

# Woman's Realm Social and Personal Fashions Literature

ONE WASHDAY MY AUNT CRIED—  
"YOUR CLOTHES LOOK  
**HALF-WASHED**"

THEN SHE TOLD ME—  
NO MATTER HOW YOU  
DO YOUR WASH YOU NEED  
SUNLIGHT'S  
**"EXTRA-SOAPINESS"**  
FOR EXTRA-DIRTY SPOTS

YOU DON'T HAVE TO BE an expert to see how much easier Sunlight is. Just feel how fresh a cake of Sunlight. Notice its grand extra-soapiness. It's this marvelous added cleansing power that gets even "toughest" spots brighter! No wonder women everywhere say Sunlight makes the difference between clothes looking half-washed or brilliantly bright.

**Safe for colors**  
JUST PUT A TOUCH of Sunlight at those extra-dirty places. Instantly a thin film of soap comes in contact with the dirt. As the clothes are washed, Sunlight's deep-cleansing power gets into the clothes — gets even play clothes and grimy work shirts brighter! Yet Sunlight is so pure, it's absolutely safe for washable colors.

**FOR A COMPLETE WASHING JOB YOU CAN'T DO WITHOUT SUNLIGHT**

**EASIEST DISHWASHING EVER!**  
Sunlight is all pure soap... and that's what makes it so marvelous for dishes and all extra-dirty. But it's kind to your hands, too. And Sunlight goes a long, long way.

**Home Service**  
Smart Draperies to Make Yourself

**RADIATOR SHIELDS**  
Prevent that inevitable dust stain on your walls over the radiators, if you would save yourself a serious cleaning job later. Radiator shields throw the air out into the room instead of letting it flow steadily up the wall. Use them if you can.

**THE QUICK RELIEF YOU WANT... plus the Alkalizer you may need**

One ingredient in Alka-Seltzer is an analgesic... relieves pain. Another ingredient is an alkalinizer... helps neutralize excess acidity. That's why a tablet or two of Alka-Seltzer dissolved in a glass of water, so definitely helps you. It acts fast... is pleasant to take.

**Alka-Seltzer**

**MT. STEWART SCHOOL**  
Honor Roll for October:  
Grade X-1. Mary McGregor; 2. Aletta Feehan; 3. Connie Martin.  
Grade IX-1. Rowena Mercer; 2. Carl McDougall; 3. Vernon MacDonald.  
Grade VIII-1. Ethel Leard; 2. Peter McLeod; 3. Natalie Jay.  
Grade VI-1. Ora Leard; 2. Ramona McDonald; 3. Frank Pigott and Ernest McEachern, equal.  
Grade V-1. Eliza Coffin; 2. Paul Gray; 3. Eileen McEachern.  
Grade IV-1. Lottie McDougall;

**HEADACHE? UPSET STOMACH?**

Send 20c in coins for your copy of "New Ideas in Making Curtains and Draperies" to Charlottetown Guardian Home Service Address. Be sure to write your name and address and the name of booklet.

Name \_\_\_\_\_  
Street Address \_\_\_\_\_  
Province \_\_\_\_\_

## Living & Leisure The Woman's Realm

**THE ETERNAL FEMININE**  
In all the days that are to be These will be woman's fondest wishes:  
A table set for company  
With silverware and lovely dishes  
A home that she can call her own;  
A garden that her care has tended.  
And trinkets to be proudly shown  
Until the day her life is ended.

Man wants his bit of worldly fame  
And wishes to do his share of  
But woman, at a friendly flame,  
Prefers to do the breakfast toast-  
ing.  
Her dreams are not of goals afar  
Or splendours past the strength for  
In pretty lace and linen are  
Her hopes of peace of mind and  
rapture.

No matter what the war may do  
'Twill little change the passions  
A home to love her lifetime  
Will be the dream of every wo-  
man.  
She'll want a place to trim herself,  
To cherish till, from earth she  
passes  
With her and there a handy shelf  
For painted cups and crystal  
glasses.  
Edgar A. Guest.

**HINTS ON ETIQUETTE**  
Even if you are one of those con-  
stitutionally "moody" persons, don't  
spoil another person's enjoyment of  
any entertainment by showing ill  
temper. That is just being plain  
rude.

**DECORATIVE FURS**  
STYLE-NEWS NOW  
NEW YORK. There is nothing  
more luxurious looking than the  
huge, squishy fur muffs women  
push up over their arms these crisp  
autumn days, when a muff is carried  
not to keep one's hands but one's  
pride warm.

The fur hat has also emerged  
long before its usual time. Women  
seemingly accept furs for their  
decorative value, since they show  
a disinclination to wait for weather  
cold enough to justify getting into  
fur jackets and coats. The fur is  
often a visor, a trim or an accent  
rather than a main part of the  
garment. There are several reasons  
for this being the busy woman  
who hasn't time to change her  
dress finds that changing her hat  
does wonders for her. Another  
is that while most hats are small,  
they are high and often formal,  
making use of feathers or choux  
of velvet or ribbon or of much  
glitter, yet, glitter — even for  
day wear.

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**Ribbons Dress up the Valance**  
Charming are these gay chintz  
fraperies — their graceful valance  
opened up with bright ribbons. And  
they're as easy to make as they're  
expensive!

For the side draperies, choose a  
figured chintz — for the valance,  
plain chintz. Stunning is an ivory  
pattern on a soft green ground com-  
bined with plain ivory chintz. Use  
ribbons of darker green for val-  
ance and tie-backs.  
How to make the smartly draped  
valance? Cut the fabric about  
twice as deep as you want the fin-  
ished valance to be. Slant at each  
end and shape the lower edge in  
shallow scallops as in diagram A.  
Stitch up in soft folds, loop ribbons  
over stitches, according to diagram  
B.  
Top each ribbon loop with a  
peppy bow.

Now tack the valance to a valance  
board—and it'll look trim as can be.  
Side curtains hang gracefully, too,  
if you make pinch pleats at the top,  
know such tricks as running a  
weighted tape through the bottom  
hem.

Other "professional" details? Our  
32-page booklet gives step-by-step  
instructions, diagrams for many  
lovely drapery styles, valances, glass  
curtains. Suggests smart trimmings,  
fabrics, color schemes. Tips on  
cornices.

**OLD-TIME SHAWL**  
BACK IN WARDROBE  
A popular device of warmth is  
the shawl, the good old-fashioned  
shoulder shawl in wools, not a tiny  
neckpiece or one to tie on the head.  
This new shawl is an honest, old-  
fashioned Victorian shawl to keep  
one warm. One that you grab up  
and wind around you in the house  
as the English and Scotch wear  
them. One that can be worn for  
additional warmth at a dinner  
party.

These shawls are in plaids in  
decorative wools. Make one at  
home if you have a pretty square of  
wool and bind it with ribbon or  
fringe and throw it on over your  
dress.

**FLANNEL NIGHTIES**  
ARE LONG-SLEEVED  
NEW YORK. Nighties —  
well, my dears, no prejudice about  
long-sleeved, woolly outing flannel  
nighties. Even the young grab them  
in haste, thinking of the chilly  
dormitory or their own room at  
dark dawn. No hint of opposition to  
these sleepers even if the long  
underwear is beyond their ken.  
Youth may come to it, of course,  
as the fuel shortage grows string-  
ent.

More modern is the triangular  
plastron of silk or wool, or any  
other fabric to be worn over the  
front of the blouse, a shield against  
the cold and buckled to the figure  
by a belt at the waistline and but-  
tons at the shoulder.

**LONG UNDERWEAR**  
BACK ON COUNTERS  
NEW YORK. Long underwear is  
nearly an old wife's tale to vast  
numbers of the younger generation  
who never have worn such trap-  
pings and indeed may never have  
seen such an antiquated garment as  
a lady's union suit with long  
sleeves and legs of ankle-length  
wool.

Underwear counters in some  
cities are exhibiting these "long-  
handed" exhibitions, prove the  
room at 65 degrees is a reality close  
at hand. Obviously the way to meet  
this situation is to start your heat-  
ing plant at that figure and hold it  
there regardless of outside condi-  
tions. Put on more clothes in the  
house is the correct answer to this  
temperature.

**How To Relieve MONTHLY FEMALE PAIN**  
Take Lydia E. Pinkham's Com-  
pound—it has a soothing, helpful  
effect on the woman's most im-  
portant organs. Worth trying!  
**LYDIA E. PINKHAM'S VEGETABLE COMPOUND**

**A Morning Smile**  
Bank—is your son thinking of  
getting married?  
Bank—Oh, no. I don't believe  
he'll ever marry now. He's de-  
cided to study for his bachelor's de-  
gree.

**THRIFTY MAC**  
McTavish called at the head  
office of his bank and asked to see  
the general manager. He'd de-  
cided to study for his bachelor's de-  
gree.  
"Have you a card, sir?" he was  
asked.  
"Yes, I have that," replied Mc-  
Tavish, "but first let me see if  
your hands are clean."

**LIPTON'S NOODLE SOUP Mix**  
The Quick Soup with the Real Chicken-Flavour

**QUICK TO MAKE!** **"EASY TO TAKE!"** **"HARD TO BEAT!"** **"BOY! WHAT A TREAT!"**

Try Lipton's Noodle Soup Mix today! See how quickly and easily it's prepared. See how much more soup you get for your money. Taste that delicious chicken-flavour. Then you'll know why it's the "soup sensation of the nation!"

In 7 minutes Lipton's Noodle Soup Mix makes a clear golden soup... so smooth and appetizing that it tastes like the best slow-simmered soup ever made at home. And remember, Lipton's Noodle Soup Mix is also convenient for sending overseas.

Enjoy this new soup sensation. Always order for Lipton's Noodle Soup Mix today.

**LIPTON'S**  
A PRODUCT OF  
**LIPTON'S**  
The Packers of  
**LIPTON'S FULL-FLAVOURED (Small Leaf) TEA**

## Dorothy Dix Says—

**WOMEN SHOULD LOOK AT MIDDLE AGE AS FRIEND AND ALLY**

**By This Time Average Woman Has Learned To Camouflage Bad Points.**

The one thing that women dread more than they do death itself is middle age. They can meet the seventies with philosophy and resignation, but the forties panic them and sends them rushing for the hair dye bottle and going on a slimming diet. And it is this fear of middle age that causes so many women to stay thirty-nine for years and years and years, and that makes the youth repair business the second largest and most profitable industry in the country.

Now if, in her girlhood, a woman has been Miss America, it is easy to understand why acquiring the middle-age spread, having her complexion go off a bit and getting a few gray hairs, is a tragedy. It must be a heart-breaking experience to see one's beauty fade day by day, and be powerless to stop it. Probably no human being ever goes through a more agonizing moment than does the woman who has been the secure of all eyes, when, for the first time, she hears someone say behind her back: "You should have seen her ten years ago. My, but she was a knockout then!"

When the truth is told, however, the number of women who are entitled to wear mourning over the loss of their good looks is negligible. So far from having faces that would launch a thousand ships, the great majority of women haven't countenances that wouldn't even float a canoe. And they go out of their way to borrow trouble when they worry over getting middle-aged.

**IMPROVING WITH AGE**  
There is the case of blessed be nothing, for they can't lose what they never had, and, as a matter of fact, middle age is their friend and ally instead of being their deadly enemy. Many and many a homely, awkward, chisels rough being features into gorgeous middle-aged woman. Time becoming than the original shade. Intelligence lights the eyes into which Nature failed to put a sparkle. And so not infrequently the ugly duckling emerges as a swan in her forties.

Another requisite of middle age that women habitually overlook is that they can do business on half the capital that a young girl requires. We don't hand any bouquets to the debutante unless she deserves them. She has to deliver the goods and show that she possesses all the fifty-seven different varieties of pulchritude before we give her middle-aged woman, who knows how to comb her hair and buy her clothes, can get a reputation for being handsome that will make her husband proud to show her off in public. If in forty years a woman doesn't learn how to camouflage her bad points and bring out her good ones, there is something radically wrong with the inside, as well as the outside, of her head.

Women's dread of getting middle-aged is based upon the fear of losing their youth and good looks, and they make frantic efforts to avert their husbands' roving to their having gotten to be forty plus, but it isn't their wives' birthdays that make men easy preys for the husband-hunters.

It is because their wives have slumped on their jobs and have let themselves get fat and trumpy and sloppy; or they have become naggers and bossies; or because they haven't read a book or had a new idea since Junior was born, and they are dull company. As long as a wife makes her husband a comfortable and cheerful home and jokes with him and jolles him, she is still "little girl" to him, and he doesn't even suspect that she has gotten to be middle-aged.

So-o-o-o, ladies, dismiss your fear of middle age. Quit dreading it. Capitalize it and make yourself more charming, more alluring than you have ever been before, because you have had time enough to learn so many things about how to make yourself attractive.

**THE COOK'S CORNER**  
**LIGHT CHRISTMAS CAKE**  
1 1-2 cups butter  
2 cups fine granulated sugar  
5 eggs  
2 cups blanched almonds  
3-4 cups chopped citron peel  
2 cups chopped red glace cherries  
4 cups flour  
1-2 teaspoon salt  
1 teaspoon baking powder  
Cream butter, well, add sugar gradually and cream thoroughly. Add unbeaten eggs one at a time, beating well between each addition. Dredge the prepared fruit with part of the flour. Sift salt and baking powder with the rest of the flour and add to the creamed mixture. Add fruit. Line a 9 x 9 inch fruit cake tin or two 4 pound tins with two thicknesses of greased brown paper, bake in a slow oven 30 degrees for approximately 2 hours.

**ONION SHORTCAKE FOR LUNCH**  
Two cups biscuit mix, 4 table-  
spoons butter, 2 cups sliced, large,  
mild onions, 1 slightly beaten egg,  
1-2 cup sour cream, 1-2 teaspoon  
salt, 1-2 teaspoon each of white  
pepper and paprika. Put the ready  
biscuit mix, mixed with milk, in a  
greased, deep 9-inch cake pan.  
Melt butter in frying pan and  
add onions. Cook onion for about  
5 minutes. Spread onions  
over the biscuit dough. Combine  
egg, sour cream and seasonings  
and pour over onions. Bake in a  
moderately hot oven of 375 degrees  
about 25 minutes, or until custard  
is formed on top. Just before serv-  
ing place eight sliced sausage on  
top of cake, and serve at once.

**Saint John Wood Dealers Stop Sales**  
SAINT JOHN, N.B., Nov. 23 —  
(CP)—A group of Saint John dealers in hardwood for fuel today announced that they have discon-

## To Make Better Coffee

**IN** these days of coffee rationing, ability to make uniformly good coffee means much. For this, proper care of your equipment is very important. To get best results, follow these simple rules:

- 1 Keep all utensils, whatever kind, scrupulously clean. Use a slender brush for spouts, tubes, crevices and grooves.
- 2 Sediment and stains affect flavor. Ordinary washing will not remove them, so scour often with a suitable scouring material.
- 3 Never put your coffee maker away after use without washing with clean, hot, soapy water. Then rinse with boiling water, drain and dry.
- 4 If you use a cloth filter or bag, wash it after use with water and baking soda—not soap. Rinse and keep it submerged in clean, cool water.
- 5 You can only get best results from good coffee — correctly ground for your method of coffee making.

**MAXWELL HOUSE** is a blend of the very finest coffees the world produces, roasted by a special process that captures every atom of its extra flavor and rich, full-bodied goodness. It offers you precisely correct grinds for each type of coffee-maker—DRIP and REGULAR.

Because it comes sealed in a Super-Vacuum tin by the Vita-Fresh process, Maxwell House Coffee reaches you as fresh as the very hour it left the roasting ovens. It is always:



## Needlecraft For The Home

**ALERT LITTLE FROCK**  
Nice For Little Shades  
This is just the type of frock-  
pretty but unassuming — that the  
young crowd is choosing to wear  
both for daytime and dates. Make  
it of either crepe or wool.  
Style No. 2677 is designed for  
sizes 12, 14, 16, 18 and 20. Size 16  
requires 2 7-8 yards 39-inch fabric  
with 3-8 yard contrasting.  
To order pattern: Write or send  
picture with your name and ad-  
dress with 20 cents in coin or  
stamps to the Needlecraft Bureau,  
The Charlottetown Guardian  
Style No. 2677

Name \_\_\_\_\_  
Street Address \_\_\_\_\_  
City \_\_\_\_\_ Province \_\_\_\_\_

2677  
SIZES

## Mother, Mix Your Own Cough Syrup. It's Fine

**Gives Quick Relief. Saves Money. Easily Mixed.**  
This well-known medicine, mixed in your own kitchen, costs very little, but it gives delightful, swift-acting relief from coughs due to colds. It takes but a moment to prepare—it's so easy any one can do it. And it saves real money. Make a syrup by stirring 2 cups of granulated sugar and one cup of water together until dissolved. No cooking is needed. Or you can use corn syrup or liquid honey, instead of sugar syrup.  
Then stir 2 1/2 ounces of Pinex from any drugstore. Pour this into a 16 oz. bottle and add your syrup. This you make 16 ounces of really splendid cough syrup—and it gives you four times as much cough medicine for your money. It never spoils, lasts a family a long time, and children love its taste. And for quick, satisfying relief, you'll say it's really splendid. It has a three-fold action. It loosens the phlegm, soothes the irritated membranes, and helps clear air passages. You'll be delighted by its prompt, pleasing results. Pinex is a special compound of proven ingredients, in concentrated form, a well-known and reliable coughing agent for winter coughs. Money refunded if it doesn't please you in every