

Woman's Realm -:- Social and Personal -:- Fashions -:- Literature

What the Fashionables are Wearing

Illustrated Dressmaking Lesson Furnished With Every Pattern

By Annabelle Worthington



984

bake in a hot oven (400 deg. F.) for one hour. This recipe makes eight to ten servings. Happy! Well I guess in such a comfy dress for playtime. The dropped banded shoulders form the brief sleeves. It's so simple, it would almost be run up on the sewing machine and finished before breakfast. Just a few seams to join and finish the neck and arms with the applied band trim. Red and white plaided cotton broadcloth with plain white is fetching, as pictured. Light navy blue pique with tiny white dots and plain white trim is typically French. Dimities, batiste prints and dotted swiss are dainty as can be and sturdy too. Style No. 984 is designed in sizes 2, 4 and 6 years. Size 4 requires 1 1/2 yards 32 or 39-inch with 3/4 yard 35-inch contrasting. Be sure to fill in the size of the pattern. Send stamps or coin (coin preferred). Price of pattern 15 cents.

For The Cook

HAMBURG CORN LOAF

- 1 can sweet corn. 1 pound hamburger. 1 well beaten egg. 1 teaspoon salt. 1/4 teaspoon pepper. 1 medium-sized onion chopped fine. 2 tablespoons melted butter. Cracker crumbs. Mix ingredients well. Add enough cracker crumbs to make a solid pack. Put into greased loaf pan and

Try Lydia E. Pinkham's Vegetable Compound



Cried Herself to Sleep All worn out... splitting headaches make life hideous every month. She needs a tonic... Lydia E. Pinkham's Vegetable Compound relieves cramps.

A Morning Smile

When the dub player of a four-some finally reached the ninth hole after being in the rough most of the time his partner called him aside. "By the way, have you paid your club dues this year?" he asked. "I have," replied the other. "Are you in bad with the greens committee?" "No, not that I know of. Why do you ask?" "Well," said his partner, "if you have paid your dues and you're not in bad with the greens committee I can't see any reason why you're not entitled to play on the fairways."

HOPE RIVER Mr. Andrew Gallant, Freetown, spent the first of the week in Hope River, guest of Mr. and Mrs. Arthur Fleming.

Mrs. Frank Greenan, Newton was a visitor in Hope River and St. Ann's recently. Mrs. Hannah McEwen, Centre Road who was among the visitors in the city last week has returned home.

Mrs. Gerald Fleming accompanied by Miss Agnes Fleming visited Glynde River, last week, guests of Miss Abbie Fraser.

A party consisting of Ralph Coles, Leonard Cullen, Gerald Fleming, Allan Trainor and Arthur Fleming, motored to Stanley Bridge Saturday to attend the horse races.

Mr. Lawrence Doucette, Rustloo visited Hope River recently.

Miss Clara DeLeon, Mayfield spent Sunday in Bay View, guests of Mr. and Mrs. Henry Gallant.

Mr. Allan Trainor, St. Ann's spent last week in Hope River.

Messrs D'Arcy Fleming and Ralph Coles attended the hockey match at Glasgow Saturday evening.

Messrs Ronald McLellan and Dermot Fleming, St. Ann's were among the visitors in Hope River last week.

Mrs. Thomas Reid, North Road, visited Hope River recently, guest of her parents, Mr. and Mrs. John Cullen.

Miss Margaret Gallant is spending a brief holiday in St. Patrick's with her parents, Mr. and Mrs. Gilbert Gallant.

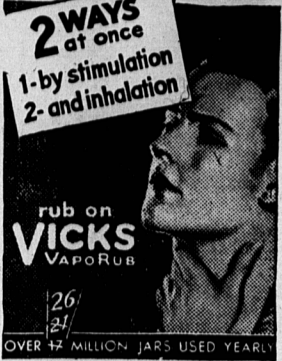
We are glad to report that little Miss Margaret Reid, daughter of Mr. and Mrs. James B. Reid who has been ill, has recovered completely and has resumed her studies at Stanley Bridge School.

Miss Patricia Murphy, Charlottetown, spent the week end in Millville, guest of her parents, Mr. and Mrs. Leeming Murphy.

Our school is progressing nicely under the management of Miss Louther.

Mr. "Sid" Cameron of Margaret was a visitor in Stanley Bridge last

attacks COLDS



Despite the inclemency of the weather our Rural Mail Courier, Mr. "Bobby" Smith was on deck as regular as usual.

IRIS SCHOOL

The honor roll of Iris School for the month of February is as follows: GRADE VIII-1 Mary Boyne, 2 John Bell, 3 Emma Morrow. GRADE VII-1 Jonneva Morrow. GRADE VI-1 Christena MacLeod 2 Freeman Hume.

GRADE IV-1 Anna Bell, 2 Sinclair MacLean, 3 Donnie Matheson, 4 Mark Young. GRADE III-1 Mary Bell, 2 Napier MacDonald.

GRADE II (Sr.) 1 Emily Morrison, 2 Earl MacLeod, 3 Jennie Morrow.

GRADE I (Sr.) 1 Jean Hume, 2 Leigh Stewart, 3 Marion Matheson 4 Charles Young.

GRADE I (Jr.) 1 Devone Bell. Perfect attendance: Mary Boyne, Jonneva Morrow, Freeman Hume, Jean Hume, Marion Matheson. Teacher-Mary Herring.

No Sleep, No Rest - Gas, Gas All The Time

"For 20 years I had indigestion and gas. Was restless, nervous and could not sleep. Adlerika rid me of gas and I eat and sleep now." - Mrs. A. Cloud. You can't get rid of gas by doctoring the stomach. For gas stays in the UPPER bowel. Adlerika reaches washing out poisons which cause gas, nervousness, bad sleep. Get Adlerika today; you'll sleep good tonight. Hughes Drug Co., Ltd. For free sample send 5c stamp to ADLERIKA Co. Dept. EE, St. Paul, Minn.

How To Be Happy Dorothy Dix Lists Five or Ten Simple Rules

If You Would Be Happy, Learn to Look for Happiness; Laugh Off Your Troubles and Enjoy What You Have; Don't Ask too Much of People or Expect too Much of the Future, and be Grateful for Small Favors

TEN RULES FOR HAPPINESS

A correspondent asks me how she can be happy in a world that is full of troubles and tribulations and anxieties and disappointments. No one can answer that question, because no human being has ever achieved perfect happiness. There is always a cloud somewhere on the horizon, always a fly in the ointment, always a little discordant note somewhere in the harmony, always something we would have different. But, undoubtedly, to a very large extent, happiness is a matter of self-determination instead of luck, as is popularly supposed. We can make ourselves happy or miserable, as we choose, and here are ten rules that I personally have found work out satisfactorily.

First, have a will to happiness. Seek happiness as intelligently and energetically as you would any other definitely thing you desired. Fight for it. Don't just weakly succumb to discontent and conditions, or people who rub you the wrong way and keep you peevish and fretful, and that take all the joy out of you, unless there is some great moral obligation that forces you to endure this martyrdom.

Don't live with people who antagonize you if it can possibly be helped. Seek cheerful companionship. Gratify your little whims and tastes so long as they do not injure others. Cultivate a pleasure in simple things. You can get a lot of thrills out of an exquisite view, or a gorgeous sunset, or a good dinner, if you will consciously savor it.

Remember that the one individual on earth from whom you never can get away is yourself and make yourself good company for yourself by thinking cheerful thoughts instead of letting your mind dwell on old sorrows and old wrongs and old grievances. Don't be one of the people who never "get over" the death of one they loved, or who are still glooming over the money they lost forty years ago.

Second. Laugh things off. There are so many things in life over which we must either laugh or weep, so many things that are either tragedies or jokes, according to what we make of them. The little peculiarities of those with whom we live can either run us mad or be an endless source of amusement.

You can laugh off Mary's and John's funny little ways, or you can fight over them for forty years. You can smile over the criticisms that your friends make of you and forget them, or you can let them rankle in your heart and fill it with bitterness. There is no such disinfectant as a sense of humor. It will take the sting out of the wounds dealt by malice and envy and all uncharitableness and heal all of the abrasions that are inflicted on our vanity and self-love.

Third. Enjoy what you have, and do it now. Most people miss all pleasure in what they have because their whole attention is focussed in wanting something they haven't got, and so they lose the happiness they might have. Don't make this mistake. If you have health, exert it in it. Realize you have something to give three cheers for every minute of the day. If you have youth, rejoice in it. Those who are young really don't need anything else. They are on their tiptoes already. If you have a wife or a husband whom you love, and if you have

little children, be down on your knees thanking Heaven for its best gifts.

It is pitiful to see strong young people throwing away the happiness they might just as well have, because they are longing for automobiles or fine clothes or not to have to work or something silly that has nothing in the world to do with happiness. And it is still more pitiful to see mothers and fathers getting no pleasure out of their children. Worrying because they are tied down at home with babies, or because little Johnny is noisy, or the money has to be spent on having little Mary's teeth fixed instead of on golf or a new frock.

And lots of foolish people put off being happy to some future time. They are going to be happy when they get rich. They are going to travel when they are old. The husbands and wives are going to enjoy each other after the children are grown up. But you can't postpone being happy. You've got to get the pleasure out of a thing now or never. And so those who have denied themselves every joy to have a great splurge when they are old find out that they have waited too long. They have lost their capacity for enjoyment.

Fourth. Don't expect too much. Don't think you have the right to the earth with a blue ribbon tied around it. Don't think that you are always going to get all of the breaks with no bad luck thrown in. Don't beat upon your breast and howl to Heaven because you have failures and disappointments.

Don't cry out that marriage is a failure because it involves hardships and responsibilities and calls for sacrifices. Don't feel that you have been defrauded in marriage because your wife is not a Follies beauty and a wisecracker. Think of what a good cook she is and how she saves your money and helps you along. Don't dwell on having missed your soulmate because your husband is a commonplace man who prefers Amos 'n' Andy to "Mourning Becomes Electra." Enjoy the limousines and Paris finery he gives you.

Fifth. Don't ask too much. Don't be greedy. Don't expect to get more than your fair share. There are a lot of people who make themselves unhappy by expecting to be special pets of Providence. They are always asking: "Why should I be poor? Why should I lose those I love?"

The happy are those who accept the common lot and are grateful for small favors. They are contented with little things and with their lot in life. They do not wear themselves out in doing the fruitless tasks Nature never intended them to do, or embitter themselves by envy of those who have more than they have.

The only successful people are those who have attained their ambition, even if it is only to be the champion checker player in the village. Those who are happy are those who want little and get that little. DOROTHY DIX.

To Be Continued on Wednesday

"TREMBLED LIKE A LEAF"

Miss Murphy's Nervous Condition Ended When She Took Dr. Williams' Pink Pills.

"Two years ago I was in such a condition I thought I would never recover," writes Miss Anna Murphy, of St. Odilon, Que. "I was so weak I could scarcely walk or even stand, and so nervous I couldn't sleep. I had indigestion every time I ate. Every noise made me tremble like a leaf. After taking the first box of Dr. Williams' Pink Pills I noticed that my food digested better, so I continued until I had taken six boxes. When I started taking them, I weighed only 98 pounds. When I had finished I weighed 125 pounds and was still gaining. I slept fine and my nervousness had all disappeared. I've had no recurrence of my old trouble since." Mrs. Wilson Boomhower, Elm Tree, Ont., states: "Before I took Dr. Williams' Pink Pills I was a complete wreck. No appetite, and my nerves were terribly bad. I weighed only 94 pounds. After taking six boxes of the pills I can truly say they made a new woman of me." Thousands of people have experienced such help and relief from the blood-enriching virtues of Dr. Williams' Pink Pills. Try them. They will bring the glow of health to pale faces, and make tired, weary people bright and energetic. At your druggist's in the new glass container. 50c a package.

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The House of Dreams-Come-True By Margaret Pedler

(Continued) Jean reflected humorously that this point of view had only occurred to him now that it chanced to coincide so admirably with his own wishes. Hitherto the "stately homes of England" had been relegated to a quite unimportant position in the background and Jean's attention focussed more directly upon the unpleasant vagaries of the British climate. "I should like to go to England," was all she said. Peterson smiled at her radiantly—the smile of a child who has got its own way with less difficulty than it had anticipated. "You shall go," he promised her. "You'll adore Staple. It's quite a typical old English manor—lawns and terraces all complete, even down to the last detail of a yew hedge." "Staple? Is that the Brennans' place?" "God bless my soul, no! The Torrmarins acquired it when they came pushing over to England with the Conqueror, I imagine. Anne married twice, you know. Her first husband, Torrmarin, led her a dog's life, and after his death she married Claude Brennan—son of a junior branch of the Brennans. Now she is a widow for the second time." "And are there any children?" "Two sons. The elder is the son of the first marriage and is the owner of Staple, of course. The younger one is the child of the second marriage. I believe that since Brennan's death they all three live very comfortably together at Staple—at least, they did ten years ago when I last heard from Anne. That was not long after Brennan died." Jean wrinkled her brows. "Rather a confusing household to be suddenly pitched into," she commented. "But not dull!" submitted Peter-house. But some day you and the

man you love will make it live again." CHAPTER II MADAME DE VARIGNY Jean was standing looking out from the window of her room in the hotel at Montavan. In the distance, the great white peaks of the alps strained upwards, piercing the mass of drifting cloud, whilst below lay a world sheeted in snow, the long reach of dazzling purity etched black trunks against the broken white of the pine-woods whiteness and the steely gleam of a frozen lake showed like a broad blade drawn from a white velvet scabbard. It had been part of Peterson's expressed programme that before going their separate ways he and Jean should make a brief stay at Montavan, there to await Lady Anne Brennan's answer to his letter. Jean had divined in this determination an excuse, covering his need to take farewell of that grave on the lonely mountain-side before he set out upon the solitary journey which could not fail to hold poignant memories of other, former wanderings—wanderings invested with the exquisite joy of sharing each adventure with a beloved fellow wayfarer. Instinctively though Jean had recognized the desire at the back of Glyn's decision to stop at Montavan, she was scrupulously careful not to let him guess her recognition. She

FASHION HINT

"How to make my old short skirts conform to the new length was a problem to me until I hit on this plan. I dropped the hems; and as the part that had been turned under was darker than the rest, I redyed the entire dress, after having bleached the goods, following directions in the Diamond Dyes package. "I used Diamond Dyes for the redyeing, of course. I have dyed many things with these wonderful colors. They have saved me many dollars and have never failed to give perfect results—smooth, even colors—fast to wear and washing. Friends think my things are new when I redye or tint them with Diamond Dyes. They do give the most gorgeous colors." Mrs. G.C., Levis, Quebec

Doctor's Life - Work Continues to Benefit Thousands

A brilliant Canadian Physician, M.D., M.C., L.R.C.S., Edinburgh, Licentiate of the Royal College of Physicians, Edinburgh post graduate of famous European hospitals, and one time President of the Ontario College of Physicians and Surgeons, experimented for 15 years to find a medicine which would act on the digestive and eliminative organs at once. The successful result he named Fruit-A-tives. If you suffer from chronic constipation, poor stomach, kidney trouble, rheumatism, bad complexion or sluggish liver, try them. They will do what is claimed for them. 25c and 50c. All druggists.

"How high are we now?" asked the nervous passenger in the aeroplane. "About four thousand feet," said the pilot carelessly. "But I haven't started to climb yet."

"I don't know whether I mentioned it before we started," quavered the passenger, "but I'm not at all ambitious."

same reasoning, though perhaps in a less degree, could be applied to Peterson's own attitude of detachment towards his daughter; although Jean was intuitively aware that she had come to mean much more to him since her mother's death, even though it might be, perhaps, only because she represented a tangible link with his past happiness.

Thrusting aside the oppression of thought conjured up by her glimpses of that quiet God's Acre, set high up among the hills, she turned abruptly from the window and made her way downstairs to the hotel vestibule. Here she discovered that Peterson had been claimed by some acquaintance. The encounter was obviously not of his own choosing, for Jean's experienced eye, his father bore the slightly reticent expression common to it when circumstances had momentarily got the better of him. (To Be Continued)

CANADA PROVINCE OF PRINCE EDWARD ISLAND

IN CHANCELY BEFORE THE MASTER OF THE ROLLS Carrie McIntosh, (Administratrix of the personal estate and effects of Mary A. McIntosh.) Complainant and John A. McIntosh, Defendant. PURSUANT to an Order of the Master of the Rolls bearing date the 17th day of February A. D. 1932, I HEREBY NOTIFY all persons having claims against the said Mary A. McIntosh late of Murray River in the County of Prince Edward Island, widow, deceased, intestate, to come in and prove their claims before the said Master of the Rolls at his Chambers in the Court House in Charlottetown on Tuesday the Twenty-ninth day of March A. D. 1932 at the hour of eleven o'clock in the forenoon. And take notice that all claims not so proved before him will be barred. Dated the 17th day of February A. D. 1932. (Sgd.) LEITH E. BRECKEN, Registrar. Urban Farrell, George Yeo, Jack Yeo, Ruby Yeo, Frowse Yeo, Donald MacLean, Ethel Pye, Lawrence Yeo, Gerald Yeo, Marjorie MacLean, James Campbell, Ruth Campbell, Perfect Attendance.—Maude Peterson, Marjorie MacLean, May Yeo, Charles Yeo, Woodsde and Evelyn Mayne, teachers. Betty Manderson, Mabel Farrell, ers.

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