

Woman's Realm Social and Personal Fashions Literature

EVERY VARIETY, TASTY, ECONOMICAL

YORK SANDWICH SPREADS

YORK BRAND SANDWICH SPREADS

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. Each summer we do a great deal of home canning on our farm for sale. What prices can we charge for this canned food-stuff?

A. If you turn in particulars to the nearest office of the Board this information will be given you as to the present rates set for maximum prices for sales of tomatoes, green beans and tomato juice by home canners.

Q. I want to use my preserves during the winter. Must I exchange them for "E" coupons?

A. No, this is not necessary as the preserves are worth the full amount of sugar as they are. If you wish to purchase preserves with your "E" coupons, these coupons at the rate of one preserve coupon for one "E" coupon.

THE COOK'S CORNER

CHEESE ROLL

Four-ounce package spready cheese, 2 tablespoons shortening, 2 cups flour, 1/2 teaspoon salt, 1/2 cup milk, 3/4 cup baking powder. Cream cheese and shortening together and then cut this into the flour which has been sifted with the salt, cayenne and baking powder. Roll out on a floured board about 1/4 inch thick and in a rectangular shape. Spread with orange marmalade and roll up like a jelly roll. Cut in 1/2 inch slices, place them in greased pan and bake in oven at 425 degrees F. about 12 minutes.

RED PEPPER JAM

12 large red peppers (sweet), 1 tablespoon salt, 1 pint vinegar, 3 cups white sugar. Remove all seeds and cut peppers through food chopper. Sprinkle with salt and stand 3 or 4 hours, drain well and add sugar and vinegar. Boil until like jam.

LONDON (CP)—The Royal Air Force Comforts Committee is being helped by members of the R.A.F., especially those from overseas. Golf is encouraged as it sharpens the eyesight of pilots.

Living & Leisure The Woman's Realm

I have a room whereinto no one enters. I have a blessed memory on a throne. There my life centres. —Christina Rossetti.

PATRIOTIC HOME MAKING

Don't feed vitamins to the air. It doesn't need them but you do! Over-cooking causes waste. Cook food until it is just done and not a split second longer. It's your win.

—Through intelligent planning of meals.

—by careful handling and storing of foods.

—by skillful preparation (thin peeling of vegetables, etc.)

—by practicing the gospel of the clean plate.

—by using by weight and quantity, not by "so many cents worth."

Milk in a milk bottle left in the sunlight an hour may lose 40 per cent of its important vitamin B2 or riboflavin.

American hens are doing their part in the war effort by laying their eggs more than there are in the country.

"Speculum" was the name of the metal mirror used before the art of silvering glass was perfected; it was usually of polished bronze.

Before cooking asparagus, wash the green part, then cut in 1/2 inch slices, place them in greased pan and bake in oven at 425 degrees F. about 12 minutes.

Another reason for harmony in the relationship is that the family has made a game of providing the invalid with ingenious homemade devices for her convenience and independence. For example, an expensive hospital cabinet mounted on legs so that the drawers can be reached from the bed with little effort. This cabinet contains letters, writing material, spectacles, clean handkerchiefs and everything else that the patient may wish to use. She need not wait for someone to get them for her.

An electric bell, similar to that used in hospitals, has been installed by an amateur in the dining room and can be heard anywhere in the house, so that grandmother can always call for help when she needs it.

How often have you taken your washing off your line only to find that rust spots from the wire are the whitest? To make your wire clothesline stay shiny-bright and rust-free for years, wipe it with a clean, oily rag as soon as you take your wash off the line. The oil protects your clothesline through rain and storm, and when you take to use the line again, it's a simple matter to dip a cloth in the suds of your wash water and wipe the oil off the clothesline.

The world's largest and smallest flowers belong to the same family, the arums. Blossoms of the arum, phallus are eight to 10 feet in diameter, while those of the duckweed are invisible to the naked eye.

A Morning Smile

He—Woman is nothing but a rag, a bone, and a hank of hair. She—Man is nothing but a brag, a groan, and a tank of air.

NO NEED FOR HONKER

Cowboy—What kind of saddle do you want—one with or without a horn?

Dude—Without a horn, I guess. There doesn't seem to be much traffic on these prairies.

FELLOWSHIP

Go into the silence brother, If you a task would do. Gain strength for every hardship, And faith and patience to.

Enter into his presence, And ask His guidance given, Your worries will fade as nothing, And strength, anew be given.

For the hardest kind of service Will fade before His power, As you in prayer, "Him" In the secret, holy hour.

And tasks will seem far lighter, If you lean upon His arm, And journey with the Master, Who knows and understands.

Our every thought and motive, Much our burdens would be lighter, If we more of His guidance knew. —Charlotte M. L. Foley, U.E. "The Mistletoe."

Ellen's Diary

By An Island Farmer's Wife

This morning I went again to the task I had to perform that of cutting the lawn but I am obliged to confess I was barely able to get it for the half-hour.

SCATTER RUG SAVER

To prolong the life of your bookcase scatter rug and keep them from time you walk over them. Line with sturdy material, burlap or other sturdy material.

HOME NURSE

I know a chronic invalid in a modest home who is one of the happiest women I have ever seen. Mary Beard, director, Nursing Service, American Red Cross. She has arthritis and a weak back and has been confined to her bed for a period of several years.

I took the stems from the berries and then meted out from my measure supply of sugar not nearly the necessary amount for a good spread, and pondering over a quarter-cup much as a judge with due consideration might decide for bubbled frothy to a mixture of pinkish foam. I went upstairs to the closet for the dark room for bottles. There were very few left from. However I might have saved only remember to stir covers to be respective bottles when I clean and bottle up to be dipped in to turn their ensure safe-keeping.

Jeannie had her work finished early and after dinner called for more of the wild stumps to pick up. We picked up as many as we could. We picked up as many as we could. We picked up as many as we could.

From the summit of the slope where I worked, the country to the west into the distance. To the east there were fertile fields and woods. The air here and there a nestling homestead. The spot where I was at Breaside was away above the fields of farms, the green fields and woods and away beyond that was the sun gilded on the white of smoke from the train was away above the horizon mingling with the lazy clouds that floated higher above its rim. I was alone there as ever reckoned Crusoe on his island.

How many cups it does take to fill a bucket—can't you see? Cup after cup. I stayed until could not distinguish the small ruts in the tracks and the haze and quiet of pre-dusk settled over the land.

A car-horn in the turn-of-field beyond the maples, told me that perhaps we had visitors, so I came away with my can almost full down the old wood-road toward home. I saw that old dog, the one I had chatted of for another order. At lunch and James smiled skeptically when I reminded him that there would be some very smart mosquitoes on the island tomorrow for I was their unwilling donor.

We heard the late news as the moon rose round and red toward the south-east. There's a fox to the tops of the trees along the stream below the old mill tonight. There's a low bird-call. Perhaps, too.

Dorothy Dix Says—

GIRL MUST ABIDE BY CUSTOMS

Stern Father Throws Daughters To Wolves In Bringing Them Up According To Old Ideas

DEAR MISS DIX—My husband was brought up very strictly by a Scotch Grandmother and he is trying to rear our children the way he was. We have two daughters of 17 and they bitterly resent the restrictions he puts upon them, particularly his rule that they must be home by ten o'clock of an evening. The perpetual accusations over the way their father treats them is making a growing gulf between them that I deplore very much, and is wrecking all the old happy relationship that once existed in our family circle.

What can I do to strengthen matters? —W. W. Y.

ANSWER—Nothing unless you can find some way to modernize your husband's opinions and bring them up-to-date, but nothing in the world is so hard to do as to induce people to discard their old ideas for this year's models.

Your husband will just have to face the fact that he has to let them do as the other young people are doing, within reasonable restrictions, of course. They are curfew on them at ten o'clock unless they can find a way to get out of the house at that time. They are entitled to that.

In trying to protect his daughters the stern father simply throws them to the wolves, and that is a pathetic thing for him and for them, because he takes away from them the only protection that a girl can have, and that is in her home and being on confidential terms with her father so that she can talk things over with him, instead of having to be to him.

DEAR DOROTHY DIX—After 19 years of married life my parents are about to part. Their trouble is for him and for them, because he takes away from them the only protection that a girl can have, and that is in her home and being on confidential terms with her father so that she can talk things over with him, instead of having to be to him.

ANSWER—If your father could be induced to handle the budget for a single week and see how much everything costs nowadays, he would think that Mr. Morgenthau should call her into to help him run the nation's finances.

Your father is right in thinking that everyone should make an effort to save something for the rainy day that comes to us all. My suggestion for solving your problem is for your mother to try to get one of the part-time jobs that are to be had now. I have heard of several women who have done this and have taken care of the children of the women who have gone to work in factories.

DEAR MISS DIX—Is it proper for my sister to go off and spend week-ends with the young man to whom she is engaged? I am very much opposed to it, but she says there is no harm in it.

ANSWER—No girl who has the slightest regard for her reputation as a woman and the young man's middle name may be as chaste as a dove and yet be a divorcee. A hotel register has furnished the evidence in many a divorce case.

The mother-robot complaining in her loneliness. There will be a brighter day—But there's bread to mix this night so.

Until tomorrow — Diary—Good-night

IF BABY IS CROSS FIND OUT WHY

HEALTHY BABIES are not cross. If he is, then something is wrong. 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.

CROCHETED FLOWERS ARE WORN ON SHOULDER OR HATS

Garnations, violets, wild-flowers and poppies. Easy to make at a small cost. Pattern No. 1053 contains complete instructions. To order pattern: Write or send address with your name and address with 15 cents in coin or stamps to Needlework Bureau, Charlottetown Guardian.

Design No. 1053

Entente Cordiale in Cherbourg

"To the victor belong the spoils" was one Brooklyn-accented comment on the photo above, and it just about tells the story. Yanks and French girls were participants in celebration following formal return of Cherbourg to the French.

HEADING FOR A WEDDING

—SINCE SHE STEPPED OUT OF THE "B.O." BARRIER

Here comes the Bride—radiant and lovely! Yet not long ago people said she'd never marry. Unknown to her, the invisible barrier of "B.O." came between her and romance—barred her way to happiness.

Then she discovered that Lifebuoy's purifying lather washes away perspiration—guards against "B.O." Remember, anyone can be guilty of "B.O." because everyone perspires—more than a quart a day in summer! So play safe and use Lifebuoy in your daily bath. It is the only soap especially made to stop "B.O." Lifebuoy lather is extra mild, too—and its clean, invigorating scent quickly vanishes.



NEW ADDED INGREDIENT
NEW VANISHING SCENT
SAME PROTECTIVE LATHER

LIFEBUOY HEALTH SOAP

FROM HEAD TO TOE — IT Stops "B.O."

A LEVER PRODUCT

ADD ZEST TO COLD MEALS

HEINZ CONDENSED SOUPS

You can change a cold snack or a sandwich lunch into a real meal by simply adding a tin of Heinz Vegetable Soup, now in good supply at your grocer's. Over a dozen prize vegetables, cooked long and patiently, and perfectly seasoned, provide a warm, zesty main dish for seamy summer meals.

HEINZ Condensed VEGETABLE SOUP

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Needlecraft For The Home

SLEEK SHIRTWAISTER

For a good, all-purpose frock that meets almost any occasion with light-hearted confidence, you'll choose this smart and flattering shirtwaister.

No. 2778 in size 36 requires 3 1/2 yards 36-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.

Name _____

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BLACKHEADS

Don't squeeze blackheads—dissolve them. Get two ounces of peroxide powder from any drug store and apply gently with wet, hot cloth over blackheads. They simply dissolve and disappear by this safe simple method.

Urgent war industry shipments have sky-rocketed the volume of air express carried by Trans-Canada Air Lines to over 800,000 pounds in 1943. This represents an increase of approximately 125,000 pounds over the total express shipments handled by Canada's national air service in the previous five years.

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