

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

Beet Tops and Roots Both Are Nourishing



Young Beets Cooked With Tops Are One of Season's Finest Treats

Beets are easily grown in the Victory garden and provide food of high nutritive value. Their tops are among the richest sources of Vitamin A and C...

Girl of the Turf

By Mary Douglass Stovall

CHAPTER XIII

The apartment buzzer sounded before Cary had finished with her hair. She looked quickly at the door...

A fleeting thought of Anthony's six feet cut through her mind. She shut off and hastily took the dress with its demure little collar...

DEAR MISS DIX—We have a 19-year-old daughter who has a boy friend two years younger than she is who wants to marry her...

DEAR MISS DIX—I have been engaged for a year to a boy who is now in the service in Africa. In the meantime I have fallen in love with someone else...

DEAR MISS DIX—During the latter part of last year I had a baby born out of wedlock. Because at the time I signed it over...

DEAR MISS DIX—You will have to consult some good lawyer and have him find it very difficult to do it.

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Here's ECONOMY For Wartime Appetites!

PREPARED according to the recipe on the label, Baker's Cocoa gives you up to 90 servings from the low-priced, 1 lb. package...



BAKER'S COCOA A Product of General Foods

Dorothy Dix Says—

SELF-SUPPORT DEMAND SURE CURE FOR FOOLISH MARRIAGES

Many Women With Reform Mania Wed Helpless Males But Never Get Desired Results

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THE COOK'S CORNER

SPANISH MOULD

1 jelly roll 2 teaspoons gelatin 2 cups milk 2 eggs, separated Finch of salt 1 1/2 cups sugar 3-4 teaspoon vanilla...

REUBARD SHERBET

1 tablespoon gelatin 2 cups cold water 1 cup sugar 1 cup boiling water 2 cups stewed, unsweetened rhubarb 1 egg white...

HINTS ON ETIQUETTE

Co-operative dinners are a good idea during this emergency, and it is correct on these occasions to ask each guest to bring certain articles of food.

If You Suffer 'PERIODIC' FEMALE PAIN

Weak, Cranky, Nervous—If you, like so many women and girls suffer from cramps, headaches, back-ache, "irregularities", periods of the blues—due to functional monthly disturbances...

Home Service

Proper Pronunciation Is Most Important

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Living & Leisure The Woman's Realm

"Said the robin to the sparrow, 'I should really like to know why these anxious human beings rush about and worry so?'"

"We're never tired of polka dots, since the polka-dotted frock appears year after year. Nice for general wear is a white polka-dotted black crepe frock, the slim bodice made with scalloped edges and red buttons, short sleeves and skirt with front fullness."

Those who have the most of happiness think the least about it. But in thinking about and in doing their duty, happiness comes—because the heart and mind are occupied with earnest thought that touches at a thousand points the beautiful and sublime realities of life.

John Frederics, the famous New York milliner, are promoting hats that lie over the forehead and are up at the back for spring. Some of their titled hats are boat-shaped sailors trimmed with flowers and very flattering. Straw hats studded with gleaming sequins are now in this house, and grey velvets likewise studded with sequins are another item here.

Everyone is glove-conscious these cold days and the consumer section of the Prices Board asks you to take care of them as new styles are manufactured and the number of gloves available is limited.

The old-fashioned "savings" methods are as important these days as smart buying. First, you should know what strains sheets and pillow cases so that you can save that wear—and those learys.

Rotating your supply of sheets is a good idea—the easiest way is to put for fresh ones each week on top of the pile, then use off the bottom of the pile.

Run over by a truck, 19-month-old Gerald McDougall died in hospital today a few hours after the accident. The child was struck as the vehicle backed out of a yard.

Miss Berdena MacLaine and Mrs. Rankin MacLaine were appointed on the sick committee.

Rec Cross work passed in wire, 6 prs. seaman's socks, 1 pr army socks, and 1 girl's sweater.

A hearty vote of thanks was extended to a friend, Mrs. Wallace MacLean for the valuable assistance she has given to the Institute ever since it was organized.

All bills were paid. A dainty lunch was served by hostess and meeting closed with the King.

GLACE BAY, N.S., May 10—(CP)—Run over by a truck, 19-month-old Gerald McDougall died in hospital today a few hours after the accident. The child was struck as the vehicle backed out of a yard.

LISTEN TO ME ABOUT YOUR PIMPLES (AND BLACKHEADS) It's a waste of money trying to do. Use reliable, medicinal Cuticura. Cuticura Ointment has the clear, unobscured skin you're looking for. Cuticura Soap cleanses impurities, helps keep your skin smooth and soft. Cuticura Soap and Ointment. All drugs. Made in Canada. SOAP AND OINTMENT

LONG DIVISION CAN BE FUN Long division can be fun say this to average child who has had trouble over long division, or to his

Needlecraft For The Home

Here's a devastating little frock, with plenty of young charm. You could wear well make it up in a print for Easter or in a sheer for summer. The chances are that when you have made one you'll want the other for its good points will quite win your heart.

Style No. 2058 is designed for sizes 10 to 22. Size 16 requires 2-5-8 yards 39-inch fabric with 3 yards ruffling.

Send twenty cents for pattern. Write your name address and style number. Be sure to state size you wish.

Name Street Address City Province

WHY HAVE SORE FEET? JUST RUB IN MINARD'S LINIMENT

Send 15c in coins for your copy of How to Improve Your Vocabulary to the Charlottetown Guardian Home Service. Address. Be sure to write plainly your name, address and the name of booklet.

Street Address Name City Province

STELLARTON, N.S., May 10—(CP)—Fire broke out today in an underground section of the Acadia coal company's Albion Mine and the pit was thrown into idleness while employees sealed off the burning area. Sealing of the section was expected to be completed late tonight, and the mine was due to resume operations Wednesday.

Grade I c-1. Marjorie Yeo. Teacher, Marguerite Brehaut. FIRE IN COAL MINE

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HEALTH LEAGUE OF CANADA

VITAMIN A Vitamin A is the vitamin needed particularly for the eyes but it is also important for all the body tissues, especially the mucous membranes.

RECIPE Carrot Strips: Cut carrots (one medium root for each member of the family) into strips two or three inches long, one quarter inch square.

HINTS ON ETIQUETTE Don't use large words, or you may make yourself ridiculous. Choose your words carefully, and use simple, familiar, but expressive phrases.

Continued on Page 6.

MADELEINE CARROLL

Report for April: Grade X-1, Lois Mutch; 2, Norman Thompson; 3, Marjorie Mutch. Grade VII Sr.—1, Jean Mutch. Grade VII Jr.—1, David More-side.

Grade VI-1, Isabel Mutch; 2, Verma Younker; 3, Joan MacKinley. Grade IV—1, Madeline Jewell. Grade III-1, Hazel Waite; 2, Freda Yeo.

Grade A-1, Buddy MacKinley; 2, Ebbie Waite; 3, Madeline Jewell. Grade I (b)—1, Phyllis Yeo.

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A Morning Smile

BREAKING IT GENTLY The squire's son who had been away for several weeks, was met at the station by the groom, who looked very miserable.

"Bad news, Joe?" he asked. "Yes sir; the magpie's dead."

"What did he die of?" "Too much horseflesh, sir."

"Where did it get the horseflesh from?" "The carriage horses, sir. They died the night of the fire."

"Gracious! Has there been a fire at the house? When did it happen?" "The night of the funeral, sir."

"Funeral? Whose funeral?" "Your mother, sir. She died from shock when your father died."

"What! My father too?" "Yes, sir. The shock of losing his money killed him."

"Good Heavens!" "Yes, sir; and the magpie's dead!"

SHREWD CHAP First Politician—I hear that you mentioned my name as a possible candidate.

Second Politician—Yes; I wanted to give them a quiet hint as to how much worse they might do if they don't take me.

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