



ELLEN'S DIARY

By An Island Farmer's Wu.

And now on the calendar, Spring is here. Over the fields too, we believe, in the blue of the sky, and along them, where edgings of snow remain in a white band, on a colder side of grove or woodland. It is here in the joy of bird-call on sunny mornings, and tonight we glimpsed it in the hoot of an owl. Caught by a beam of this moon as he sat in the dimness of an evergreen bough sending his lonely voice into the silent reaches of the night...

Cook's Corner

ORANGE DESSERT DE LUXE

Yield—5 servings
1 1/2 tablespoons plain gelatine
3 tablespoons cold water
3/4 cup granulated sugar
3/4 cup water
1 1/2 cups strained orange juice
2 tablespoons lemon juice
1/2 cup whipping cream
Soften the gelatine in the 3 tablespoons cold water. Combine the sugar and 3/4 cup water; bring to the boil, stirring until the sugar dissolves; boil 1 minute.

Modern Etiquette

Q. When a guest is leaving his hotel for an hour or two, is it considered all right for him to take his room key with him?
A. It is much better for him to leave the key at the main desk, then ask for it when he returns. This is the only method by which the clerk knows whether or not he is in his room, should there be any calls for the guest at the desk.



Queen, Princess See Private Show Of Export Styles

By Muriel Narraway (Canadian Press Staff Writer) LONDON, March 27 — (CP) — Against a background of silver-grey paneled walls and magnificent crystal chandeliers, the Queen and Princess Margaret saw some of London's finest export fashions. A special preview, arranged at the Queen's request, showed 60 best-selling models from the recent collections of London's big ten of fashion.

DRESSED IN ROYAL STYLE — Wearing striking spring ensembles, Queen Elizabeth of Great Britain, followed by Princess Margaret, arrives at the London home of Lord Rothermere to see a private fashion show. It displayed 60 dresses from the spring collections of Britain's "top ten" fashion designers.

Household Scrapbook

By Roberta Lee

Peanut Butter

To make peanut butter, shell and roast the peanuts and discard the brown skin; put the peanuts through the finest knife of the food chopper and repeat until the mixture is like paste. Then add one-fourth teaspoon of salt for each cup of paste. Store in a covered jar in the refrigerator.

The Metal Pot

When putting away a metal tea or coffee pot that is not in use every day, lay a little stick across the top under the lid. This will allow fresh air to enter and prevent mustiness.

Prevent Iron Sticking

A small lump of butter or lard added to the cooked starch will prevent the iron from sticking to the garment during ironing.

How Can I!!!

By Anne Ashley

Q. How can I prevent bugs and worms in my window boxes?
A. Bugs and worms can be prevented by heating the earth for window boxes or potted plants in the oven before using. White-wash the inside of window boxes before filling with earth to keep out insects and to keep the boxes from rotting.

Does it make any difference in which directions the rows of the vegetable garden are run?
A. Yes; the rows should run north and south, instead of east and west. This will give them the full benefit of the sun's rays.

Q. How can I relieve eyes that are inclined to water in windy weather?
A. Bathe the eyes in a solution of 10 grains of boric acid to 1 ounce of hot distilled water.

Morning Smile

Now She Knows

"Is this the speedometer?" asked the pretty girl, tapping the glass with her finger. "Yes, dear," he replied. "And that's the clutch?" "That's the clutch, darling," he said, jamming on his brakes to avoid a fast-approaching lorry. "But what on earth is this?" she inquired, at the same time giving the accelerator a vigorous push with her foot.

The Stars Say --

By Genevieve Kemble

For Tomorrow

A RATHER sharp reversal while startling and breathtaking, dramatic because of its suddenness, need not spell dire calamity. By way of compensation there is exciting and thrilling uplift in a judicious use of the personal equation, with its varied application, social, professional as well as its proper performance in purely business application. Even higher-ups could yield to clever blandishments by prudent use of

HAPPY surprise for CONSTIPATED CHILDREN

At last — a laxative even the fussiest child won't mind taking. Pleasant, easily-swallowed, Children's Own Tablets bring quick, thorough action without unpleasant cramping or griping. For children 3 to 15. Get a package today. Only 29¢ at your drugist. Made by the makers of Baby's Own Tablets.



DOROTHY DIX SAYS—

BORROWING TROUBLE Jealousy Of Mate's Dead Wife A Futile Emotion

DEAR DOROTHY DIX: I am contemplating marrying a man whom I love dearly, but because of the fact that he is a widower I feel terribly let down. I suppose my trouble really is jealousy. I cannot bear to think that he ever loved another woman well enough to marry her. I know second marriages are common occurrences, but somehow that knowledge doesn't reconcile me in the least. I also realize how foolish my outlook is, but the thought comes over me like a blanket of heavy fog. What shall I do? W. F. E.



ANSWER: Put your fears behind you and grab your man if you know a good thing when you see it.

If your only objection to your friend is that he has loved before, forget it. No female over 16 is optimistic enough to expect to be a man's first love, or credulous enough to believe him if he tells her that he has never loved before. Every man has had innumerable loves and whether he married any of them or didn't is a matter of no concern, provided the lady is out of the picture.

LAST LOVE COUNTS Who a man's first love was doesn't matter. The important thing is that you are his last love, and you are going out of your way to borrow trouble when you let a ghost stand between you and happiness. It is the live ladies who are your headache.

I think wives are nearly always jealous of their husbands' first wives and feel a certain animosity toward them, but if they could only realize it, these first wives were their friends and benefactors, and they owe a lot to them. Marrying a widower is getting a husband who has had all the rough edges filed off his disposition and character and it saves the new wife about ten years of arduous labor. And if perchance a man's first wife has been high-tempered, peevish, fretful and a bad house-keeper, the second wife is simply sitting on the top of the world. If she is fairly decent to her husband he will grovel at her feet and burn incense before her.

DEAR MISS DIX: We are two girls, 20 and 21 years of age. Both of us are employed, one a beauty operator and the other a stenographer. For the last several months we have been going with two young men of good standing in the community who wish to marry us. Both make good livings and are not spendthrifts. What is your opinion on the subject of marriage? Should we continue to work and not marry? Or should we marry and give up our work? Or should we marry and still hold our positions? MARY AND GEORGIA

ANSWER: Evidently you are not very much in love with the boys or else you would not debate so coolly the advisability of marrying them, as they seem to be unusually desirable husbands. If that is the case and you are in a state of mind where you can take 'em or leave 'em, as the phrase goes, let 'em go. The only thing that justifies a girl in marrying is to be so much in love with a boy that he looks better to her than anything else in the world.

As for a choice between your work and a husband, the same rule applies. Take the one you are most interested in and get the most pleasure out of. Generally speaking, a husband is a better choice than a career. A woman has to work a long time and be unusually successful before she can earn for herself the comforts her husband gives her. When you marry, give up your job unless you especially need the money. Making a home is a two-handed job that is big enough for any woman.

DEAR MISS DIX: I am a middle-aged man with a wife who for some time has been on the point of a nervous breakdown. This has caused her to become suspicious of every woman I speak to whether she is 17 or 70, and as I am in close contact with many women in business, this makes the situation very difficult for me. I have always been faithful to my wife, but she does not believe it, nor can I convince her that all of her suspicions are groundless. Do you think that sending her to a good sanatorium for a few months' rest would help her health and would be advisable? H. S.

ANSWER: I do, indeed. But don't suggest it yourself. Get your doctor to do it. If you so much as mention it, she will refuse to go because she will think that you are trying to get her out of the way. A woman in your wife's condition needs to be got away from her husband and her family and to have a certain amount of control that cannot be given to her at home and by her own people. And certainly you need rest from her ceaseless suspicions and nagging.

DOROTHY DIX cannot reply personally to readers, but will answer problems of general interest through her column.

crafty, even magnetic or idealistic approach such calamity could be translated into worthwhile experience. Prudence is recommended for a constructive, dynamic and pleasant denouement. A child born on this day, should enjoy a lively career, of ups and downs, with life's ever-alluring vicissitudes, give and take, as yet by a judicious use of subtle,

ISABEL'S BEAUTY SALON

MISS ISABEL MacDONALD, well known Charlottetown hairdresser, takes pleasure in announcing the opening of her new Beauty Salon in the BLOCK BUILDING — 102 KENT ST. Specializing in all types of Permanent Waving, Hair Cutting and Hair Styling. PHONE 3044



That Body Of Yours

By James W. Barton, M.D.

PROTEIN HAS COME INTO ITS OWN

There is one food that is always found on every diet list for reduction of weight, and that is animal protein—meat, eggs, fish, milk. When there is a shortage of animal proteins or they become so high in price that some are unable to purchase them, then vegetable proteins—oats, corn, wheat, barley—are brought into more use.

Why is protein so valuable to the body when we know that fats give twice the heat and energy of proteins and starches give the same amount as protein? Proteins do a number of important jobs in the body aside from giving heat and energy. Their chief function is to promote growth and repair of worn tissue and they have much to do with reproduction. However, we are learning that protein has much to do with supplying substances for use by the various glands which cannot supply the blood with their juices unless enough protein is eaten. Thus, digestive juices and juices of the sex glands, the extract from organs manufacturing the blood cells, depend upon protein foods.

It is known that fat and sugar are stored in the body tissues to be used in emergencies but unfortunately protein cannot be stored. This means that the body needs protein every day, usually about 15 per cent of the total food intake.

In The British Lancelot, Dr. J. C. Spence pleads the cause of the adolescent. "The newly acquired independence of these young people, together with their ignorance of dietetic principles, can result in malnutrition and those diseases such as tuberculosis to which it predisposes." Dr. R. E. Smith adds that the more serious catarrhal complications of whooping cough and measles are pre-



Handwoven sheer luxury in a beautiful negligee by St. Marys, made of soft, hand-loomed wool, each garment signed by the woman who wove the fabric.

vented or lessened in degree in the well-fed. The proper solution is to provide a good midday meal for all adolescent workers and university students.

There was a time when meat was not considered a proper food for young children, but today physicians are prescribing meat in more or less liquid or semi-solid form for growing children particularly if a child is weak and run down after an illness.

Further, a recent magazine article stated that the manufacturers of small cans of meat for babies and children, after making a survey, found that adults, single or young married couples, were large consumers of canned meats. Protein has come into its own.

Actual photostory proves you'll be more comfortable in a Gothic Bra!



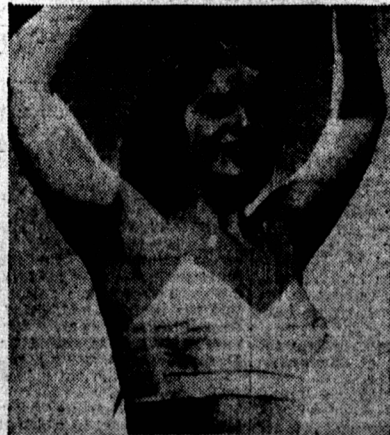
This pretty Montreal housewife and mother, age 26, models her favorite Gothic Bra. Remember, there's a Gothic style to flatter every figure.



Snip go the straps! See how all the up-lift continues... even after the straps have been cut. Gothic's exclusive Cordtex inserts are the answer!



Twist or turn... miracle Cordtex still does the UP!ift! You see, Gothic shoulder straps are there for added control... not to tug!



Make this fast yourself! Instead of cutting the straps, just slip them off your shoulders. Try it with your personal Gothic Bra!

Shoulders take a holiday when you wear a —



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MOTHER AND DAUGHTER

No. 2072, mother's yoked dress enhanced by eyelet, is cut in sizes 12, 14, 16, 18, 20, 22, 24, 26, 28, 30, 32, 34, 36, 38, 40, 42. Size 18, 4 1/4 yards 35-inch. Eyelet, 2 1/4 yards.

No. 2131, daughter's duplicate dress, is cut in sizes 6, 8, 10, 12. Size 8, 2 1/4 yards 35-inch. Eyelet, 2 1/4 yards. (Two separate patterns.)

Send 35c for each PATTERN which includes complete sewing guide. Print Your Name, Address and Style Number plainly. Be sure to state size you want. Include postal unit, or some number in your address. Address: Pattern Department, The Charlottetown Guardian. Pattern No. 2072 and No. 2131

Name _____ Address _____ City _____ Province _____ 100th BIRTHDAY OTTAWA, March 26 — (CP) — Mrs. Mary Sheildon, a patient at a private hospital here, today celebrated her 100th birthday with close friends and relatives. A native of Wakefield, Que., her husband died 79 years ago.