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

HAPPENINGS OF THE WEEK

Many interesting day fashions were set by the gowns chosen for wear at the recent lunch given to the King and Queen at Guildhall, London. The crystal grey of the Queen's crepe gown was an almost off-white shade, which was exactly matched by her upturned straw hat, trimmed with ostrich feathers, and her gloves. A cape panel fell from each shoulder and was bordered with grey platinum fox. Queen Mary was a regal figure in her lace ensemble of a delicate ivory shade, the ideal background for the mauve orchids presented to her. An all-white bouquet of lilies of the valley and orchids had been chosen for the Queen.

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Hon. Alastair Buchan, son of the Governor General and The Lady Tweedsmuir, is returning to Canada in the "Duchess of Bedford", which is due today. Hon. Mr. Buchan has been studying at Oxford University. He will join Their Excellencies in Quebec.

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There were many social activities during the week connected with the visiting warships H.M.C.S. Skeena, U.S.S. Hamilton and the French Sloop of War the Ville d'ys and exchanges of hospitality.

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The dance at Government House on Monday evening was the gayest of the season. The handsome dress uniforms of the Navy officers, the Militia officers and the lovely gowns worn by the ladies made an entrancing scene. Out of doors was like fairyland with myriads colored lights shining on the beautiful lawns and gardens, so much enjoyed by the guests sauntering out between dances. The Lieutenant Governor and Mrs. DeBlois were assisted in receiving by Mrs. H. Ross Hooper of Wiltshire, England, and Mrs. Stanley Hall, of Winnipeg, house guests at Government House.

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Mrs. Hooper, since arriving at Government House, has been most warmly welcomed by her many old friends and is charmed with the beauty of the surroundings and the great improvements made in the Garden Province during her long absence in England.

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The Confederation celebrations are almost ended and it has been a week of historic importance, gaiety and fun in which young and old had a part, and goodwill prevailed everywhere. The glorious summer weather made it possible to carry out the program in its entirely and nothing but praise is heard from visitors on the open hospitality extended during the week.

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New ways with net curtains will be seen by Queen Mary at an exhibition at the Royal School of Needlework. Princess Helena Victoria will show Queen Mary the latest short curtain fashion, in which ultra fine British filet net in an oyster shade is striped with oyster satin to tone. This idea is carried out in a special furnishing department of the school. Dressing-table skirts and bed flounces are to be striped to match in a novel bedroom ensemble. Queen Mary is lending two of her own William and Mary rose wood chairs from the sitting-room at Marlborough House for the exhibition. She is working the chair seats with scrolls and flowers taken from an old design in the Victoria and Albert Museum. They are in petit-point in pastel blue, green and mauve wool on a biege ground.

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The hostesses at the Summerside Golf Club this afternoon will be Miss Carrie Holman, Miss Gladys Holman and Miss Connie Enman.

Mr. and Mrs. Will Muirhead, of Vancouver, are visiting their old home in Summerside.

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Dr. and Mrs. Wm. Holman of Montreal, are among the visitors being welcomed to Summerside.

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Hon. J. D. Hyndman, of Ottawa, is expected this week on a visit to his mother, Mrs. Charles Hyndman.

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Mr. J. R. Dyer, manager of the Royal Bank at Kitchener, Ont., accompanied by Mrs. Dyer and their son, were among the visitors last week-end renewing friendships in the city.

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Hon. Vincent Massey, Canadian High Commissioner and Mrs. Massey were at home Tuesday to members of the Canadian colony in London. Among the guests were members of the visiting Bisley team.

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Mrs. D. A. Helm of Toronto, accompanied by her two daughters, Dorothy and Phyllis, and son, Ross arrived by motor on Wednesday to spend several weeks with Mrs. Helm's parents, Mr. and Mrs. Murdock Ross, Prince Street. They are being pleasantly welcomed by all their old friends.

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Mr. and Mrs. J. G. MacPhail and their son, Mr. Andrew MacPhail, returned to Ottawa this week having spent a brief holiday at the old family home in Orwell.

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It is pleasing to see Mr. A. Pickard out driving after his recent severe illness, from which he is now convalescing

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Mr. and Mrs. E. Porter, accompanied by their daughters, Misses Edith and Virginia Porter, of Brookline, Mass., arrived this week by car and are holidaying at Keppoch, Mrs. Porter is a sister of Miss Edith Rogers.

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Mr. Philip Large, of Winnipeg, is home on a short visit to his mother, Mrs. H. R. Large, Hillsboro Street.

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Miss Elizabeth MacMillan, Secretary Woman's Jubilee Guild, St. John's, Nfld, is visiting the city.

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Mrs. Lawrence Burpee and her daughter, Miss Peggy Burpee, of Ottawa, are on a holiday visit to Stanhope Beach.

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Dr. and Mrs. Frank have as their guest at Rosebank the Doctor's sister, Mrs. (Dr.) Fisher, of New York.

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Fashion salons in Paris announced Tuesday that the smart woman may now paint her knees as well as her toenails, finger nails and cheeks. Such designs as flowers painted on the kneecap were recommended. In announcing this news, the salons said that dresses were likely to be shorter.

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Mrs. Dan Anderson and two children Elizabeth and John, of Baie Comeau, P.Q., are visiting Mrs. Anderson's father, Mr. H. H. McFarlane, Prince Street.

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The tea hostesses at the Golf Links this afternoon will be Miss Dorothea Stewart, Miss Edna Gordon, Miss Margaret Wood, Miss Olive Johnstone.

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Mr. and Mrs. R. G. Loughlin and daughter Mary, of Fredericton, N.B., are the guests of Mrs. Loughlin's father, Mr. Ernest Duchemin and Mrs. Duchemin.

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Mrs. W. E. Hyndman, Miss Helen Hyndman and Miss Phyllis Foster have returned from a two week's motor trip to Montreal and through the Maritime Provinces.

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Mayor Allan Stewart and Mrs. Stewart, of Owen Sound, Ont., is visiting the former's parents, Mr. W. A. Stewart, M.L.A., and Mrs. Stewart, Greenfield Avenue.

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Mr. Clyde Auld of Toronto has joined his family in Malpeque.

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Mrs. Esmonde Sullivan, of North Adams, Mass., has arrived on a visit to her mother, Mrs. T. B. Grady, Upper Prince Street.

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Miss Buleah Munroe is being welcomed home from North Adams, Mass., where she spent the winter with her cousin, Mrs. Sullivan.

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Miss Annie Watson left yesterday morning to spend the holidays with her mother at her Cape Cod summer home.

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Touring the Royal Agricultural Show in Windsor, England, Queen Mary stopped to look at a tiny red flower no bigger than a farthing. The plant, a flowering strawberry called Potentilla, might have been invisible to a visitor among the hundreds of rockery plants. But the Queen Mother said: "I remember my husband admired that flower. I think it was at Derby. I am so glad to see it again." It is six years since King George V, walking through the Derby Royal Show with Queen Mary, admired the Potentilla.

CROCHETED INFANT'S DRESS

DESIGN NO. 278

This lovely crocheted dress for an infant rates with the most delicate of handmade garments. It is a simple style and requires only treble crochet. It is as highly styled as a grownup model, having clever little gores and a small, neatly fitted yoke. Pattern No. 278 contains large illustration of the dress, complete instructions, materials needed and illustration of stitches.

To order this design write your name, address and No. 278 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. 278

Name - - - - - - - - - - - -

Address - - - - - - - - - - -

How Can I ? ?

(By ANNE ASHLEY)

Q. How can I induce a canary to use his bird bath?

A. Try sprinkling a little sand in the bottom of the bath before filling with water. Very often the bird's refusal is due to a slippery bottom.

Q. How can I remove food from enamelware without scratching the enamel?

A. Use a half worn whisk broom when washing enamelware, and any food that sticks can be removed readily without injury to the enamel.

Q. How can I revive the color of a blue flannel dress or shirt?

A. Add a little vinegar to the rinse water and it will help bring back the color.

SHE STARTED 100 FADS AND FASHIONS

The Story of VERNON AND IRENE CASTLE Starring FRED ASTAIRE GINGER ROGERS

THE COOK'S CORNER

SPICE PUDDING

1 cup raisins
1 egg
1-2 cup sugar
2 cups milk
1 1-2 cups fresh bread crumbs
1 teaspoon cinnamon
1-2 teaspoon cloves
1-2 teaspoon allspice
1-4 teaspoon nutmeg
1 teaspoon melted butter
Pinch of salt

Seed the raisins and cut them in half. Beat the egg light, add the sugar and then the milk and pour the whole over the crumbs. Add the spice, fat salt and raisins, stir well, pour into a baking dish, set in a pan of water and bake until firm in a slow oven (300 F.) Serve hot or cold, with any desired sauce. A lemon sauce is particularly nice.

BRAZIL NUT CAKE

2 cups ground Brazil nuts
1 cup sugar
1-4 teaspoon salt
6 eggs

Grind nuts until 2 cups are filled. Mix with sugar and salt. Beat egg yolks until foamy and beat in sugar and nut mixture. Beat thoroughly and fold in beaten egg whites. Pour into a spring form pan or square pan and bake at 325F for 1 hour or until done. Frost with 7-minute icing or a butter icing.

GINGERBREAD

1-2 cup brown sugar
1-2 cup molasses
1 1-4 cups sifted flour
1 teaspoon baking soda
2 teaspoons cinnamon
1-2 cup butter
1-2 cup boiling water
1 egg
2 teaspoons ginger
1-4 cup raisins

Cream butter, add sugar, beat well and add egg. Beat again, then add flour with spice in it and the molasses alternately. Last of all add hot water with soda dissolved in it. Bake in a greased pan in moderate oven until done.

TEA BISCUITS

3 cups flour
3 teaspoons baking powder
1-2 teaspoon salt
3 tablespoons shortening
2-3 cup milk

Sift and measure flour and sift with baking powder and salt. Cut in shortening and gradually add the milk. Do not have the dough too stiff. If a richer biscuit is desired, beat 1 egg and use only 1-2 cup milk. Brush biscuits over top with unbeaten egg white. Place dough on floured board, pat to desired thickness (about 1 inch) and bake in moderately hot oven (375F) for 15 minutes. These biscuits may be used in small individual tins, making a rich crust all around the biscuit.

OLD RECIPES FOR POT-POURRI

The time of the roses, fill's garden-proud women with the ambition to make pot-pourri from their own riot of blooms. In country houses pot-pourri is made in as large quantities today as in more leisured times, when every woman wanted jars to give a pleasant fragrance to her rooms.

Here is the recipe said to have been followed in Charles I's time at Carisbrooke Castle, and still used in the Isle of Wight. It makes a particularly good pot-pourri.

Dry the leaves of fresh roses thoroughly. To every 3 handful's add 1 handful of kitchen salt. Stand for a week, turning over every day. After that put 2 oz. stick cinnamon, 2 oz. whole cloves, 2 oz. whole mace, 2 oz. whole allspice in a cloth, and break them up with a hammer. Add to the rose leaves, and stir daily for five days longer.

Add the following ingredients a few at a time, mixing well in, and taking a week to finish: 1 lb. bruised orris root, 1-2 lb. lavender flowers, 1-4 lb. verbena leaves, 1-4 lb. rose geranium leaves (these must be well dried) 2 oz. each of ground cinnamon, ground ginger, ground cloves and ground allspice, 2 oz. each of violet sachet powder, white roses, heliotrope and sandalwood, 2 oz. extract of violet, white rose, patchouli, lemon verbena, rose geranium heliotrope, lavender, and any other scent you choose. Also 6 vanilla beans, 1 oz. Tonquin beans cut up into small pieces. The pot-pourri is now finished. It should be stirred occasionally, and kept covered for three months before putting into jars.

This is the Osborne recipe, and is said to have been a great favorite with Queen Victoria.

Take 1-2 gallon dried rose leaves and any other sweet-smelling leaves, like rosemary, lemon verbena, balm, and so on. Sprinkle over them 1-4 lb. rock salt, 1 oz. orris root, 1 oz allspice, 1-4 oz. gum benzoin, 1-4 oz. cypress, 6 gr. musk and 3d bergemot. Mix these ingredients together, then sprinkle them well into the leaves. Place in jars for use, but on no account use silver or metal bowls.

Worry is just like a rocking-horse; it keeps you going but gets you nowhere.

Under the town of Chislehurst, Kent, stretch twenty-two miles of caves hewn out of chalk by the ancient Britons some 2000 years ago.

Some of them are now to be converted into modern air raid shelters. They will be fitted with gas traps and all modern devices and will, it is estimated, give shelter to 5220 persons should the need arise. If all the caves were used, another 15,000 persons could be accommodated and would be able to stop safety for an indefinite period ninety feet below the surface.

Dorothy Dix's Letter Box

Youth and Age Have Different Viewpoints and How to Make Them Compatible Under the Same Roof is Problem in Most Homes

Dear Miss Dix—I am a boy of 15 and my trouble is about my grandfather. He lives with us and he gets on my nerves until I nearly go crazy. It makes me feel that I can't be happy at home. In fact, he spoils my home for me. It is not his fault, but he just isn't used to living the way we do and everything he does rubs me raw. The way he eats and dresses and talks, you know. I wish you would tell me what to do, as I haven't the courage to talk it over with my mother and tell her what is wrong and what makes me so unhappy. R. H.

Answer:

Well, son, the problem you face is one of the most insoluble ones in all human relationship. It is how to mix youth and age harmoniously at a time of life when both are most egotistic and have least patience and adaptability.

In theory, all old people are saintly, gentle, sweet, filled with wisdom and are a benediction on the household. In reality they are nearly always querulous and cantankerous, opinionated, prejudiced and hard to get along with. In theory, also, youth is beautiful and fascinating and filled with reverence and admiration of its elders. It regards every one older than itself as dotards who merely encumber the earth and are in the way of boys and girls.

So, you see, for youth and age to dwell together in harmony takes a bit of doing, as the English say. Because you are too young and he is too old you cannot understand each other nor make allowances for each other. Your grandad thinks that because he has lived so many years he has become an oracle and that you should sit at his feet and learn wisdom. Because you have lived so short a time you think that you know it all and that his ideas and opinions passed away with the Dodo. Both of you are right and both of you are wrong.

Age does bring wisdom, but some of it does not fit modern conditions and has to be revamped to apply to the world in which we live today. It is not to be wondered at that your grandfather gets upon your nerves. Old people often get very untidy about their clothes and their persons. Frequently their table manners being to a day in which there were only two-tined forks and a knife was the accepted mode of conveying food to the mouth.

Maybe their grammar is rickety and they did not have the advantages of the education that you have. Nearly always they are opinionated and set in their ways. It seems to be the inevitable law of nature that age turns us garrulous and makes us bores, given to telling long-winded stories of our pasts.

But, granting all this, can you have a little pity for this old man whose youth and strength have gone from him and who has no interest in life except in his memories? Can you not have patience with him when you reflect that the time will surely come to you, unless you die, when you will be old, with outmoded views, with manners and habits that belong to a past generation, mumbling your oft-told tales, and get just as much on your grandchildren's nerves as your grandfather gets on yours?

Think this over. Remember that your grandfather in his day has been a man among men. Perhaps from him you inherited your strong body and your good mind. Perhaps he laid the foundation of the fortune you are enjoying, and you owe to him a debt of gratitude that you should at least repay with forbearance. Talk this matter over with your mother if your granddaddy is her father and with your father if granddaddy is his father, and get their slant upon it. Maybe they will solve your problem by sending you off to school.

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Dear Dorothy Dix—What can a wife do with a husband who swears and throws things and breaks up the furniture if anything goes wrong in the home or he has had a bad day at the factory? For twelve years I have been trying to solve the riddle I am married to and find out what makes him act the way he does; whether he doesn't like me, or doesn't like marriage, or what's the matter. When we are at home alone at night he never speaks to me. If friends drop in for cards he is pleasant enough to them, but after they are gone he tells me that I have just been showing off by bringing in some sandwiches and coffee. When his friends come to dinner he spends the evening making fun of me, derriding my figure, my walk and how much money I spend. It is hard to keep the tears back and put on a front, and I feel I cannot do it much longer. Do you think my husband wants me to leave him? Is he trying to drive me away? And if he isn't why does he treat me as he does? I would rather go and make my own living than to stand what I do. ANNE.

Answer:

Many husbands use their wives as escape valves for all the bottled-up temper and nerves and irritability thatt hey dare not show the outside world. It is a mean thing for a man to go home and give his innocent wife the beating he would have liked to have given to some brawny giant he dared not touch, but a lot of them do it. The most grinding domestic tyrant I ever knew was a little man who quaked with terror when his boss spoke to him and who didn't call h's soul his own in the office where he worked.

Many a man takes his revenge at the way the world treats him by mistreating his wife, and many a man inflates his own ego by deriding and ridiculing his wife before people and showing how superior he is to her. So because your husband treats you the way he does is no sign that he regrets being married to you or wants to get rid of you. Probably, on the contrary, he finds you necessary to his comfort and happiness, because you not only make him a comfortable home, but you afford him an outlet for his spleen. Being amiable, you are a grand punching bag and don't come back as a high-tempered woman would, with a few licks of her own.

But perhaps your husband would find more interest in a wife who would fight back instead of taking his ill treatment. You might try it and see. DOROTHY DIX.

YOUR INDIVIDUAL HOROSCOPE

By FRANCES DRAKE

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

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For Saturday, July 22nd

MARCH 21 to APRIL 20 (Aries) —Stars indicate it is not an especially peppy day for accomplishing a great amount of work or for quick money turn-overs. Best for tidying up and cleaning the desk or work bench of those matters needing just that touch here or there for completion.

APRIL 21 to MAY 20 (Taurus) —Clears nicely for you folk where your heart and other personal interests lay. Dandy inclinations for week-end interests, get-togethers' travel, artistic pursuits, romance.

MAY 21 to JUNE 21 (Gemini) —Many splendid aspects in your chart this fine Saturday. Equally favorable: Business and social affairs. You should build something permanent. Utilize advantageously your experiences of the past. Make this a new milestone in achievement!

JUNE 22 to JULY 23 (Cancer) —Your personal attention to improtant affairs and necessary duties will expedite matters throughout the day for you and yours. Don't play when you should be working and vice versa.

JULY 24 to AUGUST 22 (Leo) —Plan carefully, avoid haste, watch expenditures. Be straightforward in all dealings and be the richer in the end. Perhaps not so auspicious for launching new enterprises or making a bid for promotion. More patiently, sensibly.

AUGUST 23 to SEPTEMBER 23 (Virgo) — Gains through written matters, secretarial work, artistic development. Do not make ill-timed changes, especially where they concern your personal life. Friends helpful.

SEPTEMBER 24 to OCTOBER 23 (Libra) — Advice to Virgoans also applies to you Librans. New opportunities likely to crop up. Good day for new and old business matters, collections and selling your capability.

OCTOBER 24 to NOVEMBER 22 (Scorpio) — Sars say it is not a money day but with proper management you don't need to suffer losses. Day best for routine affairs, closing deals, recreation, sports, good reading, rest.

NOVEMBER 23 to DECEMBER 22 (Sagittarius) — You can start things here that will later bring promotion or increased revenue. Put your expert capability to the test if you've weighty business to handle. Friendly rays for indulging healthy activities, pleasure jaunts, cruises.

DECEMBER 23 to JANUARY 21 (Capricorn) — Take a helpful tip from your stars! Risks of any kind, recklessness in work, driving or other activities should not be tolerated. You'll fair better and be happier by following a calm, unruffled but confident middle road.

JANUARY 22 to FEBRUARY 20 (Aquarius) — Today should lead to contentment and personal and business attainment. But You've got to be the generator. Loyalty to high ideals and promises and awareness to opportunities needed.

FEBRUARY 21 to MARCH 20 (Pisces) — A beneficient day. Work hard, if you've work to do, then enjoy some recreation and romance. In difficult matters be guided by elders or those whose judgment is valued. Enter social activities, make new acquaintances of worth. Promote yourself and your affairs.

A CHILD BORN TODAY: Originality and versatility are marked traits: will be convincing in conversation, winning in personality but inclined to be too fond of a life of ease. This child will be sensitive, affectionate and bright and should be intelligently reasoned with. Don't crush its individuality; listen to its troubles and doubts. Help it overcome them.

Household Scrapbook

(By ROBERTA LEE)

White Gloves

If a white glove rips or tears accidentally, just as you are putting it on to go out, and there is no time to mend it, put a small strip of adhesive plaster over the spot and it will not be noticed.

Baby's Soap

Pure castile soap is best for bathing baby. If a delicate aroma is desired allow the talcum powder used to take care of that; but be sure to use only pure soap for his tender skin.

Greasy Dishes

The task of washing greasy dishes can be made much easier by dissolving a little washing soda in the hot water before washing them. The juice of a lemon is also good, and no soap is needed.

Modern Etiquette

(By ROBERTA LEE)

Q. When at the table and one has a violent attack of coughing, what is the best thing to do?

A. Ask to be excused and leave the room until the seizure is relieved.

Q. Who takes charge of the wedding fee for the clergyman?

A. The bridegroom places it in an envelope and gives it to the best man, who hands it to the clergyman after the wedding.

Q. Shouldn't a golfer stand quietly while his opponent or his partner is driving?

A. Yes; he should not talk nor move around.

Morning Smile

Father—I wish you wouldn't keep asking questions. Didn't you ever hear that curiosity killed the cat?

Little Arthur—What did the cat want to know, Father?

Professor: "I am going to speak on liars today. How many of you have read the twenty-fifth chapter of the text?"

Nearly every student raised his hand.

Professor: "Good. You are the group to whom I wish to speak. There is no twenty-fifth chapter."

BEACH FLOWERS TO TRIM MERMAID'S TRESSES

This season's bathing suits, from fabric to cut, are delightfully feminine. The 1939 vacationist will find definitely flattering and youthful fitted models of a shining satin-elastic material fashioned with figure-moulding bodice and short, gracefully flared skirts. She will select beautifully simple ones, then add a huge, vivid corsage of rubber flowers. If she wishes to carry the flower idea further, she can buy matching clusters for her rubber bathing cap, to tuck into her curls or to fasten onto her beach bag and wrap.

You, Too, Can Swim in Expert Style

Diving Simple To Learn

When summer swimming fun is at its height are you the "fraidy cat" who clings to shallow water—doesn't dare dive in?

In no time you can teach yourself popular swimming strokes, learn to dive gracefully.

Here's a good way to get used to plunging in. Kneel on one knee, place other foot near the edge, as the diagram shows. With hips well back, head between arms and arms held straight in front, let head and arms fall forward and down. As you start tipping over, push out with your feet.

Easily you glide through the water, come up eager to do a real "stand up" dive. And no trick to it if you know a few pointers. Don't lift your head as you hit the water, but keep head and arms down. When well into the water turn hands and head up—and up you come!

Swimming strokes too, are simple. Learn how to do the Crawl, Trudgeon and Side Stroke.

Our new 32-page booklet gives complete diagrams, instructions for the American crawl, back stroke, back crawl, side stroke, trudgeon, trudgeon crawl, breast stroke. Tells how to float, tread water, dive, do the racing start and turn. Safety tips for pools, lakes, rivers, ocean swimming.

Send 20c in coins for your copy of How To Be A Good Swimmer to The Guardian Home Service. Be sure to write plainly your Name, Address, and the Name, of booklet.

Name

Street Address

City Province

Housewife The And Her Activities

THREE KINDS OF COURAGE

There's the courage that nerves
you in starting to climb
The mount of success rising
sheer;
And when you've slipped back,
there's the courage sublime
That keeps you from shedding a
tear.

These two kinds of courage, I give
you my word,
Are worthy of tribute—but then
You'll not reach the summit
unless you've the third.
The courage to try it again!

—Roy Farrill Greene.

For general cleaning marble when badly soiled, use kerosene or salt and vinegar, but do not allow the vinegar to remain on for more than a few minutes lest it affect the polish. This method will sometimes remove smoke stains, too. Polish with any good furniture polisher rubbed in thoroughly with a piece of flannel. Then finish with a soft, dry cloth, and a brilliant surface will result.

You will find that, glycerine mixed with an equal quantity of either water or Eau-de-Cologne makes an excellent emollient for the skin. The skin should be washed and thoroughly dried, and the mixture applied externally, gentle rubbing only being employed: after eczema and other skin complaints this should be done several times a day.

Papering walls is simplified if a cold-water paste is used. The contents of a tin are poured on to cold water and are stirred to a paste which never becomes lumpy. A frieze can be easily added to the papered or distempered walls by this means instead of with home-made paste.

A rubber hot-water bottle should never be put away flat. Blow hard into the empty bottle, then screw on the top quickly. The air in the bottle will prevent the sides from touching each other and thus avoid perishing of the rubber.

To clean heavy chairs indoors cover with a damp sheet rung out in warm water. Cover the chair with it and beat with carpet-beater. All the dust will stick to the sheet and not fly around.

Kitchen windows are less likely to become steamy during cooking operations if a little glycerine is applied to a soft rag and the windows rubbed over with this. Polish afterwards with a clean rag.

Grow herbs for kitchen use in pots on the window ledge. You will find them most useful for flavoring. Chives, parsley, mint, tarragon and rose geranium may be grown this way.

To Gain More Light

If you are uncertain just how to obtain a little more light for that basement recreation room you may be able to lower the grade near some of the existing windows so their openings may be deeper. If this does not seem simple you can build a bay window with a slanting roof of ordinary window glass. Then, into this bay you can build a seat, with storage space under it and comfortable pillows on top.

Wash Flower Vases

Flower vases should always be washed thoroughly with soap and hot water when withered blossoms are being discarded, lest bacteria which decays the stems of flowers survive in the vase and shorten the life of the fresh blooms which are put into it. Slender vases which cannot be cleaned inside with a cloth may be washed out with the aid of a bottle brush.

The neatest way to use camphor flakes or balls in a clothes closet to keep moths away, is to put them in a wide-mouthed glass jar in a corner of a shelf. If preferred, the jar can be fitted with a perforated screw top lid, to prevent untidiness in case of upsetting.

WOULD YOU GUESS

Little Johnny's bad teeth may be caused by the scolding of parents who insist that he eat his spinach according to a report by Dr. William I. L. McGonigle at a New York conference on child dentistry. "Emotional upset changes the saliva from alkaline to acid within a few minutes," explained the dentist. "If children are nagged while they eat .... the following change in the saliva will cause decay of their teeth".

To keep mattresses clean and sanitary and free from dust and lint, it is essential that they be provided with efficient protectors. Covers made of a new transparent material are said to do all these things as well as affording relief for individuals allergic to certain types of mattress fillings. These are tailored to fit twin and double size mattresses (crib size, too) are said to be washable and may even be dipped into a mild antiseptic solution without harm to their special processing.

YOU'VE SIMPLY GOT TO BE IN THE SWIM

Exercise is essential for everyone, and there is nothing so good as swimming or walking—for general utility.

When the days are warm, and a swimming pool is near at hand, not one of us should miss an opportunity of taking a dip or a swim.

Can you swim? If not you should learn. Nothing is more invigorating. All the muscles come into play the chest is expanding, breathing has to be good—with the result that the lungs are fully expanded, and the water is stimulating.

A brisk rub-down and a warm drink will complete a most pleasant way of taking exercise.

Perhaps that is a bit too strenuous. Well, what about walking? Get into shorts, or a skirt and sweater, a pair of comfortable shoes with good soles, and short socks.

Don't try to walk too far, but don't dawdle.

A woman usually exercises her back muscles far more frequently than those in the front of her body Thus she tends to become "lumpy" This must be avoided at all costs, and here is an exercise which will help.

Lie flat on your back, arms straight at your sides.

Drawn the knees up under the chin, and kick them out straight again. Then sit up without bending the knees, swinging the arms forward. Repeat several times.

To develop and encourage a firm bust, again lie flat with arms spread out.

Lift the head and shoulders, keeping the chin high, and head back. Gently drop back to the floor again, and repeat the exercise.

Always stand erect with the weight of the body equally divided on each leg. Keep the shoulders back, chin in, and hands by your sides, and most important of all, keep the abdomen under control. Don't slump. The muscles go all to pieces if you do.

POWERFUL MAGNET

What is believed to be the world's most wonderful magnet has been made at the General Electric laboratories in New York State. It weighs less than a fifteenth of an ounce, but will lift a six-pound flat iron. Capable of raising 1,500 times its own weight, this remarkable magnet is made of nickel, cobalt, aluminum, and iron.

Snappy Fashions For Home Use

Torrid days call for a dress of this type, with its short, scallop-edged sleeves and smart, young lines. The gored skirt has novel pockets and the smooth shoulder yoke also makes the perky short sleeves. Contrasting stitching or a crush-resistant linen dress is ideal for warm summer days in town. Nothing could be more perfect for the commuter than this frock in rayon sharkskin with a contrasting bolero jacket in the new longer length. Slimming panel, high round or lower square neck line, makes the most practical and at the same time, the smartest frock you could possibly want for warm summer days.

Style No. 2876 is designed for sizes 12, 14, 16 36, 38 and 40. Size 16 requires 3 yards of 39-inch material for the dress and 1 yard for the bolero.

Send fifteen cents in stamps (15) or coin (coin preferred) wrap coin carefully, address to Charlottetown Guardian Service—

Style No. 2876 Size ... ...

Name

Street Address

City Province

Cocoanut roll ups are a bright addition to the tea table. Spread butter and a little cinnamon on rich biscuit dough. Sprinkle generously with cocoanut and form into a roll about an inch thick. Cut off half-inch slices and place, flat side up, in a shallow greased pan. Bake five minutes in a moderate oven and serve hot.