

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

THE HOUSEWIFE AND HER ACTIVITIES

"It isn't by money you measure a town. Or the miles that its border extends. For the best things you gather whatever the town contains, enjoyment and friends."

TONIC FOR BEAUTY

The best tonic for hair skin and figure beauty is made like this: To nine hours sleep every night for a month, add 15 minutes of setting-up exercises once a day and a diet of more vegetables and salads than desserts, starchy or fried foods.

GARDEN PRECAUTION

Pick all the seed pots from plants in your garden that are not intended to self sow. Otherwise, you are likely to have little order in your garden next spring.

UPHOLSTERED CHAIRS IN DINETTE

The latest offerings in breakfast and dinette sets include upholstered chairs designed to give greater comfort than was afforded by the traditional kitchen chair. Chromium furniture has also invaded the kitchen with bright colored leather upholstery.

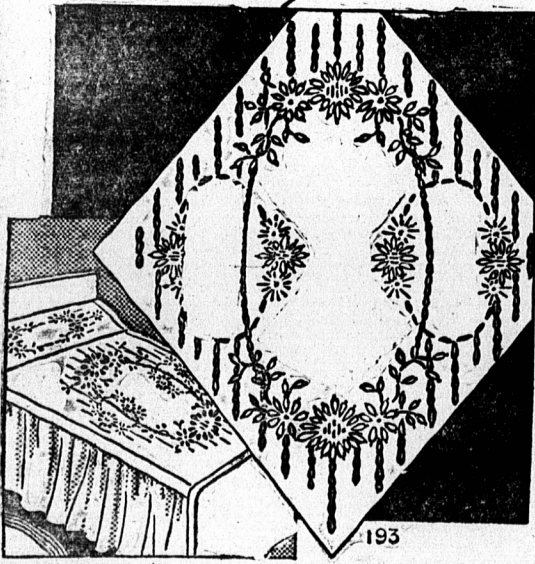
ANISEED

Aniseed is one of the most delightful flavorings for cookies and small cakes. This aromatic seed, which is recognized always by its licorice odor, is a favorite among Continental cooks, and has been

CHEST COLDS... Distressing symptoms relieved by rubbing on VICKS VAPORUB... NOW WHITE-STAINLESS

Smart Embroidered Bedspread

By Mayfair



Mayfair Needle-art Design No. 193 Any bedroom will automatically take on a rich and luxurious appearance with this beautifully embroidered bedspread and bolster.

Pattern includes transfer for bedspread and bolster, details of the embroidery stitches to be used as well as complete color chart and directions for finishing spread.

Use this coupon. Print your name and address plainly. To The Charlottetown Guardian Needlework Dept.

DESIGN NO. 193 Name \_\_\_\_\_ Street Address \_\_\_\_\_ City \_\_\_\_\_ Province \_\_\_\_\_

You're Always Sure when you bake with

PURITY FLOUR Best for all your Baking



TO KEEP BUTTER HARD

If you want to keep butter hard and there is no ice handy, Joan Fontaine, screen actress, suggests that the butter dish be set in cold salt water. Do not allow the water to come up over the dish.

BEAUTY HAS ITS PLACE ON THE MENU

The beauty of eyes, hair, skin teeth and finger nails, as well as the figure, depends on proper food. One who wants to develop a her full beauty potentialities and still retain attractive proportions without resorting to reducing diets, must plan meals rather carefully.

Teeth and nails need calcium, phosphorus and vitamins.

This means plenty of milk cheese, buttermilk, vegetables such as tomatoes, cabbage, lettuce, onions, turnips, radishes, kohlrabi, asparagus and Swiss chard. Also fruits—strawberries, grapes, grapefruit, pineapple and orange juice.

Iron helps produce red corpuscles which form the foundation of an attractive complexion. It is found in green vegetables—watercress, dandelion greens, turnips, spinach. Egg yolks, liver and various fruits (raisins, dried figs and prunes, for example), also are rich in iron.

Mr. Evert recommends milk and leafy vegetables (cabbage, lettuce, spinach) and fish and seafood for those who want to improve the condition of their hair. Italian girls owe liberal use of olive oil credit for their gorgeous healthy tresses, he thinks.

SIMPLICITY IS HALLMARK

When you start rearranging your furniture in preparation for the winter months—remember that an entrance hall should be furnished very simply. A long table with a mirror hung above and chairs at either end is quite enough furniture.

Pure Tea! "As Good For You" BECAUSE—It leaves no dulling after effects when taken at breakfast—or any other meal. Remember King Cole

TRUE BY THE SUN By LIDA LARRIMORE

(Continued) I don't know. A shadow clouded her gaiety. I'd like to think of myself as something magnificent, a white peacock, a bird of paradise, a mythical creature with wings and wisdom and glamour. She smiled ruefully a little embarrassed, a little sad. Really, though, she continued, I'm afraid I'm just the tortoise-shell cat who thought she was a lion.

The words, lightly spoken, gave Jim a new impression of Cecily. Was her arrogance a defense? Under her surface manner of self-assurance was she unhappy, restless, confused? At the moment he felt drawn to her by something more intangible than her beauty. A dangerous moment, filled for him with disturbing magic. His heart beat with an accelerated rhythm. There was a singing sound in his ears.

Dear Lenore— He scowled at the paper, laid down his pen and looked at her. He didn't want to return to Roselyn for Lenore's house-party and he was finding it difficult to decline her invitation. He had promised, of course. That was the worst of it. He had promised soon after he came to Meadowbrook when the party was still in the undetermined future and he had used any means at his command to placate Lenore. Now that the time had arrived he found himself in a perplexing situation.

Why should he? He wasn't getting anywhere. He couldn't conceive of a life-time of living with the MacPhersons and serving the Vaughns in the capacity of an extra man in and about the house. It was quixotic to stay, perhaps. He was a romantic fool, though certainly there was nothing romantic in using a typewriter clumsily and pulling weeds and buying groceries. Perhaps if he accepted Lenore's invitation, someone would be there who'd put him on to a decent job. Business conditions were improving. The newspapers were optimistic. Perhaps—

But he liked being at Meadowbrook. He liked the view from the window, over the young apple trees to the visible portion of the grounds at the rear of the house. The sunset was fading into the clear still light of early evening. Jim's eyes lingered thoughtfully upon the tranquil scene. Presently two figures came into view, scattering his thoughts. The first figure, a man in a suit, was Susan, a dainty almost unrecognizable Susan in a pink dress artfully ruffled, slipper-tied with bows, an Alice-in-Wonderland and comb restraining her tatty-colored hair. She walked toward the house along the drive with consciously mincing steps, her pointed chin lifted high. Behind her, at a respectful distance, followed Wilfred, the farmer's boy.

Home Requires Double Interest Dorothy Dix Husbands Must Play Part

Husbands Are Just as Much to Blame as Wives if Marriage Becomes a Failure, if They Take Little Interest in Home Management

The greatest mistake that husbands make is in not interesting themselves in their wives' interests. That is what inspires the almost universal feminine wail of "my husband doesn't understand me," and makes evenings at home an ordeal of boredom that only those with the strongest moral principles can stand. It is also why so many husbands and wives drift so far apart that by the time they are middle-aged they are strangers who do not speak the same language or have anything in common.

When a marriage turns out badly a man always blames his wife for it. He feels that making a marriage a success is strictly woman's work and that if he furnishes the money to pay the bills she should do all the rest. She should keep young and beautiful, glamorous and fascinating, be a good cook and manager and play girl, keep him thrilled and amused. If he gets grim and grouchy, fed up on domesticity and takes to roaming he thinks it is her fault, and because she fell down on her job.

Not many men ever talk to their wives about their business. They say, truly enough, that they are worn out with the harassments they have gone through all day and don't want to revive the irritations by discussing them at home. But all the same it deprives a husband and wife of a mutual interest that is a strong bond between them. For we all like to talk shop, and no married couple bore each other who can spend a happy evening talking over the grocery trade or planning an enlargement of the store.

Many women religiously read the sport column and the stock market report so that they may at least listen intelligently when their husbands talk of these things. But you never hear of a man reading upon fashions or diets or beauty culture so that he may be able to have a heart-to-heart conversation with his wife on whether paillettes will be worn this winter and whether pineapple and lamb is more slimming than carrots and spinach.

Can any one doubt that the reason so many women slump, get fat and growly is because their husbands apparently never take any notice of how they look, never pay them a compliment? As long as a husband is interested in his wife's figure and her clothes she is going to look like a Dolly Day in Paris if she has to sew her fingers to the bone and starve herself to death.

And it is the husband's interest that determines whether the wife will be a spender or a saver; a good cook or a bad one. If the husband talks over the budget with his wife and praises her management, she will be a penny-pincher. If he is interested in planning menus with her and boasts of her cooking, she will become a chef. But if all that he does 's' to growl over the bills and gobble down a good dinner without a word of appreciation, she says "what's the use," and lets things go as they will.

Finally and most important of all, by taking an interest in his wife's interests a man can prevent that great tragedy of the middle-aged when a husband and wife whose children have left them, find out that they have nothing to say to each other, and that they bore each other to extinction.

DOROTHY DIX

THE MISSES HOLMES & BRADLEY SPECIAL DISCOUNT SALE FRIDAY, SATURDAY AND MONDAY 20 per cent Off All GIRLS COATS, HATS, DRESSES, PULLOVER AND COAT SWEATERS 10 Per Cent Off All INFANT'S WEAR THE STORE OF CHILD FASHIONS 152 Queen Street. Phone 92.

THE COOK'S CORNER CHINESE CHICKEN

1 cup cold chicken 1 cup canned mushrooms 1 cup chopped celery 1 small can pineapple 2 small onions Boiled rice

Method: Cut the celery into small pieces and chop the onions fine. Cook them in melted butter until they are tender but not browned. If you prefer to use fresh mushrooms, chop them and add for about 3 minutes cooking with the celery and onions.

Chinese Baked Rice 1 cup washed rice 2 quarts boiling water 2 teaspoons salt Method: Have the water boiling hard. Drop the rice very slowly into this so that the water doesn't stop boiling. Cook until it is tender, 20 to 25 minutes. When done, turn into a colander and wash well in plenty of hot water to remove the excess starch.

Smart men about town when they are "dressed up" invariably adopt the white carnation boutonniere. This is considered extremely modish and quite as London would approve.

FASHION GUIDES FOR THE HOME DRESSMAKER Rich mulberry sheer wool dress with slim skirt and soft shirred bodice that simulates a smart low waistline. The matching wool beret makes a distinctive little costume.

SHIRLEY TEMPLE SAYS You'll just love my cereal! QUAKER PUFFED WHEAT

A Morning Smile TWO OF A KIND The clergyman was walking through the village, when he met one of his parishioners. "How's your cold, Donald?" he asked. "Verra obstinate," replied the parishioner. "And how's your wife?" "About the same."