Woman's Realm / Social and Personal / Fashions / Literature

Living & Leisure

THE WOMAN'S REALM

Man must pass from old to new,
From vain to real, from mistake to fact,
From what once seemed good, to what now proves best.
How could man have progression otherwise.

—Browning

... NEW SILHOUETTE ...

NEW YORK Dressy' spring suits-particularly the dress-maker type like those designed by Pauline-Trigere have a tendency to back fullness; the fullness pulled sharply to the back giving an "against-the-wind" look to the silhouette.

CREDIT

It is not the critic who counts; not the man who points out how the strong man stumbled, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena; whose face is marred by dust and sweat and blood; who strives valiantly; who errs and comes short again and again, because there is no effort without error and shortcoming; who does actually give to do the deeds; who knows the great enthusiasm, the great devotion, spends himself in a worthy cause; who at the best knows in the end triumph of high achievement, and who, at the worst, if he fails, at least fails while daring greatly so that his place shall never be with those cold and timid souls who knew neither victory nor defeat.

LET'S HAVE IT RIGHT

A Monologue, a recitation, and a recital are one and the same thing; why differentiate on a printed program? Some people seem to think that a monologue must be accompanied by music, but that is a musical monologue. One can also give a musical recitation or a musical recital. The dictionary definition of a monologue is "a speech uttered by a person alone; a poem, song or scene composed for a single performer; a soliloquy."

KINDNESS BASE OF PERSONA[illegible]

One of the great personalities of our day once said that "really being kind to people was the first step toward the cultivation of personality."

You don't have to be beautiful to have an attractive personality. You will attract people to you more easily if you cultivate your personal appearance along with your personality.

Women are now doing things in the world of business which they have never done before. Their personal appearance will do much toward their being successful or unsuccessful. Cultivate your personal appearance and your personality to be successful.

It is quite possible to develop a pleasing personality. Check yourself carefully on the following.

Do you really feel interested in people?

Do you go out of your way to be pleasant?

Do you listen when people talk to you?

Are you kind? Do you like people? Are you envious of others?

Do you feel any real happiness in the good luck of other people?

A JOB ONLY YOU CAN DO

Price Control Questions and Answers

Questions and Answers on Price Control will appear in The Guardian as a regular feature each day. The questions are those which have reached the Wartime Prices and Trade Board from housewives in this region. The answers are provided by the Board Readers. Persons who have intelligent question to ask on price control are invited to send them in writing to the Women's Regional Advisory Committee of the War Time Price and Trade Board.

Q. I want to sell my electric refrigerator. Is there a ceiling price on this, and what would it be?

A. Yes, there is a ceiling price on electric refrigerators. If you would ask at the nearest office of the Wartime Prices and Trade Board, giving full details as to the make, model and year you purchased the refrigerator they will advise you as to the ceiling price.

Q. I understand there is a cut in my sugar ration. When does this take effect?

A. The cut in the sugar ration goes into effect in June. There will be one less sugar coupon becoming valid in June than in May.

Q. I have ten colonies of bees. Do I have to register with the Board?

A. Yes. All those having under twenty colonies of bees register with their local ration board.

Q. Are there some coupons coming due this month for sugar for canning?

A. Yes, eight preserves coupons became valid on May 17 over the usual quota of preserves coupons. These are part of your sugar-for-canning coupons, the remaining ten become valid July 19.

KING COLE TEA — Extra Choice — The Finest Money Can Buy

Dorothy Dix Says—

WORK AS A REMEDY

Occupation Replaces Rest Cure, Gives No Time For Brooding

A patch of silver lining to the war cloud is afforded by the fact that the general public is being made aware of the value of work as a remedy for whatever ails them. Occupational therapy is taking the place of rest cures and instead of putting patients who have that tired feeling to bed, doctors are advising them to get busy and do something.

None of the accounts of the miracles being performed by the medics on the war front have been more interesting and significant than the reports of the cures that are being made among the sick and wounded men by giving them something absorbing and worth while to do, something that takes their minds off of their misfortunes and makes them feel that life is still worth living.

WEEPING ONLY ACTIVITY

Time was when the specific for every trouble, from tummy ache to a broken heart, was to go to bed and stay there, which gave you a nice long, uninterrupted time to dwell upon your pains and make the most of them, and to keep your pillow sodden with tears because weeping was the only activity in which you could indulge. This gave us the hordes of chronic invalids, who were bedridden for years and who killed off their families waiting upon them, and the melancholy Grandmas and Aunt Susies who never "got over" anything or took off their mourning.

This substitution of a job for a couch as a cure-all is of particular importance to women, because nine-tenths of the ills from which they suffer, both physically and mentally, is idleness. Killing time slays more women than all the germs in the universe.

Every doctor's office is crowded with middle-aged women with strange and fearsome symptoms that suddenly developed after the last of their children got married and left home. Up to that time they had enjoyed robust health and been as busy as bees having babies, rearing families, doing housework, sewing and doing the million things that make a home comfortable.

It is only after the children were gone and there was practically nothing to do that they became afflicted with imaginary cancers and tuberculosis and heart disease. All of us know women who have been invalids for years who have risen from their sick beds when they lost their money and have gone to work keeping boarders and been hale and hearty ever after.

And work is the one specific that never fails for attaining happiness. It is the women with nothing to do except to worry over the state of their husbands' affections, losing their looks or not being able to have a new car who are the fretful, peevish, discontented ones.

The women who are so busy they haven't time to tell you their troubles are the happy ones. And by work I don't mean boondoggling, I mean the hard, honest-to-God labor that takes the strength of their hands and every ounce of brains they have to turn out a worth while job, whether it is cooking a good dinner, rearing a family or flying an airplane. Many a woman with her husband or her sons at the front could not have stood up under the strain of anxiety the war has brought her if it had not been for her work.

Work may have been sent on humanity as a punishment, but, if so, the Creator repented and made it our greatest blessing.

HOW CAN I!!

By Anne Ashley

Q. What is a home remedy for a severe headache?

A. It can often be treated effectively by applying hot water, followed by an application of menthol ointment of some kind, and then a vigorous massaging.

Q. How can I avoid having water in the bottom of the dish of baked custard?

A. Warm the milk before adding the eggs and the baked custard will not have water at the bottom of the dish.

Q. How can I stop baby's habit of sucking his thumb?

A. Fasten a thumbless mitten, made of cotton flannel or muslin, to his hand.

Summer Hostess

—by—

Lucy Poate Stebbins

His voice exulted over her weakness. She could see how he triumphed and felt himself a giant because she was a coward. He ascended and felt the cliff until he stood beside her. Then, clasping one arm around her waist, he lifted her to his shoulder. "I'll take care of you," he said. "You little thing, you."

She dared not struggle lest he lose his insecure footing. He descended swiftly and steadily. His strength amazed and delighted her and she told herself that no matter how the world altered in revolution and civil war, such a man could account for himself and for the woman he valued.

Then they were standing upon the little stretch of sand. "Not out of breath," he boasted. "You're a midget."

"Indeed only a monster would say so. I'm five feet seven," she protested in laughing indignation. "Where's the cave? Beneath the sea?"

"Look there." At his grave command she studied a gap between three enormous boulders. The hole was like a black, toothless mouth in the white face of the cliff. She could not afford to seem twice a coward and was about to crawl in when Eric gallantly offered to precede her. He got down on all fours and wiggled his big body into the darkness. "Hello," he said doubtfully. His voice came with a hollow sound from just inside the entrance.

"Give me your hands and I'll pull you through. There's a pal of yours in my cave.

The "pal" of whom Eric had spoken so irately would of course be Huntleigh Leslie had forgiven Eric for his indiscreet babbling, but she was not prepared to forgive Hunt's disapproval of her methods. "It's getting late," she said. "We ought to buzz along to your mother's. She's not expecting us and supper won't be ready."

Come along in. Surely you're not afraid again!"

Leslie reluctantly dropped to her hands and knees and crept into the black hole. Eric seized her and raised her to her feet. He held her a minute in a tight clasp. "Don't!" said Leslie sharply. "I can manage perfectly by myself." She was the more annoyed because Hunt was helpfully playing a large flashlight on the entrance to the cave illuminating the embrace.

"Nice place you've got here," he remarked civilly.

"You would find it," said Eric with considerable bitterness.

"I came to look for the corpse," Hunt explained calmly. "You shouldn't have told me about it. The cave isn't particularly well hidden. I've been walking around the island all afternoon. I thought I'd make a fire up at the top of the cliff where we picnicked the other day and have something to eat. Then I remembered your hint of a horrible secret and came down to investigate. It's very jolly having you pop in. "I'll make a fire and we'll have supper."

"We can't stay," protested Leslie. "It's Eric's birthday. We're on our way to his mother's."

Huntleigh did not answer. He could be heard rooting around in the dimness of the cave like some vast animal of prehistoric times. Presently a tongue of orange flame shot upward and by the light of the blaze which followed she could see him piling odd bits of rotten wood upon a fire in the middle of the cave. He wore gray slacks and an old brown leather jacket and looked comfortably untidy. But Eric, who had scrambled down a precipice with a girl in his arms and crawled through a hole scarcely wider than his own body, was almost as immaculate as when he left the hotel. He did not offer to assist Hunt but stood looking at him in dour silence. Leslie imagined that he was having hard work trying not to fly into a rage at the intruder. His self control was probably owing to Hunt's wealth and influence. Eric would not quarrel with a guest of Rocky Point.

(Continued on Page 9)

Eating Too Much? Exercising Too Little?

Most People Do and Pay the Penalty!

Many who feel "under the weather" are often guilty of overeating, especially rich, fatty foods. This often leads to a system overloaded with toxic waste, a dull, tired feeling and eventual overweight.

A favourite British method of keeping fit and trim despite rich, heavy food is to take Bile Beans nightly. These small all-vegetable pills are so gentle they are called "The Medicine That Wakes Up Nature". Most people eat too heavily; exercise too little, so get BILE BEANS from your druggist and resolve to keep fit and youthfully active. 43

COOK'S CORNER

SIMPLE SAUCES FOR FISH MEALS

For a sauce nice with vegetables or fish, put in double boiler 2 egg yolks, quarter cup cream, ½ teaspoon salt, 3 tablespoons lemon juice and a flick of nutmeg. Cook until thick and creamy, stirring constantly, and being careful not to overcook. Stir in 2 tablespoons butter or substitute, bit by bit. Serve at once over hot vegetables or over fish, hot or cold.

Tartar sauce goes well with fish. Combine one cup mayonnaise, ½ teaspoon onion juice or tablespoon chopped chives, 2 tablespoons chopped sweet pickle or green relish, with lemon juice to thin to the desired consistency. Serves 6—8.

ELLEN'S DIARY

By An Island Farmer's Wife

Acting on James' suggestion, and because so many seasonal duties at home claimed his immediate attention this lovely day, I went to the city in his stead. I went with Mr. G. in the truck, which at the time was transporting some of the live-stock from Alderlea and from neighboring farms as well. Chancing to chat about the same species of animals—only of a smaller and consequently of a more interesting type to him—when Jamie and I had an evening to ourselves recently he, in his three-years-past knowledge of such farm-matters informed me "You've either got to put them in a box on the trailer and take them up to Mr. T.'s (a trip he enjoys) or else you can take them to town to the marketing-board" a place as yet I suspect out of something Jamie overheard. I'm not sure where Mr. G. disposed of his load this morning, much as I should like to have gone to the end of the way with him. As it was, and borrowing the words from a former good Minister we once sat under in the old Kirk, when he neared the end of his sermon and was not done with his line of thought: "But time will not permit . . ." Time was an elusive factor everywhere, this beautiful spring day.

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When the truck came to the yard, Jeanie was spreading the clothes-line with quilts and blankets. This day, she had waited for a fair day with the glory of sun and breeze, had come at last to her. Judy had a hop and a skip in her walk. I know there are times when Judy is glad to be rid of me. I rudely interrupt her fancies. This, then was to be her own day. James came from his stable work and Jock drove the mares from his discing in the near field, to help with the truck-loading. He would have tied the team but James said: "Ellen won't mind holding them for a minute." I found the wind extremely bracing and the work of hoisting laden crates to the truck was an extended affair. The team fidgeted and champed at bits in their eagerness to be at work, and Jeanie came from her wash to stand near, just in case. Judy accompanied me to the end of the lane where Mr. G. was to pick me up on his way out the road when he and James returned from gathering the remainder of his load. She lingered only long enough to get the mail and to watch the trout rise to catch an unwary insect. Then she was back to the house. James too lost no time in his good-byes. Mr. G. himself was in a hurry he said even as James told him he might as well compose himself "Ellen, will come home when her money's done and she shops at the 5 and 10." I found wherever I shopped today, for large or smaller buyings, money was a slippery affair. But who was I in the face of all this industry to linger at the pastime?

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Shopping was as interesting as usual to me today and if there were many almost essential articles, I was unable to obtain, and if prices do seem to have soared in spite of price-control and what-not, my regret tonight is not because of these inconveniences but rather that I was unable to chat longer with so many folk, I so seldom meet but whose names are often spoken at Alderlea. I talked with a lady on her way to the hospital and it seemed to me that life does not always deal fairly. Why, I wondered should folk so necessary to the well-being of their families be laid aside on beds of sickness when all about me on the farm this precious morning, life pulsed so eagerly and so freely in the best of its spring freshness? One lady spoke of sons returned from overseas with healths impaired. "But I'm hoping with rest and care, . . ." she said wistfully. The aftermath of the conflict, needing patience and courage more perhaps than at a battle front in the strain of the re-adjustment period. One man I met today, a store-clerk "more than 70 —been working at this work for 50 years." I was sorry for. His was an important position but for him no robins nested in a silver-birch, no sunlight or moonlight rippled across pond waters. His horizons had been hidden by the tops of tall buildings and he was hemmed in there by brick walls. But even as rarer mountain flowers grow in inaccessible Alpine crannies, so if one searched there might be flowers of inspiration in those drab walls. I'm afraid I could never find them there. One lady, very alert and "real" and nice used the word "awful" in connection with my Diary and a business-man said: "my wife lately returned from hospital enjoys the Alderlea farm-doings a great deal", and I didn't know which one to bless. Tonight I recall that out of my day in the city I saw harassed women searching almost in vain for their likings in wall-papers or hangings; some farm-women proudly carried their newly purchased chicks to their cars. And that on the way farmers like mine who love their work gladly cultivated their fields and also I remember how pretty the waves lay on a river-channel we crossed.

• • •

Judy (who "had a perfectly lovely day" in my absence) after digging in the garden for bait, when James said it would have been more seemly to be removing the grass and couch from the currant bushes inveigled me into going fishing with her after supper. I suppose after the bustle of the city it did me no harm to watch the polliwogs play in the shallow [illegible] and catch the regular ring of the saw as the water carried it to us there at the bridge. It did not need the sizable pail Judy carried with her to hold her takings for only two minnows she returned to the pond were the small reward for her efforts. I chose a surer way of obtaining "brain food" when I left Judy, and went to the house with the fish-man. The "nice fresh cod Ma-am" was what I had been wishing for—for James' lunch. Judy is in bed now — in pleasant anticipation of tomorrow. Jock and Jeanie are away. And James? After dusk and following a day without let-up, he went to the mill to help crush a grist of grain. Now he has come in the exquisite moonlight, up the short-cut. The car too is on the drive way. Jeanie comes in her hands full of packets of seeds. James washes at the sink and primps a bit at the mirror then clears his throat to say "Ellen, did you buy any fish this evening?" and adds suggestively "Did you cook it?"—Lunch time again.

Until tomorrow — Diary—Goodnight.

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HELPS PREVENT PERSPIRATION SPOTS AND ODOR WITHOUT IRRITATING THE SKIN

ARRID gives you double protection. It protects you from perspiration odor, and helps protect your clothes from perspiration spots. Arrid is an odorless deodorant, with the fine texture of a beauty cream. It vanishes instantly — giving immediate results. With Arrid, you are absolutely safe — can enjoy yourself wherever you are — regardless of the weather. Protect your daintiness and charm with Arrid. Start using it today. It is very economical. 1½, 39¢ and 59¢.

ARRID — The Largest Selling Deodorant

HOUSEHOLD SCRAPBOOK

By Roberta Lee

Candles

If candles are varnished with a good clear shellac it will aid to their appearance, and still more important it will prevent the candles from dripping on the table cover or wherever the candles may be placed.

Gelatine Salad

A pretty salad can be made with lime gelatine and bits of celery, fruit, or nuts in it. Or add a few slices of tomatoes and cucumbers.

Paint Stains

Equal parts of turpentine and ammonia make an effective solution for removing paint stains from clothing.

BETTER ENGLISH

D. C. Williams

1. What is wrong with this sentence? "She is a widow woman."
2. What is the correct pronunciation of "italic"?
3. Which one of these words is misspelled? Fully, pully, bully, peacefully.
4. What does the word "apothegm" mean?
5. What is a word beginning with fe that means "capable of being done; practicable?"

ANSWERS

1. Omit woman. 2. Pronounce first i as in it, not as in ice. 3. Pulley. 4. A short, pithy, and instructive saying. "A good apothegm is often a safe master to follow." (Pronounce ap-o-them, as as in at, th as in think, accent first syllable). 5. Feasible.

CANADA'S RUBBER IMPORTS

Canada was the sixth largest importer of rubber in the world before the war.

The Royal Family Gives Thanks for Victory

The Royal family are here seen leaving St. Paul's Cathedral, London, after the Thanksgiving Service following the Allied victory over Germany. Photo was taken on Sunday, May 13th, by the Canadian Army photographer. — (Canadian Army Overseas Photo).

Needlecraft / FOR THE HOME

WINNING JUMPER

The jumper so popular now, ever practical and yet so smart. The smooth, figure - flattering lines make this one a must for your wardrobe.

No. 2552 is cut in sizes 10, 12, 14, 16, 18, 20 and 40. Size 16 requires 2⅝ yards 39-inche fabric for the jumper and 1⅞ yards 39-inch fabric for the blouse.

Send 20 cents for PATTERN which includes complete sewing guide. Print your Name, Address and Style Number plainly. Be sure to state size you wish.

Address Pattern Department: The Charlottetown Guardian.

Name

Street Address

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MORNING SMILE

AMUSED AUDIENCE

The street orator was warming up to his subject. "These astounding figures, ladies and gentlemen, are not my own," he said. "They are the figures of a man who knows what he is talking about."

Then he wondered why his audience laughed.

CHEAP MEAL

They were a sly pair, the cashier and the waitress. One day, however, they met their match. A man called for his bill and upon receiving it added it up and found that he had been charged a shilling too much.

"How does this come about?" he asked, looking sharply at the waitress.

"Well, you see, sir," she replied, "the cashier bet me half a crown that you wouldn't see it and I bet him you would."

With a smile, the customer wrote something on the back of the bill, folded it and said: "Take that to the cashier."

She did so, and on opening it the two were startled to read: "I'll bet five pounds I shall not be here when you get back."

And he wasn't.

UNDERWATER TRAVELLER

A muskrat can travel 50 yards under water without coming up for air.

MODERN ETIQUETTE

By Roberta Lee

Q. When eating a piece of pie, isn't it all right to cut the pie into the proper sized bites before beginning to eat it?

A. No; pie, or anything else that one is eating, should be cut one piece at a time.

Q. Would it be permissible to ask a business acquaintance for a letter of introduction?

A. One should ask only a very intimate friend for a letter of introduction.

Q. Is it customary to serve bread with a luncheon?

A. Yes; either bread or rolls are served.

MOST DELICIOUS OF ALL CORN FLAKES!

They're extra crisp! Extra-flavoursome! *Always* oven-fresh! They're the tempting, "GOOD MORNING" cereal that's really GOOD to eat! Prove to your own satisfaction that Quaker Corn Flakes are most delicious of all Corn Flakes. Get several packages of Quaker Corn Flakes to-day!

DOUBLE YOUR MONEY BACK GUARANTEE OF DELICIOUS FLAVOUR

Try Quaker Corn Flakes. You'll agree they're most delicious. If not, return the partly used package to your grocer and *double* your purchase price will be refunded.

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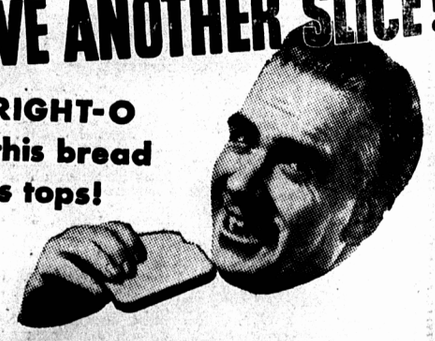

RIGHT-O this bread is tops!

—to bake bread just right use Fleischmann's fresh Yeast

Meal planning today calls for a bigger use of good bread. Now your family's most dependable low-cost, high-energy food, bread is a good source of Vitamin B—good, too, as a *stretcher* for harder-to-get foods! If *you* bake at home use Fleischmann's fresh Yeast for bread with fine flavor, fine, smooth texture every time. Today—ask your grocer for Fleischmann's *fresh* Yeast with the familiar yellow label—Canada's favorite for over 70 years!

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SUPPLEMENT YOUR DIET by eating 2 cakes of FLEISCHMANN'S fresh Yeast every day. This fresh Yeast is an excellent natural source of the important B Complex Vitamins.