

Ballet Slippers for the Beach



If you're beach-bound this summer, make your ballet slippers in a quick-drying cotton—gingham, plaid or any gay print. For lounging at home, a more luxurious fabric is in order, such as satin or metal cloth. These are easy to sew by hand or machine. For your directions for making GINGHAM BALLETT SLIPPERS, send a stamped, self-addressed envelope to the Needlework Dept. of this paper requesting Leaflet No. E-983.

How Can I!!!

By Anne Ashley

Q. How can I clean painted woodwork effectively?

A. Boil two or three onions thoroughly, and the water in which they are boiled will clean painted woodwork very nicely, leaving the surface clean and glossy; no soap is required.

Q. How can I prevent rust from forming on the inside of a tea kettle?

A. Keep an oyster shell in the tea kettle and it will prevent rust from forming.

Q. How can I revive lemons that have become dry and hard from standing?

A. Cover the lemons with boiling water for a few minutes.

Household Scrapbook

By Roberta Lee

Reheated Rolls

Brush over the tops of yesterday's rolls with fresh milk and put into a covered pan in the oven to steam through. After they are heated, remove the cover so the crust will crisp up again. They will be like newly-baked rolls.

Rag Rugs

After washing a rag rug, try starching it somewhat heavily. This will make it lie flat on the floor, it will keep cleaner longer, and will be much easier to wash the next time.

Gasoline Odor

To remove the odor of gasoline from freshly-cleaned garments, use oil of sassafras in the gasoline (about ten drops to a quart of gasoline).

The Stars Say --

By Genevieve Kemble

For Tomorrow

IT may take smart strategies to launch any important plans without taking chances of deception. There may be need of discretion, precaution, with an eye to secrecy and soft peddling. Mixed feelings and emotions, hunches and psychic premonitions could create havoc to secret plans.

If It Is Your Birthday

Those whose birthday it is are

That Body Of Yours

By James W. Barton, M.D.

LESS TIME AND MORE COMFORT IN STAY IN HOSPITAL

Today a patient, under his physician's advice, can drive his car to hospital one morning, be prepared for a hernia operation that same morning, be allowed on his feet for a few moments that same night, and be allowed up out of bed the next day for a few minutes, two or three times during the day, and drive his car home the fifth day. This is a great change from the two or three weeks' stay in hospital that formerly prevailed.

One of the reasons for the change, as far as a hernia operation is concerned, is that the individual is not sick, no infection is present, and it is therefore safe for him to move his body, thereby helping circulation of blood and digestion and preventing constipation. Even when the patient has an infection such as appendicitis, the stay in hospital is now shortened to two or three days when no complications are present.

It can be seen readily how a stay of five to 10 days instead of two or three weeks is going to make more hospital beds available for patients although, as mentioned before, this is not the reason for the short hospital stay. Early rising from bed after illness or operation enables the patient to get back his strength in less time and be in better shape physically than if he remained in bed longer.

Another recent finding of interest to physicians, nurses, the patient and the patient's family is that the use of the bed-pan in most cases is harder on the patient, requiring more physical, mental and emotional effort, than the use of an adjoining commode.

In the Journal of the American Medical Association, Dr. Joseph G. Benton, Henry Brown and Howard A. Rusk, New York City, with the technical assistance of Jean Birnbaum, M. S., report that because of the remark of many patients, "I didn't mind the operation or anything at all about the hospital except the bed-pan," they investigated the amount of effort required for use of bed-pan and commode.

By measuring the amount of oxygen used in 13 patients with active heart disease and 15 heart patients whose hearts were compensated (heart able to pump necessary blood without breathlessness) it was found that the energy expenditure was higher in use of bed-pans than in use of commode. There may, of course, be exceptions to this general rule, according to individual reactions.

urged to handle important affairs with alertness and discretion. They should avoid being carried into false situations by physical urges or premonitions or emotions. There may be dubious contacts made on sinister motives. Feelings and emotions should be regulated.

EARLY FARMERS

First French arrivals in Canada found the Huron and Iroquois Indians had extended cultivation of corn to the lower St. Lawrence.

DOROTHY DIX SAYS—

Cry-Baby

Woman's Ready Tears Disgust Her Fiance

DEAR MISS DIX: I am very sensitive and easily hurt, and when I am wounded I can't keep from crying. This disgusts my fiance. He says I can keep from crying and when I burst into tears he is very inconsiderate. I thought if he loved me he would try to comfort me instead of making things harder as he does. So I have resolved never to cry before him again ever. If I am going to weep, I know I am a cry-baby, but things pile up and up inside of me until I must have a good cry. I feel so much better afterward. I think I would be miserable if I couldn't cry sometimes. What do you think about it? D. M.



ANSWER: I am no crier myself, but I know lots of women who are free weepers who seem to get a great deal of pleasure out of it and who come out of a debauch of tears looking as refreshed as a flower does after a rain. No doubt a psychologist would say that crying releases some sort of a nervous tension in them and leaves them at peace with themselves and the world.

Personally, I have never had the slightest sympathy with the cry-baby woman. She has always seemed to me weak and contemptible creature, one who sat down and howled for what she wanted until somebody gave it to her to stop her yapping; one who used her tears as a coward's weapon to keep everyone around her walking on eggs for fear of her turning on the water works.

USE UNFAIR TACTICS

Why everybody should be so terrorized of crying women, I don't know, but there is something in women's tears that just seems to melt down our backbones and make us incapable of dealing with the weeper as we should. Millions of women have used tears as an excuse for their shiftlessness and laziness. They just sat down before a hard job and cried until somebody did their work for them.

I can but congratulate your fiance, though, on his farsightedness in putting a damper on your tears instead of encouraging them. It is the only way he can save himself from a lifetime of slavery to a woman who can never be treated like a rational human being and will always have to be coddled and spoiled in every way to keep her from dissolving in tears.

And that gets pretty tiresome as the years go by, for the weeping woman, as Mr. Mantlin in Dickens' story used to say, is "a demmed, moist, unpleasant body." As your boy friend appears to be of this same opinion you are wise to decide to do your crying in private. Only that will take all the pep out of it because weepers weep to be seen and made much of.

DEAR MISS DIX: My mother and father go somewhere nearly every night. My two younger sisters and myself are left alone constantly. We have asked them not to leave us alone but they don't pay any attention. What should we do? ALICE

ANSWER: It beats me how far some parents will go to ask for trouble. And they're the very ones to scream loud when their children begin stepping out every night. I grant that parents should have some social life of their own, but while children are small enough to need supervision, they should not be left alone with too much frequency. Of course, if very young they should not be left alone at all.

Even older children need the companionship of their parents, and as the father usually is not home during the day, some evenings of the week surely should be set aside for family discussions, conferences or just plain sociability. Try pointing some of these things out to your father and mother, Alice, and see if you can't make them see some sense to your viewpoint.

DEAR MISS DIX: We fell madly in love when we first met. He told me he was married, but that he would ask his wife for his freedom, which he did. His wife graciously consented to divorce him because she said that was the only decent thing to do. I expected him to leave her immediately and to get aside for me, but he has not done it. I am beginning to wonder if this man is really worth while and if there is a chance of his growing tired of me some day and leaving me for another woman. It could happen again, you know. Besides, his wife is a lovely woman in every respect and I wonder how he could prefer me to her. I love him more than life itself, or else I wouldn't be letting myself in for such a mess. But he is worth it? PORTIA

ANSWER: He certainly doesn't look it. A man who leaves a fine wife for no cause at all except that he is tickle, is not likely to be faithful to any woman. The girl who marries him takes a long shot at happiness.

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

Morning Smile

No Extra Charge

Angry diner: See here, waiter, what's this button doing in my soup?"

Waiter: "Not so loud, sir, please. Don't let that gentleman at the next table hear you. He's dined here regularly for two years and we've never thrown in anything extra for him."

Overdoing It

Two men were having an argument about their physical powers. "Why," said one, "every morning before breakfast I get a bucket and pull up 100 gallons of water from the well."

The other, "I get a boat every morning and pull up the river."

Get right at the cause of Headaches

When edgy nerves and headache make life miserable, they may be "pin" signs from an upset digestive system. Sashed to the brain along the sensitive Vagus Nerve—your Tenth Nerve. Bromo-Seltzer settles upset stomach, gets right at the cause of your headache and edgy nerves, brings fast relief. At the same time, Bromo-Seltzer soothes the Vagus Nerve and other nerves which may have added to your misery. Keep Bromo-Seltzer handy at all times, to help fight headaches. Ask your druggist for Bromo-Seltzer today. 51-9

NOW—She's Got Exciting ZIP and GLOW

...and Plenty of Beauty Don't envy her charm or radiant beauty! Make it yours the thousands of pale, listless, anemic people are doing—with Dr. Williams' Pink Pills. Revitalizing and enriching your bloodstream, Dr. Williams' Pink Pills may bring you new pep, energy, joy in life—often in only 30 days. So start today! Get back "in the pink" with

DR. WILLIAMS' PINK PILLS

ELLEN'S DIARY

By An Island Farmer's Wife

We never cease to wonder over the miracle of electric energy that in recent months has come to this farm. We suspect we always shall marvel at, respectfully touching a switch or entering the connecting plug of some appliance, that fantastic figure whom granddaughter knows as "Reddy Killowatt" immediately springs to our assistance. Nor have we yet become accustomed to the sight of that gleaming line of silver which runs now along this red bridge-spurred road of ours. Nor of that one which leads in above pond and field bearing the necessary current to houses and out-buildings. It has been of much help to us along the winter months. James himself has been heard to say he would just as soon chore by night now as in the daytime, and more especially during the sometimes exciting periods of farrowing at the piggeries when lights must be maintained there over-night, has the convenience proved its worth to the farmers.

The pumping of water too, to stables and sties, once a laborious task is now effected by moving a gadget on a wall in the pump-house. In time, we suppose, the line of hose, the water-tubs and casks now a part of our equipment will be replaced by taps and drinking-bowls, when finally a modern water system has been installed. Notwithstanding Pat's assertion that "Ye'll soon get used to it, Ellen" we know we shall never take such changes casually. To our mind there will always be a magic about it. He calling on the way home from Church last Sunday, declared "After being used to the taps, 'tis a bother to have to pump a drink. An'" with a smile "quare it is now when ye come to think ay it — once it was no trouble at all, at all to carry water from a spring or a brook... an' mostly one hand to climb a steep hill. An' then, when folks cud wind it from a well, that was too good to believe. An' now we have but to turn a tap an' there we have it! I'm thinkin' they will have to be after inventin' something asier again, for humans will get so lazy they won't want to be exertin' themselves at all. An' I'm sayin' doesn't it seem lak the truth: the more that's done for us, the more we expect? Ay, the twinkled "there's no use in talkin', 'tis a queer, no queer world!"

Indoors too, we are grateful for "Reddy's" assistance. But sometimes when the shades of evening are dimming the corners of the room where we are at some task we would finish, we have come to reach for those lamps of past years, and are somewhat surprised to find a vacancy on the mantle where they once stood. A pair of "Room" lamps, quaint old pieces and possessions of the place for more years than James can remember, has been modernized in part with pleasing effect. But that which sat through every change of family and fortune on the parlor table neighboring the Family Bible still remains as it was, like an aged matriarch, who with folded hands and tender smiles looking into the past, relives again the length of her yesteryears.

And what of the spring-cleaning? White curtains behind polished windows greet us now from the house across the lane. At this one... but there are so many delaying incidentals to ours—a pair of wild ducks on wing, a "painted" heron by pond-side, granddaughter's invitations that must not be denied (is it a long time since you saw a red tulip? Then come with me right now... and what a surprise you'll get!"), an angler against a background of alders and spruces whipping the pond-waters, a blackbird stealth-

-Needlecraft-

— FOR THE HOME —

IN HALF SIZES

Its simple, gentle lines make this dress a becoming silhouette for the half size figure... and one of the best of all basics for a sheer or print. Pleats give softness to the V-neck; seven gores bring ease to the skirt.

No. 2358 is cut in half sizes only. 14 1/2, 16 1/2, 18 1/2, 20 1/2, 22 1/2, 24 1/2. Size 16 1/2, 3 3/4 yards 33-inch.

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. 2358

Name _____
Address _____
City _____ Province _____

Modern Etiquette

By Roberta Lee

Q. When a secretary is opening her employer's mail and comes to an envelope that seems to be personal, what should she do?

A. This would depend on circumstances. Some employers would resent having their personal mail opened. Usually it is better not to open anything that has the appearance of being personal.

Q. Don't you consider it rude for a guest to talk at length about the exceptionally good time he had at another party, or when visiting other friends?

A. Yes, it most certainly is rude—because it gives the impression that he had a much better time than he is having now.

Q. Our son has just become engaged, and so far we have not met the family of the girl. Isn't it our son's obligation to take us to meet his fiancée's family?

A. It most certainly is, and as soon as possible.

ily entering her doorway in a hollow lawn-tree, the mallman's horse beyond the new green of a hill... now we pause to count the stroke so many delightful delays. But, of "doom"—our hour for retiring. Until tomorrow — Diary — Good-night. . . .



2358
SIZES
14 1/2-24 1/2

Better English

By B. C. Williams

1. What is wrong with this sentence? "They found a gun or the criminal, and confiscated it."

2. What is the correct pronunciation of "height"?

3. Which one of these words is misspelled? Allegedly, allegorically, alienation, allegiance.

4. What does the word "profanation" mean?

5. What is a word beginning with "ir" that means "not applicable or fitting"?

ANSWERS

1. Say, "They found a gun or possession of the criminal." 2. Pronounce as hite, not as hit. 3. Allegedly. 4. Act of profaning, especially sacred things. "His profanation was shocking to the people of the community." 5. Irrelevant.

Thrilled to Find Household Paints in 1,322 Colors

"Soon after we decided to redecorate our house we discovered a wonderful new kind of paint," reports Mrs. G. R. Komadoski, 630 Henderson Highway, Winnipeg, Manitoba.

"It's FLO-GLAZE Colorizer—and we found we could get in our choice of hundreds and hundreds of lovely colors! Even the most unusual 'in-between' colors were all ready for us to buy right off the counter."

"So it was easy to pick out just the exact shades of colors we wanted for every room in the house. And I found I could even match the colors in rugs, drapes or furniture without any messy, hit-or-miss color mixing. All I had to do was buy FLO-GLAZE Colorizer paint in that shade."

"Now we're thrilled with the fresh beauty and color harmony in our home. What's more, we've found that FLO-GLAZE paints perfectly covered the old paint of many years. And they're so easy to apply!"

Get high-quality oil-base FLO-GLAZE Colorizer paints in interior gloss, semi-gloss, flat wall paint, velvet finish, 4-hour enamel or exterior paint.

See the Colorizer samples at your FLO-GLAZE dealer's soon!



MRS. G. R. KOMADOSKI

Helena Rubinstein creates

Stay-long

the most amazing indelible lipstick ever made!

Here, for the first time, is an indelible lipstick that's as lustrous and creamy as you could wish! Here, for the first time, is an indelible lipstick in a full range of glowing colors!

Helena Rubinstein's remarkable new Stay-long lipstick not only clings to your lips, but actually protects them from drying and chapping! And wait till you see the way that wonderful, moist, dewy look lasts! You'll find Stay-long lipstick, in ten marvelous reds, right here—for only 1 50

You can buy a new Stay-long refill for your own lipstick case for only .75

MOORE & McLEOD Limited



This gorgeous MINK COAT can be YOURS!

Enter NOW You may win this mink coat in Swift's fabulous \$40,000 Fur Coat Contest! Here's what you do. Send the top of a 1 lb. carton of Swift's, plus your name and address, to: Swift's Fur Coat Contest, Box 446, Terminal A, Toronto, Ontario. All the details are at your food store. Swift Canadian Co. Limited.

*Swift's is the trade mark of Swift's Improved Shortening.

She thought she was safe until...

SHE'S ATTRACTIVE BUT SHE HAS "B.O.!"

People whisper when they notice "B.O."

NO OTHER SOAP contains Lifebuoy's special purifying ingredient that STOPS "B.O."

● Only Lifebuoy can possibly give you Lifebuoy's special purifying protection. That's because no other soap contains Lifebuoy's exclusive scientific ingredient. It's this wonderful effectiveness that makes Lifebuoy the choice of careful people everywhere. Lifebuoy gives you long-lasting, all over protection from offending... really stops "B.O." from head to toe. Get Lifebuoy today.

FROM HEAD TO TOE... LIFEBOUY STOPS "B.O."

NOW I KNOW I'M SAFE... LIFEBOUY GIVES ME ALL OVER PROTECTION AGAINST "B.O."

USE IT DAILY

LIFEBOUY Health Soap

Get the BIG ECONOMICAL BATH SIZE