

# Woman's Realm Social and Personal Fashions Literature

## Lost: One Husband's Heart



I COULDN'T UNDERSTAND why her husband was drifting away from her. It never even occurred to her that her own "carelessness" about feminine hygiene—was to blame. Had so many modern wives used Lysol disinfectant. It cleanses quickly, thoroughly, and deodorizes, too. Yet it's gentle for douching; doesn't harm sensitive tissues—just follow easy directions. Use economical Lysol. Write to Lych & Fink (Canada) Ltd., Dept. N.H., 9 Davies Ave., Toronto 8, Ontario, for FREE Feminine Hygiene Booklet (in plain wrapper).

FOR FEMINE HYGIENE USE



## Needlecraft For The Home



No. 2039 in size 8 requires 2 1/2 yards of fabric.  
 Pattern of PATTERN. Print your Name, Address and Size Number plainly. Be sure to state size you wish.  
 Address Pattern Department the Charlotte-Town Guardian.  
 Name \_\_\_\_\_  
 Street Address \_\_\_\_\_  
 City \_\_\_\_\_ Province \_\_\_\_\_

**BRIGHT WASHABLE**  
 Your small daughter will love this little-girl version of your own smart, two-piece frock in a flower fresh print or a gay, peppermint-striped seersucker.

### THE COOK'S CORNER

**ORZEBE SAUCE**  
 Three tablespoons each of mild-flavored fat-free flour, 1/2 cups milk, 1/2 teaspoon salt, few grains each of pepper and cayenne, 1/2 teaspoon dry mustard, 1/2 cup cheddar cheese, 1/2 cup butter, 1/2 cup milk, 1/2 cup flour and gradually stir in milk. Cook over direct heat, stirring constantly until mixture thickens. Mix salt, pepper, dry mustard and grated cheese, and add to sauce. Cook over hot water until cheese melts.

### ALWAYS TIRED — Yet Sleep Didn't Help!

Doesn't it feel swell to wake up in the morning clear-eyed, refreshed, full of pep? Yet so many, especially over 40, get up tired all over, with aching joints, never really feel their best. The reason is often a common complaint—a system clogged with poisonous fats. Many people, you need help to clean out a sluggish system, get back pep and sparkle right away. The mild action of BILE BEAN'S is an effective aid thousands rely on. Made from 10 pure vegetable extracts, Bile Beans are so gentle, yet effective, they are called the Medicine That Wakes Up Nature. These small laxative liver pills tone up the system by stimulating flow of liver bile, so essential to good digestion and daily regularity. Why not enjoy that "glad-to-be-alive" feeling every day? Try Bile Beans tonight—they work while you sleep. Over 7 million boxes used last year, convincing evidence of how greatly they are helping others.

## Make Soup the One Hot Dish In Summer Meals of Salads

Hot weather makes the family indifferent to elaborate cooked meals. When it gets to 80 and 90 in the shade no sensible woman wants to stand over a stove preparing roasts or casserole dishes. So at this time of the year most housewives give their families salads in season. The choice of salad dishes is endless, and any good cook book offers a rich variety in this respect that one could go through the whole summer season without once repeating the same meal. Although everybody likes salads in the summer time, it still remains true that for many people a meal is incomplete without one nourishing hot dish. Here is where canned soup enters the picture. Take Campbell's Chicken Noodle Soup, for instance. It takes only a few minutes to prepare and is satisfying enough to make it the one hot dish in a summer meal. It is a grand soup too, made in the old-fashioned way. First, plump tender chickens are slowly simmered to bring out their rich flavour of a golden broth. Then tender pieces of chicken are added along with lots and lots of egg noodles to give it a hearty, which makes it one of the most popular soups in the country. To every family that says "Give us salads in summer time, but give us one hot dish too," just try them out with this old-time favourite.



Wearing Canadian tin hat and forage cap with Maple Leaf, children of the Normandy village salute the welcome Canucks. Picture shows Guy (aged 10) and Michele (aged 13) Pierre of Basly. — (Canadian Army Diverses Photo Through WIB).

## Ellen's Diary

By An Island Farmer's Wife

I was a bit uneasy as I "judged" the weather from the porch-door this morning. The sky to the east indicated almost anything excepting a fine day and there was a chill of impending rain in the air. However, by the time the morning chores were done and breakfast over, it seemed as if James forecast yesterday evening might prove correct. I began then to make preparations for my visit to the City.

Jack had already consented to take me for there were more extras to be procured for the mowing-machines, so that they might be ready for the field when the first day of hay-making arrives. A neighbor and his wife were also taking advantage of our trip, to get passage in the machine with the idea of transacting some business which they both assured Jack could be attended to in less than no time.

Our Junior Elder's wife was to accompany me or I'm not so sure. It might be that ubiquitous woe with her. James says I remind him sometimes of a one-time canine acquaintance of his. The dog was accustomed to call for Pard, neglecting not only his own duties but also taking others away from theirs!

We set off presently—in my best picking up the Elder's wife the farmer and his "missis" and then continuing on our way to the city. This time travelled a highway to a road, joining the highway to a river no great distance from the city. It was a delightful ride this morning although of course there was a bit of dust nuisance from passing cars and trucks.

Jack stopped a minute at a hospital where I delivered a bouquet for a friend of Jeanie's who has temporarily been laid aside from the usual busy life of a farmer's wife and mother of three. I gave the flowers in the keeping of an immaculate nurse. I had been imagining I might be asked for it. It was not yet visiting hours. We at Alder's hope the friend enjoyed them and that when she recovers she will be able to visit Jeanie—and Ellen—and chose her favorites from among our flowers.

We left Jack and our friends at a street-corner and after a bit of shopping, we went to the Church where the women, delegates and pastors, interested in the work, assembled. I wished particularly to attend these meetings for of late, I find I have been "absent" more ways than one. I suppose it is natural to lose some of the enthusiasm of youth with advancing years, although there are some who seem to gain more with age. Perhaps, rather than a loss, it is a conflict of ideas of missionary enterprise were somewhat confused so I wished to gain first-hand. I may say I returned home with a deeper sense of responsibility in this regard.

It was in a beautiful Church we gathered, one not entirely new to the visitors, but one where the Stewart family worshipped there. And a certain Ann, a predecessor of mine, with her generation separating us, whose bones lie interred in an old cemetery in the city. She had kept a diary she has written thus: "This afternoon, the Reverend Mr. Alder, of the Kirk, visited Alderlea. All went in the mill and on the farm ceased while he read a portion of His inspired Word and ever and anon, in our behalf." But Ann kept no diary. If she had what thrilling stories, what interesting incidents, what I might even have set in almost the exact spot where she now stands, I can only imagine. She would be a much better woman than I. She would never even think of leaving her home. God is a sacred place, for she worshipped the God of her fathers in the Highlands—a God, in the words of the hymn, "The organ filled this Sanctuary, it would be easy to worship over a steep hill, in this place. And then beautiful though it is, and enriched with precious memories of the long ago I involuntarily, for it is a custom of mine at Brae-side, turned up to where my road of dreams leads home and to the window where I can see the lips of the stones of neighbors and loved ones in the City of the Dead and beyond to the trees. There were trees this evening and the after-glow lighting up the exquisite windows. There was no red road of dreams.

I came from the Services with as a sense of the sense of the responsibilities of those who bear the burden now. I may not write here of the excellent and complete reports of some unyielding God. It came to me as the sonorous tones of the organ filled this Sanctuary, it would be easy to worship over a steep hill, in this place. And then beautiful though it is, and enriched with precious memories of the long ago I involuntarily, for it is a custom of mine at Brae-side, turned up to where my road of dreams leads home and to the window where I can see the lips of the stones of neighbors and loved ones in the City of the Dead and beyond to the trees. There were trees this evening and the after-glow lighting up the exquisite windows. There was no red road of dreams.

I shall remember other things. The kindness of Misses and people, the smile of the nicest of men bestowed on me—perhaps inadvertently!—Our kindest of hosts and hostesses and the members of their respective families at dinner.

## Dorothy Dix Says—

COLLEGE VALUABLE FOR GIRLS

Brings Peace To Home, Teaches Students To Stand On Own Feet, Breaks Up Puppy Love

One of the problems that is keeping many parents awake these summer nights is whether they should send Arabella off to school or not. Arabella is dying to go because her dearest chums are going and because she is enraptured at the thought of having a complete wardrobe, from sport suits to a formal and because she has heard perfectly thrilling stories about the fun the girls have in the dormitories, and because she has begun to chafe at being bound to Mother's apron strings.

But, Mother gets cold feet when she thinks about sending her little lamb out among the wolves. Who will hold her by the hand so she won't get run over crossing the street? Who will see that she brushes her teeth and changes her stockings when she gets her feet wet? Suppose she catches a cold. And, oh, kind Heaven, JUST suppose she really got sick, with nobody but trained nurses and doctors to take care of her. And anyway, why send her off to school when the home schools are so good?

Of course, if the girl is a highbrow the question automatically settles itself. She should be given every educational advantage. But Arabella is no intellectual ball of fire. She has only the common, and the only object in which she will ever major is how to catch a husband and keep him.

FINANCIAL IMPORTANT IN GIRL'S EDUCATION

Besides which, there is the financial angle, which is very acute in these days of rationed food and soaring taxes. Obviously it is folly for a family to go on a starvation diet to educate a girl who will never catch the higher culture, no matter how long she is exposed to it.

But, be these things as they may, I think it is highly desirable that parents should send their teen-age girls off to school if they can afford it. For one thing, it is worth the price it brings to a household. It inaugurates an armistice that stops the eternal fight between Arabella and her mother, and the monopoly of the telephone, and all the other issues that make the average home with the average adolescent girl in it a dark and bloody battle-ground. Many mothers and daughters are estranged for life by these quarrels, and the tragedy can be avoided by sending Arabella off to school.

Another advantage in sending Arabella off to school is that it is a diplomatic method of breaking up the undesirable social contacts and a needless cure for cold love. School girl intimacies depend upon proximity. Remove that and bosom friends just naturally drift apart. New associations, other interests, a different point of view, the old, and when Arabella comes home from school, even after the first term, she finds she has nothing much to say to Sally any more, and she wonders who ever made her think she had a crush on the boy at the soda water counter.

And whether Arabella acquires any book learning or not when she goes off to school, she does get some education she can never get at home. She learns to stand on her own feet. She learns how to give and take, how to make friends, and has her self-esteem deflated. And getting away from a worshipping mother is worth many college degrees to any girl.

**Etiquet**  
 DEODORANT CREAM  
 \*Stops underarm perspiration 1-3 days

Scientific tests prove Etiquet 24% more effective than other deodorant creams tested.

- Spreads smoothly; no marks.
- Pure... not irritating to normal skin.
- Works fast... no need to rinse.
- Will not harm delicate fabrics.

LOOK FOR THE BLUE PLAID JAR AT TOILET GOODS DEPOT... 39¢

## A Morning Smile

JUST AS BAD

A visitor going over a country church one day saw a group of men near the pulpit talking about repairs that were needed. Going up to them, he said:

"What is wrong? Have you got dry rot in the pulpit?"

"No, there is no dry rot in the pulpit, but there are worms in the pews!"

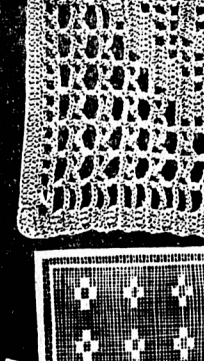
"Another new dress" raved her husband. "Where do you think I'm going to get the money to pay for it?"

"That's your affair," replied the wife of his bosom. "I didn't marry you to give advice on financial matters."

## SLIP, BLOUSE MATCH

Choose your slip to match your blouse and you will be rewarded by a truer color when the blouse is worn over the slip, and a more harmonious costume because of this color tie-up. Blouses hold a key place in fashion this season. Well dressed women wear suits of all types, and each suit needs several blouses and dresses for changes which has brought in the idea of a blouse wardrobe.

## CRINOLINE GIRL IN FILET CROCHET CHAIR SET



DESIGN NO. 1022  
 An old-fashioned girl is the lovely design crocheted to make an attractive set for a chair or vanity. Pattern No. 1022 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, Charlotte-Town Guardian.

Design No. 1002

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

## NERVOUS, RESTLESS IRRITABLE, HIGH-STRUNG

On "CERTAIN DAYS" Of The Month?

Do functional periodic disturbances make you feel nervous, fidgety, irritable, tired, and a bit blue at such times? Then start at once—try Lydia E. Pinkham's Vegetable Compound to relieve such symptoms. Pinkham's Compound is made especially for women. Thousands upon thousands of women and girls have reported benefits.

A grand thing about Pinkham's Compound is that it is made from effective roots and herbs (plus Vitamin B). Here's a product that helps Nature and that's the kind to buy! Take a tablespoonful before each meal and at bedtime. We guarantee you're not delighted with results! Follow label directions.

Lydia E. Pinkham's VEGETABLE COMPOUND

## 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 prepared 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. My grocer says we have to wait three weeks before our tea coupons become due. Is he right?

A. Yes, this time he is right. Tea-coffee coupons become valid regularly on the second and fourth Thursdays of each month. The fourth Thursday in June was the 22nd, the second Thursday in July is the 13th, that makes the period of three weeks. Usually there is only a two week period between the coupons, but three or four times during the year there will be three weeks according to the dates on which Thursday falls.

Q. If we rent our house furnished for six months must the rental be set by the Board or can we charge the same rent we are paying plus \$25 for the use of the furniture?

A. Whether or not the house is furnished you must have the rental set by the Rentals Administration of the Board before you rent. The price you have decided on may be quite in order, but an investigator will call on you and make the decision after you make application for a fixation of rental.

Q. When do butter coupons 68 and 69 become due?

A. Butter coupons 68 and 69 are now valid. They became valid on July 6th.

**YORK SANDWICH SPREADS**

GRAT FOR YOUR FAMILY AT HOME AND OVERSEAS

## Living & Leisure The Woman's Realm

**GOING UP**  
 "Going up!" would come his sharp, clear call. And he would take the ear to the ninth floor. A glimpse of sunshine through the skylight there. Then down into the crowded basement store.

Now he soars far into the upper air. And drops by parachute upon strange ground. Routine as rigid as when in days of peace. The elevator timed his daily round.

**TABLE SETTING**  
 Silver to be used first is placed farthest from the plate, gradually using the outside pieces as the meal progresses. Knives are placed at the right, cutting edges toward the plate. Forks are placed at the left. It is not considered good taste for more than three knives, forks or spoons to be placed on the table at one time. Should this be the case, extra silver should accompany the courses for which it is to be used.

**HINTS ON ETIQUETTE**  
 Teach courtesy to your children and practice it yourself, if you want to see them popular when they reach the "dating" age.

In New York City alone in one year, one thousand fires were started by household fire cleaning.

**Says Mr. Gold Seal**  
 "Floors have a lot to do with Morale"

"Transforming drab, shabby, depressing floors has been my life's mission for more years than I care to count. I was lucky to get off to a flying start with so fine a product as Congoleum and I've been at it ever since."

"War has only intensified my effort. The need for the colourful beauty, cleaning ease, comfort and enduring quality always assured by Congoleum Gold Seal Rugs and Congoleum by the yard, is greater than ever and we at the Congoleum plant, besides devoting our entire machine-shop facilities to specialized war production, are going all-out to meet it, thus aiding morale and the will to victory."

**CONGOLEUM GOLD SEAL Rugs**

HOW TO HELP MR. GOLD SEAL MAKE GOOD  
 You can get added wear out of your Congoleum floors with very little effort. Brush and mop them regularly and renew the brightness of their surface with an occasional waxing. Make sure too, that the floor underneath is smooth and free from cracks or knobs. If it's a rug, move it every few months to "spread" the traffic. Yes, a little care will pay big dividends.

**MOORE & McLEOD Limited**

**R. T. HOLMAN LTD.**  
 SUMMERSIDE CHARLOTTETOWN

**PROWSE CROS. Ltd**