundred dollars I could get back into the game if I had it. I've had a letter from Ramon. He's freed out of a partner, but wants one who can put up half the cash for expenses. He'd take me back if I'd come through with my share."

"But your mother's rich," said Serena. "Surely, she'd help you if you explained it all to her."

"That's what you think! Estelle's mouth twisted. "Sure she's rich. She's got more money than she knows what to do with and she's going to keep it—every cent of it! And she's going to keep up too, you and Paul and Chad and Aunt Leona and me—she's going to keep

Needlecrafts For The Home

You'll have to be coaxed to come out of the kitchen and you won't need to coax Friend Husband to come in, when you're wearing one of these dainty aprons.

Style No. 3172, one size, (suitable for sizes 12 to 20), requires 1 yard 36-inch fabric.

Style No. 2909, Small, Medium and Large, requires 1 yard 36-inch fabric in any size.

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To order pattern: Write or send picture with your name and address with 20 cents in coin or stamps to the Needlecraft Bureau, Charlotte-Town Guardian, Needlecraft Department, Style No. 2909 Size

Style No. 3415 Size

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Charming Letters Are Easily and Quickly Written

Writing letters need not be a worry if you know how to go about it properly. Don't run the risk of losing friends just because you put off writing.

It's easy to write charming letters with the help of hints from sample letters.

No hesitating then over that note of thanks to Margie for her gift. Trippingly you write, "Darling, you to send me that exquisite lamp—it's a bright spot in my room."

With correct forms before you, you quickly answer the tea invitation written on Mrs. Grey's visiting card. Using the third person, you begin, "Miss Joyce Jones accepts with pleasure..."

That letter of introduction is simple when you have a guide at hand. Tactfully you write, "An old friend, Alice Graham, is moving to Middleton. She's devoted to music—I'm sure you two will find much in common."

Where to get good sample letters? There are lots of them in our 32-page booklet! Has letters for business and social occasions, invitations; tips on bright, interesting phrases, colorful words. Right beginnings, closings, correct stationery.

Send 20c in coin for your copy of "Good Letter-Writing Made Easy" to The Guardian Home Service. Be sure to write plainly your Name, Address and the Name of booklet.

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Rev. Eric Bates, London, Eng., criticizing war-time marriages, disclosed that several brides-to-be when putting in the bans at his church, St. Peter's, Fulham, "profoundly ignorant as to the Christian name of civil occupation of their intended husband."

This fact he wrote in his parish magazine, "indicates how little knowledge the parishes concerned have of each other, even on the eve of entering into the solemn state of holy matrimony."

The Happy Young Mother

Long before the arrival of baby she began to fortify her body by enriching the blood and building up the vigor of the nervous system. This was to enable her to withstand the strain she anticipated and to supply abundant nourishment for her child.

Dr. Chase's Nerve Food has long been known for its benefit to women under these circumstances, and she proved it to be most helpful in her case, both before and after baby's coming.

The addition of Vitamin B₁ to the formula of Dr. Chase's Nerve Food has made it more effective than ever as a preventive for many of the discomforts preceding childbirth as well as in recovering strength and vigor afterwards. Almost any woman can tell you something about the benefits obtained from Dr. Chase's Nerve Food either by herself or friends.

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