

WOMEN'S REALM - SOCIAL and PERSONAL - FASHIONS - LITERATURE

The Housewife And Her Activities

Say not the days are evil—whom to blame? And fold the hands and acquiesce—O shame! Stand up, speak out, and bravely, in God's name! —Maitland D. Badcock.

HOLIDAY NEEDLEWORK Here are a few suggestions for the girl who enjoys knitting or needlework while sitting on the beach. Choose work which you can finish on your holiday—don't take a jacket to embroider if you are

RELIEVE BURNING, ACHING FEET QUICKLY WITH BUCKLEY'S STAINLESS WHITE RUB

Want To Be Slender?—Cut Down on Calories!



LOSE 10 POUNDS IN 5 WEEKS It should be getting a lovely bathing beauty figure, pants Miss Stout—who plays ball to exercise her pounds away.

No, Miss Stout. Your unsightly bulges come from the many high-calorie foods you eat—and you'd have to be a whirling dervish to burn them up. Much better to choose low-calorie foods, reduce 2 pounds a week the easy way.

Of course you'll have to say no to that pat lunch of yours; crab-meat salad with 2 tablespoons mayonnaise, 300 calories—3 corn muffins, 286 calories—apple pie, 250 calories. Exactly 816 calories to pile in the pounds!

Instead, eat a satisfying pineapple and carrot salad with 1 tablespoon salted whipped cream, 150 calories—2 slices of melba toast, 75 calories. A mere 206 calories in all!

Simple, with a calorie chart and tips on dieting, to avoid bulge-makers. Reduce the calorie content of meats by trimming off fat—of cream soups by using skimmed instead of whole milk.

Begin now to get slim! Our 12-page booklet gives 42 low-calorie menus based on protective foods, calorie chart, and 3-day liquid diet to start reducing. Also a diet for gaining.

Send 20c in coins for your copy of The New Way To A Youthful Figure to The Guardian Home Service. Address: Be sure to write plainly your Name, Address, and the Name of booklet.

Name Street Address City Province

Snappy Fashions For Home Use



Contrasting blouses and skirts are so smart especially when the blouse is sheer and softly tailored. This two piece frock has a widely flaring skirt that fits smoothly at the hips and can be made either a short, street length or long for evening.

Rayon fabric is ideal for the skirt when coupled with a long sleeved sheer organdie or batiste blouse trimmed with filmy ruffles. The bright sash about your waist to give a gay, light-hearted gypsy feeling and add the bolero as change. This is a grand week-end wardrobe in itself as you can mix and match different blouses with the short and long skirts and always feel well dressed.

Style No. 2833 is designed for sizes 12, 14, 16, 18, and 20 years. Size 14 requires 3 1/2 yards of 38-inch material for the long sleeved blouse; 3 1/2 yards of 38-inch material for the street length skirt and 4 1/2 yard of 38-inch for the bolero.

Send fifteen cents in stamps (15c or coin (coin preferred) wrap coin carefully) to send for the design for as soon as possible and keep the pattern absolutely at rest.

BLACKHEADS Blackheads simply dissolve and disappear by this simple, safe and sure method. Get two ounces of peroxide powder from any drug store, sprinkle on a hot, wet cloth, and apply gently—every blackhead will be gone.

Today's Short Wave Radio Program

FRIDAY, JULY 14 MOSCOW 4:00 p.m.—Broadcast in English. RAN, 9.6 meg., 31 m.

BERLIN 5:00 p.m.—The Colonial Show in Dresden. DJD, 11.77 meg., 25.4 m.

SCENECTADY 5:45 p.m.—Science Briefs W2-XAD, 9.55 meg., 31.4 m.

BUDAPEST 7:00 p.m.—Poems by Mr. Josef Erdelyi. HATY, 9.12 meg., 32.8 m.

ROME 7:30 p.m.—Guest Night: AMY Bernardy. "Rome's Midnight Voice." ZRO, 11.81 meg., 25.4 m.; IRP, 9.83 meg., 30.5 m.

LONDON 7:45 p.m.—Sea Shanties. BBC, Men's Chorus. GSP, 15.14 meg., 19.8 m.; GSD, 11.75 meg., 25.5 m.; GSB, 9.51 meg., 31.5 m.

PARIS 8:30 p.m.—Gramophone Records. TPB7, 11.88 meg., 25.2 m.; TPA4, 11.71 meg., 25.6 m.

PHILADELPHIA 8:30 p.m.—Buddy Clark's Musical Weekly. W3XAU, 6.06 meg., 49.5 m.

HEREDIA, COSTA RICA 9:00 p.m.—Broadcast in English. "Voice of Costa Rica." T14-NRZ, 9.69 meg., 30.9 m.

BERLIN 9:15 p.m.—Fairy Tunes. DJD, 11.77 meg., 25.4 m.

PITTSBURGH 9:30 p.m.—Vocal Varieties. W3XU, 11.87 meg., 25.2 m.

LONDON 9:50 p.m.—"Strength of the Land." Program in praise of the English Village. GSI, 15.26 meg., 19.6 m.; GSD, 11.75 meg., 25.5 m.; GSB, 9.51 meg., 31.5 m.

NEW YORK 10:00 p.m.—Schubert Music. W3XL, 6.10 meg., 49.1 m.

PARIS 10:25 p.m.—Talk on French Events: Life in Paris (in English). TPB7, 11.88 meg., 25.2 m.; TPA4, 11.71 meg., 25.6 m.

CINCINNATI 1:00 a.m.—Dance Orchestra. W3XAL, 6.06 meg., 49.5 m.

TAKE THE "LEAD" FEELING OUT OF YOUR LEGS

Get More Oxygen in Your Blood and Get the Pep that Sends You Bounding Up the Stairs. People who suffer to death due to oxygen has been completely cut off from them. Just as you are slowly smothering if your blood lacks red corpuscles. Red corpuscles are your oxygen-carriers. They carry the oxygen from the lungs to every part of your system. Without enough oxygen-carriers, your kidneys, liver, stomach and bowels slow down. Your skin gets pale, flabby and sallow. You feel depressed.

What you need is Dr. Williams' Pink Pills. These world-famous pills help make more red corpuscles and thus increase the oxygen-carrying power of your blood. Get Dr. Williams' Pink Pills today at your drugstore. See for yourself how quickly you feel better.

Get Dr. Williams' Pink Pills today at your drugstore. See for yourself how quickly you feel better.

Colonial Lady Days-of-the-Week Embroidery. Here is a busy Colonial lady whose every day is well filled with gainful occupation. These days-of-the-week designs are for use on hand towels or tea towels. Pattern No. 587 includes transfer sheet of all seven motifs measuring about 8 x 9 inches each, illustration of stitches and complete instructions for stamping.

To order this design write your name, address and No. 587 plainly on any piece of paper and send with 15 cents in coin or stamps to Needlework Bureau, Charlottetown Guardian.

To Charlottetown Guardian Design No. 587 Name Street Address

Marriage Not the Death of Love Dorothy Dix

Illicit Liaison Will Not Hold the Man Who Insists That Only in That Way Can He Hold Love — Records Prove That Marriage is Only Safe Plan

One of the greatest fallacies in the world is the belief entertained by so many people that marriage is the death of love, whereas there is something about a liaison that keeps love alive. Also, that lovers are more faithful to each other than husbands and wives.

Nothing could be farther from the truth than this theory. For the test of love, whether it be legal or illegal, is its ability to take the punishment of close companionship of a man and woman living together, of clashing tastes and personalities, of sacrifices that must be made, of the demands that each make upon the other. This is the same whether they are married or single. Romeo can be just as much of a tightwad and a grouchy and as hard to live with as John Henry. Juliet's nerves and temper and bad cooking can be just as distasteful and hard to stand as Mary Jane's.

There is nothing in a showy church wedding that is a guarantee that the high contracting parties won't lose their taste for each other and get bored. Neither is there any certainty that the occupants of a love nest won't lose their favor of the married couple. But the betting odds are 100 to 1 in favor of the married couple. Many husbands and wives live together a couple of years as rare as hens' teeth.

There are many reasons why an honest, above-board marriage is more likely to last than the loose tie of an illicit liaison. For one thing, it is backed up by all the forces of society and convention and handicaps, as they are in the union upon which Mrs. Grundy frowns.

For another thing, their fates are bound together legally and financially and makes them strive harder to make their marriages successes than they would if their living together was a temporary arrangement in goal. And, strongest of all ties, they have their children to bind them together after romance has been worn to tatters by everyday life.

One can see why a man who is a philanderer by nature and who desires to remain free to flit from flower to flower in the rosebud garden of intelligence in her head would ever be tempted to do anything so suicidal is past comprehension. Yet women do.

And one of them writes me about her plans. "I am 24," she says. "Have a good background. Good education. Am pretty. Have a nice figure. And have a good job. I was married once, but the man was impossible and I left him within a month."

"Now I have fallen in love with a man who is very much in love with me. He doesn't believe in marriage. Neither do I. People who love each other are much happier and more faithful to each other when there are no bonds. Don't you think so?"

I certainly don't, and you won't think so either after you have tried ledge you as his wife before the world, your lawful wedlock and acknowledge that you mean to stay with you any longer than your youth and beauty lasts and until you find you wear out. Then he will kiss and ride best way you can.

And, in the meantime, you will have no happiness, for you will have no security, no hold upon the man. The mistress knows all the jealousy she's back up his love talk with a wedding ring.

Dear Dorothy Dix—I am a boy of 20, in love with a girl of 16, and we want to get married. I am going away to camp with the National Security money that I'll get \$15 for that. Then I'll get my social hard to get any kind of a job so we can get by, but we are going to be married. My mother is living with my mother and two brothers. My mother for quite a while. This is an UNDECIDED BOY.

I know, son, that when one is 20 one has the impatience of a child, and, as the old song says, "wants what he wants when he wants it." He is in order that he may have it in his own hand and in a way that will bring him happiness. He must have it at once, and so he snatches at what he wants, even though it will bring disaster upon him.

That is the way you are acting about this marriage. You know that there is every reason in the world why you and the girl should not marry now. She is only 16, far too young to marry. So are you too young to marry. Neither one of you is old enough to know what real love means or chances are that if you marry now you will be divorced before you are 30.

And divorce is always a mess, particularly if there are little children whose lives are ruined by having their homes torn down over their father's foolish little heads.

Then you have nothing to marry on. You have no money, no job, believe me, no man knows what trouble is until he sees his wife and children with no roof to shelter them, no fire to warm them, no food to eat. No agony can stab a man to the soul like the wall of a hungry baby crying for the milk his father cannot buy him.

Certainly you wouldn't add to the burden of your poor mother, who is already toiling to support two other idle sons, by adding another son to marry expecting the Government to permanently support you and your family.

So wait until you get on your own feet. Wait until you are a man, capable of assuming a man's responsibilities, before you marry. You will save yourself a lot of grief if you do. You don't need to be rich to marry, and your wife will only be a burden if you don't have enough. You can't marry as you do now. DOROTHY DIX

YOUR INDIVIDUAL HOROSCOPE

Look in the section your birthday comes in, and find what your outlook is, according to the stars. (Copyright, 1939, King Features Syndicate Inc.)

For Friday, July 14, 1939 MARCH 21 to APRIL 20 (Aries) — You can certainly help today up to your standard if you let loose your innate cleverness and detach your mind from anything selfish or unsavory. Good rays for general business and routine.

APRIL 21 to MAY 20 (Taurus) — Let nothing enter your mind from constructive activity this amiable period. Even though you may be on vacation, you should keep pleasantly for fifteen days and contented on their own. Better rays for familiar matters and finishing incomplete work than for starting new undertakings.

MAY 21 to JUNE 21 (Gemini) — Laggard tendencies. Essential duties, checking back the week's work and personal and family interests should not be neglected. Otherwise, if you can conveniently do so, give your active mind and body a real treat; completely relax.

JUNE 22 to JULY 23 (Cancer) — Let nothing enter your mind from constructive activity this amiable period. Even though you may be on vacation, you should keep pleasantly for fifteen days and contented on their own. Better rays for familiar matters and finishing incomplete work than for starting new undertakings.

JULY 24 to AUGUST 23 (Leo) — Many beneficent aspects. Especially favored: activities of public interest, travel for business or pleasure, plans, cooperative measures to help you and your employer's achievement, working for your own promotion, courtships, weddings, vacations.

THE COOK'S CORNER

Jellied Ham Rolls. Six slices cooked ham; 1 small bar white cream cheese or one cup cottage cheese, cream to moisten; 1-2 cup horseradish; 1 package lemon jelly powder; 1 3-4 cups boiling water; 1-4 cup vinegar; 1-2 teaspoon salt; dash of cayenne.

Make a paste of cheese, cream and horseradish. Spread generously on thin slices of ham. Roll tightly. Arrange rolls in mould. Dissolve jelly powder in boiling water to which vinegar, salt and cayenne have been added. Cool. Pour over ham rolls and chill. When thoroughly set, cut into oblong shapes with one ham roll in each. Serve on crisp lettuce. If desired one-half cup seedless raisins may be added to the jelly mixture when partially set.

Strawberry Fluff. One tablespoon granulated gelatin; 2 tablespoons cold water; 2 cups strawberries; 1-2 cup sugar; 1-4 cup blanched almonds; 10 marshmallows, cut in quarters; 1 cup whipping cream.

Soak gelatin in cold water. Cut berries in quarters and sprinkle with sugar. Let stand for 1-2 hours. Heat juice and dissolve gelatin in it. When mixture begins to set, add berries, almonds and marshmallows. Whip cream and fold into other ingredients. Garnish with berries.

and tireless application, associating with very cheerful people.

JANUARY 22 to FEBRUARY 20 (Aquarius) — Splendid indications. You will probably surprise others with accomplishment in something they didn't even know you were undertaking. Don't neglect your personal appearance.

FEBRUARY 21 to MARCH 20 (Pisces) — If you find you are in a problem to yourself, sit down quietly and reason out the difficulty. It may be over-anxiety, or nervous enthusiasm, or a lack of proper interest, or perhaps it's your diet?

A CHILD BORN TODAY. Tenacity, willingness to work hard, self-analysis are some of its many individualisms. Though this zodiacal native will hold to old customs in one respect, it is also a natural reformer because of its great interest in humanity. Should correct moodiness, exaggeration.

Modern Etiquette (By ROBERTA LEE) Q. When a guest drops a knife or fork while eating, and there is no servant, what should the guest do? A. Say quietly to the hostess, "May I have another fork, please?" I am sorry that I dropped mine.

Q. Which is preferable, "How are your folks?" or "How is your family?" A. Say, "How is your family?"

Q. When a young man and a girl are attending a party or a dance, which one suggests going home? A. The girl.

Faring New Vegetables. The thin, delicate skins of new potatoes and young carrots may be removed quickly and without waste by rubbing with a copper-tinsel cloth, taking care to keep both cloth and vegetable wet by dipping every few seconds into a basin of water.

Painting Hint. In order to insure a good paint job, the surface to be coated must be thoroughly dry. Moisture, if allowed to remain in the wood, will eventually be drawn to the surface by the heat and cause blistering of the paint.

Cleaning Black Broadcloth. Rub the broadcloth with powdered fuller's earth and put it away in a box or drawer for a few days. Then brush and shake it well.

More Please!



Enjoy Delicious QUAKER PUFFED WHEAT and QUAKER PUFFED RICE AS MILLIONS DO!

QUAKER PUFFED WHEAT QUAKER PUFFED RICE Order from your grocer today

Morning Smile (By ANNE ASHLEY) Seems Like It. A scenshitter in a London theatre has never seen a stage performance in his life. Haul work and no play seems to be his motto.

How Can I?? (By ANNE ASHLEY) Q. How can I whiten diapers that have become dingy and gray-looking? A. Boil the diapers for one-half hour in strong suds, made with yellow soap and milk and water (half water and half milk). Then wash in ordinary hot suds, and rinse first in clear hot water and then in cold blue water.

Q. How can I clean a very greasy sink? A. Dust well with scouring powder and then sprinkle with ammonia. The ammonia kills odors, and a rag and hot water will wipe out all the grease.

Q. How can I improve the flavor of boiled potatoes? A. Try adding a sprig of mint to the water.

Household Scrapbook (By ROBERTA LEE) Faring New Vegetables. The thin, delicate skins of new potatoes and young carrots may be removed quickly and without waste by rubbing with a copper-tinsel cloth, taking care to keep both cloth and vegetable wet by dipping every few seconds into a basin of water.

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NEW WHITE HANDBAGS Aren't this summer's white handbags nice? There are plenty of washable ones in both fabric and leather. Serviceable and good-looking are those that can be cleaned by simply rubbing off with a damp cloth or can be washed with a mild soap and warm water. These come in large under-arm envelopes and pouch styles. Or you may prefer white combined with a color. In that case, white linen embroidered with an all-over rose-leaf design in color, bound and finished in caespkin to match the embroidery, is very smart.

If you put a slice of raw potato into a tobacco jar it will keep the tobacco moist and fresh. A slice of raw apple in the cake tin serves the same purpose.



Heinz Vinegars are Aged in Wood Like Fine Old Wines. Fields of waving, golden grain and orchards of rosy-cheeked apples are the beginning of Heinz Vinegars. All three kinds—White, Malt, Cider—are aged to bright, sparkling maturity in wood. Only Heinz vinegar can give your salads and dressings such flavour, such downright appetite appeal. Heinz Olive Oil helps to complete a Mayonnaise, French or cooked dressing with an inimitable tang. Order these famous Heinz Varieties today.

Write for the 100-page Heinz Book of Salads and Meat Recipes. Send 25c, or only 10c with labels from any 3 Heinz products. H. J. Heinz Company, Dept. N, Toronto.

COLE SLAW NOVELTY SALAD Credited in a hollowed cabbage shell, nicely chilled, no-longer-humble slaw wears a jaunty chiffonade dressing which combines sliced onion, parsley, hard-cooked egg and beets with two parts Heinz pure Spanish olive oil and one part Heinz aromatic side vinegar, plus seasonings. Trim with pineapple strips.

HEINZ