

Woman's Realm Social and Personal Fashions Literature

LORD'S PRAYER AND TEN COMMANDMENTS

Our Father
Who art in Heaven,
Hallowed be Thy Name.
Thy Kingdom Come.
Thy will be done on Earth,
As it is in Heaven.
Give us this day our Daily Bread.
And forgive us our Trespases.
As we forgive those who Trespase against us.
And lead us not into Temptation.
But Deliver us from Evil.
For Thine is the Kingdom,
and the Power, and the Glory,
For ever. Amen.

740

DESIGN NO. 740
The Lord's Prayer as an old-fashioned sampler with illustrated excerpts from the Ten Commandments, a most unusual and desirable embroidery. Hot from transfer pattern No. 740 contain a motif 15 by 19 inches 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, Charlottetown, Guardian
To Charlottetown Guardian Needlework Department
Design No. 740

NAME _____
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CITY _____ PROVINCE _____

DAILY MENUS Sugar-Saving

(FOR FRIDAY, MAY 22)

BREAKFAST
Grapefruit Juice
Scalloped Oats Porridge Scrambled

LUNCH
Cream of Tomato Soup
Furnip Strips Whole Wheat Bread
Tea Milk for Children

DINNER
Codfish Balls
Tomato Sauce Mashed Potatoes
Buttered Spinach
Vitamin B Bread (Canada Approved)
Fruit Cup
Beverage of Choice Milk for Children

HONEY RHUBARB CRISP
3 cups rhubarb
2-3 cup honey
1 egg
2-3 tablespoons corn starch
1-4 cup butter
1-2 cup brown sugar
2-3 cup flour

Cut the rhubarb into small pieces. Moisten the corn starch with water and add to the well-beaten egg. Stir in honey. Pour over rhubarb and mix well. Place in buttered baking dish. Cover with remaining ingredients worked together until crumbly. Press down on the rhubarb. Bake 30 minutes in moderate oven (375 F.). Delicious served warm and plain, or cold with cream.

Dorothy Dix Says—

SENSE OF HUMOR IN WIVES WOULD LESSEN UNHAPPINESS

Lack Of It Explains Why Most Women Are Not So Contented As Men Are

When we consider the qualities that go into the making of a good wife, somehow we never include a sense of humor; yet if the Creator had seen fit to make Eve out of Adam's funny-bone instead of his rib, it would have saved a lot of domestic misery and divorce.

For there are so many things in marriage out of which a wife can make either a tragedy or a comedy, and it adds so much of the cheer of a household if she can laugh them off instead of salting them down in brine. Not that women regret this lack in themselves of a joyous spirit and a heart that goes singing all the day, as the old song says. On the contrary, they pride themselves on taking a serious view of life.

I used to visit in a beautiful and luxurious home, presided over by a noble, Christian woman whose expression was always one of resigned melancholy, although all the prize packages of life had been presented to her on a silver salver and she had nothing on earth to worry her. One day while we were sitting in the cold and clammy atmosphere of her drawing-room, struggling with the prevailing gloom, the sound of a woman's laughter, full-throated, jolly, filled with mirth, floated in through the window.

Whereupon one of the children turned to her father and asked wistfully, "Papa, why doesn't Mother ever laugh like that?"

"I don't know, dear," responded the father, "but I'd give a thousand dollars to hear her do it even once."

"You never will," replied the wife, "for I thank God I am not light-minded as some women are."

If you want proof that the great majority of women hold to this conviction that it isn't actually vulgar to laugh out loud it is, well, not quite nice, you have only to look around your feminine acquaintances. No matter how funny a story you tell them, or how grotesque a situation, the most that they permit themselves for one thing, it shows why women, taking them by and large, are less happy and contented than men are, though they have no more trials and tribulations to vex them than men have.

Being constitutionally unable to see the funny side of little, ordinary, everyday happenings, life wears them down and turns them peevish and fretful. The business girl doesn't see her pompous, fat boss as a figure of fun who makes her chuckle every time he pontificates about how to run the world. He gets on her nerves so that she wants to scream when he starts on his eternal theme of "I."

Mother doesn't think it is funny when Johnny, with jam smeared all over his face, opines that the cat did it. She spansks Johnny and weeps over the prospect of his growing up into being a porch climber. Wife doesn't make a good story out of the time that husband came home from his class dinner a little lit. She makes it the subject of her curtain lectures for the next twenty years.

LIFE WEARS THEM DOWN
Of course, if Nature does not endow women with a sense of humor, are no more to be blamed for it than they are for not having Grecian profiles and naturally curly hair, but it goes a long way toward explaining many of the mysteries of feminine psychology. For one thing, it shows why women, taking them by and large, are less happy and contented than men are, though they have no more trials and tribulations to vex them than men have.

A HEART-BREAKING PROBLEM
One of the problems which countless thousands of women break their hearts trying to solve is why their husbands so soon tired of domesticity and began stepping out of nights after they had had their dinners, and why their husbands forsake them for other women. "We were such good wives," they wail. "We kept our houses so clean. We gave them such good things to eat." Nor can they understand why their children want to leave home as soon as they are able to stand on their own feet.

But the answer to their riddle is easy. They did everything for their husbands and children except to laugh at them, and play with them, and that is what the husbands and children wanted most. They wanted wives and mothers who would be fun to be with, who could catch the point of a joke on the fly, who would josh them about their faults instead of making moral issues of them.

If you will notice, it is the jolly women who hold their families in the hollow of their hands. It is the women who can't go down the street without picking up some episode that is amusing to tell at dinner, who buck up their dependant husbands with a gay story, and who keep the inside of their houses full of sunshine, no matter how dark their outside priorities and taxes and war news outside, who never lose out in marriage.

For a sense of humor covers a multitude of sins in cooking and age and looks.



Living & Leisure

The Woman's Realm

BE DAINTY while DANCING
Guard your charm with Odo-ro-do Cream. It will protect you against underram odor and dampness. It's satin-smooth, non-gritty, Harmless to fabric. Get Odo-ro-do Cream at your favorite toilet goods counter today. Full-ounce jar, only 39¢. Also 1 1/2 size.

SHINY EFFECTS NOT FOR SUMMER
It's the dull, soft face that makes a cool, calm appearance in hot weather. Shiny effect and high-lights detract from summertime charm.

Smart women, therefore, do not oil or cream their eyelids in this season. They blot their lipstick with cleansing tissues, and they powder their faces often.

If you have a naturally oily skin, be sure your foundation lotions are of the non-greasy types. And wash your face with soap and water more than once or twice daily. Look out for an oilless, indelible lipstick too.

Like-wise, dull - textured clothes seem cooler. From this viewpoint, your cotton, rayon and other silkless dresses are a real blessing. For heavy gleaming fabric looks stifling even in a roof garden or the country club terrace.

STOPPERS PERSPIRATION 1103 DAYS
ODO-RO-DO Cream
YOU GET 50% TO 100% MORE FOR YOUR MONEY

A Morning Smile
A man applied at a recruiting office to enlist.
Officer—I suppose you want a commission.
Recruit—No, thanks, I'm such a poor shot, I'd rather work on a straight salary.

The children were playing in Mrs. Smith's driveway. Suddenly she heard a crashing of a window pane. She hurried out to find only little Mary Jane; the other had run away.

Mrs. S.—Mary Jane, please tell me who broke this window.
Mary Jane—I didn't do it, and I'm not going to tell on Billy.

PAINT ON MACHINERY REDUCES MISHAPS
Manufacturers, plant, mill and factory owners are being enjoined to co-operate in a safety drive by using paint of contrasting colors on dangerous machines. It is urged that consideration be given the safety value of painting machinery with the material of contrasting colors, so that walls and floors be painted in light colors to utilize all illumination.

At this way, dangerous working parts would stand out distinctly and the chance of accidents caused by poor visibility would be reduced.

WOMEN PAY BIG PRICE FOR POOR "BLOOD MAKE UP"
You women who feel and look "washed out"—limp and droopy—may be paying the price of hemoglobin shortage in the blood. The demands of monthly "periods" pregnancy, etc. all conspire to bring about this condition. Start your course with Dr. Williams' Pink Pills today. Ask your druggist.

WOMEN PAY BIG PRICE FOR POOR "BLOOD MAKE UP"
If putty is too hard, a little linseed oil may be added and then worked until it is soft; if too soft, powdered chalk may be added. If

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YOURS FOR YOUTH AND LOVELINESS

Arletta GOTHIC

Take care of your Gothic. Don't buy any cheap paint. Buy Gothic. It's the only paint that keeps your walls looking like new. It's the only paint that doesn't peel, crack or fade. It's the only paint that's so easy to use. It's the only paint that's so beautiful. It's the only paint that's so long-lasting. It's the only paint that's so economical. It's the only paint that's so perfect. It's the only paint that's so great. It's the only paint that's so good. It's the only paint that's so beautiful. It's the only paint that's so long-lasting. It's the only paint that's so economical. It's the only paint that's so perfect. It's the only paint that's so great. It's the only paint that's so good. It's the only paint that's so beautiful.

THE COOK'S CORNER

SCRAMBLED EGGS
Scrambled eggs should also be cooked slowly and over low heat. An important thing to remember here is that scrambled eggs continue to cook after removed from the heat with the heat conserved in them. Therefore, take them from the fire when they are a little softer than you want them to be when served—they will reach the right consistency by the time they are eaten. If you like them mixed with milk or cream, add only 1 tablespoon of either of these to each before beating. A good way to cook scrambled eggs is in the top part of a double boiler, over hot water. Melt about 1 tablespoon of butter in the top part of the double boiler and then add the beaten egg mixture. Lift up occasionally during the cooking to ensure even doneness.

FLUFFY OMELETTE
5 egg whites
1-2 teaspoon salt
5 egg yolks
Dash of pepper
1-3 cup milk
1-2 tablespoon butter
Method: Beat the egg whites with the salt until stiff, but not dry. Beat the egg yolks until thick and lemon colored, and add the pepper and milk. Fold the egg whites into the egg yolk mixture. Melt the butter in a large pan and, when the pan is well heated, pour in the mixture. Cook over low heat for about 5 minutes, or until the omelette is browned on the bottom. Then bake in a moderate oven (325 deg. F.) for 15 or 20 minutes, or until the omelette puffs up and the surface is nicely browned. Fold over and serve immediately.

LOOSE SCALES MAKE BAD PAINT JOB
Loose or scaly paint should be removed before new paint is applied. Burning has been found the best method of removing such impaired

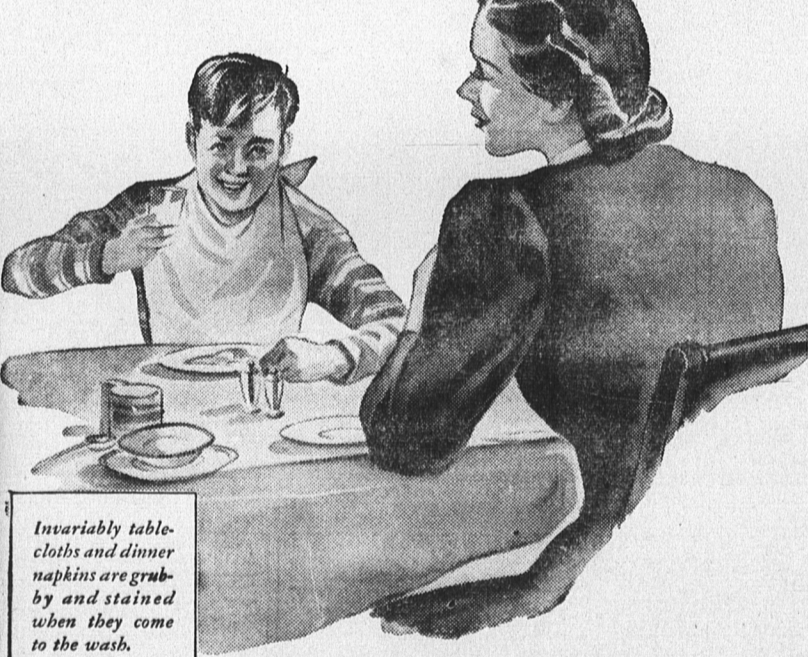
BABY'S CRY IS NOT ALWAYS TEMPER
DISTINGUISH between your baby's cry of pain and cry of temper. When it's the "pain cry" give Baby's Own Tablets at once. When it's the "temper cry" give Mum's, of Toronto, and they work every time.

"I am the mother of nine children, three of them pure babies, and Baby's Own Tablets have been my only medicine in raising them to the healthy children they now are. As soon as my children became a little feverish I at once gave them Baby's Own Tablets and in a very short time the fever disappeared and the children were normal again."

Equally effective for diarrhoea, upset stomach, simple croup, teething troubles and other minor ailments of babies.

Easy to take as candy. Quickly effective. Safe and harmless. Contains no opiates or hypnotic drugs. Each package gives an analysis of the baby's condition. Sickens often strikes in the night. 15 cents. Your drug store has it if you are not satisfied.

Where little hands rest or little bodies rub, grubbiness shows!



Sunlight's "EXTRA-SOAPINESS" to get out all the dirt

HOW do you treat the grubby parts of your wash? The general grubbiness may come away easily with any cleanser—flakes, powder, or bar soap. But what of the stubborn grime at the cuffs and collar-bands of shirts; on the turned-down parts of sheets—where the dirt gets rubbed in? This is where you must have Sunlight Soap. Sunlight's "extra-soapiness" is just what is needed for the really grimy parts. It enables you, with the merest touch, to leave a film of rich soap in actual contact with the dirt; and, because Sunlight is all pure soap, this light film is sufficient to draw out every scrap of grime safely and leave the clothes clean, sweet and fresh.

See how Sunlight's "extra-soapiness" helps to lighten your house cleaning as well as the weekly wash. Sunlight is safe for everything you wash—mild and gentle to your hands, too.

You can't do without SUNLIGHT SOAP

HOUSE OF HATE

By Isabel Garland

CHAPTER IX
When Helen had been revived, after much commotion, she was very embarrassed and oppolettic. "I never did a ridiculous thing in my life, I hope you'll forgive me, Mrs. Comstock. It was just that—well, that pig looked so alive and when you stuck the fork into it—"

Mrs. Comstock was surprisingly sympathetic. "Don't try to explain, my dear. I know you're tired after your long trip. This hot, muggy weather is also very wearying."

Dinner eventually was resumed. As the meal slowly progressed, Estelle's earlier prophecy of a storm seemed about to be fulfilled. There were occasional flashes of lightning and low rumbles of thunder. The heat settled down so heavily that the air seemed to quiver with it. Every one was oppressed by the heat—every one except Comstock. She remained coolly composed.

When they rose from the table, she slipped her arm through Helen's.

"My dear, you look pale. Let me take you to your room. I'll give you something to relax you."

As she led the girl away, the others moved into the drawing room, where the French doors all stood open.

Serenia walked out on the porch and stood leaning against the railing, feeling weak and spent.

"Tired, old girl?" asked Alan's voice.

She turned. "Very tired."

"Have a cigarette?"

"Yes, thank you."

The lighter illumined her face, revealing the shadows under her unhappy eyes.

"Paul's looking very fit," said Alan abruptly. "Country life seems to agree with him."

"It does. He loves it. Outdoors all day, running things, it's his idea of a perfect existence."

"But not yours?"

"Oh— she began then stopped. What was the use in trying to explain? Alan was perceptive surely he had sensed what this life was to her!

Paul had he seen the change in Helen?

As the days had passed, Serenia had watched in dismay the change transformation of her husband. All Paul's faults became, in the eyes of his mother, praiseworthy—unmistakable the Comstock character. His disregard of the rights of others, his insistence on the final word in every situation, were but a defer to every one except himself. On the station platform when he had defied her, she had been content to defer to his wife and, under her steadily mounting approval, he grew more Comstock day by day.

One morning when Serenia had asked him timidly what he had done about getting himself into another commission, he had become bewilderingly angry. "You know darn well there isn't a chance of my making a living at architecture. There's no use in my even trying.

Easy Exercises Help Keep Figure Trim, Young

Can Control Bulges
Matronly figures needn't be. Keep the figure slim and trim—it's safe and easy to do with exercises that can control sag and bulges all over the body. And regaining streamlines takes years off your appearance.

Here is an exercise for the bust—making it firm, youthful.

1—Lie on back, with arms stretched out to side. 2—Raise shoulders and chest, keeping arms on mat. Take weight on back of head and raise chin upward. 3—Lower chest and shoulders to mat. Repeat 5 times. Rest. Do 10 times altogether.

What this exercise actually does is to firm the chest pectoral muscles that have failed to hold your bust in position. Unshapely bulges all ways start with such slack muscles, whether at waist, legs, hips or abdomen. Do exercises, a few minutes a day!

Our 32-page booklet gives routines for every part of the body—bust, arms, shoulders, neck and chin, waistline, hips, legs. Also has exercises to correct aching feet, awkward posture, constipation, nervous tension, for increased vigor.

Send 25c in coins for your copy of "Best Exercises for Health and Beauty" to The Guardian Home Service. Be sure to write plain, your Name, Address and the Name of booklet.

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Style No. 2525 is designed for sizes 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44, 46 and 48. Size 36 requires 1 7/8 yards 39-inch fabric, Hat, Bag and Gloves No. 2911 are a separate pattern.

To order pattern: Write or send picture with your name and address with 20 cents in coin or stamps to the Needlecraft Bureau, Charlottetown, Guardian
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You GIRLS WHO SUFFER DYSMENORRHEA

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2525
SIZES 12-48
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