

Woman's Realm -:- Social and Personal -:- Fashions -:- Literature

The HOUSEWIFE and HER ACTIVITIES



ODE TO THE HEN Oliver Herford, clever writer of jolly verse, never said a truer word than when he wrote the following of the immortal Hen and while it has been quoted before it will stand printing again.

Alas my child, where is the pen that can do justice to the hen? Like Royalty she goes her way laying Foundations every day. Though not for public buildings, yet For Custard, Cake and Omelette. No wonder, child we prize the hen Whose egg is mightier than the Pen.

MORE WOMEN POLICE Scotland Yard once more is advertising for women police. Although applications have been pouring in from all types of women, including university graduates, most of these have been discouraged by the stiff requirements.

A woman candidate for the Metropolitan police force must be a paragon of virtue, intellect and beauty. The qualities she must possess include a sound heart and lungs, good sight, hearing and speech, fine teeth, clear complexion, free from all physical defects, an alert mind, traces of character and disposition with emphasis on cleanliness, tolerance and sense of humor, and the ability to wear well any type of clothes from rough country tweed to the most elaborate evening dresses.

Today's Short Wave Radio Program

- THURSDAY, JUNE 25
BOSTON
1 p.m.—Harvard Alumni Association. WIXAL, 25.4 m., 11.79 meg.
PARIS
1:50 p.m.—Ten Minutes with the Poets. IFA-3, 26.2 m., 11.88 meg.
TOKYO
4:15 p.m. (Friday)—Imperial Japanese Navy Band. JZJ, 24.4 m., 11.80 meg.
SCHECTADY
6:30 p.m.—The Science Form WEXAP, 31.4 m., 9.33 meg.
PRAGUE, CZECHOSLOVAKIA
7:05 p.m.—Ballet Music. OLR-1A, 25.34 m., 11.84 meg.
CARACAS
8 p.m.—Small Town Sketches. VV5RC, 51.7 m., 5.8 meg.
BERLIN
8:45 p.m.—Reich Motor Highways. DUD, 23.4 m., 11.77 meg.
BUENOS AIRES, ARGENTINE
9:30 p.m.—Chamber Music. URX, 31.06 m., 9.66 meg.
SANTIAGO, CHILE
9:40 p.m.—Dance Music. CB-189, 31.2 m., 9.69 meg.
LONDON
10:20 p.m.—A Program of Melodies and Memories. GST, 19.8 m., 15.26 meg.; GSF, 19.8 m., 15.14 meg.; GSD, 25.5 m., 11.75 meg.; GSC, 31.3 m., 9.58 meg.
TOKYO
12:15 a.m. (Friday)—Explanations of Current Problems in Japan. JZJ, 25.4 m., 11.80 meg.

MUST HAVE RADIO All commercial aeroplanes in service in Australia will be fitted with radio sets in the near future under new government regulations.

WHEN IS A MEAL WELL BALANCED The essential requirement of the daily food is that it should be well balanced, says a writer in New Health Magazine. This means that it should contain all the constituents needed by the body for the maintenance of health. These food essentials are:

- 1. Substances to provide the body with heat and energy;
2. Substances to provide material with which to build and repair the tissues of the body;
3. Mineral substances and Vitamins, to keep the various parts of the body and their functions in good working order.
1. These are the starchy foods, sugars, fats and flesh foods;
2. These are both animal and vegetable foods:
Animal products—meat, milk and eggs—provide certain building and repair material, which vegetable products do not contain.
3. These are found in many kinds of food-stuffs, but are most plentifully supplied by uncooked green leaves, fresh fruits, milk and butter, wholemeal flour.

The average dietary today is to largely composed of starchy foods and sugar. These foods must be balanced by the generous addition of dairy produce, vegetables (especially green leaves) and fresh fruits. Health is more dependent on a regular supply to the body of all the food materials which the body requires than on any other influence. Good nutrition is the foundation-stone on which health is built up and maintained.

TAKE IT EASY ON SPORTS AT BEGINNING OF SEASON Don't overdo the business of active sports when you first start. Take your riding, tennis, golf and hiking in a leisurely fashion until your body becomes accustomed to them. Exercise in the open air is wonderful for you, but getting too tired or exercising until muscles are stiff and sore the next day, isn't a good idea at all.

CLEANING PICNIC WARE Clean composition picnic ware with damp salt, which will also remove brown stains from the inside of tea cups. Then wash in warm soapy water, rinse thoroughly and dry.

SHORT JACKETS The loose, short jacket with many a button is making its way up in the sportswear world. Generally it is longer than a bolero, perhaps to the hipbone, though slightly longer styles are also seen. Such a jacket has slim, three-quarter sleeves and is quite straight. Sometimes it has an inverted pleat directly at the sides to give a little more swing to the garment without subtracting from its boxiness.

These jackets are used to complete dresses of all kinds from the low back sports type to the generally accepted spectator sports style.

Millard's Lintment removes stains.

Pure tea IS GOOD FOR YOU Remember King Cole BECAUSE—It is mildly and safely stimulating.

Dorothy Dix's Letter Box

Mother-in-Law Can be a Bane or a Blessing, and When She is the Latter Every Young Wife Should Show Her Appreciation

Dear Miss Dix—I have a sister who has about the grandest mother-in-law in the world. Although this woman is not young she works hard in a store and not only supports herself but spends more money on my sister and her husband than she should. She has been trying in every way to win my sister's love, but without avail. If her husband meets his mother on the street or in a bus, he is afraid to mention it at home for it is sure to bring on an awful row. If he uses any initiative in anything he undertakes, my sister insinuates that his mother advised him beforehand, which is untrue, as she never interferes in any way. The mother is a dear soul, and we all love her and are so disgusted with my sister's nasty jealousy. The husband is beginning to feel that way, too, and if this thing keeps on it will mean a break in the home. Is there anything we can do about it? WORRIED SISTER.

Answer: I am afraid not, because jealous people are deaf to reason and blind to truth, so there is no way in which you can appeal to them. They never see anything straight. They never believe anything but what they want to believe, and no amount of proof ever convinces them that they are mistaken in their vile suspicions.

Whether jealous people are really unprincipled and lacking in all sense of decency and that makes them picture other people, even those they love, as doing the things that they would do themselves, I do not know, but we all know men and women who are always accusing their husbands and wives of crimes they never thought of committing, and who do not believe that they can even speak casually to a man or woman without making an appointment for a rendezvous.

Of all jealousy in the world there is none bitterer or more unreasonable than that which can exist between in-laws. Sometimes it is a mother who is jealous of her son's wife, but just as often it is the wife who is jealous of her husband's mother. That both are utterly jealous without cause over the poor helpless man who is the bone of contention between them, and who is literally torn to pieces in their feud.

Of course, mothers-in-law no more run true to form than do women of any other class. Some are good, some bad; some are possessive and never willing to give their sons up; some are meddling; some are hard to get along with. But there are just as many others who would gladly welcome their sons' wives as daughters if they would let them. Many who would no more think of offering a bit of advice to a daughter-in-law than help in time of trouble in spite of little encouragement.

If a girl gets a good husband, she owes a debt of gratitude to her mother-in-law that she can never repay. For it took Mother twenty-odd years of hard work to teach him manners and morals and the amenities of life. It is because Tom's mother taught him good principles and industry and that it makes him able to support a wife in comfort.

It is because his mother taught him chivalry toward women and neatness and order that makes him a help around the house, instead of somebody who has to be picked up after. It is mother-in-law who can always be depended upon to find a little money to help over a crisis, or to come and lend a hand when the wife is sick, or to look after the children while Tom and his wife take a trip. It is mother-in-law who will stand by the wife in any time of dispute, if only the wife has had sense enough to make a friend of her.

If a woman wants to rivet her husband to her with hoops of steel she can do nothing so effective as to get along amiably with her mother-in-law. A man, for the sake of peace, often lets his wife alienate him from his mother, but in his heart he never forgives her for doing so. And that is something every jealous wife may well remember.

Dear Miss Dix—What percentage of women who have been married ten years have more respect and consideration for their husbands than they have for the hired man who makes the fires, sweeps the sidewalk and cuts the grass? So many wives are so cold and selfish and make things so unpleasant in the home that their husbands spend much of their time in drug stores or pool rooms. P. B.

There are no statistics that give us a line about how many wives are still in love with their husbands after ten years of marriage and who show their husbands affection and try to make pleasant, cheerful homes for them. Neither are there any statistics on how many husbands are still lovers after ten years of marriage and who do anything to show their wives that they regard them as something more than household conveniences, or who take any part in making a happy home.

I am not denying that there are plenty of women who, when they marry a man, think their job is done and call it a day. They make no effort to keep themselves attractive, or to be interesting companions, or even good housekeepers. They show their husbands no tenderness nor sympathy nor consideration, and never do anything to show their wives that they regard them as something more than household conveniences, or who take any part in making a happy home.

But there are just as many women who, when they marry a man, think their job is done and call it a day. They make no effort to keep themselves attractive, or to be interesting companions, or even good housekeepers. They show their husbands no tenderness nor sympathy nor consideration, and never do anything to show their wives that they regard them as something more than household conveniences, or who take any part in making a happy home.

Not a bit of it. Girls' minds are so much on their own hair and how to comb it like the last movie star that they don't notice whether a man has ambrosial locks or is as bald as an egg.

But if your baldness gives you an inferiority complex, why don't you get a toupee. There is no more reason why a man shouldn't wear false hair than why a woman shouldn't. DOROTHY DIX.

THE COOK'S CORNER
HOT ASPARAGUS RING
Two bunches asparagus tips, 2 tablespoons butter, 3 tablespoons flour, 1 cup milk, 4 egg yolks, 4 egg whites, salt and pepper.
COCOANUT VELVET CREAM
1-2 tablespoons gelatin, 1-2 cup cold water, 2 eggs, beaten separate, 1-2 cup sugar, 1-2 cups scalding milk, 1-4 teaspoon salt, 1-4 teaspoon vanilla, 1 cup cream, whipped, 1 cup fresh grated cocoanut.
Method: Soak the gelatin for 5 minutes in the cold water. Beat the egg yolk with the sugar and pour the hot milk over them. Add the butter and salt, and cook over hot water until the mixture thickens—about 15 minutes. Add the gelatin and stir until it is dissolved. Beat hard, then let cool. Beat the egg whites until they are stiff and fold these with the cream which has been whipped. Into the cooled mixture. Add the cocoanut, flavoring and salt and turn into a mould or individual glasses and chill for 3 hours or longer.

A Morning Smile
"Really, sir—how dare you ask me for the hand of my daughter? Why—only a few years ago you were a caddie at my golf club?"
"That's right—I remembered—but I said to myself, 'Well, he's a rotten golfer, but he's in a good position, and he may make a first-class father-in-law!'"

ANITA LOOS' SARATOGA
Illustrated by Vincenti

"That's not all. I haven't had such a good time in I don't know when. Our friend who bet on King's Jester said I was crazy—I think I was to stay away from the races so long. Believe me, it won't happen again. What do you say to that?"
"Then she found her voice. 'What-do-you-mean?' she repeated her words. Madison was beginning to be aware that there was something he did not understand. His voice became less buoyant, more tender. 'Darling,' he said, 'why didn't you tell me about Brookdale and that you were—'
'By whose authority?' Brad-



Standing in the doorway, Carol was the center of everyone's eyes.
have to wait until I get hold of a rich sucker. And then—
Good luck to you, said Madison. You're a good guy and I hope you get your pile and everything else right away, or a little sooner. I'm sorry about winning so—
Oh that's all right, said Duke. I believe in the law of—
'What's been going on in here?' a voice tight with fury cut Duke short.
Duke and Madison, startled, whirled around.
'There in the doorway, clutching the train of her negligee, stood Carol.
CHAPTER XIV
'I bet I'm the winner, darling,' ley," cut in Carol, 'do you tell my affairs?'
I thought, began Duke, but before he could say more, Madison spoke.
'I don't know why he shouldn't have told me, Carol. But it just happens he didn't.'
'I've always heard men are loyal to each other,' said Carol. 'But there is no need to lie to me. Nobody in the world knew why I was following the races but Duke, so who else could have told you?'
'You forget, Carol dear,' said Madison, 'you told the doctor. And now shall we forget everything except that I won on the race and our wedding day is closer by six thousand dollars' worth.'
Boswell who had been waiting for a chance to speak thought this the opportune moment.
'You know, Mr. Madison,' he said, 'the market is closing soon—I have a clear telephone line to New York. What shall I say about United Copper?'
Madison glanced at his wrist.
'Your watch is slow,' he said. 'The market has closed.' It doesn't matter. It can wait a day.'
'If you say so,' said the secretary, as he went through the door. But it meant at least half a million and—
'Forget it, Boswell,' said Madison. 'This is no day to talk of such things as quotations and possible losses and gains.'
Duke who had been counting a big roll of bills handed them to Madison. He held them out to Carol.
'I can't take this money,' she said.
But Carol, darling, why not? I've got to do this by myself she said. If I'd wanted any help, I'd have asked it before this. And I don't want you betting and giving the money to me.'
Her words and the way she said them made Madison more anxious than he had been before about her nerves. This couldn't go on. She would break, if things were not made right soon.
'Carol he said gently, all I want to do is to make you happy—happy. We shouldn't have postponed our marriage to the first place. But you wanted to, so I consented. Now that I understand why you did it, I'm prouder than I can say of your pride and pluck. But it's quixotic to go on like this. Duke—you tell her.'
Duke shook his head.
'Sorry, Madison,' he said, but this something between Carol and

SO EASY TO SERVE!

Kellogg's CORN FLAKES
MADE BETTER TASTE BETTER PACKED BETTER
KELLOGG'S save time. They're so convenient! Just fill a bowl with these crisp, golden flakes. Pour on milk or cream. And you have a grand breakfast! Ready in a jiffy. No bother. Kellogg's are wholesome and satisfying. Always fresh and full of flavor. Economical too. Sold by all grocers. Made by Kellogg in London, Ontario.

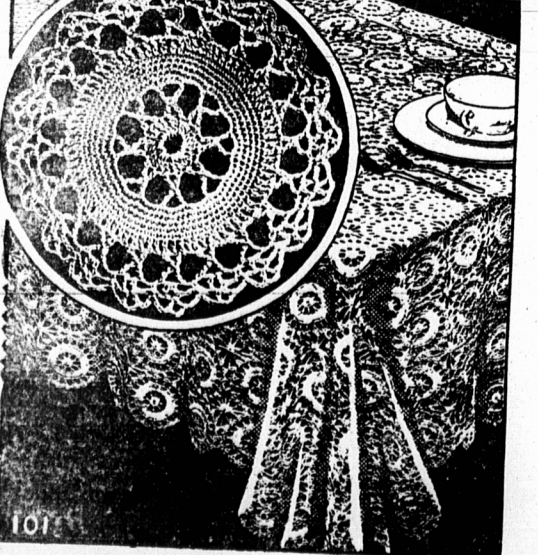
FASHION GUIDES FOR THE HOME DRESSMAKER

A filmy sheer mousseline summer dance frock so alluringly feminine with its covered shoulders. A soft knotted sash ties demurely about the high-waisted bodice with charming Empire effect. The appealing wide crisp hem of the slender skirt floats gracefully through the air as you dance. You can make it at an extraordinary low price. It's easy, too, for it has just a few parts. For town chic—the elbow cape-like sleeves in the street length version, give it that fresh cool look. Make it of crisp dotted swiss, marquisette, cable net, etc., in navy, black or brown. You'll find it formal enough for afternoons and for dining at dusk all summer long. A step-by-step sewing instruction chart is included. Style No. 2723 is designed for sizes 14, 16, 18, 20 years, 32, 34, 36, 38, 40, 42 and 44-inches bust. Size 36 requires 4 3-4 yards of 39-inch material with 3-8 yard of 39-inch contrasting for full-length dress. Price of pattern 15 cents in stamps or coin (coin preferred) wrap coin carefully address to Charlottetown Guardian giving—Style No. 2723 Size.....
Name
Street Address
City State
you. It's the two of you who must decide.
'I will decide,' said Carol, firmly. All I want is to be let alone. (To be Continued)

FREE NOXZEMA MEDICATED CREAM SOAP WITH JAR OF NOXZEMA CREAM

Excellent for Poor Complexion Baby's Bath and Shampoo
HERE'S a real opportunity for you. Now you can get a cake of the popular Noxzema Medicated Cream Soap—FREE—with a medium-sized jar of Noxzema! Once you've tried it—you'll agree it's the very soap you need to keep your skin soft, smooth and lovely. This grand soap contains the same medication in Noxzema Cream. That's why it's so good for your skin... it's fragrant, soothing—and cleanses thoroughly. Work Noxzema Soap's extra-creamy lather well into your pores... then rinse with cold water. So and feel the difference. Noxzema Soap is grand for baby's bath... its lather is so gentle and bland. Use it for your next shampoo, too. The extra-creamy lather will leave your hair soft, gleaming, clean. Don't forget you can try this fine soap without paying one penny for it.
ON LIMITED TIME OFFER
For pimply skin and other ugly irritations from external causes, use Noxzema Medicated Cream. Its gentle medicated action penetrates deep into pores—soothes and helps heal. Get Noxzema Cream and Noxzema Soap today!
FREE NOXZEMA SOAP
Clip this coupon as a reminder to stop today at the nearest drug or department store and get the FREE cake of Noxzema Medicated Cream Soap with a 54c size jar of Noxzema Cream. Don't delay. This is a limited time offer.

Crochet Medallion Cloth by Mayfair



Mayfair Needle Art
Enchanting and elaborately dainty, this tablecloth will please the most particular hostess. It is a simple pattern to make, and once you start you will be amazed how quickly the medallions accumulate in your workbasket.
The pattern includes full crocheting instructions and directions for assembling.
For complete pattern and instructions for all of these designs, send 20 cents in stamps or coin (coin preferred) to The Charlottetown Guardian Needlework Department. Use this coupon.
Print your name and address plainly.
To The Charlottetown Guardian Needlework Dept.
DESIGN NO. 101
Name
Street Address
Province

It was always my favorite!
'You find REGAL best? So did I. It was always my favourite, and with six hungry children to feed I did a lot of baking in my day. Always gave them plenty of good home-baked bread, made with REGAL. They thrived, and I saved—for I never had a poor batch of bread all the years I used it.'
REGAL FLOUR