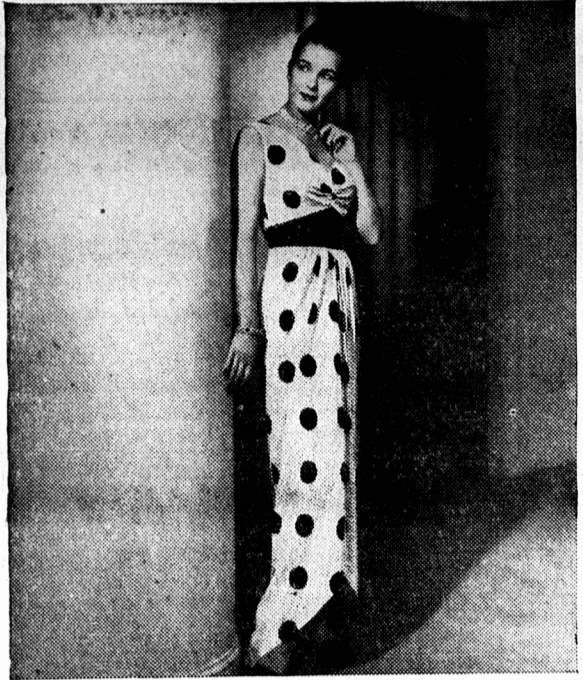


Woman's Realm Social and Personal Fashions Literature



SEQUINS STAR A SLIM WAIST...
The smartest dinner dresses for summer (like this polka dot original by Capt. of New York) will be draped and narrow... simple sheaths to emphasize a slender figure, dramatize a tiny waist.

If you want to look your youngest, slimmest, and loveliest in the new fashions... you must watch your diet. And, in any safe diet to gain and keep a lovely figure, you should eat certain special foods because of their "protective" qualities.

That is why Kellogg's All-Bran is included in the new scientific weight-control menus. All-Bran is made only from the outer layers of the wheat grain. This is the vital part so rich in iron and certain other "protective" food elements your body must have if you want to keep your vitality... your very joy in life.

You will be glad to know, too, that All-Bran is guaranteed, on a double-your-money-back basis, to keep you regular naturally. Natural regularity is always advisable, diet or no diet. Ask your grocer for a package of Kellogg's All-Bran today.

FOR REDUCING DIETS

Kellogg's ALL-BRAN

TWO SIZES

LUNCHEON SET

DESIGN NO. 738

An embroidered luncheon set done in a colorful floral design is lovely to possess. Hot iron transfer pattern No. 738 contains 1 large motif and 14 small ones with complete instructions. Needlework Book 20 cents.

To order: Send 20 cents in coin to Needlework Bureau, Charlottetown Guardian.

Design No. 738

Name _____

Address _____

City _____ Province _____

BETTER FLAVOR

The flavor of canned peas can be pepped up by adding a pinch of dried mint, basil or rosemary while they are heating.

BERLOU

Guaranteed MOTH-PROOF

Berlou Mothproof is Guaranteed. In writing, to protect your furniture, rugs, blankets, clothing and furs from moth damage for five years, or Berlou pays for the damage. 4c will protect a man's suit for five years—only 9c a year; other articles equally low.

Get this guaranteed mothproof today from your department, drug or hardware store. Leading laundries and dry cleaners can Berlou your clothing, furs, blankets, rugs and furniture.

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Household Scrapbook
By Roberta Lee

Heavy Articles

When rinsing heavy articles such as blankets, using a garden hose will make the work much lighter. Blankets rinsed in this way avoids wringing, and they will dry without wrinkles. Neither is the nap crushed, as no ironing is required.

Meat

When roasting meat, cook it quickly at first to sear the outside enough to prevent the juices from escaping. Then lower the temperature of the oven to avoid burning.

Dust Cloths

Excellent dust cloths can be made from old discarded lisle or silk stockings. Cut and pad several of them together.

Morning Smile

"And how high does your balloon go?" asked the old lady. The sergeant scratched his head. "Funny you should say that, Ma'am," he replied. "I've been wondering about it all day. You see, when we pulled it in this morning we looked up at you, and there, large as life, lay a blooming harp."

MacIntosh was having a dispute over the fare he owed a taxidriver. The man with the meter talked loud and harshly, and it angered the Highlander.

"Do you know who I am," he demanded, proudly drawing himself up to his full height. "I'm MacIntosh."

The taxidriver snorted. "I don't care if you're a brand-new umbrella!" he said. "I'll have my rights."

Cook's Corner

CREAMY CUSTARD

1/4 cup sugar
3 tablespoons cornstarch
1/4 teaspoon salt
2 cups milk
2 egg yolks
1 teaspoon vanilla
Few grains nutmeg

Combine sugar, cornstarch and salt. Heat milk to boiling point in top of double boiler. Add sugar mixture gradually, stirring constantly until mixture thickens. Continue cooking for five minutes. Beat egg yolks, add a little of the hot mixture, and blend well. Return to hot pan, stirring constantly and cook for five minutes. Remove from heat, add vanilla and nutmeg. Chill thoroughly. Beat custard with rotary beater before serving. Six servings.

CHEESE RABBIT

2 cups soft crumbs
2 cups grated processed cheese
1 tablespoon Worcestershire sauce
1/4 teaspoon prepared mustard
1/4 teaspoon salt
1/4 teaspoon pepper
6 slices toast

METHOD: Soak the bread crumbs in the milk, which has been placed in the top part of a double boiler over boiling water, for 5 minutes. Add the cheese and the seasonings and cook over hot water, stirring occasionally, until the cheese is melted. Serve this on hot buttered toast. This will serve six.

Better English
D. C. Williams

1. What is wrong with this sentence? "The love of these parents and children was mutual."
2. What is the correct pronunciation of "Jesus"?

3. Which one of these words is misspelled? Malingering, malleable, malnutrition.

4. What does the word "devoive" mean?

5. What is a word beginning with de that means "to earn"?

ANSWERS

1. Say, "The love of these parents and children was mutual."
2. Pronounce jez-us-it, e as in bet, u as in unite, i as in it, accent first syllable.
3. Malleable.
4. To transfer from one person to another. "They devolved their whole authority into the hands of the council."
5. Deceive.

THE STARS SAY—
By GENEVIEVE KEMBLE
For Friday, April 18

FOR lasting and enduring results, with long-range and secure culminations, it is possible that some drastic change, with a fundamental or radical renewal of plans or purposes, may be entertained. There are implications of separations, or revamped understandings, in which domestic, romantic or business contacts may be benefited. Promotion, personal or social prestige and popularity, as well as romantic adventure, seem at stake, with happy change resultant.

Birthday Forecasts

Those whose birthday it is may find that by a change of plans and practices with innovation and fresh ways and means, a beneficial crisis may result that may prove of long-range and most happy denouement. Preliminary to this, there may be important changes, new contacts and fresh understandings with intimates, social or family associates. Lasting and enduring benefits, with promotion, expansion and support from those in influential places, enhanced prestige and happiness, de-

for HEAVY TRAFFIC!

Old Windsor FLOOR WAX

Women in France now have the power to vote. They take politics seriously, and in the last election they turned out in sufficient numbers to double the ballot and elect 33 women to the assembly. Until the liberation of France from the Nazis, French women could not vote, a wife's legal position was inferior to her husband's, and even now a married woman cannot ob-

The Flavor's the thing

KING COLE COFFEE
now comes to you **VACUUM PACKED.**
Every trace of flavor-devouring air shut out: every bit of precious fragrance and delicate flavor sealed in...
ENJOY REALLY FRESH COFFEE

Buy **VACUUM PACKED King Cole Coffee Today!**

DOROTHY DIX SAYS—

Remarriage Of Widows

Woman Should Not Mourn Rest of Life And Should Accept New Love

A woman in her early twenties, who has a child of four, writes me that her husband was killed in the late war. During the years in which he was away fighting to defend his country and in the sad ones that have followed since his loss, she lived the life of a recluse, going nowhere, taking no part in social affairs; but now that time has mercifully laid its healing hand upon her hurt heart, she has begun to go back into the world again.

There she has met a fine man who offers her the love she craves, companionship, financial security and his help in rearing her child. All would be well except that this girl widow's father-in-law and mother-in-law are shocked and horrified at the thought of her re-marrying. They feel that it is a desecration of their son's memory, and that she should spend the balance of her life weeping over his grave. And as she loves the old people very dearly and hates to add one iota to their grief, she does not know what to do, and if loyalty to the unknowing dead requires the sacrifice of the living.

Many another young widow is facing this same problem, and to them I would say, with all the earnestness that I can command, not to let themselves become the victims of a morbid sense of duty and feel that because Fate has dealt them one crucial blow that they must never recover from it. For their tears can work no miracle that can bring back those they have lost. They can only seek deeper the hearts of those who shed them and cast a black shadow over the happiness of others.

DISMAL FUTURE

Certainly this would be a dismal world if we turned it into a graveyard by everyone making a fetish of his sorrow. Yet, many take pride in not "getting over" a bereavement. They deny themselves comforts that they need to put up costly monuments over their dead. They savor themselves in mourning that is an ever-present reminder of their loss. They read depressing books and would consider it a sacrifice to go to see a cheerful play. They cultivate their grief until they make it a religion.

Chief among those who suffer from this obsession are the lonely widows and widowers who jealous husbands and wives have wrung from them a promise that they will never remarry. And all to no purpose, for certainly it cannot add to the felicity of saints in glory if they can know that they have doomed their mates to 30 or 40 years of bleak misery by their selfishness.

In His wisdom and mercy God never intended that we should never rise above our sorrows. If He did not save us from knowing the bitterness of despair, He softened it by giving us hope. He spanned our tears with the rainbow that gave us joy and laughter and made the world worth living again. For it is written in the Good Book: "Weeping may endure for the night, but joy cometh in the morning." And that was a promise that has been kept.

When a young woman promises the great misfortune to lose her husband, it is easier for her to succumb to her sorrow than it is to fight it. Her dream is shattered. Her romance ended. But she is wise if she gathers her courage together and goes bravely forth to face a new life that may have in it a joy even greater than she has known. For the sun rises even after the darkest night.

Living & Leisure
—THE WOMAN'S REALM—

So beautiful is it to live, so sweet to hear the ripple of the bobolink. To smell the clover white and pink. To feel oneself far from the dusty street, From dusty souls, from all the flare and fret Of living, and the fever of regret. —Sophie M. Almon-Hensley.

Rain may leave its mark on leather handbags, especially those with a smooth finish. To protect your bag, wax it. Apply an even coat of good quality floor or furniture wax, let it dry and polish it thoroughly with a clean soft cloth. Then repeat process in 24 hours.

Waxer not only helps to protect the leather from water marks and soil, but helps keep it from drying out and losing its flexibility.

"FOURELETTE" LAST WORD IN JEWELRY

NEW YORK—The newest "new" design in jewelry from the West this season is the "fourlette," this being a coined name from two French words, "fouragere" and "epaulette." "Fouragere" is a French military decoration consisting of a braided cord worn about the left-shoulder, the "fourlette," a wide carved band, is curved to fit the shoulder. Dangling from this piece are six chains of fine links in graduated loops.

Four of the loops are to be worn on the top of the sleeve, two circle under the arm.

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GARNISHES DRESS UP MANY SPRING SALADS

At this time of the year, a sparkling fruit or vegetable salad for luncheon or supper is ideal as a spring tonic.

Much of the attractiveness of a salad depends upon the garnish. Sliced pickles, olives, pimientos, eggs and highly colored vegetables and fruits all fit the bill, but to serve necessary to line the mould with the garnish before the jelly mixture is poured in. First mix the jelly and when slightly set dip pieces of garnish in it and arrange them around the inside of the mould, pour in the jellied mixture and when firm turn out on a bed of lettuce leaves.

Lifting of rationing of canned fruits has tended to leave a quantity of unsweetened fruit on the shelves. Home economists of the consumer section, department of agriculture, have found that al-

(Continued on Page 14)

Don't Make This Mistake When Child Is Constipated

Don't upset a child already upset by constipation with nasty-tasting laxatives or harsh, gripping cathartics. Give Children's Own Tablets. This corrective made especially for growing youngsters' needs is so pleasant to take—acts so gently and normally without disagreeable reactions that even the fussiest child won't object to their use. Makes laxative-taking time easy on the child and yourself, mother! Get Children's Own Tablets today at your drugstore. 25c

One of the Most Effective BLOOD-IRON TONICS YOU CAN BUY

If your blood lacks iron!

You girls and women who suffer so from simple anemia that you're pale, weak, "dragged out"—this may be due to lack of iron in the blood. So try Lydia E. Pinkham's Compound. TABLETS with added iron—one of the best home ways to help build up red blood cells. Lydia E. Pinkham's Tablets are one of the most effective iron tonics you can buy!

LYDIA E. PINKHAM'S COMPOUND TABLETS
(with added iron)

Modern Etiquette
By Roberta Lee

Q. Is it all right to apply powder and lipstick in a streetcar or bus?
A. Avoid doing this, especially the lipstick. If absolutely necessary to remove shine from the nose, try to do so as inconspicuously as possible.

Q. Should a bride tell the person who gives her money as a wedding gift how she is going to use it?
A. Yes, if at all possible, she should tell the donor what she will buy with the money.

Q. Is it considered good for employers to give birthday gifts to their employees?
A. No, it is not, though it is often done.

Ellen's Diary
By an Island Farmer's Wife

A happy farmer's wife and her sterner half left Alderlea, a short while since, travelling gallantly by horse and wagon along only indifferent roads and into a dark cloudy night that James reckons "will bring rain before too long." He has just come indoors, lighting them down the driveway and blowing out his light now, prepares to retire. Our visitors were young farm folk who notwithstanding the hazards of roads and night, I suspect set forth with high hopes. As they drive into the silence to be found along this road of ours tonight, she perhaps of the two would forget her surroundings to conjure up delightful fancies that, if fortune favors her efforts may come as a result of this visit. For it has been solely on account of that same old goose who in the lady's own words "has laid and laid with never a notion of sitting" this trip was made. The wealth of eggs must be given presently into the care of broody hens—four or thereabouts to each matron—to be hatched. "Ay" but there was the rub. "We just can't seem to get enough of our own to sit." So it was that Jeanie offered to lend a pair or so of her flock to tide our friends past the concerns of their poultry crisis. Nor at this season is this an exception among farm wives. Though now that I recall it modern methods of incubating have replaced the old way of acquiring chicks, yet one must consider the hatchery of duck or as in this instance the surplus of goose eggs on farms. Then it is that the plump and downy cluster again comes into her own rights.

REDECORATE NOW!

You want to make your home look like new—repair, repaint and redecorate it now—frankly, you and the Man of the House are in a currency quandary—not nearly enough ready cash! If you require money—and are in a position to repay without undue strain on the family budget—the Personal Loan plan of the BANK OF MONTREAL is just what you've been looking for! Why not go with your husband and discuss the matter with the manager or accountant of your nearest branch of the BANK OF MONTREAL. You won't be asking a favour of the bank when you borrow through their Personal Loan plan—lending money is, after all, their business. And you'll be pleased at the low cost—only 27 cents a month for each \$100 borrowed, which is repaid in 12 monthly instalments.

HOW TO BE POPULAR WITH YOUR HUSBAND

The old story about the quickest way to a man's heart bears a lot of repeating—and here I am, repeating it... men always like good food... they like food with personality and vivid flavour—which is why your man will be sure to exclaim happily over food seasoned with delicious HEINZ sauces!... HEINZ Mustards—57 Sauce—Worcestershire Sauce—all of them backed by the famous 78-year-old HEINZ reputation for quality—give many a plain dish a dash of excitement! Try, for instance, these delicious seasoning suggestions...

- Combine HEINZ 57 Sauce and melted fat. Spread between layers of thinly sliced potatoes and broil.
- Spread ham with HEINZ Prepared Brown Mustard, sprinkle with brown sugar, brown on both sides.
- Add HEINZ Worcestershire Sauce to devilled eggs for extra tang and flavour.

And for your free copy of the booklet "New Uses for HEINZ Sauces"—packed with helpful seasoning suggestions—simply write to me, Barbara Brent, 1411 Crescent St., Montreal, P.Q.

Needlecrafts
—FOR THE HOME—

IMPORTANT BLOUSES

Two beautiful costume blouses! One reveals the side story, handsomely told in buttons; to wear as overblouse or tucked-in. The other is cut in one piece, and is exceedingly easy to make. Two separate patterns.

No. 2107 is cut in sizes 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42 and 44. Size 36 requires 1 1/2 yards 39-inch.

No. 2990 is cut in one size, suitable from sizes 10 to 20. Requires 1 1/2 yards 39-inch.

Send 20 cents for PATTERN, which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state the size you wish. Include postal unit or zone number in your address.

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BUYS AND WHYS BY Barbara Brent

A weekly advertising and information service for today's woman

Here's a top-of-the-column shopping tip—when you're looking for downright delicious flavour in corn syrup—look for the CROWN BRAND label! For the name CROWN BRAND means such fine quality—such good taste—that you'll want to make it a buyword. Here, for instance, are just a few of the reasons why CROWN BRAND will be in such constant demand in your home:

- As a sandwich spread—spread it generously—you'll find it's truly tops in good taste.
- As a sweetener in baking—you'll find it gives a distinctive flavour that you don't get with sugar.
- As a milk-modifier in the bottle-feeding of babies—it supplies quick food energy so important to the sturdy growth of very young children.

There are so many wonderful ways to cook with CROWN BRAND, you'll want to put it at the top of your shopping list right now!

A SOUP THAT'S ALWAYS A SUCCESS

Onion Soup... a top favourite with good cooks the world over... delicious, different... and made the OXO way with a minimum of time and trouble...

Chop and brown 3 medium sized onions in 2 tbsps. of flour; add 6 cups boiling water, stirring constantly until the soup thickens; add 3 OXO cubes or 3 tbsps. fluid OXO; 1 tsp. salt; 1/4 tsp. pepper. Simmer gently, covered, for ten minutes. Now pour into individual bowls... Serves 6. Top each with a saucer of toast and sprinkle with nippy, grated cheese.

U-mmm! Onion Soup made with OXO—it's wonderful! It's a whole meal in itself! OXO is the goodness and flavour of prime beef concentrated in cube and fluid form—so economical, so delicious, you'll use it every day to add meaty zest to meals!

A BRIGHT IDEA

From Halifax to Victoria, Canadian women are talking about hairbrushes with NYLON BRISTLES... and small wonder, for these hairbrushes are turning out some of the brightest heads in the country! No other brush bristles have so many truly wonderful advantages... the smooth, strong nylon bristles penetrate to the scalp—they're long-wearing—they dry quickly—a few minutes after washing, your brush is again ready for use—firm, clean and strong. And NYLON is unaffected by face lotions, toilet lotions or sterilization. The hairbrush bristled with nylon is truly the brush of the Present with a shining Future! Nylon bristles are manufactured by Canadian Brushing Limited, and come in a wide range of thicknesses from the silky nylon in a baby's brush to the heavy gauge of nylon used in a man's military hairbrush. A point to remember when buying your brushes—you can only be sure it's NYLON when you see the words NYLON BRISTLED!

HOW TO BE POPULAR WITH YOUR HUSBAND

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