

Woman's Realm = Social and Personal / Fashions / Literature

KEEP YOUR SUNNY SIDE UP!

- AT WORK
- AT PLAY
- AT HOME

Do something about those minor health aches which give you mean feelings and lead to loss of friends. Keep your sunny side up with a sparkling glass of Alka-Seltzer. It helps to quickly relieve headache, acid indigestion, distress after meals, common aches and pains, morning-after misery and cold symptoms. Millions use Alka-Seltzer—take it yourself. For free sample write to Miles Laboratories, Ltd., 167 Dufferin St., Toronto, Ont. E-17



Get the Quick Relief You Want with the Effective Action You Can Depend upon—



THE PRINCESS OF GRATZEN

By Louis Arthur Cunningham, Author of "Of These Three Loves," "Marionette," Etc.

"We had to run—run quickly—more planes were coming over this time, a bomb set fire to the cottage, and men were parachuting down. At that moment we ran when it was safe to do so. I remember an old peasant with his cart and started us on the road to P. and there Meridel found us. It was God who helped her to find us and bring us here."

"Yes," said Roger softly and his eyes were steady on Rudolph's. "It was indeed God who helped me."

"And He will take care of Bonhomme Priot up in heaven," said Rosine. "And punish the one who killed him. Bonhomme Priot was bent and his beard was long. He would have no one."

"It is unwise to kill like that," said Pol Martin. "Then to laugh, to smile as this one did after—"

"It is done with now. Finished, my little ones," said Roger. "And it is time you were getting into some clothes, eh, Rudolph?"

"Madame requests that you be ready within the hour—you too, Roger—you are all going to Montreal."

"The princess too?" Roger set up. "Yes," said Rudolph. "It is to be a shopping expedition. Pol Martin wanted a pair of red trunks like Roger's. They ran helter-skelter over the smooth lawn and hid Florin, clipping the boxwood hedge, stopped and smiled and waved his shears at them, at these little ones who had brought new

brightness to the vast house and its sprawling park. Florin had always considered Rudolph as something special and rated his authority above madames; and these strange ones from Europe, relatives of Rudolph's. It was good to have them. He had cut some of the finest Fernet roses, lovely yellow ones, for the breakfast table, for that girl who looked like a sun goddess. Eh ben, it was a queer world—kings and queens and duchesses rubbing elbows with the habitation of Sainte Barbe's daughter. Still the sun rose every morning and the laws always needed tending and the grapes were getting heavy on the vines.

Roger met Meridel as he crossed the yard on his way to his room in madame's suite. She wore a white sleeveless dress today. Her skin was pale gold and he saw tiny freckles on her nose which had an unprincesslike tilt.

"But you are brown—like an Indian! Shall I become like that after I live in Canada a while?"

"Not so brown, Europe. You are all gold, princess. Maybe your color will deepen a little. Not too much, I hope. I would not have it change."

She smiled up at him. "You are driving with us to the city. That is nice."

"Indeed it is, though I rather think it is a scheme of madame's to get rid of me a day earlier than I planned to go."

"But you will come back?"

"You may be sure I shall. I'll hurry back—Your Highness."

"Please I am not much of a Highness any more. Will you not call me Meridel?"

"I may call you Meridel? And you will call me Roger? It is a lovely name, Meridel. Like music."

"I am glad you like it. The toy-makers in Gratzen used to make little music boxes that played a tune like Mer—del—mer—del—mer—del—you may hear Pol Martin and Rosine singing it in a round."

"I shall learn it," said Roger. "It will be my song from now on, Meridel."

She colored, pale, rose under the golden tan. "You must hurry now. I am eager to go to the city, so that I may the sooner come back here. I want no more of crowds or cities. This place—this is what I love, the songs of birds and the wind in the trees and the water in the brook. It is the right of everyone upon this earth, princess or

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Relieve Soreness Instantly

Sore, chapped lips make life miserable in cold weather. Painful and unsightly, their cracked, rough surfaces are easily infected. Don't run this risk! Prevent chapping with Lypsyl. Its wonderful emollient action protects the delicate membranes, keeps the lip tissues from becoming dried out by cold, biting winds, so that lips stay smooth and soft in all weather. When lips are already chapped, Lypsyl gives quick relief, seals the wounded membranes against dangerous germs, hastens natural healing. Get Lypsyl at your store today and use it regularly. Sold everywhere in handy stick form.

LYPSYL Natural Red or Invisible White for Men and Women



I've Joined the **C. W. A. C.** How about YOU?

"I've answered the call for women volunteers in the Canadian Army. By learning a useful occupation I am making it possible to release a category 'A' man for active service overseas or in Canada. I had more than 50 occupations to choose from. I had the art of self-defence, protection against aircraft and gas. I think every girl desiring to 'go active' should join the C. W. A. C. ... the smartest women's service."

REQUIREMENTS—

Recruits must have the following qualifications:

- Be of medical category "A"
- Between 18 and 45 years of age.
- Have a minimum height of 5 feet.
- Be not less than 105 lbs. in weight (or 10 lbs. above or below normal weight).
- Have Grade VIII education.
- British subjects.
- Between 18 and 45 years of age.
- Have no children under 16 years of age.
- Volunteer for service anywhere in the world.
- Enlist for the duration.
- Prepare to serve for 18 months thereafter if necessary.

YOU MAY BECOME AN OFFICER BECAUSE ALL OFFICERS COME FROM THE RANKS

For full information or advice call on, write to, or phone

Sergeant Rhoda Hyson
at the **Army Recruiting Station**
CHARLOTTETOWN ARMOURIES

Living & Leisure The Woman's Realm

Soft in the muscle that would charm forever; The flower of sweetest smell is shy and lowly. —Wordsworth.

Normally humans absorb 70 per cent of the carotenes in raw carrots or cooked spinach, furnishing them with vitamin A, but this drops to 50 per cent. If there is no fat in the diet.

WITH WINTER BROWNS

Roxy pearls and the new natural wools in costume jewelry seem to have an affinity for the soft tawny bark colors of the new winter browns.

HINTS ON ETIQUETTE

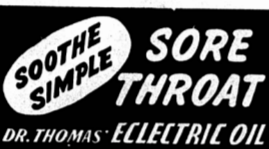
If you are visiting friends in their home and the time comes for a new broadcast, it is particularly desirable to ask your friends if you may turn the radio on.

CHIC EVENING JACKET

A jacket to wear over your evening dress, be it long or short, is a fingertip coat of emerald green wool. Wide revers turn back crisply at the neckline, faced with lustrous black Persian lamb fur. Because the coat is boxy and simple it will literally go with anything, emphasizing the slim lines of a straight-cut skirt and fitting loosely over a bouffant one.

DRYING HERBS

For best flavor and color, most herbs should be dried quickly in the shade, and, when thoroughly dried, packed in light containers, such as glass jars with tight-fitting covers, or cartons, lined with wax paper.



peasant—now it is denied to both impartially. "No, here, Meridel. Not over here. Freedom is the air we breathe." "But you know how it is—over there."

He nodded. "Old wickedness, old sins that have festered, become gangrenous. A third world. Yes. I think I know."

"And it is swallowing up so much of your world that is new and fresh."

"Yes," he thought of Michel. "Many of ours. But they go gayly."

"Do not ask me, Go, please. I can't bear to think of losing anything more. You are a new friend I have made."

"You won't lose me easily, never fear. Now I shall hurry. I believe those children are all ready. Au revoir, Meridel."

She waved to him as he ran swiftly to the house. She looked thoughtfully after him. He was the nephew of Madame Laurin, Ursule Ruel's housekeeper. He was as one of the family. It must be all part of this new pleasant world where servant and master were equal, where classes, if there were such, were foolish and void of meaning. Even Baron Ruel had told her that he was known only as Monsieur Morphin. That being a baron only meant they'd ask you to pay in advance at a hotel.

(To Be Continued)

MISSIN' KISSIN? Then Check Your Breath!



76% of All Adults Have BAD BREATH That's why it pays to use **COLGATE'S TOOTH POWDER!**

Bad breath is a social barrier OTHERS always detect before YOU do yourself. So play safe. Guard your personality with Colgate's Tooth Powder... clean your breath as you clean your teeth!

Scientific tests prove conclusively that in 7 out of 10 cases Colgate's Tooth Powder instantly stops oral bad breath.

SAVES YOU MONEY! Compared to other leading brands, a large tin of Colgate's gives you up to 30 more brushings, a giant tin up to 46 more brushings—**for not a penny more!**

TIP TO SMOKERS! Colgate's Tooth Powder is one of the quickest, easiest ways to guard against tobacco stain and tobacco breath! Try Colgate's Tooth Powder today.

COLGATE'S TOOTH POWDER 12 1/2, 25, 40¢

CLEANS YOUR BREATH AS IT CLEANS YOUR TEETH

BROWNS WITH GOLD

Browns are best with gold, amber, topaz, yellow diamonds and sapphires and some of the soft pink coral pieces treated in the antique manner. Simple gold necklaces, beads and floral collars are very smart with brown.

EARRINGS FUN

Earrings are fun but must be selected with an eye to the capacity for humor on the receiving end of the gift. Some designs of real elegance, at very low cost, are available for the fastidious and discerning.

PRINTERS' INK POLISH

To make your windows shine, wash them, then wipe them over with newspaper.

PAPER IRONING SHEET

Two thicknesses of heavy brown paper are much better than a cloth to use when pressing. Sprinkle paper with water and then iron until paper dries.

BY KEEPING WALL CLEAN

To save re-decorating bills and keep walls fresh and bright, frequent cleaning is necessary according to Consumer Information Service. Painted or papered walls should be dusted regularly, and completely. If dirt is not to become embedded in the finish, a soft duster will do the trick if care is taken to rotate the wiping surface so that more dirt won't be rubbed on than is taken off. A soft cloth formed in a bag over a broom helps to get the job done more quickly and easily.

Fresh grease spots may be removed from wallpaper if a hot iron is placed against a blotter held to the spot. Two or three applications may be necessary, but be careful, for too persistent an ironing can scorch the wall.

Another way to get rid of grease spots is to apply a thick layer of fuller's earth or talcum powder. Let on the spot for 24 hours and then brushed off lightly, either of these may get rid of a blemish.

A bad stain can be treated with ordinary household hydrogen peroxide (3 percent). But this may change the color of the paper slightly, so try it on a hidden spot behind a picture before deciding to use it.

The oldest known standard of length the cubit was the distance between a man's elbow and the tip of his middle finger.

If you leave home on a visit and several persons invite your husband to dinner during your absence, it is a nice gesture to invite them to dinner when you are settled at home again.

Dear Lady Disdain has been a knockout in our Grandmother's time and had suitors by the dozens signing at her feet, but in these days she would be a flop, with never a boy friend on the premises. Furthermore, while a girl may lose some of her allure by being too easy, she certainly misses her market by being too difficult. Between the overripe fruit that is ready to drop into a man's mouth and the hard and knotty prune on the top of the tree that he would have to risk his neck to get, we know that the odds are a hundred to one against the prune.

WOMAN GETS HER MAN Bernard Shaw asserts that women always pick out their husbands long before their husbands have even thought of them as possible wives, and Thackeray declared that any woman without an actual hump on her back can marry any man she makes up her mind to marry. And, certainly, we all have seen many women get husbands by simply wearing out their sales resistance until their poor victims signed on the dotted line of the marriage license. The woman who marries early and often are always women who, like Barkis, are willin'. They are the women who find life without a man in it cinders, ashes and dust; the women who know how to flatter and cajole men and who are always willing to meet them halfway in the love-making.

So, while Mrs. Harriman's advice to girls to run from men if they want to be followed is good, being on the job has its points. And so, probably, the best course for the wise Jane to take is a betwixt and a between one. She should be willing but not too anxious. She should make a man feel that she can take him or leave him. And when she runs away from her suitors she should do some nice timing and never get beyond their reach.

A Morning Smile

Private Dillon asked for weekend leave from a United States training camp on the grounds that his wife was "expecting." He got it.

The following week he made a similar excuse, and again got leave.

But when he asked for leave for the third week-end, the officer in charge remarked: "What is the expecting, anyway?"

"She's expecting me home again, sir."

Mrs. Hillmore—You're not keeping to the diet the doctor prescribed. Mrs. Hetty—What? Do you think I'm going to starve myself to death, so I can live a few years longer?

Santa Rides Again—TROUBLE



The children got dressed and ran no time in hurrying to the old stone wall.

Dorothy Dix Says—

Girls Who Play Hard to Catch Often Wind Up Uncaught

Girl Who Runs Away Should Judge Pace to Keep Within Reach

Mrs. Oliver Harriman, who is one of this country's top flight grande dames, has just published a book of etiquette which is not only the whole of the law and the prophets on social usage, but also hands out many helpful hints on problems of vital interest to the feminine sex.

Probably the most important of these is her tip to girls on how to get a husband. Speaking on this momentous subject, she says: "Run, daughter, run! The faster you run, the surer you are to be caught."

Now this advice, coming from one of experience who has won her wedding ring in the Matrimonial Derby, will doubtless set tens of thousands of young hearts into action, and it will be an inspiring and novel sight to witness them sprinting away from boys instead of hotly pursuing them.

But while this theory about how to catch a husband has its good points, it also has its bad ones. For one thing, it is axiomatic that the more anxious a woman is to marry, the less chance she has of doing so. Nothing makes a man shy away from the altar so quickly as perceiving that a woman is trying to drag him to it. And no one can deny that the increase in the number of old maids is largely due to the fact that the modern girl has dropped all finesse in husband hunting and has openly stalked her prey, instead of stealthily doing it behind ambush.

MEN THINK THEY'RE THE HUNTERS For men still like to cherish the illusion that they are the hunters instead of the hunted. They still get a kick out of believing that they discovered the ONLY girl, instead of realizing that she saw them first. And it still inflates their ego to think that it was only because they were great lovers, with an irresistible line of wooing that made the Sallies and Sadies become their wives, instead of admitting that it was Sally and Sadie who prodded them into popping the question.

So, these things being true, it seems sound counsel to tell girls to put pep into the love chase by running away from the boys they wish to attract, instead of running after them. But the catch in it is that the youths of today have been so spoiled by girls doing all the spade-work of courtship, making all the dates, doing the telephoning, writing most of the letters, even offering to keep their jobs after marriage and support their husbands in the style their fathers have accustomed them to, that most of them have lost the sporting spirit. They expect the girls to give them the high sign, and if they don't it is just too bad for poor little James. The boys pass them over.

Dear Lady Disdain had suitors by the dozens signing at her feet, but in these days she would be a flop, with never a boy friend on the premises. Furthermore, while a girl may lose some of her allure by being too easy, she certainly misses her market by being too difficult. Between the overripe fruit that is ready to drop into a man's mouth and the hard and knotty prune on the top of the tree that he would have to risk his neck to get, we know that the odds are a hundred to one against the prune.

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Such a pretty brunch coat To make in crisp cotton print becoming surplus lines make this a charming all-day-long frock, and the easiest thing to slip on in a hurry—a couple of buttons, and there you are.

Style No. 3560 is designed for sizes 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44, 46, 48, 50, and 52. Size 36 requires 3 1/2 yards 35-inch fabric with 2 1/2 yards binding.

To order pattern: Write or send picture with your name and address with 20 cents in coin or stamps to the Needlecraft Bureau The Charlotte-Town Guardian, Style No. 3560.

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By Geoff Hayes

Splendid Cough Syrup Easily Mixed at Home

It's So Easy! Makes a Big Saving. No Cooking.

To get quick relief from a distressing cough, mix this recipe in your own kitchen. Once tried, you'll say it's your favorite cough medicine, and it's so simple and easy.

First, make a syrup by stirring cups granulated sugar and one cup of water a few moments until dissolved. Anyone can do it. No cooking needed. Or you can use corn syrup or liquid honey, instead of sugar syrup.

Then get 2 1/2 ounces of Pinex from any drugstore. This is a special compound of proven ingredients, in concentrated form, well known for its prompt action on throat membranes.

Put the Pinex into a 16 ounce bottle, and add your syrup. Thus you make 16 ounces of very efficient medicine, and you get four times as much for your money. It tastes fine and never spoils.

And for quick, satisfying relief, it is splendid. You can feel it penetrating the air passages and taking hold of the cough. It loosens the phlegm, soothes the irritated membranes, and eases the soreness. Thus it makes breathing easy, and lets you get restful sleep.

Just try it, and if not pleased, your money will be refunded.



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The tea that has won more world awards for quality than any other, is the tea to use in these days of rationing. Try this master-blend which includes select "small leaf" teas grown exclusively in Lipton's own gardens in Ceylon. You'll find Lipton's so uniformly rich and full-flavoured—that you'll get more satisfying cups for your tea coupons.

LIPTON'S Also Packers of—LIPTON'S NOODLE SOUP MIX "THE SOUP SENSATION OF THE NATION"

THE COOK'S CORNER

MINCEMEAT (With Meat and Cider)

- 3-4 lbs. seedless raisins
- 1-1/4 lbs. currants
- 1-2 lb. mixed peel
- 2 quarts apple cider
- 10 lbs. apples
- 2 lbs. brown sugar
- 1 tablespoon cinnamon
- 1 teaspoon cloves
- 1 teaspoon nutmeg
- 1 teaspoon salt
- 1 teaspoon saffron
- 1-2 cup molasses
- 1 lb. suet
- 1-2 lbs. lean beef.

Method: Wash the raisins and currants and dry them. Clean, unglazed paper will absorb nearly as much moisture as cloth towels, and the paper can be discarded. Chop the mixed peel. Combine these fruits, place in a bowl or crock and add the apple cider to them.

Peel the apples or not, as desired, then remove the cores and chop or grind them. Add these to the first mixture. Mix together the brown sugar (or honey may be used, if desired) spices and salt, and add these also, along with the molasses. Put the suet through the food chopper and add this to the fruit mixture.

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SUCH A PRETTY BRUNCH COAT To make in crisp cotton print becoming surplus lines make this a charming all-day-long frock, and the easiest thing to slip on in a hurry—a couple of buttons, and there you are.

Style No. 3560 is designed for sizes 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44, 46, 48, 50, and 52. Size 36 requires 3 1/2 yards 35-inch fabric with 2 1/2 yards binding.

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Name _____ Street Address _____ City _____ Province _____

By Geoff Hayes

3560 sizes 16-52



TILLIE THE TOILER



JUST LIKE A OSTRICH!



WELL, I GUESS AS LONG AS MY HEAD IS INSIDE THE BARRACKS I DON'T HAVE TO HAVE MY CAP ON

