Woman's Realm ~ Social and Personal ~ Fashions ~ Literature

Living & Leisure —The Woman's Realm

"HASSAN'S PROVERB"

By James Elroy Flecker

King Hassan, well beloved, was wont to say,
When aught went wrong, or any labour failed:
"Tomorrow, friends, will be another day!"
And in that faith he slept and so prevailed.

Long live this proverb! While the world shall roll,
Tomorrows fresh shall rise from out the night,
And new-baptize the indomitable soul
With courage for its never-ending fight.

No one, I say, is conquered till he yields;
And yield he need not, while like mist from glass,
God wipes the stain of life's old battlefields
From every morning that he brings to pass.

New day, new hope, new courage! Let this be,
O soul, thy cheerful creed! What's yesterday,
With all its shards and wrack and grief, to thee?
Forget it then—here lies the victor's way.

An old-fashioned sailor of coarse black paillasson ribboned in black velvet is worn with a black veil tied under the chin. A bouquet of yellow and orange marigolds gives a touch of color.

To freshen slices of bread, stack them together firmly and sprinkle the crust lightly with water; then wrap them in a brown paper bag, and heat for a few minutes in a moderate oven. Serve the slices hot. You'll be surprised how delicious they are.

The violinist, Henri Wieniawski was very jealous of his colleague, Rubinstein, with whom he toured America. Once Rubinstein's name was displayed in larger type than his own in the billing. Thereafter, although they were said to have played Beethoven's "Kreutzer Sonata" 70 times, Wieniawski refused to speak to Rubinstein.

THIN, LIGHT CLEANSER SHOULD REPLACE WINTER VARIETY

Light cleansing creams, night creams which will do their work in twenty minutes or half an hour, greaseless hand lotions and foundation preparations are what interest the beauty-minded at this time of year.

Light, cooling, summer creams and lotions replace the heavier varieties that we found so necessary during winter weather.

Search for a cleansing cream which liquifies and becomes a thin oil almost as soon as it touches your warm skin. Lay in a supply of bland complexion cream. You'll be washing your face and neck several times a day for the next four or five months.

Whether your skin is oily or dry, it is possible to find the right creams and films. There are films and creams which will give the skin a luminous glow and completely hide small, rather scaly-looking areas which often appear on dry complexions. And there are delicious lotions which eliminate the oily look of the oily skin, prevent caking or smearing of powder and rouge and keep makeup in place for hours.

FRESH ASPARAGUS DISHES

While fresh asparagus is plentiful and reasonably priced, the housekeeper may have it on her menus in such varied ways that it need not become monotonous. It can be used as a vegetable with melted butter or Hollandaise sauce or creamed; as an appetizer with anchovies and hard-boiled eggs on toast rounds, or with boiled ham and seasonings; as a main luncheon dish en casserole, or combined with chicken and eggs in a loaf, or French fried with grated cheese and thick white sauce.

WHAT OLD GARDENERS SAY

It is a good plan, old gardeners state, to use started annual flowers for planting among tulips and other spring flowering bulbs which will be past their best in a few more weeks. Something is needed to hide dying foliage. Then again quick growing annuals will always be useful for filling in any blind spots in the perennial beds where winter has been unusually severe.

BABY'S CONSTIPATION SERIOUS IF NEGLECTED

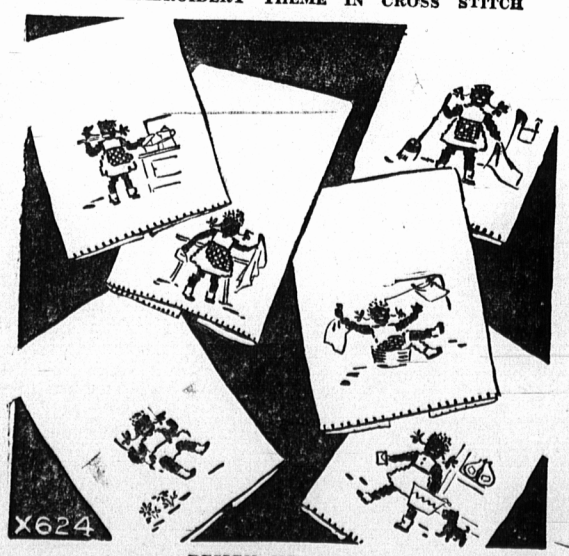
BABY'S daily movements are something of which absolutely accurate track must be kept. When he misses something must be done at once. Constipation is serious for baby.

Mrs. John T. Reid of Hespeler, Ont., has this to say: "Having had seven children and having used Baby's Own Tablets for all seven, can say they are the best and gentlest regulator for children — safe and effective for the tiniest infant. I give them up to 10 years of age. During teething Baby's Own Tablets were a boon to me as they cleared up at once any digestive disturbance or fretfulness."

Equally effective for simple fever, diarrhoea, upset stomach, colic, simple croup and other minor ailments of babyhood.

Quick and sure in their action. Easy to take. Harmless, and safe. Do *not* contain opiates or stupefying drugs. Each package contains analyst's certificate. Get a box today. Sickness so often strikes in the night. 25 cents. Money back if not satisfied.

DIXIE EMBROIDERY THEME IN CROSS STITCH



DESIGN NO. X 624

This gay and active "Miss from Mississippi" makes a colorful decoration on tea towels. Hot iron transfer pattern No. X 624 contains 6 motifs measuring about 5 by 5 inches, with 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 Charlottetown Guardian

To Charlottetown Guardian
Needlework Department.
Design No. X 624

NAME ----------

STREET ----------

PROVINCE ----------

BRIDE TO BE

Miss Katherine Hyndman, R.N. only daughter of Mr. and Mrs. A. W. Hyndman, Charlottetown, whose marriage to Mr. Andrew Malcolm son of Mrs. Andrew Malcolm and the late Mr. Malcolm of Kincardine, Ontario, will take place July 20.

YOUR INDIVIDUAL HOROSCOPE

(By FRANCES DRAKE)

Look in the section your birthday comes in, and find what your outlook is, according to the stars.

For Wednseday, July 17th

MARCH 21 to APRIL 20 (Aries) —Money matters, general business, professional interests and government affairs are especially favored and require cooperation this day of friendly star aspects. Show your mettle!

APRIL 21 to MAY 20 (Taurus)— A typical business, career and progressively active day all round is highly favored for you born before May 6. For you other Taureans, heart, domestic and private affairs offer especial opportunity.

MAY 21 to JUNE 21 (Gemini)— A friendly day, but you may find it rather trying if you don't attend first to essentials and those things that make for future security. Give plenty of thought to your opinions.

JUNE 22 to JULY 23 (Cancer) —Money and business matters require careful handling, nevertheless they offer unusual benefits. Look deeper than the surface for the real issues and meanings of whatever affairs call your attention.

JULY 24 to AUGUST 22 (Leo)— —Excellent star vibrations. Get an early and energetic start and keep up a steady, lively (though not too strenuous) pace all day. You'll enjoy reviewing your efforts and results this evening if you heed this advice.

AUGUST 23 to SEPTEMBER 23 (Virgo) — You will have to supply much of the incentive and opportunities lacking today, and you can do it, too! Have faith in God's goodness and in the fine capability with which HE has blessed you.

SEPTEMBER 24 to OCTOBER 23 (Libra) — Whatever is your type of work, that is what you should try most to improve this good period. Leave no stone unturned in an effort to know the right answers and moves.

OCTOBER 24 to NOVEMBER 22 (Scorpio) — Look about you for ways for gaining ground in whatever your daily or additional work. Chances for new, helpful improvements are at your disposal. Make use of them! Develop one of your many dormant talents NOW.

NOVEMBER 23 to DECEMBER 22 (Sagittarius) — Both business and personal matters are favored by today's aspects. Don't be sidetracked by the wrong people or ill advice. Use your best characteristics.

DECEMBER 23 to JANUARY 21 (Capricorn) — Benefic indications Don't neglect money and other business interests for lighter, less important affairs. Work first, then hobbies or other activities. Get sufficient sleep.

JANUARY 22 to FEBRUARY 20 (Aquarius) — Advancement possible in both general and private matters. Deal with those in high positions whenever you can, your sound judgment may be valuable to them more than either you or they realize. Don't hesitate to offer suggestions you deem wise.

FEBRUARY 21 to MARCH 20 (Pisces) — Several favorable tendencies that together spell progress in the right direction — IF you follow it! Don't expect confusion; seek more knowledge of the things in which you are engaged, and keep your mental alertness up to par. Can be a personality day.

A CHILD BORN ON THIS DAY Loyalty, resistance, imagination sympathy, affection and subtle humour are outstanding characteristics Faults to be corrected: Changeability, being offended readily and harming its digestion by needless bickering and arguing. Unusual artistic talent.

WET IN AFRICA, TOO

CAPE TOWN —(CP) — Recent heavy rains in various parts of South Africa will seriously affect delivery of the maize and bean crops, say reports from up country.

GRAIN BOARD TROUBLES

SETTLERS, South Africa —(CP) — Dissatisfied with the work of the South African Maize (corn) Control Board the farmers of this area passed a resolution asking the government to abolish it forthwith.

LONDON —(CP) — "Encouragement and help they would be able to give in an unarmed capacity" would be good reason for clergymen enrolling in the "Local Defence Volunteers" says the Archbishop of Canterbury.

WOMEN WANTED

38 to 52 years old. Women who are restless, moody, NERVOUS—who fear hot flashes, dizzy spells—to take Lydia E. Pinkham's Vegetable Compound. Pinkham's is famous for helping women during these "trying times" due to functional irregularities. Get a bottle today from your druggist! WORTH TRYING!

Dorothy Dix's Letter Box

NOBODY KNOWS WHAT GIRLS WILL BE TEN YEARS HENCE

They Have Always Weathered All Storms, All Changes and Probably Will Be Just Themselves In Future Decades

A high school boy is concerned about the kind of wives girls will make by the time he is an eligible bachelor "I'd like to know what sort of a woman I shall marry," he writes me. "What change will have taken place by tomorrow in girls who today are as generous with their kisses as if their lips were a free-lunch counter? Will a girl who has had affairs with five different fellows in the space of five years be as dependable as my mother, or will a faithful wife have become a museum specimen? I am worried. I don't see how MY girl or any one else's girl can weather the storm that confronts them." Well, son, neither I nor any one else is seer enough even to hazard a prophecy as to what girls are coming to, or what they are going to be like 10 years hence. They have changed so much in the last decade that what they are going to do next is a mystery that is still on the laps of the gods. We have seen them cast into the discard the clothes, manners, morals and traditions by which their sex had been guided for thousands of years, and substitute a new code of their own. We have seen them shed the veils of mystery and most of the raiment in which maidenhood had enshrouded itself, and boldly flaunt their charms, or lack of them, in the face of an astonished world.

We have seen them making imitation men of themselves and wearing breeches. We have seen them substituting toughness for tenderness, vulgarity for modesty, hard-boiledness for gentleness and sweetness. We have seen girls who used to sing "the lips that touch wine shall never touch mine" guzzling cocktails and reeling drunkenly out of the doors of night clubs. So what next?

It is anybody's guess. Perhaps the girls who wear shorts now in 10 years more will emulate the South Sea Island belles who consider that a shell necklace is all the clothes that any lady needs.

Perhaps marriage will become an outmoded custom and when a husband and wife lose their taste for each other they will simply part, without all the bother of going to Reno and the expense of having to pay a divorce lawyer.

Perhaps children, if such encumbrances still exist, will be turned over to the Government to rear by mothers who are too busy running for Congress or building a railroad to attend to Johnny's manners and doctor little Mary's cold.

Perhaps by the time you get ready to marry, son, every married woman will be a wage-earner and a man will pick out his wife not for her beautiful eyes or her sweet disposition, but for the kind of job she holds down. Perhaps the thing that will attract Arabella to you will not be your prowess on the football team, but your skill with the needle and the kind of pancakes you can make.

Perhaps there may not even be any homes to cramp a wife's style and everybody will live in transient hotels or tourist cabins and get their vitamins and calories out of bottles, instead of pots and pans.

And perhaps men will not demand chastity in the girls they marry, or expect their wives to be faithful, and they will regard any couple who stay together more than a few years as lacking in enterprise and belonging to the horse-and-buggy days. You never can tell.

But, on the other hand, girls, having run wild, may face about and go Puritan. Perhaps after they have had their fling and found that they got nothing but a headache out of it, they will turn back to the old ways of their mothers and grandmothers and see that being good is a woman's best line; that gentleness takes a girl farther than wisecracking; that men want women to be better than they are, not worse; that skirts cover a multitude of the mistakes of nature.

Don't forget, son, that no chameleon can change its color quicker than a woman can her character, and so when you are ready to pick out a wife, you may find that Arabella is wearing as many petticoats as her grandmother; that she can bake a cherry pie equal to the heroine of the old ballad; that she has cut out the kissing and the petting and all that went with it, and that she will make the honest, faithful, true wife to whom a man can safely entrust his name, his honor and his happiness.

So don't worry about what girls are going to be 10 years hence. They will be all right. And, anyway, when you fall in love you will think they are.

DOROTHY DIX.

THE COOK'S CORNER

SALMON MUSHROOM LOAF

Cook together:
1-4 cup butter
4 tablespoons onion, minced
1 green pepper, chopped
1 pimiento, chopped
2 cups mushrooms, sliced canned or fresh
Add to:
2 cups flaked, cooked or canned salmon
2 cups cooked rice
3 eggs, slightly beaten
1 cup bread crumbs
Bake in a buttered loaf pan in a moderate oven, 350 degrees, for 35 minutes.

CUCUMBER HOLLANDAISEa

4 hard-cooked egg yolks
1-4 teaspoon salt
1-4 teaspoon paprika
Rub egg yolks through sieve and add salt and paprika. Add:
1-3 cup butter or shortening
Beat until smooth. Stir in:
2 tablespoons butter, melted
2 tablespoons lemon juice
1 cucumber, chopped and drained
Serve with salmon loaf.

A Morning Smile

EVEN NUMBER LIKELY.

Shocked Old Lady—And on the way up here we passed twenty-five people in parked cars!

Young Hostess—Oh, I'm sure you're mistaken. It must have been an even number.

PASSING IT UP

He had taken a girl for a drive. When he stopped he said to her, "What would you think if I stole just one kiss?"

"I'd think you were a fool!" she replied.

"Blimey!"

"Well, what would you think of a burglar who had a chance to steal $1,000, and he only stole a cent?"

Tested Recipes

Jam Making Specials

The following recipes have been prepared by the Home Economist of the Consumer Service, Marketing Service, Dominion Department of Agriculture, with the view of helping the women who are making jam for overseas as part of their Red Cross activities.

Strawberry Jam
10 lb. hulled strawberries
12 lb. sugar
Use firm, ripe strawberries. Hull and wash. Weigh the fruit and sugar. Place the fruit in a glazed crock, enamelled pan or china dish and cover with the sugar. Let stand over-night. Boil gently to 221 degrees F. or to 19 lb.

Raspberry Jam
5 lb. cleaned raspberries
6 1-2 lb. sugar
Use firm, ripe raspberries and wash if necessary. Weigh the fruit and sugar. Mix well and boil to 221 degrees F. or to 10 lb.

Raspberry and Red Currant Jam
9 lb. fruit
13 lb. sugar
Use equal amounts of raspberries and stemmed red currants. Mix the fruit, water and sugar and boil to 221 degrees F. or to 20 lb.

Plum Jam
4 1-2 lb. plums
6 1-2 lb. sugar
Use Burbank, Lombard, Green Gage or Damson plums. Remove stems and wash well. Mash with potato masher to extract juice. Simmer the fruit in covered pan ten minutes. Add the sugar and boil to 221 degrees F. or to 9 lb. At the end of the boil, some or all of the pits may be removed by skimming.

Gooseberry Jam
4 1-2 lb. snibbed gooseberries
6 1-2 lb. sugar
1 lb. water (2 cups)
Wash and snib (top and tail) the gooseberries. Simmer ten minutes. Add the sugar and boil to 221 degrees F. or to 10 lb.

Black Currant Jam
9 lb. stemmed currants
13 lb. sugar
1 quart water (4 cups)
Stem and wash the fruit thoroughly. Simmer with the water 15 minutes. Add the sugar and boil to 221 degrees F. or to 21 lb.

Peach Jam
9 lb. pitted peaches
13 lb. sugar
Pit and peel the peaches, holding the halves under brine to prevent browning (brine prepared by dissolving two tablespoons of salt in one gallon of water). Drain peaches and mix with sugar, crushing to dissolve the sugar. Boil to 225 degrees F. or 19 lb.

Grape Jam
10 lb. stemmed grapes
12 lb. sugar
Wash the grapes (Concord variety) thoroughly and remove from the stems. Slip skins. Cook pulp ten minutes. Work through a fine sieve to remove seeds. Mix pulp, skins and sugar and boil gently to 221 degrees F. or to 20 lb.

LOST FLIER LOCATED

LONDON — (CP) — Squadron Leader Roger Bushell, once believed the first member of a Territorial squadron lost by the air force in the war, is now reported a prisoner by the International Red Cross.

Keep your whole body lovely with the New Improved Palmolive made with gentle Olive Oil

For your face, throat and shoulders, and for your bath, gently massage into your skin a warm, rich Palmolive lather. Cleanse the pores thoroughly. Rinse with warm water, then with cold. That's all there is to this simple beauty treatment. Yet there is no surer way to help keep real, all-over skin beauty.

The new improved Palmolive is milder than ever on your skin. You'll love its new perfume too. And now Palmolive's firmer, so it lasts longer — saves you money.

Listen to Palmolive's "Happy Gang" C.B.C. Network Mon., Wed., Fri., 1 to 1.30 p.m., E.D.S.T. See your radio log for local time and station

Try the New Improved Palmolive

BLACK HORIZON

By JOSEPH LEWIS CHADWICK

Rand knew Maya Jack didn't fear that Sonya would try to use a heavy rifle. He was afraid Rand would attempt to overthrow his scheme.

"I've taken other precautions," Maya Jack said. "I've fixed the radio —so there can be no S O S messages broadcast. You understand that necessity."

"Of course," muttered Rand, puffing at his pipe. Then: "What's our course?"

"Due east until I get a notion to change it."

Rand went out onto deck for a tour of inspection. His native seamen were at their posts. He found Pete Barker aft, looking out across the silvery capped water.

"Wel, Pete, what have you to say for yourself?"

Pete seemed to jump a foot. He was always jittery, and was worse tonight. He could not meet Rand's steady glance.

"I had to side with Maya," he said, groveling. "I—I owed him something and he reminded me of it. But I don't like it. I'm scared."

"You'll be far more scared later on," Rand said. "This is only the beginning."

"I wish I was out of it!" Pete said, his voice breaking. He was abject in his fear.

Rand said, "Where's that punk, Kelly?"

"He's in the forecastle getting drunk," Pete said.

"You hop down there and take his liquor from him," Rand said. "I won't have him drinking aboard my ship. Get going!"

He saw Pete shuffle off, then went to his own cabin. He made a hasty examination of the room.

He had a revolver and some cartridges hidden among his effects. It was still there. He left it there, pending further developments. He thought of Sonya's request for a weapon, but considered the .38 per apt. to be more effective in his hands.

There was a formidable long-bladed pocket knife among his things. This he decided Sonya should have. It was easily concealed and could be deadly if the need arose.

He left his cabin and stepped down the passageway to Sonya's room. She said, "Come in," in reply to his knock.

She was stretched out on the bunk, her dark head cradled in her arms. She stared ceilingward at the frosted glass of the skylight. She did not look at him, but he was aware that she knew who it was who had entered.

"Well?" she asked.

Rand started, conscious that he had been standing just inside the closed door staring at her. He felt suddenly like a fool, but told himself that Sonya Duraud was incredibly lovely and he but human.

"I've brought you a knife," he said, his voice guarded.

She looked at him now, her eyes again alarmed. She sat up, swung her feet to the floor. Rand stepped across the cabin and held out the knife.

"Press the button on the handle," he said, "and the blade will spring out. I hope you may never need use it."

Her glance was grateful, but her voice tragic. "I shall," she said, hollow y. "I shall need it."

Morning came, with the sun coming up suddenly and hot and bright. The scorching air had just begun to cool when the molten ball rose above

(Continued on page 6, Col 3)

Let Corrective Exercise End Your Figure Faults

Slim Heavy Hips and Thighs

How we women enjoy slacks and shorts — for their comfort and for their young, modern look! But, if we're broad-hipped, there comes the awful thought: "How do I really look in these things to others?"

If we don't do the right exercises, hips have a way of spreading in these days of automobiles and easy chairs. Unused muscles grow slack and soft.

To have slim, youthful contours, those flabby tissues at hip-joint and thigh should be waked up — and that's just why you ought to take exercises like this.

1—Lie on right side, legs straight, with right arm under ear and left hand placed in front of body to keep balance. 2—Pull knees up to chest, then straighten legs — extending them in front of body. 3—Swing legs down to first position. Repeat 4 times, then turn on left side and do 4 times. Do 8 to 16 times in all.

Other figure faults, too, can be corrected with the right exercises. Our 32-page booklet explains and illustrates exercises to beautify the waistline, arms, shoulders, bust, hips and legs; also exercises to correct posture, to relieve foot troubles, constipation, nervous tension. Includes a bracing routine for the whole body.

Send 20c in coins for your copy of Best Exercises For Health And Beauty to The Guardian Home Service. Be sure to write plainly your Name, Address, and the Name of booklet.

Name

Street Address

City Province

English Can Survive Siege Without Roast Beef or Tea

Perplexing is the problem of how to live for a day on the amount and variety of food the young lady finds before her—and make the same thing do day after day. Nutrition authority Sir John Orr says. English citizens can do it if necessary in case of a long siege. No meat, not even tea, if things get really bad. For the prescribed 1 1-4 ounces of fat, butter patties were used in this picture, at which the perplexed diner brightened. Said Herta Buchberger of Toronto, recently come from Australia: "We never had that much butter at home even before the war!"

Needlecraft— —For The Home

Mimic your young daughter or little sister by wearing a pinafore. This attractive style can be worn as a dress with its sheer cotton blouse or as a sunback frock. Crisp white eyelet ruffles on striped chambray is a cool and comfortable combination for home or vacation wear. The sun bonnet that is included in the pattern keeps the bright rays out of your eyes and your curls in place. A fitted waist band and a full, gathered skirt are fashion features that you will love.

Style No. 3354 is designed for sizes 12, 14, 16, 18 and 20 years. Size 16 requires 3 1-2 yards 39-inch material with 1 yard ruffling for pinafore; 3-4 yard fabric with 3-4 yard ruffling for bonnet; 1 3-4 yards for blouse.

Send Twenty (20c) coin is preferred, for pattern. Write plainly your Name, Address and style number. Be sure to state the size you wish.

Style No. 3354 Size .....).....)..

Name

Street Address

City Province

STAND REAL TEST

LONDON — (CP) — Actual experiences with German air-raids on the "Anderson" steel garden shelters in South-East England have found this protection effective for whole families.

LOWESTOFT, England — (CP) —Suicide while the balance of his mind was disturbed was the verdict of a coroner's jury investigating the hanging of a Deputy Commissioner of Agriculture "worried over his family if the country were invaded."