

Woman's Realm Social and Personal Fashions Literature

Helpful Hints For The Women Folk

HEPATICAS
The trees to their innermost marrow are touched by the sun; The robin is here and the sparrow, Spring is begun! The sleep and the silence is over; The petals that rise in the air; Are the eyelids of earth that uncover Her numberless eyes.
—Arnoldo Lampan.

HOUSE WITHOUT CELLAR NEEDS SPACE BELOW
Low-cost homes whose designs do not include basements should have clearance of at least 8 inches between the bottom edge of girders and joists and the ground below them.
To permit crawl space for inspection, clearance of 2 feet is recommended. Access to spaces for inspection should be provided.
Basement spaces should be cross-ventilated with two or more openings proportioned on the basis of square foot of effective area for each 5 linear feet of wall. Scrubbers and vines should not be allowed to interfere with ventilation.

FROM HERE AND THERE
Books cannot always please, however good.
Minds are not ever craving for their food.—George Crabbe.
A slightly lower waist line is prophesied in Paris.
Skirt lengths are little changed. Skirted remain squared for tailored clothes but the saucer line is no longer so generally raised.
Sets that are composed of flower hats and neckties of the same fabrics, pressed and mounted under crystal, are shown in London.
Dissolve an ounce of rock ammonia with half a gallon cold water and then stir in sufficient grated yellow soap to make the mixture really cloudy. This is bottled and used for a host of things. For removing grease from coat collars, for washing windows and mirrors, for taking grease stains from the carpet, for cleaning odd marks of clothes and brilliantine stains from the backs of armchairs.
Very slight mildew marks on white fabrics can sometimes be bleached out with peroxide of hydrogen containing a few drops of ammonia.
Bright red hair braids is used to drape an interesting forward turban which adds a navy ribbon bow at the termination of the low twisted band at back. The use of draped sheer fabrics among the new ideas for summer hats.

PLANET COMPARISONS

Jupiter, Neptune, Saturn and Uranus are larger planets than the earth. The planets Mars, Mercury, Pluto, and Venus are smaller than our earth.

If you do your own or the children's dressmaking at home, you will find it a great help if, when gathering material, you loosen the stitch tension on your machine right out, and machine as usual. You will be able to pull the gathers up much more evenly than by hand.

ANIMAL GRACE WORTH STUDYING

The appearance of back, shoulders and arms, as well as legs and feet, becomes doubly important during the summer months when bathing suits and play suits are the order of the day.

If you have acquired a round-shouldered look, as well as thick, padded flesh on your shoulders, you can correct this condition," says Anne Rodman in her new book, "Lady Be Lovely."
"Have you ever watched the lion tamer at the zoo awakening from sleep?" Miss Rodman asks. "Even your horse act is a good example of muscular co-ordination. Imitate him, and watch results."
The author then points out that too many of us do exercise which makes us bend forward only. Stretching backward is equally important for staying slim and supple.

"Balance yourself on a horseback or low chair and bring your hands back as far as they will go," Miss Rodman continues. "Then sit upright and bend forward. Do this ten times daily. It is not easy, but the rewards are many."
"Now throw right arm back over the right shoulder toward the left. The left hand reaches up behind to clear the right hand, which is stretching downward in back. Hands must clasp over shoulder blade. Reverse the exercise, throwing left arm back over left shoulder toward the right, then following directions in reverse." You may not be able to do this the first time or even the tenth try—but keep at it and you'll succeed.
In addition, swim and row all you possibly can. There is no finer exercise for getting rid of that soft lumpy look between shoulder blades on the back of the neck and on upper arms.

MARISTS IN SOUTH AFRICA

CAPE TOWN — (CP) — The Marist brothers (Roman Catholic Society of Mary) are celebrating the 73rd anniversary of founding their first school here. There are now nine Marist Colleges and schools with about 2,500 students.

Dorothy Dix's Letter Box

COOKING AND HOME MAKING ARTS GIRLS SHOULD ACQUIRE

No Other Asset Will Land a Man Quicker Than the Ability to Show Him You Will Make a Good Wife

This is the time of year when thousands of girls who have just graduated from school lock with bewildered eyes upon a world whose reality they are sensing for the first time, and ask themselves: "Where do we go from here?" All their lives they have been regimented. Mothers and teachers have mapped out their activities and told them what to do, and now they are on their own and they find, to their amazement, that they are strangers to themselves. They have no idea what talents or abilities they possess. They don't even know what they would like to do, beyond having a vague yearning to be a cinema star, or a night-club crooner, or a glamorous girl, whose picture is always in the newspaper and who would end up by marrying a millionaire. But between the easy present or still fabulous future stretches a dreary waste of time that they do not know how to fill in. I would like to make a suggestion to these bored little maidens who do not know what to do with themselves. It is this:

Spend this interlude between the school room and the day when you expose either a career or a husband to the world. This will seem to you like advice to learn how to cook and sew. But between the easy present or still fabulous future stretches a dreary waste of time that they do not know how to fill in. I would like to make a suggestion to these bored little maidens who do not know what to do with themselves. It is this:

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THE COOK'S CORNER

LIVER PATTIES

1 pound beef liver
3 slices bacon
1 cup bread crumbs
2 eggs, beaten
Salt and pepper
1-8 teaspoon dry mustard
Flour

Method: Wash and slice the liver and drop into boiling water and let stand for a few minutes. Remove from the water, dry, and dredge with flour. Brown them quickly in melted drippings or shortening, then arrange in a baking dish or casserole. Pare the carrots and potatoes, and cut into small pieces and place these on top of the liver along with the celery. Season with salt and pepper and the catsup. Then add enough boiling water to barely cover the vegetables. Cover the dish and bake in a moderate oven (350 deg. F.) for about 45 minutes. If you wish you can thicken the gravy with a small amount of flour made into a paste with cold water.

Soaked woollen cloth, if the burn is not too deep, can usually be renewed by rubbing the spot with glycerine and allowing it to stand several hours. Then wash off with warm water.

BEEF LIVER CASSEROLE

1 pound beef liver
3 onions
3 medium carrots
3 medium potatoes
Salt and pepper
1 cup diced celery
1-4 cup diced celery
1-4 cup tomato catsup
1-4 cup tomato catsup

Method: Cut the liver in slices, drop these into boiling water and let stand for a few minutes. Remove from the water, dry, and dredge with flour. Brown them quickly in melted drippings or shortening, then arrange in a baking dish or casserole. Pare the carrots and potatoes, and cut into small pieces and place these on top of the liver along with the celery. Season with salt and pepper and the catsup. Then add enough boiling water to barely cover the vegetables. Cover the dish and bake in a moderate oven (350 deg. F.) for about 45 minutes. If you wish you can thicken the gravy with a small amount of flour made into a paste with cold water.

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A Morning Smile

TOMMY KNEW

Teacher—Now, Tommy, perhaps you can tell us the purpose of grammar?
Pupil—Please, miss, it learns you to talk proper.

ALSO EFFECTIVE

Bishop—And I suppose you first learned right from wrong at your mother's knee?
Candidate for Ministry—No, across my father's.

VEILINGS MATCH HATS

PARIS. — Extremely light veilings, which do not obscure the face, are reported by the *Maison Roubaud* as favorites this season. There are done in classic smoky meshes, especially diamonds and hexagons. Veils are usually ordered to match the hats and wanted, principally, therefore, in black navy, or brown, at the present moment.

Most of this veiling is in the piece, but a smart circular style about 13 inches in diameter is in vogue. This type of veil is also shown in smaller dimensions, in crisp lace. An extremely fine net is bordered with big balls of chenille. Smaller chenille dots are also used to decorate pointed hoods made of net, especially designed for evening wear, in black or with white dots; these have two wide ends tying under the chin, which are also bordered with chenille dots.

YOUR INDIVIDUAL HOROSCOPE

(By FRANCES DRAKE)
(Copyright, 1940, King Features)
Look in the section your birthday comes in, and find what your outlook is, according to the stars.

For Monday June 3rd
MARCH 21 to APRIL 20 (Aries) — May take considerable grit and persistence for the difficult tasks today but the results will be worth the effort. Gains to be had through your own cleverness. Apply yourself assiduously.
APRIL 21 to MAY 20 (Taurus) — Venus, the Moon and Sun are in benefic aspects today and this presages a splendid period for achievement and benefits. Push ahead with your plans. Exploit your fine capability.
MAY 21 to JUNE 21 (Gemini) — If you've been loathing mentally (or physically) men step on you today and make up for previous time lost. Check with your calendar; call on prospective clients as well as yourself. Try out new ideas of worth. Excellent influences for substantial investments and for improving generally your present position.
JUNE 22 to JULY 23 (Cancer) — Particularly auspicious for you born after August 8 and encouraging for all Leo natives who will make the most advantages.
AUGUST 23 to SEPTEMBER 23 (Virgo) — Intentional and direct work (and you Virgans are blessed) require an individual ability and clever handling are favored now. Add an artistic touch to all you do for better results.
SEPTEMBER 24 to OCTOBER 23 (Libra) — Today should be reasonably good for the same proposition of worth; advancing helpful inventions, improved methods in science, medicine, therapy. Be consistent.
OCTOBER 24 to NOVEMBER 23 (Scorpio) — If you will avoid em-

otional or other kinds of heavy within yourself you will really go far with your ingenuity and far-sightedness this unusual and vibrant day. Be interested, you will be interesting.
NOVEMBER 23 to DECEMBER 22 (Sagittarius) — Your innate sense of values and general judgment should aid you greatly making substantial gains this "money-making" day. Business, industrial and mechanical gains indicated and sponsored.
DECEMBER 23 to JANUARY 22 (Capricorn) — Day starts good and ends great. Planetary speaking should suit your line of endeavor and your particular talents. Organization and government matters, institutional work among the many sponsored interests.
JANUARY 23 to FEBRUARY 22 (Aquarius) — Abide by previous well made promises and agreements, be mindful of your duties and you'll have no trouble bringing the day's record up to par. Especially ambitious for your talents to succeed.
FEBRUARY 23 to MARCH 22 (Pisces) — Born before March 7. Take extra pains to put over your bright ideas (and have faith that they are bright and worth what they'll benefit for all Pisces, but especially so for you born after March 6 on your toes!)
A CHILD BORN ON THIS DAY will be a roughness, a alert little sprig with oodles of vitality and nervous energy which it should be taught to conserve and appreciate for the good it can accomplish. Train the child to like its work and to persist at some one endeavor until it has accomplished something. The child is suited to a public career.

Science says ITS PURE

*A recent scientific analysis shows that BEMA Extra Fancy Table Molasses is a concentrated cane juice of high purity, containing a sugar content of 69.10%. This is why it is of such value in supplying necessary body heat and energy. It's a pure, nourishing, palatable food for all members of the family.
Use it as a spread, on pancakes... for your baked goods. It's good all ways!



"THE ORIGINAL PRODUCT—NOT A BLEND"

CROCHETED PATCHWORK AFGHAN



DESIGN NO. X 443
This lovely patchwork afghan is crocheted in squares and joined. This same pattern may be modified and used for a child's carriage robe or crib quilt. Pattern No. X 443 contains list of materials needed 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, Charlotte-Town Guardian, Needlework Department.

Design No. X 443
NAME _____
STREET _____
PROVINCE _____

A QUEENLY SMILE



Radiating confidence and good cheer wherever she moves in Britain, the Queen has been an inspiration to the army. Her days are packed with many phases of war work and she has seen an encouraging example by her untiring efforts. Women ambulance drivers have a smile from her majesty at a reception she held at the Victoria Palace for the outfit. Ambulances to which the women were assigned were gifts of the British War Relief Association of Southern California.

Spring Fashions

3198
SIZES 16-50

If you tip the scales more than you like to admit, why not practise a bit of illusion, why not practise clothes do away with those extra pounds? A button-front makes of, and at the same time emphasizes your height. Time emphasis vertical line with stripes that difference in appearance. This pattern includes several necklines from which to choose the most becoming, as well as long, short and three-quarter sleeves. Style No. 3198 is designed for sizes 16, 36, 38, 40, 42, 44, 46, 48 and 50. Size 36 requires 4 yards of 39-inch material.
Send Payment (15c coin is preferred, for pattern. Write plainly your Name, Address, and style number. Be sure to state the size you wish.
Style No. 3198 Size _____
Name _____
Street Address _____
City _____ Province _____

TERRIER'S MEDAL
LONDON — (CP) — The first decoration awarded a territorial army soldier in the present war was the presentation of the Military Medal to Sergeant William G. H. Adlam of the Gloucestershire Regiment for courageous action in an advance post.
CALCUTTA, India — (CP) — C. R. Bland, a telegraph company's manager for India, has retired after 35 years in India. He once played for a London University cricket team and was an eleven captained by Dr. W. G. Grace.