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

R. C. A. F. Girls Set the Style

The smart hats and uniforms of Canada's Air Women are being copied by British stylists and milliners are featuring hats for civilians that are practically identical. An English girl is shown discussing with a Canadian W.D. officer the similarity of the RCAF model and one of the most popular styles worn in Great Britain this summer. The civilian version comes in various colors but the shape is exactly like the Canadian Air Force service hat.—(RCAF Photo).

SUPERLATIVE CAKES...

Even in Wartime!

YOU can be sure of good results with SWANS DOWN, the flour made especially to help you make *better cakes.* Millions of women are using Swans Down today, to insure other precious cake ingredients. Millions are finding their wartime Swans Down cakes as good as any they ever made!

For Swans Down is uniquely *right* for cakes! Milled from selected soft Canadian wheat . . . sifted again and again through silk, until 27 times as fine as ordinary flour! Use Swans Down, and know the thrill of *always* making light, tender, velvet-crumbed cakes — the kind you dream of! Nine tested recipes on every package.

• If a cake is worth making, It's worth making with

SWANS DOWN CAKE FLOUR

B-44 Product of General Foods

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 questions to ask on price control are invited to send them in writing to the Women's Regional Advisory Committee of the War Time Prices and Trade Board.

Q. I understood that the price of beef had been reduced. I bought a steak today and found that I had to pay more for it than previously.

A. The price of forequarter beef has been reduced approximately 4c a pound but the price of hindquarter beef has been increased approximately as much. This adjustment in price levels is aimed at securing a better balance in meat consumption.

Q. Would it be possible to obtain permission to use the second five canning sugar coupons now? I want to preserve some pineapple, which is now on the market.

A. No. You must wait until July 6 to obtain the rest of your canning sugar. It is impossible to make this sort of exception because the dates on which coupons become valid are based on sugar supplies whic hwill be available.

A Morning Smile

HE KNEW

Doctor Niceman (after spraying the lady's throat): "Madam, it is a pleasure to treat you—you've got such a fine control of your tongue."

Mr. Henpeck (sharply): "Here, doctor let's have your bill. It's evident that you don't know what you're talking about."

A CUTTING REMARK

A certain minister, while preaching, said that every blade of grass was a sermon. The next day he was amusing himself by mowing his lawn when a country yokel passing shouted, "That's right, vicar, cut your sermons short."

FOR SUPERIOR BAKING RESULTS

Costs less than 1¢ per average baking

Ellen's Diary

By An Island Farmer's Wife

It wasn't a humming-bird or a wild-canary we saw early this morning. It was a gigantic bird. James called me to view at chore time, James being a realist, said it was some kind of hawk. At first I thought it was a great crane and then I knew. It was a stork! It hovered uncertainly over a house on the Alderlea road, near Braeside corner, and then doubtless seeing no sign of smoke from that chimney, flew away into the East, city-ward. I had an idea then, there was a tiny baby-girl in it's bill. There was! But James thinking no doubt of Jeanie's chicks would say it was a hawk.

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I heard James say recently, relative of course to the planting "Ellen is going back on it!" This I suspected then, was really only the means to an end. But when I saw the sunshine on the wall this morning, I decided I would go with them today to the planting. A whole day in the open with cares forgotten, would do me no harm. True a few unused muscles might complain but time and rest would take care of that. I hustled at the morning chores and dishes, and then presented myself when they were about to leave.

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There were other passengers as well. The sheep and lambs were being lifted to the cart to be taken to pasture at Rob's. I told Jock as I watched the work of loading, "I wish you had taken those critters in yesterday." This spring I've learned that lambs can be the peskiest scamps, and the "nipping-est" things. A tiny choice spirea had two buds yesterday. It has only one today. The cart was crowded, with three sheep, four lambs, the planters and baskets and extra harness. James and I perched on the front—for age is honored at times!—chatted all the way, of the grain, and the hay-lands and the beauty of the surrounding countryside. The road was quiet only the mail-man made his way out to Braeside.

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As we planted, I, like a performer at the fair, began to discard jacket and sweaters. Rob said I talked rather much at the beginning and begged me to husband my breath for the planting for as he warned me: "There is a long day ahead." I had to remind him that I didn't need to even raise my voice to communicate with him. By noon we had finished the planting there, excepting a seed-plot which is to be done later, after the other seed is all safely tucked away.

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At dinner, which after all was an added attraction to me, Rob said laughing: "We better put chaff in your oats" meaning that perhaps getting food of Karolyn's cooking, I would be liable to over-eat. It was good, but then again I reminded Rob, by way of being funny of course: "hunger is the grandest sauce." Then we moved back to Alderlea and planted steadily all afternoon, I limited the after supper planting to one acre, for the chores were to be taken care of and besides this was the night of the party further in on the Alderlea road.

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Not exactly a party but a gathering to honor a couple of good neighbors who have come a long way down life's high way hand in hand. It was good to be there and with the other neighbors and the family to bring felicitations to this worthy couple. Occasions like these are infrequent. Indeed as James said when he was shaving: "It only comes once in forty years." And the entire family but one, the sons and daughters, the sons-in-law and daughters-in-law and many of the grand children and other relatives gathered about this bride and groom of long ago. There were kindly words and bouquets and gifts and with it all I know their thoughts were with the absent one. He that said to me not so long ago: "The going away isn't so funny." The wedding cake is still unbroken to be sent overseas to him. There will be other anniversaries in happier days.

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Although it was but a short distance from Alderlea we went by car—Rob driving. Returning we left Karolyn, Jamie and Rob at their door and then James slipped in behind the wheel. James to my mind is the very best driver but of late is sadly out of practise. James said as the car rolled away down the hill from Rob's "now where do I put my feet?" I thought according to Post the proper place for feet was on the floor but I made no reply. I made not the least sound until I said as I left the car, in our own yard: "Is the switch off?" "It's about the only thing I can do, by way of helping to drive.

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Then I felt something like another grandmother on her first trip by train to the coast in the country of the south of us. Reaching the far side of a gaping canyon she said with a great sigh of relief: "Thank goodness, we've lit!" Seriously, I did enjoy the trip home with James and I have an idea cherished for the time deep in my heart that this short ride was but the prelude to others that will come after "the cropping." At any rate I'm always the best one to hope.

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We came home, not exactly to sleep, for again there's a row of lighted windows in the piggery and Jock who stood by tonight reports that a brand new family of eleven have just opened their eyes in the Maelstrom of this strange old world.

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James wants his overalls in a hurry for as he says: "The chances are they haven't had a thing to eat" since coming to Alderlea.

Until tomorrow — Diary—Good-night.

THE COOK'S CORNER

FLOATING ISLAND

2 cups milk, scalded
4 egg yolks
4 tablespoons granulated sugar
½ teaspoon vanilla
Pinch of salt

Beat eggs slightly using a fork; add sugar and salt; stir constantly while adding hot milk gradually. Cook in double boiler; continue stirring until mixture thickens, and when a coating is formed on the spoon strain immediately into a serving bowl; chill and flavor.

Make a meringue of the egg whites and 8 tablespoons of sugar and top the bowl of custard with spoonfuls of the meringue.

Dorothy Dix Says—

MARRIAGE FOR REVENGE FUTILE

Sacrifices Innocent Third Party, Creates Dream That May Last a Lifetime

DEAR MISS DIX—For years before I knew my husband he was deeply in love with another woman, and he still is. This other woman is a beautiful and brilliant professional woman who is more interested in her work than she ever would be in any man. She is not in love with my husband and has never been and she refused to marry him many times. It was during a fit of despondency after one of her refusals that he married me, but I didn't know that at the time.

He has honestly tried to forget her, but she has become an obsession with him. The situation does not seem to be anybody's fault, but it makes it pretty miserable for me. Is there any solution for such a problem? MISERABLE.

REVENGE MARRIAGE NEVER CURES

ANSWER—It is a very common thing for both men and women, who have been disappointed in love to marry on the rebound someone for whom they have no affection whatever. Sometimes in rushing into these marriages without love they are actuated by a spirit of revenge. Sometimes it is hurt pride that motivates them. Sometimes they are lonely and crave companionship. Sometimes they have the foolish idea that the cure for their own wounded hearts is the love of some other woman or man.

But always it is a selfish and a dastardly thing to do, for it sacrifices an innocent person to their own ego. For marrying one person when you love another does not automatically work a cure in the victims of hopeless passions. It does not make them forget. It does not kill their longing for the unattainable he or she. On the contrary, just by reason of the natural human impulse that makes us long most for the things we can't have, it increases the desire for them, and makes even an ordinary and commonplace man or woman becomes a romantic dream that exists for a lifetime.

There is no solution for the problem of the merely tolerated husbands and wives who have been ruthlessly offered up on the altar of their mates' blighted love affairs, unless they are great lovers themselves who can find happiness in establishing a friendship with their wives and husbands, and who can feed their hungry hearts on the few crumbs of affection that are thrown to them. Sometimes a half loaf is better than no bread at all.

DEAR MISS DIX—I am a man of 45 and have a problem that I do not know how to solve. For the first time in my life I am in love with the most lovely and charming woman the heart of man could desire. We have the same interests and tastes and a reasonable amount of wealth, all that would make a marriage happy, for she is as attracted to me as I am to her, except that I am blind. Have been since the last war. No doctor will attempt to operate on my eyes because an operation of this type so often results in death.

My question is: Should I ask a woman as lively and sweet as she is to spend the rest of her life with me? I am sure that she will say "yes" if I ask her, but I want the advice of one who will consider both sides of the problm. Please help me. ANTHONY.

BLIND SHOULD PROPOSE

ANSWER—Ask her. It is not fair not to trust her love and not to give her, at least, a choice in deciding her fate. If she says "no" that is that, and neither of you are any worse off than you are now. But if she loves you and wants you, you have no right to deny her wifehood and motherhood and make the world as dark for her spiritually as your blindness makes it for you physically.

DEAR DOROTHY DIX—I am a girl of 16, living on a large farm about 30 miles from the city. I am very anxious to get a job this summer, as I want many things that I cannot get unless I earn the money myself. I had planned to work in the city, staying with two of my cousins, but my parents oppose it because there is an army camp nearby and they are afraid that I will fall for any uniform that comes along. But I am not that kind of a girl. What shall I do? CONNIE.

ANSWER—If you are not that kind of a girl, you are certainly different from the balance of the teen-agers who seem to be hypnotized by brass buttons. I think you had better listen to your mother and father and stay at home this summer.

WORDS OF WISDOM

It is impossible that anything so natural so necessary and so universal as death, should ever have been designed by Providence as an evil to mankind.—Swift.

The job of cook at a Canadian Women's Army Corps establishment means dealing with herculean quantities of food; instead of cooking for twos and threes, preparing meals for hundreds. Mixing pastry for another one of her famous pies, is part of a day's work for smiling Mary McGaghran of Renfrew, Ont., who is cook at CWCA Kildare Barracks at Ottawa.—Canadian Army Photograph.

Decidedly Better!

RED ROSE COFFEE "is good coffee"

As good as RED ROSE TEA

Her Majesty the Queen last week toured a Canadian Military Hospital in England as the King reviewed Canadian troops in France. Here she talks to a Canadian who was wounded in the battle for France.

(Canadian Army — WIB Radiophoto).

Living & Leisure

The Woman's Realm

Look to this Day!
For it is Life, the very Life of Life:
In its brief course lie all
The Verities and Realities of your Existence—
The Glory of Action,
The Bliss of Growth;
The Splendor of Beauty;
For Yesterday is but a Dream
And Tomorrow is only a Vision,
But Today, well lived,
Makes every Yesterday a Dream of Happiness
And every Tomorrow a Vision of Hope. . .

—From the Sanskrit.

Social changes are like developments in music. To the layman's ears new music is wild, lawless cacaphony, the dissolution of all restraint, the end of all things. It is rejected until the ear can catch up and becomes accustomed to the new. . . . The education of the ear corresponds to the education of an organ which can be called the social conscience.—Thomas Mann.

VAIN MALES

Roman men used to trace the veins in their arms with blue paint.

ALPHABET COMPRESSED

The 21st verse of the 7th chapter of Ezra in the Bible contains every letter in the alphabet.

SEVEN HATS IN ONE

LONDON—A Mayfair hat designer has answered the prayer of the penniless maiden. He has designed a hat that can be worn at least seven ways and looks different in each one. It's a concoction of ribbon and strips of felt which can be worn like a snood, leaving the front hair exposed, as a pancake model with a veil that ties under the chin, as a small halo hat or a "Monty" beret. It can become a becoming Mary Stuart-inspired hat with a veil or skull cap. Price of all this is two guineas ($9.50.)

The greens have "it," and so will you if you eat 'em. Rich in desirable food elements are lettuce, watercress, spinach, dandelion leaves and turnip and beet greens. They are delectable when young, tender and crisp.

INNOCENT INTOXICATION

Inhalation of gasoline fumes reacts in some people the same as do alcholic beverages.

Pale colored paints have been found to be most repellent to the common house-fly with darker colors more attractive. As for mosquitos, pink and yellow repels them; blue, red, brown and black attract.

1460 TON "GOLF BALL"

The small companion star of Sirius is believed made up of matter so heavy that a mass the size of a golf ball would weigh 1460 tons, yes it is a gas.

The scrub palmetto, hitherto considered in its habitat a worthless plant, has been put to work. Its pith and fibre are being process into many war items and for such civilian uses as wall-board floor and wall tile, cold storage insulation, steam pipe covering, spools, fishing rod handles upholstery and twine.

YOU WOMEN WHO SUFFER FROM HOT FLASHES

If you suffer from hot flashes, weak, nervous irritable feelings, are a bit blue at times—due to the functional "middle-age" period peculiar to women—try Lydia E. Pinkham's Vegetable Compound to relieve such symptoms. *It helps nature!* Follow label directions. Worth trying!

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

Peppers Yield Appetizing And Nutritious Harvest

Large, Mild Peppers, America's Favorite.

A few plants of sweet peppers in the Victory garden will make a worthwhile contribution not only to the variety and tempting qualities of both cooked dishes and bowl salads, but to the family's vitamin intake as well.

Peppers are rich in A, B and C, the content varying as the color of the skin changes from green to red, but always being high. They are tender plants, and are usually started indoors and set out in the garden when danger of frost is over. They have little trouble from diseases or insects, and bear until frost kills the plants.

Among Americans the favorite of the many types which are available, has come to be a very large, mild fruit, with thick walls, which is green when it first forms, and then turns to a bright red.

Peppers in this country do not play the part in the menu that they play farther south, where the weather is hot, and the food hotter. But the mild type is becoming increasingly popular, both in the raw state in salads, and in various cooked forms.

A dozen well-grown plants will yield a good supply of green peppers in late summer and fall. They are easily grown, requiring only a generous supply of moisture for their best development. The pepper is one plant that it is wise to sprinkle. Usually the watering is more efficiently done by taking the nozzle off the hose and letting it gently trickle over the garden and soak into the earth.

Peppers also relish a good sprinkling of their foliage and seem to bear more freely for it.

Set them 18 inches apart and give good cultivation. They like a rich heavy soil but thrive in lighter soils if given a copious water supply.

The hot peppers are valuable for relishes and mixed pickles but they should not be grown in the same row with sweet peppers in order to avoid the mistake of getting a hot one mixed with the sweet ones in salads. In the large fruited types better production is assured by pinching out the first or "king" blossom. Like the cucumber, the plant often stops to develop its first born at the expense of the rest of the progeny.

Needlecraft For The Home

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There has never been a fashion more admirably suited to the more mature figure than this simple shirtwaist type with its slender lines and sure design.

No. 3600 in size 36 requires 4 yards 35-inch fabric.

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

Address Pattern Department the Charlottetown Guardian.

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CROCHETED SLIPPERS OUT OF THE SCRAP BAG

DESIGN NO. 1005

Rags from your scrap bag, cut in strips and crocheted make these lovely slippers. Inexpensive to make and appropriate for lounging or beach wear. Pattern No. 1005 contains complete instructions.

To order pattern: Write or send above picture with your name and address with 15 cents in coin or stamps to Needlework Bureau Charlottetown Guardian.

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FIGHT BINDING