

Women's Realm Social and Personal Fashions Literature

WOMEN

Here's amazing way to Relieve Regular Pains

Dr. J. C. Linn's "I can understand you, associated with my monthly periods. I took Dr. Pierce's Favorite Prescription for a while, gained strength, and was greatly relieved of these pains."

FOR over 70 years, countless thousands of women, who suffered functional monthly pains, have taken Dr. Pierce's Favorite Prescription over a period of time—and have been overjoyed to find that this famous remedy has helped them ward off such monthly discomfort. Most amazing, this scientific remedy, formulated by a practicing physician, is guaranteed to contain no harmful drugs—no narcotics. In a scientific way, it improves nutritional assimilation; helps build you up and so increases your resistance and fortifies you against functional pain. Lessens nervousness during this trying period.

Don't suffer one unnecessary moment from such monthly discomfort. Get Dr. Pierce's Favorite Prescription from your druggist. Discover how wonderfully it acts to relieve you of "Regular" pains.

A Morning Smile

Asked For It

The bus was crowded. Two sprightly girls entered, and one, standing beside a young man who was seated, said to her friend: "You just watch how I get that chap's seat." Then she bent towards the young man, saying in a delightful tone: "Oh, Mr. Jones, it's a pleasure to meet you again."

A big smile.

Then Mr. Jones got up, saying: "Yes, do sit down, Bridget. I don't often see you out on washing-day. Is the laundry closed, or what?"

WOMEN WEARER KNITTED OF WOOL



DESIGN NO. X 370

This chubby hand knitted sweater may be created in two days, and is the essence of simplicity, with the utmost of style. Pattern No. X 370 contains list of materials needed and complete instructions. Pattern includes all sizes from 32 to 42.

To order this pattern, send 15 cents in coin or stamps to Needlework Bureau, Charlottetown Guardian.

To Charlottetown Guardian Needlework Department

Design No. X 370

Name _____

Address _____

City _____ Province _____

PRISONER IN MAJORCA

By BENTLEY RIDGE

Copyright

"Well, I have told you! I am going. I do not wish to be connected with this affair either!"

"I wish I had never undertaken the job!"

"You had better not talk too loudly."

"I can say what I like! He is in this up to the neck!"

The third man uttered an urgent exclamation.

"What is it?"

"We saw a light when we came on board? Could it have been the Englishman?"

"What stuff! It was an illusion! There was no one here. We looked."

"Yes, but perhaps—"

"You are a nervous fellow. How could he have found his way here? I am going now. You had better get to sea quickly."

The three men passed out of the saloon into the passage; their voices were lost in a murmur. Roger heard them climb on deck.

After that there was hurried activity above, and in the engine room. Twenty minutes later, the wall trembled, and he heard the roar of the starting motor.

They were taking the "Glorious Kate" to sea, and Roger with her.

Stiff with standing in his close quarters Roger pushed his panel wide.

"Morning, a grey dawn light was streaming into the galley. The "Glorious Kate" was humming steadily along at top speed, rolling her way out of Manxland harbour.

The noise of the engines made it difficult for Roger to tell where the other would probably be in the engine room.

He squeezed himself out of his hiding place.

A glance round the galley showed it converted into a veritable arsenal; in addition to the machine gun, a rifle lay on the bench by the sink.

Roger stepped quickly across the galley, relief ran through him as his hand closed on the rifle. He broke the breach swiftly, and found it loaded.

Rifle in hand, his next act was to take the key out of the galley door, and lock it from within. That would prevent anyone coming down by the saloon companion from getting the machine gun supposing there was any hitch in his plans.

That done he opened the door of the store locker, and crept through it to the small door into the engine room. He put his ear against it, but could only hear the uniform roar of the engines.

A TIME FOR SHOOTING

The door opened outwards. Pulling himself together he turned the handle, flung the door wide, and stood with his rifle ready, looking along the side of the engine room. He could see the ladder up to the wheelhouse, and just below the engine room roof the feet of the man standing on the deck above at the wheel.

Roger stepped down the four steps from the locker into the engine room and walked quietly forward. The thumping of pistons and the hissing of compressed air drowned every sound he made.

"Stick up your hands!" said Roger in the sternest of tones.

Roger raised his voice above the noise of the engines.

"The man either didn't understand or was paralysed with dismay."

Roger waved him towards the wheelhouse companion, then lifted

Helpful Hints For The Women Folk

DESIRES

Let me linger with the flowers
Threaded through the path of life;
Let me count the sunny hours,
Forgetting storm and strife,
Let me move forever upward,
Setting high the cherished goal,
That the ultimate of life shall be
Expressions of my soul.

Caterpillars stop trains in Australia; great armies of them crawl on the rails and cause the locomotive's wheels to slip.

After cooking carrots until tender put them through the masher, and season and beat as one does mashed potatoes. Even those who refuse to like carrots cannot resist them thus prepared.

All thoroughbred horses must be descended from one of three famous sires.

Red and green neon lights are being tried out as underwater lures to attract insects—a new idea in providing food for fish in hatcheries.

Mrs. Elizabeth Fleming, Mt. Carmel, Ia., owns a pigskin dress, sent her by a son, Lawrence, who is stationed with the U. S. army at Cahu, Hawaii. The dress is light blue, trimmed in navy, and was obtained from a Portuguese family in Oahu.

The typical Siamese rural home stands on the bank of a river or canal and in the cool shade of spreading bamboo clumps.

No matter what atmospheric temperatures man can endure on this earth, he has a small chance of living if his body temperature ever drops to 93 degrees, or rises to 110; and even to stray outside the 97 to 101-degree range usually is a sign that something is wrong.

Trick With Cheese

Soft cheese is difficult to grate. Try putting it through the potato ricer when you need it for au gratin or biscuits.

Women of England will have only 10, instead of more than 600, shades of stockings to choose from in 1940 because of wartime restrictions.

FASHION FLASHES

Soft lightweight black woolen makes a dinner gown, illustrating Bryere's revival of the open sleeve with rows of openwork heading the deep cuff. This very slim dinner frock shows the silhouette which Paris is endorsing for evening.

A hint of the military is seen in the bright gold-chased metalion buckles on the black fabric belt. The Bryere hat of black felt, adds certain-like smooch of chiffon studied by gold stars.

Colors projected for plastic spring jewelry are linked to costume themes. Three blues are featured: Royal, soft aqua, and powdered blue. Bright red stars' outer der blue. Bright red stars' outer der blue. Bright red stars' outer der blue.

The style spotlight is again centered on ankle-length skirts since so authoritative a designer as Moynex reiterates his endorsement of this new skirt length in his midseason collection. He carries on with the full skirted silhouette in this group of ankle-length formal gowns and this is important because the full skirt is certainly slated to continue in this country.

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Home-making Is Good Career Dorothy Dix

Wives Who Fear An Uncared-for Future Should Study The Art of Housekeeping From A Professional Standpoint And Their Worries Will Be Ended

Every woman who is married to a man whose earnings do not permit him to establish any security for his family lives with the cold fear gnawing at her heart of what would happen to her and the children if he should die.

In her imagination she sees herself, as she has seen so many other widows, helpless in the face of the catastrophe that has befallen her, with no education, no trade, no profession, no talent by which she could support herself and those dependent upon her, and their slowly eating up the little insurance money that was left after the funeral expenses were paid.

And after that, what? The tragedy of breaking up her home. The horror of dependence. The humiliation of accepting charity, charity and being "poor Marys" by her family. The agony of seeing her children hungry and ragged and slipping deeper and deeper, day by day, into the abyss of poverty. She has known so many weeping women like that, desperate women who did not know which way to turn to make a dollar.

They had gone from the school room to the altar. Their only occupation had been that of wife and mother and housekeeper and that did not seem to complete in the business world with alert young girls with their specialized trainings.

For the old fingers were too stiff to gain speed on a typewriter. Their old brains that had thought of nothing for years and years but baby formulas and making over the Sunday not roses for Monday's dinner were not quick and accurate enough to meet the demands of the modern office. They were not pretty enough to be an attraction behind a counter. And so they faced the bitter truth that there is no one in all God's world so helpless as the middle-aged domestic woman who is suddenly thrown on her own resources.

Now inasmuch as so many women face this dreadful fate that they fear so much, and inasmuch as it is impossible for them to leave their husbands and children and homes to study some gainful occupation and perfect themselves in it, it has always seemed to me surpassing strange that they did not safeguard their futures by making a career of housekeeping.

Apparently it never occurs to the average woman that making a home can be a lucrative profession instead of a chore and that if she will attain only moderate skill in it she and her children will never be in want, and that if she makes herself tops they may ride in automobiles. Moreover, it is a profession she can acquire in her own home, and while she is pursuing her studies and making her experiments her family will profit by them in happiness and in health.

Every woman who has a gas range and a cookbook has the opportunity to acquire a trade in which she can always cash in in times of unemployment. For the one thing for which every human being will cheerfully pay is good food, and the one profession that is never overworked is the domestic one. There is always a crying need for good cooks.

"Oh, but somebody will say: 'Look at the women who start boarding houses and fail!' Certainly. But they fail at running a boarding house just as they would fail at anything else—because they are incompetent. Because they do not know how to cook or serve a meal, or manage, or because they lack the necessary pride that makes them call their boarders 'paying guests.' And even at that the boarding house is their best bet, for it feeds and shelters their children and they could not possibly do that at any other occupation. And any woman who runs a boarding house and who is an artist with the pots and pans, and who serves her boarders delectable meals invariably grows rich and has her house crammed to the doors."

Also, if a woman in her prosperity is noted for being a marvelous housekeeper and serving dinners that should be eaten on one's knees, she does not have to look for a job when evil days come to her. Employers are beating a path to her door because of her skill and her refinement and her knowledge of how to plan and superintend the preparation of good food, to fill paying positions in hotels and clubs and schools. So I urge every woman to make a profession out of housekeeping. It is the best security she can take out.

Children Suffer Innocently Through Divorce

Dear Miss Dix—I am a girl of 13. My parents are divorced and I live with my father and his wife. Every Sunday I go to see my mother. Mother spends the time criticizing my father and when I come home Daddy talks against Mother. This nearly breaks my heart. What can I say to them to make them understand how it hurts me for them to abuse each other?

MARY LEE.

Answer

My dear girl, you love your mother, but you love your father also and that it breaks your heart to have her say unkind things about him. And tell your father the same thing. Tell them both that it is hard enough on a child to be deprived of his natural right to a peaceful home, but to have a mother and father in it without being torn to pieces between them. It is jealousy that makes them do it.

DOROTHY DIX.

Are You Ill at Ease When Asked to Speak?

Learn Public Speaking at Home

In a panic at speaking in public, though she's only reading a club report. Who would ever guess, seeing those shaking fingers—that she's really intelligent, charming?

A pity to make such a poor impression when the principles of public speaking can so easily be learned at home.

Nor will your voice emerge as a reedy treble if you direct your tones to the front of your mouth, practise deep breathing before an open window.

To sound vivid, expressive, try registering emotions with syllables such as um, ni, po. For instance, say "um" gladly, then sadly, then angrily.

Know, too, the correct, gracious forms for addressing the chair and audience. Speaking where there are distinguished guests, say "Madame President, honored guests, ladies and gentlemen."

How to present your talk, hold your audience? Our 32-page booklet has detailed information on preparing and delivering effective talks. Gives pointers on voice training, talks for different occasions, advice for radio speakers. Includes rules of parliamentary order.

Send 5 cents for your copy of Public Speaking Self-Taught to The Guardian Home Service. Be sure to write plainly your Name, Address, and the Name of booklet.

THE COOK'S CORNER

MOLASSES COOKIES

These will stay crisp and fresh indefinitely if you have an air tight can for them.

3 1/2 cups of sifted flour
1 teaspoon of soda
1-2 teaspoon of nutmeg
1-2 teaspoon of ground cloves
1-2 teaspoon of cinnamon
1 teaspoon of salt
1-2 cup of butter
1-2 cup of brown sugar
1 egg, beaten
1-2 cup of molasses
1-4 cup of warm water

FRUITED CHEWS

Wash 1 cup of uncooked prunes, immerse in boiling water for 5 minutes, drain and dry on a towel; pit and cut into small pieces. Combine 1 cup of brown sugar, 1 cup of white corn syrup, 1-4 teaspoon of salt, 2-3 cup of evaporated milk, and 2-3 cup of rich cream. Boil to 240 deg. Fahr or until the candy will form a firm ball when tested in cold water. Stir continuously. Remove from the fire, add prunes, 1 teaspoon of vanilla, and mix thoroughly. Pour into a buttered, floured, shallow pan and let stand until cool. Cut into small squares and roll in fine-chopped, shredded cocoanut.

NEGLECTED CONSTIPATION SERIOUS FOR BABY

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.



"NOW I'M SCHOOLGIRL COMPLEXION ALL OVER!"

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 firm, so it lasts longer—saves you money.

Listen to Palmolive's "Happy Gang" C.B.C., Mon., Wed., Fri., 2 to 2:30 a.m. Standard Time.

Try the New Improved Palmolive

YOUR INDIVIDUAL HOROSCOPE

(By FRANCES DRAKE)

(Copyright, 1939, King Features Syndicate, Inc.)

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

For Wednesday, Jan. 17, 1940

MARCH 21 to APRIL 20 (Aries)

—Rather restricting day, if you believe that everything should come your way with no effort on your part. Anyone who gets anywhere in this world has to work hard. We must keep impressing this fact upon ourselves.

APRIL 21 to MAY 20 (Taurus)

—"Generally favorable," say your stars. Show your ability to carry out the plans others make—a very helpful asset to have these days. All will turn out well if you take duties cheerfully.

MAY 21 to JUNE 21 (Gemini)

A dandy period to display your versatility, especially your artistic and general business ability. Others are watching you. Put your best into everything you do. Be steadily active without straining.

JUNE 22 to JULY 23 (Cancer)

Ah-ha, Cancer! We see in your stars' aspects an admonition to mind your P's and Q's with relatives, a sweetheart (or lifemate, if you are married) and the opposite sex in general. There may be unpleasant disputes if you don't also guard your personal interests against unscrupulous people.

JULY 24 to AUGUST 22 (Leo)

Interstate transportation and travel (Continued on page 6, Col 7)

Mother, Mix Your Own Cough Remedy. It's Fine.

Gives Quick Relief. Saves Money. Easily Mixed.

This well-known home-mixed medicine costs very little, but it gives delightful, swift-acting relief from coughs and colds. It never spoils, lasts a family a long time, and children love its taste.

And for quick, satisfying relief, you'll say it's really splendid. It has a three-fold action. It loosens the phlegm, soothes the irritated membranes, and helps clear air passages. You'll be delighted by its prompt, pleasing results.

Pine is a compound containing Norway Pine and palatable quinalin, in concentrated form, a well-known and reliable soothing agent for winter coughs. Money refunded if it doesn't please you in every way.

Smartest Fashions And Winter Styles

There is a return to the old-fashioned kind of nightgown, the kind that grandma wore. Now you, too can have a warm flannellette or a dainty cotton batiste nightie to grace your nights. Ruffles and ribbon-run beading at the neck, sleeves and waistline all give a glamorous charm to a practical style. The school and career girls like them because they are so quaint. Long or short sleeves, to suit your requirements, but you simply must have this night-fashion from the old days.

Style No. 3116 is designed for sizes 12, 14, 16, 38, 38 and 40. Size 16 requires 3 7-8 yards of heading material with 3 1/2 yards of heading. Send fifteen (15c) coin is preferred for pattern. Write plainly your Name, Address and style number. Be sure to state the size you wish.

Style No. 3116 Size

Name _____

Street Address _____

City _____ Province _____

WEARY DESPONDENT GIRLS

Crying spells, irritable nervous due to functional "monthly" pains should find a real "woman's friend" in Lydia E. Pinkham's Vegetable Compound. Try it!

Lydia E. Pinkham's VEGETABLE COMPOUND

FISH—A GREAT Health FOOD

NOW is the time to build up the family health against the months to come, and here is the way to give them new pleasure, as well. Plan to have fresh water Fish or sea Fish often. It is rich in the vitamins, mineral salts and proteins that aid the building of physical fitness and glowing vitality.

Best of all, though, Fish is tasty and appetizing, and there is such a great variety of Canadian Food Fish and Shellfish available all the year round that you can have it often, yet avoid repetition.

Start having fish dinners or lunches for your folks... they'll enjoy them, and store up new fitness this FALL.

DEPARTMENT OF FISHERIES, OTTAWA.

Ladies WRITE FOR FREE BOOKLET

100 Tempting Fish Recipes

Department of Fisheries, Ottawa. Please send me your 52-page Booklet, "100 Tempting Fish Recipes," 68

Name (PLEASE PRINT LETTERS PLAINLY) _____

Address _____

City _____ Province _____

ANY DAY A FISH DAY

Spencer Method for Fish Fillets

3 to 4 pound fish fillets 1 tablespoon Oil or melted fat

Cut the fillets into portions, three to four inches long, and place in the sifter bread crumbs, then cover with the dry to keep the crumbs on. Place in a pan and sprinkle with cooking oil or fat. Bake in a hot oven—50° to 500° F.—until fish is cooked. This will not take over 10 minutes for a piece one inch thick. Bread crumbs are used for this. Sprinkle over the top just before removing from the oven.