

# Woman's Realm Social and Personal Fashions Literature

When the first spoonful makes you want to SING



## # THESE ARE THE FLAKES FOR ME TRA-LA!

They'll really give you the "lift" you need

The busier you are, the more vital is a breakfast that does three essential things: (1) rouses your sleepy appetite; (2) gives you the quick energy you need; (3) helps sustain you through hours of driving work.

Proven first in flavour, rich in energizing "carbohydrates," Kellogg's Corn Flakes help keep you going for hours. Time-saving, too — 30 seconds to serve... no pots to clean.

Get Kellogg's Corn Flakes — several packages tomorrow! When you breakfast out, insist on the wax-wrapped individual package! Made by Kellogg's in London, Canada.

"Kellogg's five to one," say families across Canada. Yes, when housewives in every province answered this question: "What five times as many said 'Kellogg's' as said ANY other kind of corn flakes. The trained palates of flavour experts, testing all four brands of corn flakes, back up the housewives' word. One of many to take this impartial test, M. Claude Bland, Chef for the King Edward Hotel, Toronto, says: "This corn-flake taste-test definitely proved to me that Kellogg's win on flavour!"



**ECONOMICAL!** A few pennies provide the family's breakfast or supper when you serve fresher, more delicious Kellogg's Corn Flakes. Ask your grocer for the new family-size package tomorrow.

### YOUR INDIVIDUAL HOROSCOPE

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

For Friday, August 19th

**MARCH 21 to APRIL 20 (Aries)**—Less stimulating for business than yesterday but steadily for all who sincerely try to get ahead in his or her affairs. Good news affecting personal matters likely.

**APRIL 21 to MAY 20 (Taurus)**—Particularly favorable A.M. for your general talents and all that requires an artistic and professional touch. Domestic matters, culinary interests in favor. P.M. asks more caution in subtle and confidential issues.

**MAY 21 to JUNE 21 (Gemini)**—More friendly to familiar matters, making improvements and corrections and returning for future security than for making in hazardous ventures. Being reckless as taboo.

**JUNE 22 to JULY 23 (Cancer)**—A.M. offers wider scope and more advantages for personal advancement, domestic and artistic matters than does the afternoon and evening. Be especially optimistic after 7 P.M. Avoid emotional tragedies.

**JULY 24 to AUGUST 23 (Leo)**—Maybe not a money-making day as far as quick returns are concerned but surely favorable for foundation work and building for lasting enterprises. Be constructive, purposeful.

**AUGUST 23 to SEPTEMBER 23 (Virgo)**—Not particularly energetic, but work and activities previously started can be carried on successfully if you don't force or strain. Be painstaking making needed sudden, drastic changes.

**SEPTEMBER 24 to OCTOBER 23 (Libra)**—The morning period highly favors matters pertaining to the arts, sciences, study, music, decorative and home affairs. Balance of day best for minor mat-

ters. Special care advised in real estate and produced interests. **OCTOBER 24 to NOVEMBER 23 (Scorpio)**—Favorable for industrial and financial matters and especially for those essential items pertinent to today's big problems and needs. But unpremeditated changes and action not advised.

**NOVEMBER 24 to DECEMBER 23 (Sagittarius)**—Commerce, shipping, mining, trading need close attention to avoid errors and mishaps. Matters slow-maturing are favored above quick turnovers. Spend wisely.

**DECEMBER 24 to JANUARY 21 (Capricorn)**—Seek legal advice in making contracts, signing agreements. Minor matters in industrial and mechanical lines mildly favored. After 7 P.M. be prepared to meet opposition to your pet plans and ideas.

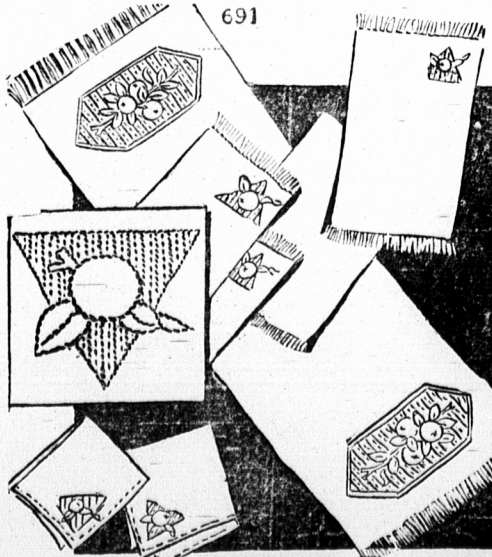
**JANUARY 22 to FEBRUARY 21 (Aquarius)**—Forget selfish interests today. Your natural calm, sound advice and service is needed for impersonal matters and projects for the public's benefit. And far as quick returns are concerned, through this generous service.

**FEBRUARY 22 to MARCH 21 (Pisces)**—You'll probably make more headway in business and everyday affairs than with your favorite hobby or heart interests, but don't worry, you can register in those issues later.

**A CHILD BORN ON THIS DAY** will be resourceful, ambitious and courageous, but at times difficult to understand and manage. It will need to be taught to cooperate more graciously with others if it is to succeed in life. Very artistic, convincing, magnetic. Bright but dictatorial. Always active.

### GAYLY EMBROIDERED BREAKFAST SET

691



DESIGN NO 691

Colorful fruit motifs make a cheerful breakfast set. Hot iron transfer pattern No. 691 contains 10 motifs, materials required and complete instructions.

To order this design, write your name and address on a piece of paper and send with 15 cents in coin or stamps to Needlework Department, Charlottetown Guardian.

To Charlottetown Guardian Needlework Department.

Design No. 691

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STREET \_\_\_\_\_

CITY \_\_\_\_\_

PROVINCE \_\_\_\_\_

### THE COOK'S CORNER

#### BLUEBERRY UPSIDE DOWN CAKE

2 cups blueberries  
1-2 cup sugar  
1/2 cup melted butter  
1-4 cup water  
1-4 cup shortening  
1-2 cup sugar  
1 egg, well-beaten  
1-2 teaspoon salt  
1-2 cup milk  
1-2 teaspoon vanilla

**METHOD:** Combine the blueberries with the first amount of sugar, the butter and water, and cook these together for 10 minutes. Pour into a square pan and prepare the batter.

Cream the shortening and gradually cream in the remaining 1-2 cup sugar. Add the well-beaten egg and fluffy mixture until light measure and sift again with the baking powder and salt. Add the sifted dry ingredients to the creamed mixture alternately with the milk, a small amount of each at a time. Add the vanilla. Spread this batter over the stewed blueberries in the pan and bake in a moderate oven (375 deg. F.) for about 25 to 30 minutes, or until the cake part is done.

This may be served either hot or cold with sweetened and flavored whipped cream.

#### BLUEBERRY REFRIGERATOR

1-1-3 cups (1 can) sweetened condensed milk  
1-4 cup lemon juice  
2 cups fresh blueberries  
2 egg whites, stiffly-beaten  
2 vanilla wafers

**METHOD:** Blend together the sweetened condensed milk, lemon juice and lemon extract. Stir until the mixture thickens. Add the blueberries. Beat the egg whites until stiff, but not dry and fold these into the mixture. Line a freezing tray with waxed paper and cover with part of the filling. Add a layer of the vanilla wafers. Add remaining filling in this way until the filling is used, finishing with a layer of the wafers. Chill in the refrigerator for 12 hours or longer. Cut in slices to serve and serve plain or garnished with sweetened and flavored whipped cream.

#### BLUEBERRY AND APPLE CONSERVE

4 cups tart apples, peeled and diced  
4 cups blueberries  
4 cups 2 lemons  
Grated rind 1 lemon  
6 cups sugar

**Method:** Peel and core the apples and dice them fine. Cook with a very little water until they are soft, then mash fine and add the berries before adding the berries they will not cook up, but remain in little hard particles.

Wash the berries and cook until they are tender and juiced fine. Add the lemon and grated lemon rind. Mix the two fruits and add the sugar. Cook until the conserve is thick and clear, but cook rapidly and only as long as is necessary to thicken. Pour into hot, sterile jars and seal immediately.

#### SUNSHINE STRAWBERRY PRESERVES

8 cups strawberries  
3 tablespoons lemon juice

**Method:** Wash the berries thoroughly, drain well, and hull them. Now measure them and place them in a preserving kettle in alternate layers with the sugar. Add lemon juice at the last. Heat the mixture slowly to the boiling point, making sure that all the sugar is thoroughly dissolved before the mixture boils. Boil the mixture for 10 minutes.

With a skimmer remove the hop-

### Dorothy Dix's Letter Box

COMMON-SENSE VIEW IS NEEDED IN MONEY MATTERS

#### Husbands And Wives Should Take Fair Attitude When It Comes To Helping The Parents Of Either

The money question is just as controversial in the home as it is in politics, and balancing the budget hangs over many domestic fights as it does in Congress. This is the case no matter whether the husband or the wife totes the pocketbook. The party of the other part always thinks that he or she has the right to supervise the expenditures of the other and ask: "What did you do with your pay envelope last week?" And woe betide the unlucky man who has bought a fishing rod with the money his wife designed to spend on a fact and a new wave, or the fool-hardy woman who has bought in \$15 on a new hat that her husband thinks should have been better invested in cigars and golf bags many men of my age. Ever since I have been out of school I have supported my parents, both of whom are old and feeble and not able to help themselves. I have never questioned the fact that it is my duty to take care of them, for they have always given me love and care and tenderness.

same. They come to despise their slave-driving grasping mates.

#### Youth Has The Right To Play

Dear Dorothy Dix—I am a boy of nineteen and have finished my first year of study in a doctor. My problem is this: My mother and father object to my going out with girls. No girl in particular, just girls. I am not thinking about love or marriage. I merely want to play around with nice girls, but my par-ent's mind out of my bones, I am an only child and it is lonesome at home just sitting around with old people. Do you think they are right?

W. P.

far from it. Girls are just as much a part of a boy's education as arithmetic or Latin literature and it is just as important for him to learn how to figure out the feminine sex and to speak in language as it is to be able to add two and two together and know what it comes to, or to have read the classics.

Parents make a great mistake when they try to keep their boys away from girls. The great idea in keeping them away is to keep them from thinking about marriage and from preventing them from falling in love, or committing the terrible crime of getting married before they are forty.

But his plausible theory doesn't work out in real life. A mama can quarrel about a son's going to a girl, but she can't keep him from thinking about them, and the more he is not allowed to associate with girls, the more he craves them. He becomes for some designing nussy when he gets grown.

Of course, women often take the same attitude towards what their husbands do for their parents, and in both the reaction is the same: men and women, who have to help their families by stealth is the

ries from the syrup and place in a shallow tray or platter. Pour the syrup over the berries. Now cover the trays or platters with glass to prevent dust getting into the preserves, and place them in the sun. Bring them in the sun a whole day. When the moods overnight. Any moisture that collects on the underside of the glass covering should be wiped away as it forms. Repeat this process for two or three days more, or until the juice has formed a jelly and the fruit is well-plumped.

Back the fruit into sterilized jars, adjust the tops, partially seal and place on a rack in a canner with water coming up over the tops of the jars. Bring the water in the canner to the boiling point (not boiling) and keep it at this point for 20 minutes. Remove the jars from the canner at the end of this time and seal tightly immediately. Store in a cool, dark, dry place.

**Girls Cannot Sacrifice Honor**  
Dear Dorothy Dix—I am eighteen, working as a secretary for a middle-aged man whose familiarities are so disgusting to me that I want to quit my job. I have never done anything to foster his attentions, which make every day so miserable and tormenting that I would rather be dead than working in such a hell. I would not stand it another day if it were not that the financial condition at home is such that I must keep working, and I do not know where I could get another position. I will follow whatever advice you give me.

TODDY.

There is only one piece of advice that anyone, who has your interest at heart, can give you today and that is to leave your position at once, no matter how badly your money is needed at home. Better that your family should go hungry and cold than that you should sell your soul to buy them comfort.

Don't be afraid you won't find work. You will. I have never done forward, and clear and honest and with the principle and backbone that you have, will make her way and find some employer who wants just those qualities as his secretary. After all, there are not many men like the lecherous beast you are working for.

**GOES TO SEA IN CANOE TO PROVE MILITARY FITNESS**  
SYDNEY, Australia.—To impress the military authorities with his physical fitness, Percy Hunt, a Stockton youth, intended to sail from Newcastle to Sydney over 100 miles of open ocean, in a canoe he has built. Hunt enlisted and was drafted to camp, but later was rejected for service overseas.

Blind boys at Worcester College in England gave up their prizes at this year's regatta as a war economy.

### Awakened Woman

By ELINORE BARRY

When the sun had disappeared darkness came on rapidly—not with the soft lingering of twilight in the east, coming out on the sleeping porch, Joyce caught her breath with delight at the brilliance of the stars in that clear, deep blue velvet of the night sky. There seemed to be more than she had ever seen before, closer together and brighter.

The entire sky was powdered with stars, she could plainly see that scalloped line of the distant mountains against the firmament, and beyond the garden the possuming fruit trees spread a carpet of soft white faintly shimmering in the starlight. Not a building nor an artificial light, emptiness spread around her like a pool of fatuousness still water, lonely, awe-inspiring.

Joyce sat there until she discovered that the night air was actually cold, a surprising change from the hot sun of the daytime, and she returned to the house.

At ten-thirty Joyce was still so wide-awake that she had no desire to go to bed, but a feeling of restlessness swept over her again, and she could no longer sit still in front of the fire.

"It must be safe to go downstairs now." Think I'll sneak out to the kitchen and look for something to eat.

She found the lower part of the house in total darkness, but remembering the cubistic floor lamp just inside the living room door, she fumbled for it and successfully lit the chain. This gave her light enough to find the kitchen.

When she had finished eating, Joyce tried the back door and found it locked. There she went upstairs again, she made the round of all the windows and doors on the lower floor.

When she was in bed, Joyce lay tense for some time, nervously aware she would never go to sleep. She could not have lain awake long, for when she woke to broad daylight, Joyce had no recollection of a sleepless vigil in the dark.

She felt so much better that her courage went up with a sudden leap. There was a quality about the brilliant sunshine and clear air which sent a thrill of pleasurable excitement through her. The prospect of the coming problems stimulated instead of disheartening her. Today she would play the role of Mrs. Nell Packard more convincingly.

#### CHAPTER V

"I don't care who comes. I'm going out," she decided recklessly. "On a glorious day like this it would be a crime to stick indoors. If this isn't a pleasant change from Philadelphia in November! It's all so marvelous!"

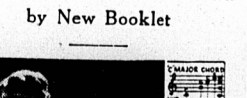
She went down to the dining room buoyantly, careless of whether or not it had been Piers' custom to appear so early.

After serving breakfast, Roxie lingered. "Will you be home for dinner, Mrs. Packard?" she asked. "There's a guest, and how many to expect and what you'd like to order."

"Yes, I'll be here for dinner, but I'll be alone. And it doesn't matter what, just so I don't have to decide myself."

She went out immediately into the garden and made her way around the dining-room wing of the house in the direction of the garage, sniffing delightedly at the exotic fragrance of the orange blossoms.

How to Play the Guitar Shown by New Booklet



Teach Yourself From Diagrams  
No wonder the guitar is such a popular instrument! For you can take it with you everywhere — on picnics, parties — stir up fun for your friends and yourself.

Accompanying a song on your guitar, you play harmonizing chords which you can learn from simple diagrams.

The diagram pictured has at the top the notes of the C major chord and, below, shows how to play this chord on the guitar fingerboard. The vertical lines are the strings and the horizontal lines are the frets or metal bars.

To play the C Major chord, press the strings close to the frets with your left hand at the points where the fingering 1 and 3 is indicated — and, at the same time, with your right hand pluck the strings near the sound hole, as shown by lower part of diagram. Use the thumb (indicated by x) a split second before the fingers 1, 2 and 3, which you play together.

Our new 32-page instruction book explains the guitar finger-board in detail: shows methods of playing and correct fingering. Gives complete diagrams and directions for playing chord accompaniments. Includes melody and guitar chords for seven favorite songs.

Send 20c in coins for your copy of Easy Lessons in Guitar Playing To The Guardian Home Service. Be sure to write plainly your Name, Address, and the Name of booklet.

Name \_\_\_\_\_  
City \_\_\_\_\_ Province \_\_\_\_\_

Name \_\_\_\_\_  
Street Address \_\_\_\_\_  
City \_\_\_\_\_ Province \_\_\_\_\_

SUMMERBOY RECEIVES WINGS  
CAMP BORDEN, Ont., Aug. 6.—Thirty-five young pilot officers, representing every province of Canada, received their wings today at the Royal Canadian Air Force Station.

For the first time here, mothers and wives of the new pilot officers attended.

The following officers were among those receiving their wings: R. B. Edwards, Glace Bay, N.S.; C. A. Brennan, Summerside, P.E.I.; W. J. MacKinnon, Moncton,

### Living & Leisure

The Woman's Realm

There are folks who are always complaining. Each one thinks his own a sad job. And forgetting the good things of his own home. Goes mourning for those he has not.

In sewing seams of material that frays, paint colorless nail varnish down the edges. This makes them stiff, prevents fraying and saves time in oversewing.

To find ways of preventing peaches from browning, scientists tested 10,000 samples of peaches and used 124 solutions.

#### TIPS GIVEN FOR BASEMENTS

Your basement may be converted into one of the most useful parts of the house by partitioning off spaces for the items frequently stored there.

A partition should enclose the coal bin, and one to close off the furnace will protect the rest of the basement from soot and dirt. The remainder may be divided into spaces for a laundry, a play-room, and a workroom. Space may also be provided for garden tools, fruits and vegetables.

The easiest partitions to install are those made of wood or plywood. The framework for these partitions should be of 2 x 4-inch lumber as for ordinary wall construction. Where plywood is used place the studs on 16 or 24-inch centres, according to the width of the sheet. Tongued and grooved 3-4-inch boards will make an attractive wood wall.

One thing to remember before undertaking any changes in your basement is to dray up a carefully thought out plan first.

A check tweed sports jacket, has a double-breasted outwax jacket in two shades of blue, with pale green handkerchiefs which match the machine knit sweater.

The inco-cope, eye of television, is so alert that it will permit transmission of rapidly moving subjects.

CURTAINS FOR SMALL FRY'S ROOM  
Gingham makes most attractive and practical curtains for the young girl's room. Choose a fine pink and white check. Make them straight in full 36-inch width, hanging from the top of the window to the sill. With the hand-crank guide attachment of your sewing machine, you can wind blue rick-rack into an unusual order of criss-cross scallops, and use it as a trim around the edges of the curtains. Dressing table skirt, chair cover and bedspread might be made to match.

When selecting curtains for a boy's room consider his hobbies and use these interests as a basis for trimming simple unbleached muslin draperies. Fish, sailboats, airplanes or animals can quickly be applied onto the curtains in gay colors, with the zigzagger attachment for the sewing machine. Or, the staccato accent of stripes, Red and white, seersucker, applied with bright blue anchors is a grand idea.

When wearing a friendly gammas was having a friendly game of bowls with the village doctor when he thought of his threatened cold and, imagining he would be free advice, asked the doctor: "Oh, by the way, doctor, what was your game for a sailboat?"

"I was giving you something," replied the doctor. "I've never used for a sore throat."

#### A Morning Smile

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#### HOME-MADE CHEESE

Cream cheeses are useful in salads or for lunch with bread and butter or made into sandwiches with chopped nuts or other savoury fillings. And they are easy to make at home when any of your cream or milk happens to have gone sour. All you have to do is to add a pinch of salt to the curd, stirring it in, transfer the curd to a square of muslin or thin-meshed, fine canvas, and the corners together, and hang over a bowl to

### Needlecraft—For The Home

This two-piece dress with the easy sleeve top is the perfect Summer time costume for home or travel wear. One made of cotton or pretty rayon print trimmed with gay tulle is the ideal fabric for a practical dress. The slim waistline and flared skirt do lovely things for your figure. This is an easy dress for the beginner to make for herself and the accomplished sewer can run it up in a jiffy. Trim pockets can be added to the jacket.

Style No. 3336 is designed for sizes 14, 16, 36, 38 and 40. Size 16 requires 3 1/4 yards of 39-inch material with 2 1/4 yards of 44-inch. Send Twenty (20c) coin in preference, for pattern. Write plainly your Name, Address and style number. Be sure to state the size you wish.

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